



# TWIN CITY TIMES

© Twin City TIMES, Inc. 2024

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

FREE • Vol. XXVI, No. 8

Your Hometown Newspaper Since 1999

Thursday, July 4, 2024 • FREE

## Andwell Health Partners launches Mobile Wound Care service

LEWISTON, ME—Andwell Health Partners, Maine's largest, non-profit home and community-based health-care and care management organization, has launched its new Mobile Wound Care service in Androscoggin County, Oxford County, and parts of Franklin, Cumberland, Kennebec, and Sagadahoc County, to address the growing need in the community while eliminating barriers to critical care. (Andwell Health Partners is formerly known as Androscoggin Home Healthcare + Hospice.)

“Our new service brings professional wound care directly to the patient, whether they live at home, in assisted living, or at long-term care facility,” said Shauna Lane, Clinical Manager of Home Healthcare Services. “Because we serve the patient in their home, transportation is eliminated as a barrier to care.”

Accessing timely care presents additional challenges for rural areas where transportation issues can be difficult to navigate. Andwell Mobile Wound Care provides an essential solution by eliminating the need for travel and reducing wait



times to improve outcomes and eliminate barriers to access.

Andwell clinicians bring more than just bandages.

“Our service is more than changing a

bandage,” said Mary Desalle, Geriatric Nurse Practitioner, “Andwell’s Mobile Wound Care is holistic in its approach. There are so many variables to healing. By meeting with patients where

they live, we assess their environment, develop goals together, and provide support every step of the way to a better quality of life.”

In addition to specialized wound care, Andwell Health Partners offers a full spectrum of home-based services, ensuring that patients receive care tailored to their individualized needs.

“Andwell’s breadth and depth of home and community-based services means we can easily and effectively connect our patients with additional care they need,” said Lane.

This multidisciplinary approach includes access to physical and occupational therapy as well as a full range of home-based healthcare to complement wound care.

The introduction of Andwell Mobile Wound Care solidifies Andwell Health Partners’ commitment to enhancing community health and well-being by making critical services accessible to all, regardless of location or mobility challenges.

For more information on Andwell Mobile Wound Care and other home-based services, visit <https://andwell.org>.

## Fontaine Family Real Estate Raises \$25K for Make-A-Wish

AUBURN, ME – Fontaine Family Real Estate is proud to announce the success of its 11th Annual Bid for Wishes silent auction, which raised an impressive \$25,000 to support Make-A-Wish Maine. This year’s auction was held in loving memory of Jackson Gibson, a remarkable young soul who graced us with his presence for 11 beautiful years.

Jackson’s journey was cut short by Sanfilippo Syndrome (MPS3A), a rare genetic condition, but his impact on the world was profound. Known for his radiant smile and the light of his pure soul, Jackson effortlessly touched the hearts of all who knew him. Despite the challenges he faced, he lived his life with grace and kindness, leaving an indelible mark on those around him. In his memory, Fontaine Family dedicated their efforts to support Make-A-Wish in his honor.

We are deeply moved by the generosity and support from our community. Jackson’s legacy of joy and kindness inspired us all, and we are honored to contribute to Make-A-Wish Maine in his memory. This auction was a testa-

ment to Jackson’s enduring spirit and the love he shared.

The funds raised will help bring joy and hope to children facing serious medical conditions, providing them with the opportunity to experience their own wishes come true. This aligns with Jackson’s legacy of spreading happiness and positivity.

Fontaine Family Real Estate extends heartfelt gratitude to everyone who donated items, participated in the auction, and volunteered their time. Your contributions made this event a resounding success.



Fontaine Family Owners and Agents

**Murray-Heutz Oil and Propane**  
Service, Quality and Value—Guaranteed.

**Murray-Heutz welcomes Blanchard’s fuel customers!**

Propane, Heating Oil & Kerosene: Dependable delivery

Natural Gas, Propane, Oil & Kerosene: Full-service

**\$500 Rebate when Converting from oil to propane boiler!**

Sales & Installation: High-efficiency Propane Boilers Furnaces • Water heaters

Getting a Generator? Pool Heater? We can help!

