



TWIN CITY TIMES

© Twin City TIMES, Inc. 2024

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

FREE • Vol. XXV, No. 52

Your Hometown Newspaper Since 1999

Thursday, May 9, 2024 • FREE

Jared Tobolski, MD, joins CMH cardiology team

LEWISTON, ME -- The Central Maine Heart and Vascular Institute (CMHVI), which is part of Central Maine Healthcare, is pleased to welcome Jared Tobolski, MD.

Dr. Tobolski, a general cardiologist who specializes in non-invasive cardiology, will be the new director of the institute's preventative cardiology

and sub-specialty clinic, as well as director of Cardiac Rehabilitation.

Dr. Tobolski completed medical school at Drexel College of Medicine and his residency at Brown University in Rhode Island. He also completed a fellowship in cardiology at Maine Medical Center.

"I chose the field of



cardiology due to the high prevalence of cardiovascular disease and opportunity to provide meaningful interventions to reduce mortality and hospitalizations within my community," Dr. Tobolski said. "I addi-

tionally love the physiology of the cardiovascular system and ability to personally interpret radiographic studies in the clinical context of my patients.

"My goal is to ensure all the patients within

our healthcare system are receiving the highest quality, guideline-directed cardiovascular care in order to improve their quality of life and prevent unnecessary hospitalizations."

Dr. Tobolski serves part-time in the New Hampshire Air National Guard as an internal medicine physician.

Budget Document Technology becomes member of CEO Club

LEWISTON, ME— Xerox has announced that Budget Document Technology of Lewiston is among the companies selected this year to be a member of their CEO Club.

Budget Document Technology has been an independently owned, New England-based office technology and equipment dealer since 1989. The company provides customized, customer-focused office solutions for businesses and organizations across the country, resulting

in workplace efficiency, reduced costs, and reliable service.

"We're thrilled to be recognized as a member of the Xerox CEO Club," said Tom Ouellette, President. "The Budget Document Technology team goes above and beyond to provide outstanding service to our clients and business partners. Thank you to our team for this achievement."

The Xerox CEO Club is an annual program that celebrates the top one per-

cent of partners who have delivered exceptional results and exemplified behaviors crucial to industry growth.

"This is an important time in Xerox's 117-year history, and we have a lot to be proud of," said CEO of Xerox, Steve Bandrowczak, to recipients of this honor. "Our progress and accomplishments this past year would not have been possible without your contributions, as well as your energy, passion, can-do attitude, and growth mindset."

Meals on Wheels distribution center to relocate

LEWISTON, ME – SeniorsPlus announces that their Meals on Wheels (MOW) Distribution Center will be relocating to the Jay Hannaford Plaza in June. The center is currently located in Livermore. The new distribution center is expected to be open by June 21.

Janis Walker, Nutrition Services Director, stated, "The Jay location will provide expanded space to accommodate program growth and enhanced space

for staff and volunteers." Food insecurity is a major issue for older adults and those with disabilities and increases their risk for malnutrition, disease, and the ability to remain in their own home. Food assistance and delivery is an important part of meeting essential needs for older adults.

The MOW program provides nutritious meals for eligible individuals 60 years of age and older and individuals under 60 years

of age that have a disability. SeniorsPlus delivers meals to residents throughout Franklin, Oxford and Androscoggin counties and includes a Pets on Wheels component for clients with pets. Individuals who would like to apply for Meals on Wheels, receive additional information or volunteer can call 207-795-4010 or 1-800-427-1241.

Veterans Park in Lewiston seeks donations for renovation

The American Rental Association (ARA) Foundation and The Toro Company Foundation are partnering at an Impact Project, donating volunteers, equipment, and a \$20,000 grant to work in collaboration with Jerry DeWitt and the L&A Veterans Council, and Lewiston Public Works on the Veteran's Memorial Park. Lewiston's mayor, Carl Sheline, will be in attendance. Volunteers representing The Toro Company, Kennebec Equipment, Taylor Rental of Manchester, United Rentals, Ready Equipment, LLC., ARA and others will also be present.

The ARA Foundation, headquartered in Moline, Ill., is a 501(c)(3) organization dedicated to supporting the equipment and event rental industry. It is affiliated with the ARA, an international trade association for owners of equipment and event rental business-

es and the manufacturers and suppliers of construction/industrial, general tool and party/event rental equipment. The ARA Foundation focuses on education and community offering scholarships, mentoring opportunities, employee training assistance and disaster relief to the industry.

This effort is one of half a dozen ARA Foundation Impact Projects that take place throughout the country.

Volunteers from the local community will be installing a temporary road to allow crane access to remove memorials from the area as the first step in renovating Veterans Memorial Park.

Volunteers will meet at 2-20 Main St. in Lewiston to begin their work.

Volunteers will arrive at 8:00am with a short welcome and presentation at 8:30am on May 14, 2024. The ARA Foundation is donating a \$20,000

grant to the L&A Veterans Council. The work is set to conclude at 3:00pm.

Donations are still needed: LA Veterans Council, Rebuild the Veterans Park, PO Box 2316, Lewiston, ME 04240.

BUSINESS FOR SALE

Turnkey Screenprint Business

17 years successful apparel and design company available to the right people. Plenty of current accounts and still going. All equipment and stock included. 2000 square foot open shop for potential lease agreement. Call to discuss (207) 576-3210

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

Junk removal • Yard cleanup
Top-tier cleaning services
House washing

Residential & Commercial

Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing.

"Trust us for a superior cleaning experience!"

Northern Supreme Cleaning
(207) 461-1847

SRT, Jr. New Offerings For Kids



Janoah Bailin in meSSeS
SUN, MAY 12 • 2:30PM



Andrew Silver in The Silver Circus
SUN, MAY 19 • 2:30PM



Michael Trautman in Body Talk
SUN, MAY 26 • 2:30PM



Jason Tardy's High Energy Juggling!
SUN, JUNE 2 • 2:30PM



GENERAL ADMISSION | KIDS UNDER 5: FREE | KIDS (5-18): \$5 | ADULTS: \$10

Visit SacoriverTheatre.org/SRT-JR
or call 207-929-6473 • 29 Salmon Falls Rd., Bar Mills, ME

Newsmakers, Names & Faces

Midcoast Symphony Orchestra caps off 34th season

TOPSHAM, ME — The Midcoast Symphony Orchestra (MSO), conducted by Rohan Smith, concludes its 34th season with a concert entitled “Cityscape, Seascape, Soundscape” that will be performed at the Franco Center in Lewiston on Saturday, March 18th at 7pm, and at the Orion Performing Arts Center in Topsham on Sunday, May 19th at 2:30pm. The program at both concerts consists of three emotional pieces ranging from a bittersweet depiction of urban life to an ecstatic celebration of the beauty of nature’s rhythms. The concerts open with Aaron Copland’s “Quiet City” which features MSO orchestra members Tim Kenlan on trumpet, and Billie Jo Brito playing the English horn. The second piece is Claude Debussy’s beloved La Mer, and the concert concludes with a return to one of Beethoven’s masterpieces, Symphony No. 7, that the MSO first played in 1994 and then again in 2014. Complete concert and ticket information is available at midcoast-

symphony.org. Individual tickets are \$25 in advance and \$30 at the door. All concert tickets are free for students ages 18 and under, or for college students with ID. Audiences are encouraged to purchase tickets in advance online or by calling the box office at (207) 481-0790.

“Quiet City” was originally written by Aaron Copland for use in a stage play as a musical exploration of the complexities of urban life. Soloist Billie Jo Brito, an MSO member since 2005, expressed her excitement at this opportunity to have “a musical dream come true” She further added, “Performing with MSO over the past 18 years has been an incredible experience. I look forward to all the music making in the future!” La Mer is a lyric evocation of the voice of the sea which is the middle of Debussy’s three great orchestral trilogies. The grandiose Beethoven’s Symphony No. 7 creates a musical dance through the rhythms and passions of nature as it weaves through melod-



Tim Kenlan and Billie Jo Brito (photo credit Ray Libby)

ic rhythms and catchy melodies. In addition to playing these three pieces, the Midcoast Symphony Orchestra will also be offering enrichment events as part of its “More with Midcoast” series at each of the concerts. The Franco Center concert on the 23rd will feature pianist Michael Bostock, a Waynflete Senior, performing 5 pieces in the Heritage Hall on the ground floor of the venue during intermission of the concert. Before the Orion concert, audience members

are invited to a pre-concert talk at 1:30pm with Mary Hunter, Professor of Music Emerita, Bowdoin College, and the two featured soloists, Tim Kenlan and Billie Jo Brito. This event is free and open to the public.

“Cityscape, Seascape, Soundscape” marks the conclusion of Music Director Rohan Smith’s 20th season behind the MSO’s podium. Over the years, he has overseen a tremendous period of growth for the community orchestra which has consistently re-



MIDCOAST SYMPHONY ORCHESTRA

ceived critical acclaim for its rendition of some of the more challenging works in the classical canon. When asked about the program for the season finale, Smith remarked, “We have never done Debussy’s La Mer before. This is one of the great masterpieces of the 20th century and that is a big challenge. We are also returning to Beethoven’s 7. Any of the great Beethoven symphonies are pieces you go back to again and again to revisit and relearn and rediscover, and they never fail to be revealing.” Smith and the MSO’s programming committee are currently working on finalizing the program for the 2024/25 season, the organization’s 35th, and plan to announce the full details later this spring.

The Midcoast Symphony Orchestra is a com-

munity orchestra founded in 1990. Started as a chamber orchestra, there are now more than 80 members. The MSO performs a full range of orchestral literature from the classical to modern periods with four regular concerts each season at the Franco Center in Lewiston and the Orion Performing Arts Center in Topsham. A community-based organization, the orchestra draws players and audiences from south of Portland to Rockland along the coast, and inland from Augusta to the Lewiston-Auburn area. Its members all volunteer their time to practice and perform with the Midcoast Symphony. Under the baton of Rohan Smith, the orchestra continues to attract ever more professional-caliber musicians and award-winning guest artists.

NBRC announces \$3M to improve Maine access to healthcare

MAINE -- Healthcare providers located within the Northern Border Regional Commission (NBRC) service area can apply for grant funds through the agency’s partnership with the Department of Health and Human Services’ Health Resources and Services Administration (HRSA). A total of \$3M in federal funds will be available through HRSA’s Rural Northern Border Region Outreach Program (RNBR-OP).

This initiative aims to help underserved communities in Maine, New Hampshire, Vermont, and New York better address

their healthcare needs through the expansion and delivery of new and enhanced services. Examples of desired focus areas for proposed projects may include (but are not limited to):

- Mental and behavioral health, healthcare workforce development;

- Community health workers, addressing health disparities, rural hospital financial and operational improvement;

- Impacts of rural hospital closure;

- Care coordination;

- Patient engagement, data analytics/health information technology;

Telehealth
“When we talk about economic development in rural communities, it is crucial that we look at the full picture of what a community needs. In some places in the NBRC region the most pressing issue facing a rural place isn’t infrastructure - but inadequate access to healthcare. This initiative seeks to focus on community level health needs and address them through increased coordination and collaboration. Healthier communities result in stronger, more inclusive economies that create opportunity for all residents” said NBRC

Federal Co-Chair Chris Saunders.

Up to 12 new grants will be awarded, with annual award amounts of up to \$225,000 each. At a minimum, approximately one applicant will be awarded from each NBRC state. Eligible applicants should be physically located within the NBRC service area, and may include domestic public, private, non-profit or for-profit organizations (including tribal governments and organizations). Applicants should represent a consortium of participants that include three or more healthcare provider organizations (including the applicant organization). Projects that have been previously awarded will not be able to apply for additional funding unless

the intent is to expand the scope of work or area being served by the project.

The Notice of Funding Opportunity (NOFO) for FY24 Rural Northern Border Region Healthcare Support Program can be viewed here: <https://www.grants.gov/search-results-detail/349414>

A Rural Northern Border Region Outreach Program NOFO Technical Assistance Webinar is scheduled for May 9, 2024, from 2:00 p.m. - 3:00 p.m. ET. The Zoom webinar can accommodate up to 500 participants through the following meeting link:

<https://hrsa.gov/zoomgov.com/j/1605060753?pwd=SG45Zy9QSkRT-TzNOOWVEdG56RW-dEUT09>

Applicants can begin the application process now on Grants.gov with a deadline to apply of June 25, 2024 at 11:59 p.m. ET

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



allworx

Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295

buck@pro-pc.us



Buck Buchanan
A+, MCP Certified Technician

Pellet Stove need cleaning or repair?

Call The Stove Guy

(207) 286-7633

Affordable Rates ~ Installs ~ 23 Years Experience

Newsmakers, Names & Faces

Assistance for Maine families impacted by sudden tragedy

LEWISTON, ME – The Maine Strong Memorial Foundation is proud to announce its official launch today. Established in light of the mass shooting that took place in Lewiston, ME on October 25th, 2023, the organization seeks to provide temporary financial relief to Maine families that are touched by unexpected tragedy.

In November 2023,

just two weeks after the tragic Lewiston shooting, a softball tournament was organized to raise funds for the victims and survivors. Initially planned as a small event to support the families of two victims, Joe Walker and Ron Morin, the tournament quickly expanded to include 25 teams and gained the support of Hammond Lumber Company as its presenting sponsor. The benefit

event successfully raised an impressive \$207,853 to support the families of all 18 victims and the survivors.

“Seeing the community unite in the midst of profound grief was truly remarkable,” said Abby Cote, President of The Maine Strong Memorial Foundation. “This solidarity is a testament to the resilience of Mainers and the values we uphold. This collective

strength inspired us to establish a formal foundation, and we are eager to make a meaningful difference across Maine by providing temporary financial relief to families facing unexpected tragedies.”

The newly established nonprofit will concentrate on raising funds through annual events and providing donation matches. In 2024, the primary focus will be on

a single event—a softball tournament scheduled for October 12th and 13th. The main recipients of the funds raised during the 2024 tournament will be the families of the 18 victims and survivors.

Looking ahead, the fundraising goals for 2025 and beyond will expand to offer temporary financial assistance to anyone in the state of Maine affected by

unforeseen tragedy (with criteria to be determined). A small portion of the funds raised from the 2024 event will be reserved to create an initial financial pool for future initiatives.

To learn more about The Maine Strong Memorial Foundation, and how to get involved, please visit mainestrongfoundation.org or contact mainestrong-marketing@gmail.com.

Travis Tardif named building, plumbing inspector

LEWISTON, ME – City of Lewiston announced today the appointment of Travis Tardif as the new Building and Plumbing Inspector in the City of Lewiston’s Planning and Code Enforcement Department. Tardif is among the Code Enforcement staff to oversee the more than 5,000 enforcement inspections annually in Lewiston and other pertinent state laws related to buildings and structures within the City of Lewiston.

“Tardif brings a solid knowledge and expertise to the position,” said Brian O’Malley, City of Lewiston Acting City Administrator. “From his previous position in the Department to his role on the Planning Board for the Town of Livermore, Maine, the City of Lewiston is fortunate to promote talent from within the City.”

Tardif has been with the City of Lewiston since 2021 having served as a Code Enforcement Officer for the City of Lewiston, where he enforced ordinances and codes, responded to complaints, and resolved building and land-use violations.

“I pursued the position in order to expand my knowledge and skill set, and it’s a great opportunity to serve the city in an area that aligns more with my professional interests,” said Tardif.

Further, Tardif holds various certifications, including Maine Land Use Planning, Maine Shoreland



Zoning, Maine Internal Plumbing, Maine Subsurface Wastewater Disposal, Residential Construction, and NSPIRE Section 8 Inspector, further underscoring his commitment to upholding regulatory standards and ensuring the safety and well-being of Lewiston’s residents. Also, Tardif has served as a member of the Planning Board for the Town of Livermore, Maine since 2020, and from 2017 to 2020, he served as a Code Enforcement Officer for the same town.

In this new role as Building and Plumbing Inspector, Tardif will be responsible for issuing permits, consulting with contractors, individuals, and various agency personnel, including those from the

Planning, Fire, and Assessing departments, as well as state agencies such as Department of Environmental Protection, the Fire Marshal’s office, and the Human Rights Commission. He will meticulously review applications, conduct inspections for compliance with approved plans, and issue certificates of occupancy when applicable. Additionally, Tardif will investigate violations and follow necessary processes to ensure adherence to regulations.

When not demonstrating his commitment to serving the community, Tardif enjoys weightlifting, woodworking and the warm weather with his family.

Community Little Theatre announces *The Prom* auditions

AUBURN, ME -- Auditions have been announced for Community Little Theatre’s upcoming production of the musical comedy “The Prom.” The open auditions will be held at 6:30 p.m. on Sunday and Monday evenings, May 19 and 20 at CLT, located at 30 Academy Street in Auburn.

With music by Matthew Sklar, lyrics by Chad Beguelin, and a book by Bob Martin and Beguelin, “The Prom” follows four eccentric Broadway stars who travel to a conservative town in Indiana, to help a student banned from bringing her girlfriend to the high school prom. On a mission to transform lives, these performers join forces



with a courageous girl and the town’s citizens, and the result is love and understanding that brings them all together. Winner of the Drama Desk Award for Best Musical, The Prom captures all the humor and heart of a classic musical comedy with a message that resonates with audiences now more than ever.

The auditions will include readings, vocals, and dance. Auditioners ages 13 and up are welcome. More

information, including the rehearsal calendar, audition form, and character descriptions is available online at lact.com/auditions. Performance dates at CLT for The Prom are August 9-11 and 15-18. All who are cast will have to be present for all performances and should bring to auditions a list of any rehearsal conflicts.