Online customer portal: Pricing & Payment options to fit your budget

84 General Turner Hill • Turner  
[www.mhiolandpropane.com](http://www.mhiolandpropane.com) **Call: 225-3000**

**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

**NORTHERN SUPREME CLEANING**  
Junk removal • Yard cleanup. Everything & anything! Residential & Commercial  
Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. “Trust us for a superior cleaning experience”  
Call (207) 595-6347 or email [NorthernSupremecleaning@gmail.com](mailto:NorthernSupremecleaning@gmail.com)

**Best Source for Arts, Music and Theater!**

**Your Hometown Paper.**



# Newsmakers, Names & Faces

## Be a powerful force for good this summer

**PORTLAND, ME** — As we celebrate the busy Fourth of July holiday week, the American Red Cross asks donors to be a powerful force for good by giving blood or platelets now and in the weeks to come. You can be the difference between someone's storm and their sunshine. Donors are critically needed right now after a sharp decrease in donations since late spring. All blood types are needed, especially donors giving type O blood and those giving platelets.

Full summer calendars and holiday plans may prevent regular donors from being able to give. Additionally, significant summer weather threats such as hurricanes, flooding and tornadoes can result in travel hazards and blood drive cancellations that could impact the blood supply. Help keep lifesaving blood products stocked on hospital shelves and book a time to give blood or platelets by visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

The Red Cross has teamed up with Universal Pictures for the theatrical release of TWISTERS to help avoid a summer blood shortage. All who come to give blood or platelets July 1-31 will get a Fandango Movie Ticket\* by email. Plus, those who come to give July 1-14 will also receive a one-of-a-kind TWISTERS and Red Cross umbrella, while supplies last. **BONUS:** Those who come to give blood in July will also automatical-

ly be entered for a chance to win a 2025 Ram 1500 Big Horn®. See [RedCrossBlood.org/Twisters](http://RedCrossBlood.org/Twisters) for full details.

Swarms of tornadoes and extreme flooding in recent months have tragically taken lives and destroyed entire communities. Most recently, millions of people have endured one of the longest lasting and strongest heat waves in years, including large portions of the Midwest. Unfortunately, in states like Arkansas, Ohio and Nebraska, many communities are still picking up the pieces and recovering from the second most active tornado season on record, according to the National Weather Service's Storm Prediction Center.

"The Red Cross is grateful to have partners like Universal Pictures who are not only lending this support to encourage blood donations during this critical time of year but have also generously donated to help support disaster relief," said Jennifer Pipa, vice president of Disaster Programs for the Red Cross. "Because of the climate crisis, the Red Cross is now launching twice as many relief operations for major disasters than we did a decade ago. And disasters are not only straining our relief operations but also our ability to collect lifesaving blood donations. So far this year we have collected 20,000 fewer blood donations due to severe weather."

In just the first five months of the year, the Red Cross has responded to 20 tornado related disasters

across 13 states. Unfortunately, meteorologists expect more powerful and destructive storms to continue in the months to come as the effects of the climate crisis continue. This year's outlook is part of a years-long trend of more frequent and intense climate disasters, such as hurricanes, wildfires, severe storms and floods.

Dare to be a force of nature this summer. Give blood or make a financial donation to the Red Cross by visiting [RedCross.org](http://RedCross.org).

How to donate blood  
Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

## Maine Mayhem advance to WFA DIV III North East Championship



**MAINE** -- The Maine Mayhem finished the 24' season 5 - 1 and traveled to New York to face the Knockout for the WFA DIV III North East Championship! It's a rematch of last year's title, where Maine won by an extra point!

The winner will move on to the WFA DIV III National Conference Championship July 13th!

The WFA announced the 2024 All Americans that includes the entire league at all levels. The Maine Mayhem is proud of have 10 athletes this year! Lead by their very own, Gianna Charest, earning 1st team honors! Congratulations!

Player Name	Team
GIANNA CHAREST	1st TEAM - STRONG SAFETY
MAHALA SMITH	2nd TEAM - TAILBACK
CHELSEA WATSON	2nd TEAM - CORNERBACK
CHLOE BRYZKI	2nd TEAM - LINEBACKER
EMILY BRYZKI	2nd TEAM - DEFENSIVE END
BEVERLEE RUSSELL	3rd TEAM - DEFENSIVE TACKLE
FRANKIE CURTIS	3rd TEAM - DEFENSIVE END
TAYLOR BRYZKI	3rd TEAM - LINEBACKER
MAGGIE SCHOFIELD	3rd TEAM - QUARTERBACK
REBECCA SILVA	3rd TEAM - FREE SAFETY

## USDA: Star-spangled grilling, smoking food safety practices

**WASHINGTON, D.C.** — On July Fourth, the aroma of barbecue will fill the air as the festivities

bring together family and friends to celebrate with quintessential American cooking pastimes: grilling and smoking. Food is the biggest staple when it comes to celebrating Independence Day, aside from the fireworks. Whether you're sizzling burgers on the grill or slow-cooking ribs in the smoker, the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service is urging everyone to take food safety precautions during food preparations.