Jennifer McClure Groover will direct “The Prom” assisted by musical director Paul G. Caron, choreographer Adelyn Bell, stage manager Brian Pfohl, producer Sophie Wood, assistant director Myranda Michaud, and production assistants Sarah Duncan and Justin Morin.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



STEPHEN NAGY
Personal Lines Agent

“I take the time to find the most comprehensive personal insurance package for each client. 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



New Ventures Maine announces free May classes

AUGUSTA, ME— New Ventures Maine will offer 20 free workshops and classes statewide in May in three program areas: small business, career building, and financial education. Workshops and classes are designed to help people in Maine gain the skills, knowledge, and confidence to build a career, start a business, and manage money.

The full class schedule is updated frequently and is accessible online.

Day and evening classes are available as well as online, self-paced, and in-person options in the three program areas (partial

list):

Build Your Career Job Search Workshops: Tuesdays, May 7 - 21; 12:00 - 1:00 p.m. Online.

Ready for a new job or a career change? Join us for one, two, or all three workshops. May 7: Job Search Strategies; May 14: Resume Strategies; May 21: Interview Strategies.

Making Career Choices: Tuesday, May 14, 4:00 - 5:00 p.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.

Start a Business Grow Your Business Online (GYBO): Self-paced. Online.

Gain the skills, knowledge, and confidence to create a compelling website for your small business. Work at your own pace; complete by June 30, 2024.

Business Basics: Wednesdays, May 8 - 22 (3 sessions), 10:00 - 11:30 a.m. Online.

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.

Exploring Self-Employment: Thursday, May

9, 12:00 - 1:00 p.m. Online.

This one-hour workshop covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Manage Your Money Money Management Workshops: Thursdays, May 9 - 23, 10:00 - 11:00 a.m. Online.

Learn to budget, repair your credit, and create a savings plan. May 9: Budgeting Basics; May 16: Let's Talk About Credit; May 23: Build Your Savings.

My Money Works: Thursdays, May 16 - June 13 (5 sessions), 6:00 - 7:00 p.m. Online.

Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

My Money Works will be offered in person in Brunswick starting May 6 and in Bangor starting May 14.

To learn more and choose a class that's right for you, visit newventures-maine.org or call 207-621-3440.

UMA offers community health worker college credit

MAINE -- MCD Global Health (MCD), in partnership with University of Maine at Augusta (UMA), is pleased to announce an exciting opportunity for community health workers (CHWs). Now, students enrolled in MCD's CHW Core Competency course can earn up to six academic credits applicable toward an associate or bachelor's degree through UMA the University of Maine system.

Wendy St. Pierre, Assistant Professor of Mental Health and Human

Services at UMA states, "UMA works with our students to provide academic credit for approved community based training and prior work experiences and are glad to be partnering with MCD Global Health to support CHWs in pursuing a college degree."

CHWs are public health workers deeply integrated into and trusted members of the communities they serve, often drawing from their own lived experiences. Along with having a diverse set of core competencies rec-

ognized by local, state, and federal governmental organizations, CHWs bridge the gap between community needs and health and social services, enhancing access and cultural competence.

The U.S. Bureau of Labor Statistics estimates that the job outlook for CHWs will grow by 17%, faster than average, between 2020 and 2030. "This partnership is a significant stride in recognizing the invaluable work of CHWs," said Cristina Leal, a senior program manager at MCD. "Offer-

ing college credit for the CHW training empowers these dedicated professionals to gain academic recognition and provides a pathway for their professional growth while enhancing their skills to serve communities effectively."

MCD has offered its 80-hour enhanced, hybrid CHW Core Competency Training since 2021 and teaches prospective and current CHWs fundamental skills for them to be successful in their field. The course is delivered by a set of diverse, expert

faculty over 12 weeks and includes a combination of self-paced, online instruction modules, live virtual group sessions, and field experience hours. The learning modules include health-related competencies, designed and intended for CHWs and other individuals who assist clients in the prevention, management, and self-management of chronic conditions. These modules include various topics, such as cholesterol, diabetes, COVID-19, telehealth, and cancer. Since its implementa-

tion, MCD has trained 144 CHWs in Maine, and nearly 11,900 learners have accessed health-related courses on MCD's CHW training platform.

Prospective students interested in registering for the CHW course can email chwinfo@mcd.org for enrollment details. Students who want to pursue academic credit for completion of this training can contact the UMA Advising office at uma-advising@maine.edu or by calling 1 (877) UMA-1234 ext. 3149 or (207) 621-3149.

4-H offers online informational session for aspiring volunteers

MAINE -- University of Maine Cooperative Extension will host a two-part online informational session for adults interested in becoming Maine 4-H volunteers from 6-7 p.m. on May 22 and 29.

"Start Your 4-H Volunteer Journey" will provide participants with information about the UMaine Extension 4-H youth development program through four short e-Learning modules. Attendees will also participate in an experiential edu-

cational activity, learn about the key aspects of positive youth development and be introduced to the ages and stages of youth. The two one-hour virtual sessions will wrap up with an outline of next steps and an introduction to a county staff contact to help with the application process if desired.

A 4-H volunteer is many things: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. 4-H volunteers have the opportunity

to make a positive difference in the lives of children, teach them valuable skills, help them achieve a positive self-image, accomplish personal goals and earn a sense of accomplishment.

The informational sessions are free, registration is required on the program webpage.

For more information or to request a reasonable accommodation, contact Jennifer Lobley, jennifer.lobley@maine.edu; 207.255.3345.

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

ROOTED

hair studio



Courtney



Michael

Accepting New Clients ~ Booth Rental Available

214 Minot Avenue ~ Auburn ~ 689-3035

Seniors Not Acting Their Age

Whitewater paddling is a challenging rite of spring



Jake Boudreau kayaks the falls on the Sheepscot River in Whitefield

I've been paddling Maine's whitewater rivers and streams in the spring for almost 50 years. For me, the sport is a rite of spring. Over the years, I've managed to associate myself with many friends who have the same passion. Since the 90s, I've done most of my whitewater boating with the Penobscot Paddle & Chowder Society (PPCS), Maine's premiere outdoor club.

During my half-century whitewater journey, I've experienced several transitions. Initially, my friends and I paddled long awkward tandem canoes and wore inferior cold water gear. Over time, most of us evolved into solo canoes and kayaks. We now wear dry suits, dry tops, or wetsuits, and use state of the art whitewater equipment. For many years, our paddling skills reflected the improved quality of our outfitting. More recently, I've entered another stage in my paddling endeavors, old age. My skills have diminished, likewise my confidence. But, I still love the sport.

Two of the most popular spring whitewater venues are the St. George and Sheepscot Rivers. Although relatively easy Class II rivers, we found them challenging early on. The second time I paddled the St. George in Searsmont and Appleton, my paddling companion and I swam. During our first outing on the Sheepscot in Whitefield and Alna, my wife, Nancy, and I capsized. Subsequently, I've returned to both rivers perhaps 150 times and have always remained in my boat.

This year, Eggman DeCoster announced the first spring PPCS paddling trip on the Sheepscot River on a cold, gray early March day. My immediate elderly reaction was, "it's too cold to paddle." After giving the proposal additional thought and recalling the many outstanding spring trips in the past, I signed on.

When I arrived at the takeout next to a recently opened dam in Alna, there were only four of us. Since the air and water temperatures were in the 30s, we all wore dry suits. After



Ross Cameron ferries below the falls

leaving my vehicle for the return shuttle, we drove to the put-in at the site of an ancient washed out dam about five miles north in Whitefield.

One Chowderhead decided to kayak the falls where the dam once was. In years past, that was a regular part of my routine. No more. I stood safely on the sidelines taking pictures. He navigated the tricky descent with precision.

I carried my kayak to the bottom of the falls where the rest of the group launched. The first required maneuver is a ferry across the lower end of the falls from river right to river left. Everyone flawlessly executed the procedure.

We continued downriver though sporadic easy rapids. While the other paddlers seemed to be enjoying the day playing in the waves, I got cold and decided to move ahead to the warmth of my car. Paddling alone is a classic whitewater mistake. While attempting to surf a wave at the takeout, I flipped and missed three rolls. The re-

sult was my first swim on the Sheepscot in decades. It was a very cold unpleasant experience. Old age is undefeated.

My lapse in judgment didn't just cause me discomfort; it inconvenienced several very considerate people who helped me get out of the river and recover my kayak and paddle. Clearly this episode requires introspection. I will not repeat my mistake.

A reliable kayak roll is an important element of whitewater paddling. In recent years, the quality of mine has declined. I can't change what occurred but I can improve my roll. In March, the PPCS and Skowhegan Outdoors sponsored several rolling sessions in a pool at the Alford Community Center in Waterville. I used that opportunity for much needed practice. About 50 successful rolls later, I think I'm ready. Of course the ultimate question is can I execute when it really matters?

March was a stormy month. I cancelled two scheduled whitewater trips due to cold windy weather; including an annual St. George descent. A late month rainstorm coupled with snowmelt caused the rivers and streams to rise.

The St. George River is high and I've resched-



Eggman DeCoster successfully surfs at the Sheepscot takeout

uled the trip. A quality weather forecast has been identified and a team of capable boaters will be joining me. I think I'm on my game.

My book, Maine *Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates nine exciting whitewater excursions and six multi-day river trips around the state.

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

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

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

GRIDIRON
Restaurant
LEWISTON, MAINE

SCAN HERE!

The Place where every hour is happy.



OPEN DAILY
11AM-9PM
DINE IN - TAKE OUT
207-777-6353
207-777-6354

1567 Lisbon Street Lewiston, Maine

We Deliver.



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



American pub-style food and drinks.

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

Arts & Entertainment

Crew announced for CLT's "Alice in Wonderland"

AUBURN, ME -- Based on the famous novel by Lewis Carroll, Alice in Wonderland tells the story of a young girl who falls down a rabbit hole and into a world of adventure. On her journey, she attends a mad tea party, encounters a sarcastic caterpillar, an angry queen and all the other characters we all know and love. Jason Pizzarello's adaptation of this beloved tale stays very true to its original elements but includes a few new twists along the way.

This classic tale, which has been loved and enjoyed for many generations, will be brought to life on the CLT stage in June.

Members of the production crew include: Britny Anderson-Director and sound design, John Blanchette-Mentor, Ben Simpson-Stage Manager, Jane Mitchell-Producer, Jennifer Fox-Costumer, Acadia Arsenault-Props Lead, Glenn Thibault-Set Construction, Dan Burgess-Decor, Matt Conklin-Lighting Design,



L-R front: Ben Simpson, Stage Manager, Britny Anderson, Director and Jane Mitchell, Producer

Rudolfo Ponder-Sound Operator, Thomas Anderson-Mechanical Effects Construction, Nancy Kenneally-Publicity, Sophia Wood-Social Media Publicity, Sophie Wallace-Makeup, Dana Chabot-hair, Rudolfo "Rudy" Ponder-Sound Operator, Penny Drumm-Program/Poster, Joline Cloutier-Program/Poster, DNA Photography-Headshots

CLT will present "Alice in Wonderland" June 14th, 15th, 20th, and 21st

at 7:30 p.m., and June 16th, 22nd and 23rd at 2:00 p.m. Call 783-0958 or visit www.LACLT.com for tickets and information.

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

Last Hurrah concert at Franco Center raises over \$6K

LEWISTON, ME— Three local musicians got together to perform in a fundraising concert at the Franco Center in March and raised more than \$6,000 for the victims, and the families of the victims, of the Oct. 25, 2023 mass shooting in Lewiston.

The concert was coordinated by and featured BMW, an acro-

nym that represents musicians Denny Breau, Mark Miller, and Arlo West. Also on stage for the concert were Arthur Melendy on keyboards; Krister Rollins on bass; and Ron Bouffard on drums. Greg Keneborus of HPA Production and Services managed the sound for the concert.

Penny Drumm, financial administrator of the Franco Center, wrote

a check to the LA Metro Chamber Foundation for \$6,867.03, representing the money raised by the BMW trio at the fundraiser concert.

"We are so grateful for the collaborative effort and leadership from our community of musicians through the Franco Center! Throughout the days and weeks following October 25, we were amazed



Angie D'Amours, Chamber director of engagement; Theresa Shanahan, Franco Center development administrator; Penny Drumm, Franco Center financial administrator; musician Denny Breau; Shanna Cox, Chamber president and CEO; and musicians Mark Miller and Arlo West, gathered recently to present a check to the Chamber foundation in the amount of \$6,867.03 for the One Lewiston Resilience Fund created for the victims of the Oct. 25, 2023 mass shooting in Lewiston. The musicians were instrumental in coordinating the fundraising concert in collaboration with the Franco Center. Photo credit: Jose Leiva

at how our community showed support and raised funds by giving of their unique talents," said Shanna Cox, president and CEO of the LA Metro Chamber. "This donation to the One Lewiston Resilience Fund will support the communities' journey to healing, including upcoming remembrance events this October."

The One Lewiston Resilience Fund, which was announced in March 2024, is a collaboration between the City of Lewiston and the LA Metro Chamber Foundation. The fund will be overseen by a group of stakeholders responsible for engaging survivors, first responders, and the whole community to determine the most impactful and lasting ways to heal. Updates on the fund can be found at OneLewiston.org, and the announcement of committee membership and remembrance events will be updated regularly.

The Franco Center is in the former St. Mary's Church at 46 Cedar Street, in Lewiston. The Center is home to performing arts and heritage programs. Visit www.francocenter.org for more information about upcoming events at the Franco Center.

LUNENBURG
BY NORM FOSTER

THE PERFECT MIX OF
COMEDY, MYSTERY AND ROMANCE!

May 3-12 **FINAL WEEKEND!**

ThePublicTheatre.org | 782-3200

SPONSORS: Auburn Manufacturing, Austin Associates CPA, Bangor Savings Bank
UNDERWRITERS: Platz Associates, Sun Journal, WOXO & WIGY

PUBLIC THEATRE
31 Maple Street, Lewiston

Injured on the job?

We should talk.

(207) 333-5103

Help@BilodeauLaw.me
BILODEAULAW.ME

BILODEAU LAW

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

MCCS, JMG help young Mainers navigate next steps

AUGUSTA, ME – Young Mainers looking for help navigating their next step have a new opportunity to take free four- to six-week classes at Maine’s community colleges this summer under a new “Summer Academy” program offered by the colleges and non-profit education partner JMG.

Summer Academy is open to JMG students ranging from high school seniors up to age 24 who do not have immediate plans to work or go to college. Students pay no tuition and select an area of study, including, but not limited to, cybersecurity, welding, criminal justice, phlebotomy, manufacturing technology, and emergency medical services.

Students who complete the program earn a JMG Career Exploration Badge and \$500, and for certain programs, students earn an industry recognized credential of value.

“We saw incredible success with last year’s pilot project, with participants completely enthused about what they were capable of and how many affordable, accessible options they had to get started on a great career. We’re excited to expand this opportunity with JMG,” said Dan Belyea, chief workforce development officer for the Maine Community College System (MCCS).

The Summer Academy is a collaboration between JMG and the MCCS’ Harold Alford Center for the Advancement of Maine’s Workforce, which oversees short-time workforce training programs at Maine’s community colleges. It will serve 500 JMG students over the next two years.

“We’ve created an ecosystem where young minds not only gain critical insights but also step into their future careers equipped with meaning-

ful, skill-specific credentials. This initiative underscores our collective commitment to nurturing the next generation of Maine’s workforce, emphasizing the significance of hands-on learning and real-world application,” says Craig Larrabee, president and chief executive officer of JMG.

According to Maine Department of Education data, 43% of Maine high school graduates in 2022 did not plan to go to college. The Summer Academy gives the students an immersive, guided experience to quickly upskill and become qualified for some of Maine’s most in-demand occupations. It also gives the students real-world insight of what it’s like to attend college and the numerous options and resources available to them right here in Maine, Larrabee said.

In addition to hands-on instruction, Summer Academy students tour and meet with business leaders in the region. They can live in student housing, eat in the cafeterias, and are free to explore the campuses and all they offer, including the gym, library, outdoor recreation spaces, sporting events, and classrooms.

Students will get personal advising on their educational options, including what areas of study are available, ways to study (part-time or full-time), and the differences between pursuing short-term, workforce-training programs of less than a year, one-year certificates,

or two-year associate degrees. They will also get detailed financial counseling on college costs, financial aid, grant aid, and the Free College Scholarship.

Last summer three community colleges hosted a pilot Summer Academy program for 50 students.

“Our pilot program was a resounding success,” said MCCS Director of Workforce Academies Octavie Nkama. “It highlighted the urgent demand for such educational pathways and paved the way for a more robust and inclusive program statewide. JMG, MCCS, and our colleges are dedicated to creating a vibrant and accessible experience that will make preparing for the future fun and accessible for students.”

“My favorite part of Summer Academy was hands-on learning. I was also able to learn how to meet and work with new people. Living in the dorms at Eastern Maine Community College (EMCC) prepared me for my first semester of college! I am now studying Culinary Arts at Southern Maine Community College (SMCC) thanks to Summer Academy and the Free College Scholarship,” said Noelle P, who completed the six-week Healthcare Exploration program at EMCC last summer.

Another Summer Academy student agreed that it was the hands-on learning and on-campus experience that stood out

for her.