"Fourth of July is a great time to use the grill and smoker to cook delicious meats and poultry," said Under Secretary for Food Safety Dr. Emilio Esteban. "Whichever method you use, reduce your risk

See USDA, page 10

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

**allworx**  
**Save \$\$ on your business phone!**  
Call today for a demonstration!  
**PROFESSIONAL COMPUTER SERVICES INC.**  
207.784.6295  
buck@pro-pc.us  
Buck Buchanan  
A+, MCP Certified Technician



# Newsmakers, Names & Faces

## Northeast Bank celebrates grand opening of new Auburn location

**AUBURN, ME** -- Northeast Bank (the "Bank") (NASDAQ: NBN), celebrated the grand opening of its new location at 836 Center Street with a ribbon cutting and community event on Wednesday, June 26. The newly renovated banking center is 1.4 miles from the Bank's previous Center Street location and opened for business on Monday, June 10.

The Bank's leadership team was joined by Auburn Mayor Jeffrey Harmon, Shanna Cox, President and CEO of the Lewiston Auburn Metropolitan Chamber of Commerce, Auburn City Councilors Rick Whiting, Auburn City Manager Phil Crowell, Karen Staples, Constituent Representative for Senator Susan Collins and State Representative Adam Lee for the ceremonial ribbon cutting.

"Northeast Bank has been in Maine for over 150



Bank officials joined Auburn Mayor Jeffrey Harmon, LA Metro Chamber President + CEO Shanna Cox and local dignitaries for ribbon cutting ceremony.

years. I think this is a testament to our commitment to Maine and the communities in which we operate with this new banking center,"

said Rick Wayne, President and CEO of the Bank. "We look forward to continuing our growth in the Lewiston / Auburn region and across

Maine."

Following the ceremony, over three hundred community members enjoyed lunch featuring local



food trucks Pinky D's, L/A Taco and Cruzin' Slice.

"Today marks a significant milestone for Northeast Bank. This new banking center reflects our ongoing commitment to the Lewiston / Auburn community and neighboring communities," said Robert T. Banaski, Northeast Bank's Chief Retail Banking Officer. "Whether you are an individual, a small business, municipality or government agency, our team of bankers are ready to understand your unique financial needs and deliver a wide range of products and services designed to help you save and manage

your money."

Mayor Harmon and Shanna Cox's remarks underscored the importance of finding trustworthy financial partners like Northeast Bank to grow the local economy and support community development initiatives.

The stand-alone banking center renovation was managed by NES Group of Mansfield, MA with construction led by Auburn-based H.E. Callahan Construction Co.

To learn more about Northeast Bank and its commitment to community banking, go to [northeast-bank.com](http://northeast-bank.com).

## Longtime Lewiston educator receives legislative sentiment



Mike Martel, holding the legislative sentiment, with Sen. Peggy Rotundo.

**AUGUSTA, ME** — On Saturday, June 22, Sen. Peggy Rotundo, D-Lewiston, attended a reception for teachers and staff at Montello School in honor of longtime Lewiston educator Mike Martel. Sen. Rotundo presented Mr. Martel with a legislative sentiment recognizing his 43-year teaching career.

"Mike has dedicated his entire career to teaching generations of Lewiston

students, helping to ensure that they have the skills and knowledge to lead productive, happy lives," said Sen. Rotundo. "He has set a wonderful example for others through his kindness, patience, concern and dedication, and has made the Lewiston community very proud in the process."

Martel has been a fifth- and sixth grade teacher and math interventionist at Montello School for 39

years. He taught at Holy Cross School in Lewiston for three years prior to joining Montello. Additionally, he has held high positions in the Lewiston Education Association and has served as Lewiston's District Certification Chairperson.

A legislative sentiment acknowledges and recognizes academic, ath-

letic, civic, professional or service-related accomplishments. It is approved

by the full Legislature and signed by the President of the Senate, Speaker of the

House, Secretary of the Senate and Clerk of the House.

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

### WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton  
Licensed Agent

Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.



**CHAMPOUX INSURANCE**  
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue  
Lewiston, ME 04240  
(207) 783-2246  
[www.MaineInsuranceOnline.com](http://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](http://www.TwinCityTimes.com)

#### Advertising

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

#### Deadline

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

#### Press Releases

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

#### Proofs

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

### Jason Hodsdon Masonry

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

We install professional chimney caps!