“The experience of Summer Academy was not only a good fit for my goal of working in health care, but it was also a fun experience that allowed me to meet new friends. I enjoyed the hands-on experience of Summer Academy the most, and

believed the instructors were all committed to teaching their craft. This was also a way for me to get practice in living on campus!” said Didi M, who is now studying at SMCC to be a certified nursing assistant.

To learn more about the Summer Academy,

contact Octavie Nkama at onkama@mccs.me.edu.

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

Lisbon United Methodist Church

14 School St. Lisbon Falls

SPRING FLING

* Plant Sale * Bake Sale *

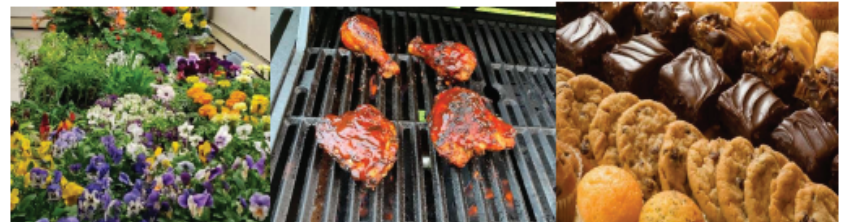
* Chicken BBQ *

Book Sale Clearance!

MAY 18, 2024 TIME: 9AM - 2PM

Featuring annuals, perennials & shrubs from local gardens & Nurseries

INCLUDING BUSH'S BUSHES



• Chicken BBQ meal: Leg & Thigh, Potato Salad, Cornbread & Bottled Water (\$10) – Serving 11:00am until sold out

FIND YOUR PERFECT HOT TUB!

Premier Pools & Spas

SCAN ME

2010 Lisbon Rd · Lewiston · 207-782-1514

100% Financed Garages!

No money down. FREE estimates. Schedule your new garage install today!

AMERICAN BUILDERS
Custom Building & Remodeling

(207) 500-8100 ~ www.AmericanBuilders.com

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

FAME's Mary Dyer to serve on national Board of Directors

AUGUSTA, ME – The Finance Authority of Maine (FAME) is pleased to announce that Mary Dyer, FAME's Financial Education Programs Manager, has been selected to serve on the National JumpStart Board of Directors.

Dyer currently serves in the role as President of the Maine JumpStart Coalition for Personal Financial Literacy, an all-volunteer nonprofit Coalition whose mission is to improve the financial knowledge of Maine citizens by providing training and support to Maine personal finance and economics teachers. The coalition was recently awarded State Coalition of the Year, which includes a one-year term on the National Board of Directors. FAME is a founding partner and supporter of Maine JumpStart.

The National JumpStart Coalition for Personal Financial Literacy, formed in 1995, is nonprofit organization based in Washington D.C. whose mission is to advance financial literacy and fi-

ancial equity, especially among the nation's youth. The Coalition includes more than 100 national partner organizations from business, finance, education, academia, government, and more, as well as a network of independent, affiliated state coalitions across the country. National JumpStart was the original promoter of the concept of annually celebrating April as financial literacy month.

Dyer's tenure as Maine JumpStart President began in 2011. During that time, the coalition has provided over twenty statewide teacher trainings, including the Fostering Financial Education in Maine Schools Conference, which is now in its fifteenth year. Over the years, hundreds of teachers have benefited from these trainings and thousands of Maine students have been impacted. This is the second time the Coalition has received the State Coalition of the Year Award.

"National JumpStart is an incredible organization made up of individ-



Mary Dyer, FAME Financial Education Programs Manager

uals who are passionate about financial literacy," said Dyer. "The Coalition is committed to providing teachers with the knowledge, skills, and confidence to bring per-

sonal finance into their classrooms. Each year, the Coalition hosts the only national training devoted to personal finance and economics educators, and they do it at no cost

to teachers. The all-scholarship event has become the go-to training event for educators. This past year, nearly 350 educators from across the country attended the event. I am proud to be part of National JumpStart and I look forward to serving on the National Board during the coming year."

Dyer brings thirty years of industry experience in her role as FAME's Financial Education Programs Manager, a position she has held for nearly seventeen years. Dyer has been instrumental in launching several statewide financial education programs designed to support Mainers in strengthening their financial knowledge and capability. Most notably, Mary is responsible for the development of FAME's Claim Your Future® Program, an interactive educational game that encourages students to explore career pathways, financial decision-making, and the future return on investment of postsecondary education and training. Claim Your Future is played by nearly 300,000

students each year, not only in Maine, but across the country.

"We are proud of Mary's leadership and accomplishments in the field of financial education," said Carlos R. Mello, FAME Chief Executive Officer. "Her leadership with the Maine JumpStart Coalition has been innovative and impressive. I have no doubt that she will bring her experience and expertise to the National JumpStart board, but more importantly her enthusiasm for the subject, which is contagious."

The Finance Authority of Maine (FAME) is a quasi-independent state agency celebrating its fortieth anniversary. FAME provides innovative financial solutions to help Maine citizens pursue business and educational opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by working at the nexus between economic and workforce development. To learn more about FAME, please visit www.famemaine.com.

Rotundo bill for 72-hour waiting period bill becomes law

AUGUSTA, ME — On Tuesday, April 30, Sen. Peggy Rotun-

do, D-Lewiston, reacted to her bill becoming law without the Governor's

signature. The bill, LD 2238, "An Act to Address Gun Violence in Maine

by Requiring a Waiting Period for Certain Firearm Purchases", requires a 72-hour waiting period on firearm purchases.

"I strongly feel that this bill will have an enormous effect on reducing the number of suicides by firearm in Maine," said Sen. Rotundo. "According to the most recent statistics we have from the Center for Disease Control, in 2021, half of Maine's 277 suicides involved a firearm. Additionally, nearly 90% of gun deaths in Maine were suicides. I am confident

that the 72-hour waiting period will save lives and save many families the heart break of losing a loved one to suicide by firearm."

Gov. Janet Mills announced on April 29 that LD 2238 would be allowed to become law without her signature. The bill calls for a 72-hour waiting period between an agreement for the purchase and sale of a firearm and the delivery of that firearm to the purchaser. The bill does not apply to sales to law enforcement officers, to people em-

ployed as corrections officers or guards whose jobs require carrying a firearm, to other firearm dealers, or to family members. The waiting period also does not apply if the firearm being sold is a curio, relic or antique firearm or if the sale does not require a background check under federal or state law. Violating this waiting period would be a civil offense, with the punishment being a fine between \$200 and \$500; the penalty following a second violation would result in a fine of between \$500 and \$1,000.

Up to **6%** APY¹

rise
High-Yield Checking

Evergreen
Credit Union

Open NOW
OR Call 221-5000

egcu.org/rise

¹APY = Annual Percentage Yield as of 3/4/24. Rates subject to change without notice. Federally insured by NCUA. Transaction requirements apply, visit egcu.org/rise for details.

THE Maine Music Society

GOLDEN Jubilee
50 Years OF SONG

1972
A Musical Retrospective

Sat., May 11 • 7:00pm
Sun., May 12 • 2:00pm
FRANCO CENTER • LEWISTON

Join us for this showcase of music from 1972, the year when the Maine Music Society Chorale was born. Travel back 50 years to a time that evoked an era of free spirit and creative musical expression.

Tickets: 207-333-3386 or mainemusicsociety.org

Health Affiliates Maine promotes Kate Marble to Clinical Director

AUBURN, ME – Health Affiliates Maine (HAM) is pleased to announce the promotion of Kate Marble, LCSW, to the position of Clinical Director. Since HAM’s founding in 2010, Kate has been instrumental in advocating for behavioral health professionals and driving the agency’s mission forward. She most recently served as the Case Management Program Director.

In her new role as Clinical Director, Kate will provide overall vision and direction for HAM’s clinical departments, ensuring the highest quality of care for clients throughout

Maine. She will utilize her extensive experience and expertise to analyze trends in services, stay informed about the effects of legislation and regulations, monitor current events, licensing surveys, insurance audits, and address the needs of behavioral health professionals.

“Kate has been a pillar of this organization, standing always for our mission and vision as an agency, supporting and encouraging our staff in their work and in the agency’s culture, and being a vocal advocate in Augusta and beyond for availability and access to behavioral health



services.” said Andrea Conley, Executive Director of Health Affiliates Maine. “Her promotion to Clinical Director is a well-deserved recognition of her contributions. She is a true leader, inspirational, and I am so thrilled to have her significant skill in guiding the agency toward its clinical goals and aspirations.”

Kate Marble shared her excitement about her new role, stating, “I am honored and grateful for the opportunity to serve as the Clinical Director at Health Affiliates Maine. I am committed to supporting Maine’s behavioral health professionals and working

towards further enhancing the quality of care they provide. I am enormously proud of the team I get to work with at HAM and the commitment we all share to help the helpers. I look forward to collaborating with our partners to address the evolving needs of our clients and the behavioral health community.”

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

Welding Academy offers free training

AUBURN, ME – The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is partnering with area employers and service providers to recruit candidates interested in completing their MIG Intensive 80-hour from May 20 – July 11, 2024. Register Today!

Information and registration for the free program are available at centralmaine.cc/workforceapply

Learn a new trade! This high-demand field includes jobs in Aerospace, Automotive, Manufacturing, Agriculture, and Construction industries as well as jobs in the rapidly growing renewable energy sector. The course covers a variety of welding techniques- MIG and TIG weld-

ing, industry-standard weld joints, print reading, basic metallurgy, sheet metal forming, tube welding, and grinding and polishing.

Students enrolled in the course will use the brand-new state-of-the-art welding equipment on campus and earn a Welding Technician Digital Badge and certificate. Area employers need qualified candidates. Starting full-time wages trend at \$48,800 per year.

This training is just one of the many free courses offered by Workforce and Professional Development including Introduction to Phlebotomy, Heat Pump Installer, Computer Support Specialist – 2 Course Bundle, CETP Gas Training, Refrigerant EPA 608, Fiber Optics Technician, and High-Pressure

Boiler.

These programs are funded by the Maine Jobs and Recovery Program (MJRP). The course materials and exam fees are also covered. Participants must be at least 18 years of age, possess a high school diploma, GED, or HiSet, and be a U.S. citizen and/or authorized to work in the U.S. A criminal background check may be required.

Candidates are only eligible to participate in one MJRP program being offered at any of the seven colleges in the Maine Community College System.

For more information or to register, please contact Central Maine Community College’s Center for Workforce & Professional Development at workforcedevelopment@cmcc.edu or 207-755-5280.

Jenna Candusso joins Rinck Advertising

LEWISTON, ME - Rinck Advertising is thrilled to announce the newest addition to its team, Jenna Candusso, Associate Creative Director. Candusso brings a wealth of experience and a diverse skill set to the role, including creative leadership, design strategy, and future-focused innovation.

Previously, Candusso served as Associate Creative Director at Hunt, Gather, based in Austin, Texas, working with clients such as Chipotle and Whole Foods. Her commitment to excellence earned her work recognition from the 2023 Davy Awards for Best in Show Design & Print Collateral for the Whole Foods Market Impact Report and a Gold Award for Branded Digital Content for the Chipotle Human Nature Campaign.

With a Bachelor of Science in Creative & Strategic Advertising from Virginia



Commonwealth University and more than nine years of industry experience, Ms. Candusso brings substantial experience to her position at Rinck. Her dedication to excellence and passion for creative innovation make her a valuable asset to the team.

In her role at Rinck, Candusso will develop and create visual art for Rinck clients, mentor the talented designers and art directors on the Rinck Creator team and evaluate processes for maximum collaboration in

a remote environment. She is an ally in ensuring Rinck produces the highest quality work and maximizes creative opportunities. She will keep her finger on the pulse of emerging trends to deliver innovative solutions that drive success for Rinck’s clients.

Laura Rinck, President of Rinck Advertising, expressed her excitement about Candusso joining the team, stating, “Jenna injects a dynamic edge, creative leadership and brand expertise into Rinck. We’re ecstatic to welcome her to team and excited to unleash her innovation and big ideas to drive exceptional results for our clients.”

Originally from Yorktown, Virginia, Candusso now resides in Austin, Texas, with her cats Thad and Anchovy. Outside work, she enjoys biking and exploring the outdoors.



Insulate. Be comfortable. Save money.

Act now while rebates up to \$8,000 are available*



Find an insulation professional at efficiencymaine.com or call 866-376-2463.



*All homeowners eligible for rebates up to \$4,000. Verified income-eligible homeowners qualify for rebates up to \$8,000. See efficiencymaine.com for details.

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

May is American Stroke Month: How to spot a stroke F.A.S.T.

PORTLAND, ME — A stroke can happen to anyone at any point in their lifetime. May is American Stroke Month and the American Stroke Association wants you to know how to reduce your stroke risk and learn the signs everyone should know to spot a stroke F.A.S.T.

Taryn Demuth of Windham, a 37-year-old with a clean bill of health, suffered a stroke two weeks after giving birth to her second child. She had a very uncomplicated pregnancy, labor and delivery. Although she knew of some common postpartum complications, stroke was never mentioned, nor did it cross her mind. Initial symptoms included a cold tingling feeling and vertigo, which intensified through the night. “I could feel my entire left side tingling and gravity pulling me to the ground. I couldn’t lift myself up. I couldn’t move,” said Demuth. “My husband was by my side trying to understand what was happening. He was asking me a million questions and I remember being so frustrated because I just couldn’t answer.”

Similarly surprising, Sue L’Africain of Vinalhaven, an active, healthy 64-year-old suffered an ischemic stroke on her way to the gym. “I had been abnormally tired for about a week leading up to my stroke. I had recently returned from a trip to

California and thought that maybe the travel and flights had taken a toll on me,” said L’Africain. “The fatigue and tiredness were my only symptoms, although at the time I did not know that these could be possible symptoms of a stroke.”

Heart disease and stroke are leading causes of death in Maine and stroke is a leading disability. Globally, about one in four adults over the age of 25 will have a stroke in their lifetime. Even so, most adults in the U.S. don’t know the F.A.S.T warning signs of a stroke, and that stroke is highly treatable if you call 911 as soon as you recognize the symptoms.

Learn how to spot a stroke F.A.S.T.:

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.”

Time to Call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately.

If someone is hav-



ing a stroke, they must get medical attention right away. On average, 1.9 million brain cells die every minute that a stroke goes untreated. When brain cells die during a stroke, the abilities controlled by that area of the brain are lost. These abilities may include speech, movement, and memory. The way a stroke affects you depends on where the stroke occurs in the brain and how much of the brain is damaged.

Demuth was diagnosed with a vertebral artery dissection, which caused a blood clot to form and led to her stroke. Vertebral artery dissections are often caused by severe head and neck trauma, but hers was determined to be postpartum related. She continued to have neck pain, in addition to challenges with postpartum anxiety and wondering if she would have another stroke. Four months later, a CT scan showed the artery to be fully healed.

“Hearing so many stories that ended differently than mine — stories of people ignoring their bodies and symptoms and not understanding the severity until things got worse — makes me want to share my story as much as possible,” said Demuth.



Sue L’Africain

much she has recovered while acknowledging the traumatic experience itself, and the changes in her body and mind since then. “Recovery from a medical emergency is not linear. There are ups and downs and sometimes more questions than answers. I need to be patient with myself and give myself love and support as I continue to heal,” said L’Africain. “I just turned 65 and am making a couple of important lifestyle changes to aid in my recovery. I have also set a big challenge for myself as I recently registered for a 10k trail run in September with an elevation gain of 1,600 feet! It’s an important step in taking back the power in my life, and also regaining belief in myself - physically, mentally and emotionally.”

Approximately 800,000 people (equivalent to about half the population of Nebraska) in the United States have a stroke every year, but the large majority of strokes can be prevented. According to the Association, the best course of action is to understand controllable risk factors such as maintaining a healthy blood pressure level, eliminating smoking/vaping, increasing physical activity and maintaining a healthy diet to reduce the chance of stroke. For more information and resources to help prevent stroke, visit StrokeMonth.org.



Taryn Demuth

“Awareness is important because what happened to me can truly happen to anyone.”

Nearly a year after her stroke, L’Africain is also working to balance being grateful for how

Maine Jump\$tart named 2024 State Coalition of the Year

AUGUSTA, ME – The Maine Jump\$tart Coalition for Personal Financial Literacy was recently recognized by the National Jump\$tart Coalition as the 2024 State Coalition of the Year. The State Coalition of the Year Award was created to recognize the sound structure and management of a state coalition; its effectiveness and innovation in reaching, supporting, and assisting teachers; its public awareness activities; its effectiveness in carrying out Jump\$tart’s State Coalition Common Strategy; and the level of participation and collaboration within the coalition itself.

This is the second time that the Maine Jump\$tart Coalition for

Personal Financial Literacy has received this award. Mary Dyer, Maine Jump\$tart President, along with six Maine personal finance teachers, traveled to Washington D.C. recently to attend the annual awards luncheon and accept this recognition on behalf of Maine.

At the ceremony, Dyer thanked Maine teachers for elevating personal finance in their classrooms: “I stand here before you today, surrounded by six of Maine’s rockstar personal finance teachers. Each of them has been honored with Maine Jump\$tart’s Financial Educator of the Year Award and now serves on our board of directors. On a shoestring budget, we made our way here, togeth-

er, in a 15-passenger van on a 13-hour drive, during what should be their April vacation. If that doesn’t convey the passion and commitment of Maine’s personal finance teachers, I’m not sure what would.”

Maine Jump\$tart is an all-volunteer nonprofit coalition that offers a variety of free professional development opportunities for Maine teachers, including the Fostering Financial Education in Maine Schools Conference, which is in its 15th year. The Coalition also provides teacher scholarships for the National Education Conference and recognizes distinguished educators through the Financial Educator of the Year Award. The Maine Jump\$tart Coalition for



Mary Dyer, Maine Jump\$tart Coalition for Personal Financial Literacy President Samantha Drost, Maine Jump\$tart Board of Directors and Caribou High School Caitlyn Roy, Maine Jump\$tart Board of Directors and Rose M. Gaffney Elementary School Dr. Valerie Waldemarson, Maine Jump\$tart Board of Directors and Caribou High School Logan Landry, Maine Jump\$tart Board of Directors and Brunswick Junior High School Steve Kautz, Maine Jump\$tart Board of Directors and Finance Authority of Maine Raelene Allen, Maine Jump\$tart Board of Directors and Madison High School

Jason Hodsdon Masonry

We install stainless steel liners



215-3557
North Monmouth

Jasonhodsdonmasonry@gmail.com



Clean Books
OLIVIA OUELLETTE
Bookkeeper / Owner

Give us a call today for a free quote!

WWW.CLEANBOOKSMAINE.COM
CLEANBOOKSMAINE@GMAIL.COM
207-370-9292
PO BOX 615, GARDINER, ME 04345

Personal Financial Literacy is an all-volunteer, nonprofit organization focused on improving the financial knowledge of Maine citizens, with a special focus on pre-K through college students, including adult learners. Working collaboratively, the Coalition seeks to increase awareness and

provide training and support to Maine educators while also promoting educational resources and fostering communication among agencies and individuals who provide financial education to Maine families. For more information, please visit: <https://mejumpstart.org/>.

One solution for oxygen at home, away, and for travel

Introducing the INOGEN ONE It's oxygen therapy on your terms



No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your FREE Info Kit 

1-877-402-1909



Take steps now to prevent conflicts with black bears

By Maine Department of Inland Fisheries and Wildlife

MAINE -- The spring weather has finally arrived and wildlife is wasting no time shedding winter's grip to enjoy the spring season!

For many of these animals, such as black bears, they have lost a significant amount of body weight and are on the move looking for food after emerging from their winter dens. While denning, black bears enter a state of torpor,

slowing their metabolism and respiration, breathing only once per 15 to 45 seconds, and dropping their heart rate to 8-21 beats per minute. Even with a lowered metabolic rate, bears still lose significant body fat. Unlike true hibernators, bears don't eat, drink, urinate, or defecate during this time.

Once spring comes and bears emerge from their den, for two to three weeks bears are working to regulate their bodily functions slowly until nor-



mal activity ensues. At this time of year, natural foods are limited, and bears may take the risk and wander into backyards in search of easily accessible food. Take steps now to prevent black bears from



coming to your yard:

- Remove birdfeeders between April 1 and November 1
- Rake up unused bird seed from the ground
- Keep pet food and

trash inside or in fenced areas

Clean grills thoroughly after use

Store garbage cans in a building or enclosed by electric fence

Take garbage cans to curb on morning of pickup

Keep outbuilding and garage doors closed at all times and repair broken window and doors

Keep dumpster lids and doors closed and latched

Use bear-resistant dumpsters or garbage cans

Maine DHHS, DOL hold 2024 Health Workforce Summit

AUGUSTA, ME — The Maine Departments of Health and Human Services (DHHS) and Labor (DOL) today convened approximately 200 health care leaders and innovators at the Augusta Civic Center for the 2024 Health Workforce Summit. The full-day summit focused on advancing Maine's progress in recruiting and retaining workers in the health care field by sharing strategies that have been successful in growing and upskilling talent.

At the direction of Governor Mills, DHHS and DOL have developed and implemented a variety of programs to address the shortage of qualified health care workers in Maine. These initiatives were developed in collaboration with health system leaders to expand the talent pipeline and develop new workforce models to advance health equity and health care access for rural residents and other under-served populations. This work is centered around three key areas: recruitment, training and career ladders, and growing the provider pipeline.

Many of the health care workforce initiatives are part of Governor Mills' Maine Jobs and Recovery

Plan, which has invested more than \$20 million in the state's vital health care workforce. Those investments are paying off. Since the start of the Jobs Plan health care workforce programs in January of 2022, Maine has more than recovered the number of health care jobs lost during the pandemic. Today, more than 111,000 people, including nurses, doctors, paramedics, and other professionals, are providing quality health care across Maine — a nearly 10 percent increase since January of 2022.

"Since my first day in office, I have worked to make health care more accessible and affordable for people and businesses in our state because I believe that Maine cannot have a healthy economy without healthy people," Governor Janet Mills said in a video message to summit attendees. "The pandemic only reinforced how important it is to have a strong health care system in the State of Maine. I am proud of the progress we have made so far. My Administration will continue to support health care workers and to strengthen our health care industry in the years to come."

"The Mills Administration's partnership with

health care organizations, large and small, has both improved the health and wellbeing of residents and helped attract businesses and workers to Maine," said Health and Human Services Commissioner Jeanne Lambrew. "The heart of health care is its workforce so it is fitting that we gather today to share best practices to support and expand it."

"Our partnerships have been strengthening the health care workforce by encouraging people to pursue health care jobs in Maine, making it more affordable to become a health care professional by expanding 'earn and learn' opportunities and other programs, and making it easier to advance within health care careers," said Labor Commissioner Laura Fortman. "Having clear pathways for individuals to gain skills and connect with careers is crucial to supporting not only our health care industry and its workforce, but patients who benefit from the care and expertise of these skilled workers."

Through the Jobs Plan, Maine has:

Created and expanded job training programs to recruit more health care professionals, to create advancement opportunities

for those professionals, and to grow the pipeline of health care providers into the future. So far, more than 2,200 people have participated in those programs to learn how to become CNAs, EMTs, pharmacists, dental assistants, and other health care professionals.

Created a tuition remission program to allow front line health care workers to advance their careers through free or low-cost training. So far, more than 1,000 health care workers have enrolled in training at no cost to them or their employer.

Increased funding for scholarships and student loan relief programs through FAME and the Doctors for Maine's Future Scholarship to enable more people to become physicians, behavioral health specialists, long term support workers, emergency medical services staff, and other health professionals.

Expanded access to clinical placements for trainees in rural Maine to

ensure that people can get high-quality health care throughout the state.

The summit brought together health and human service sector employers, education partners, and workforce development innovators to share best practices, opportunities, resources and strategies for growing and retaining the health workforce in Maine. Keynote speaker Joanna Pokaski, Assistant Vice President of Workforce Planning and Development at the Beth Israel Lahey Health system, the second largest private employer in Massachusetts with about 38,000 employees, spoke about innovation and collaboration in healthcare workforce development.

Breakout session speakers represented organizations including the Maine Department of Education, Area Health Education Centers, University of Maine System, Maine Community College System, Jobs for Maine Graduates, health systems, and

the Roux Institute. Session topics included building career pathways through apprenticeship, growing and upskilling the front line workforce, new models in the health workforce ecosystem, strategies for recruiting rural providers, growing the workforce through training collaborations, and expanding the talent pipeline.

The Maine Jobs & Recovery Plan is Governor Mills' plan, approved by the Legislature, to invest nearly \$1 billion in Federal American Rescue Plan funds to improve the lives of Maine people and families, help businesses, create good-paying jobs, and build an economy poised for future prosperity.

Since the Jobs Plan took effect in 2021, over \$750 million in Jobs Plan funding has been spent or committed to deliver results on behalf of Maine people. For more about the Maine Jobs & Recovery Plan, please visit maine.gov/jobsplan.

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



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, INC.

2 Great Falls Plaza, Suite 1B
Auburn ME 04210
info@evergreencustomprinting.com

RICK OSGOOD
owner
207-782-0525
phone

Full Service Commercial Printer
Color & B/W Printing & Copying
Large Format • Posters
Booklets • Carbonless Forms
Letterheads • Envelopes
Business Cards • Labels • Tags
Design Service • and More!

SPACE AVAILABLE

Your ad
HERE!

Call 795-5017

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

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 9
The Sampson AFB veteran's association will be getting together for lunch May 9th at the Governors restaurant at noon-time. Anyone with connections to Sampson or any military unit is welcome to join us. Sampson was a Naval Training Base during WW2 and an Air Force Basic Training Base during the Korean era. It is now a State Park.

FMI call Bob Sawyer at 207-657-4909 or email wwmtkwkr1933@gmail.com.

Fridays through May 10

NORWAY -- Opening Minds through Art, Fridays April 5 - May 10, 2 pm - 3 pm at Education Center of SeniorsPlus at 9 Marston St., Norway. Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

May 11

BAR MILLS -- CD Release Party: Jennifer Porter "Yes, I do!" at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Saturday, May

11 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org

May 12

BAR MILLS -- Vaudeville at SRT: Janoah Bailin in meSSeS at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday May 12 at 2:30 PM. Tickets: \$10 adults, \$5 children 5 to 18, children under 5 free at www.sacorivertheatre.org

May 18

AUBURN -- West Auburn Congregational Church - Harvest Supper, May 18, 2024, at 4:30 to 6:00

Menu: Turkey, Ham, Potato, Sweet Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert. Price: Free for under 3, \$5.00 for 12 and under, \$10.00 for all other Adults

May 18, 19

LEWISTON, TOPSHAM -- "Cityscape, Seascape, Soundscape" Saturday, May 18, 2024,

7:00 p.m. - Franco Center, Lewiston ; Sunday, May 19, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

May 22

LEWISTON -- Hiring Event on Wednesday, May 22nd from 12:00-3:00pm at Kennedy Park, 120 Park Street, Lewiston. Co-sponsored by the Wellness Mobile, Recovery Connections of Maine and the Lewiston Career Center. The event is open to ALL job seekers and will be held rain or shine.

For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=12599376>

Fridays June 14 - July 19

LEWISTON -- Opening Minds through Art, Fridays June 14 - July 19, 2 pm - 3 pm, Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages adults with dementia in

creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

June 15

AUBURN -- On Saturday, June 15th, the Maine Iris Society will hold its 59th Annual Flower Show from 1:30 - 4:00 pm at the Auburn Middle School, 38 Falcon Drive in Auburn. Admission is free. There will be a plant sale of potted perennials. Bare-root iris rhizomes will also be available this year for \$1.00 each. Come and vote for your favorite Iris Bloom, Iris Stalk, Peony and Hosta Leaf.

July 6

GORHAM -- Hosta auctions are coming July 6th when the Maine Hosta Society will offer many exciting hosta varieties at the Treworgy Homestead and Garden at 120 Flaggy Meadow Road in Gorham, Maine. The silent auction will begin at 10:00 a.m. and the live auction at 1:00 p.m. SAVE THE DATE for this event that is free and open to the public.

Thursdays Aug 1 - Sept 5

WILTON -- Opening Minds through Art, Thurs-

FLAGSHIP CINEMAS
Premium
Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!
AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

days August 1 - September 5, 1 pm - 2 pm at Education Center of SeniorsPlus at 284 Main St., Suite 100, Wilton

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

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm 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

The history of the Chamber of Commerce in L-A

By Phil Nadeau

When I set out to write a book in 2020 covering some of Lewiston's history, I came across a 1962 newspaper article about the Lewiston Chamber of Commerce celebrating its 75th anniversary. By 2020, it was 133 years old. I wanted to know more but needed time to find historical information confirming its existence in the late 1800s.

In the book, I established that the Lewiston Chamber had become the L-A Chamber of Commerce in January 1963. I also confirmed that Auburn did have a Chamber for several decades prior, but it appeared to have dissolved

sometime in the mid-to-late 1950s. Because of the time constraints, I needed to move on and finish the rest of the book.

I have since invested much more time researching the 'Chambers' for both cities and have uncovered facts about how they both began. I traced their origins back to March 1885 when area wholesale business owners assembled at the DeWitt Hotel to create the community's first organized business group. Their new organization was named the "Lewiston and Auburn Wholesalers Association."

Over time, business owners from both cities created joint organiza-

tions that, in some cases, remained active for extended periods of time and, in others, just a few years (in one case, just a few weeks). There were instances where they also created their business-owner organizations in one city or the other. After citizens from both cities developed their own Chamber of Commerce organizations in the 1910s, both organizations made a few attempts to merge. However, something interesting happened before they finally merged in 1963.

It involved a committee created by the Lewiston Chamber of Commerce in 1933 called the "Mercantile Division." The group's

purpose was simple. It gave city merchants a voice on the Chamber board and assisted them in organizing numerous retail events. It also coordinated the opening and closing hours for many of the stores (in the interest of leveling the competition and permitting employees to go home to their families).

The division worked so well that it became the Lewiston-Auburn Mercantile Division in 1944. Its success raises the question of why the new joint division did not create more interest in merging the two chambers before 1963. There is no definitive answer to that question. Still, it demonstrates that when

people from both sides of the river experience what they can do together, it can produce results and a relationship lasting for decades. Even though it took until 1963 to have Auburn's name listed on Lewiston's Chamber banner, one could say that the joint Chamber relationship between our cities started in 1944. However, I submit that the relationship between our area businesses began when they first met at the DeWitt Hotel in 1885.

For a more in-depth look into the L-A Chamber history, you may participate in my "Deconstructing Lewiston-Auburn and Maine History" series and listen to it in person at the

Auburn Library, or register for the Zoom presentation, which will be part of the free "Senior College in the Community" series hosted by the L-A Senior College and the Auburn Public Library on May 21st at 1:00 p.m. For more information, see their respective websites.

Phil Nadeau has written about L-As history in his book "The Unlikeliness of it All - Part 1" and now produces a free YouTube history channel called "Deconstructing Lewiston-Auburn and Maine History." See Episodes 1 through 4 about Raytheon's Lewiston plant and what occurred in L-A and in Maine before and after they arrived.

Join Sadie's Fiber Arts Club at LPL

LEWISTON, ME -- Beginning the 15th of November, every 1st and 3rd Wednesday of the month kids will have the opportunity to create a hands-on fiber arts craft with local fiber artist, Sadie, from 3:30PM - 5:00PM in the Children's Department at the Lewiston Public Library.

Each week there will be a new fiber arts theme and craft to create. Follow the Lewiston Public Library Facebook page and Instagram where we will post each week's theme and craft.

No reservations are required. All art and craft supplies are provided. Rec-

ommended for ages 6 - 12.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this program is available by contacting the Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov.

Lewiston PUBLIC LIBRARY

Sadie's Fiber Arts Club
1st and 3rd Wednesday Every month 3:30pm
3rd Floor Children's Department

May 15th: Yarn Painting!

Recommended ages: 6-12

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

Classified Ads

BUSINESS FOR SALE

Turnkey Screenprint Business

17 years successful apparel and design company available to the right people. Plenty of current accounts and still going. All equipment and stock included. 2000 square foot open shop for potential lease agreement. Call to discuss (207) 576-3210.

CAMPER FOR SALE

Keystone campfire edition travel trailer. New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

CLEANERS

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

MJ's - Cleaning

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

CLEANING

Commercial Office Cleaning. 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stcoicefloorcare.com www.1stchoicefloorcare.com

Commercial Office Cleaning 1st Choice Cleaning Services. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stchoicecleaningservices.com www.1stchoicefloorcare.com

FOR SALE

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

HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer
Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform.

Position information and to apply: www.defendify.com/careers.

PAINTING

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

SENIOR TRIPS

MAY 11 – 19, 2024 – BILTMORE ESTATE & ASHEVILLE, NC - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00

deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

MAY 25 – JUNE 2, 2024 - MACKINAC ISLAND

– Trip includes 8 nights lodging including 4 nights in Northern Michigan, 8 breakfasts and 6 dinners. We will have a guided tour of Mackinaw City and visit Mackinac Island with an included Carriage Tour of the island and see sites like the Arch Rock and Lilac Lane. We will cruise through the Soo Locks and have free time in Sault Sainte Marie. We will have a guided tour of Quaint Mackinaw City and tour the Old Mackinac Point Lighthouse and visit Colonial Michilimackinac. We will visit "Michigan's Little Bavaria" in Frankenmuth, Michigan and so much more. A \$75 deposit per person is due at registration. Total price is \$1,209.00 pp double occupancy which includes all entrance fees, step on guide tips, meal tips and bus driver tip.

OCTOBER 6 – 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK – Trip includes 8 nights lodging,

8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or 576-8604 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older

adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

WANTED

Full & Part Time

John's Cleaners in Lewiston is seeking a garment pressor & delivery person. No experience necessary. We will train. Pay is \$14 -\$16 / hr with paid holidays. Call 784-9096 or apply in person.

Odd jobs and Gig work

Trained and experienced in babysitting, petsitting, senior/adult care and cleaning. Contact Missy at 207-539-3204 or allinoneservices1@yahoo.com

YARD SALE

Multi-Family Yard Sale Something for Everyone!

SATURDAY 5/18/24 from 8:00-4:00

12 Canterbury Pines Dr. off of Weeks Rd. in Gorham

Classified Ads UP TO 40 WORDS!

\$ 25 PER WEEK
EACH ADDITIONAL WORD 25¢

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

Visa Master Card

Card #

3 digits # on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____

Unprecedented storms deserve an unprecedented thank you.



Maine has been hit hard by storms. To the customers, communities, and businesses who showed strength, resilience, and support to our crews in the aftermath of last winter's severe weather: Thank you.

At CMP, we're building a smarter, stronger power grid to confront the challenges of climate change. Living in America's most forested state is incredibly special, but it also comes with unique challenges. Be assured that the talented and committed employees of Central Maine Power will continue to have your back day or night, rain or snow, just as we have for the past 125 years.

cmpco.com