215-3557

North Monmouth

Jasonhodsdonmasonry@gmail.com





# Seniors Not Acting Their Age

## A Wilderness Expedition on Grand Cascapedia



A tandem canoe team finishes a rapid on the Grand Cascapedia



Branch Cascapedia flows out of Lac Huard



Spectacular views are common on the Grand Cascapedia

I don't have a bucket list. At my age, my singular outdoor objective is longevity. If I had one, the Grand Cascapedia River on the Gaspé Peninsula in eastern Quebec would be on it.

On several occasions while driving along the beautiful river that flows east out of the Chic Choc Mountains on my way to winter skiing and mountaineering adventures, I speculated about the possibility of paddling it. In 2011, a group of us passed the Cascapedia at high water en route to a Bonaventure River expedition, which parallels it. Although the Bonaventure is more renowned, the extremely scenic mountain

river looked majestic and exciting.

For several years, I've paddled many of Maine's northern rivers in May with a group of friends. The supply of appealing in-state rivers nearly exhausted, we needed to expand our horizons. The Cascapedia came to mind. Actually, to be precise, it came to my mind.

The Cascapedia is one of the most famous salmon fishing rivers in the world. However, it's very difficult to find information about paddling it. After quite a bit of research, I stumbled onto an indication that an old paddling friend, Andy Abello, was a veteran of a Cascapedia River expedition.

Contact with Andy was very productive. Not only had he paddled the Cascapedia but wanted to join me on a trip. Andy lavished praise on the Grand Cascapedia calling it an exceptional tripping experience. He provided topographical maps of the entire itinerary and also shared information on a campground at the mouth of the river in New Richmond that would run shuttles.

I found a website that measures the Grand Cascapedia water level and provides a record of flow. Late May and early June are when the historic peak levels occur. Based on the Bonaventure endeavor, I concluded that might be

before the evil blackflies arrive.

Four of the usual suspects wanted to participate. We began monitoring water levels and weather. What appeared to be an optimum combination of the two was identified in late May. A trip was on!

Unfortunately, Andy was unable to join us. We were disappointed to lose his companionship and knowledge. However, we had paddled unknown rivers before and Andy had provided a wealth of information.

Five of us met at a motel in New Richmond after a rainy eight hour drive. We immediately drove to Camping New Richmond Campground to meet with the owner and our shuttle driver, Bruno. The very likeable "can do" guy encouragingly reported that the river was high and blackflies doubtful. We loaded our boats on his trailer in anticipation of an early departure the next morning.

Doing business with Bruno has additional benefits. Paddlers can take off the river at the campground and vehicles are secure during the voyage.

The sixty-mile drive along the Cascapedia and deep into the eastern Chic Choc Mountains to remote

Lac Huard is nothing short of spectacular. Bruno entertained us with a bevy of amusing river tales during the journey. On a somber note, I began feeling mildly ill.

The one-mile paddle across the picturesque mountain tarn under partly sunny skies was quickly accomplished. We entered a fast moving stream called Branch Cascapedia where several easy rapids were encountered. A couple of sizeable tributaries soon joined forming Grand Cascapedia.

A strong tailwind pushed us along at a very brisk pace. In fact, we were moving so fast, I had difficulty identifying our location on the topo maps. The rapids increased in length, frequency and complexity but were otherwise very stimulating and manageable.

The rugged beauty of the area is truly remarkable. Eagles were plentiful and signs of wildlife abundant. The miles quickly passed and late afternoon was almost unexpected when it arrived. Since the winds had increased in strength, we sought a forested campsite that provided protection from the gale. An excellent location was located in a stand of hardwoods and alders on the north side of an exten-

sive gravel beach.

Settling in for the evening, we contemplated the coming days. The word "falls" was written in a section of the river on the next topo map so we needed to be on the alert for that unknown eventuality. I was feeling worse.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates more whitewater exploits on the six best river expeditions in Maine.

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

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

**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**



# MIFF celebrates in-state film productions

**WATERVILLE, ME**—The Maine International Film Festival (MIFF) returns to Waterville, Maine, for its 27th annual edition July 12–21, showcasing a diverse slate of 100 films. This year’s program, drawn together in part from the record number of submissions received in the festival’s history, includes films from more than 40 countries, representing MIFF’s growing international standing. Even as horizons broaden, MIFF remains committed to celebrating the best of Maine-made cinema and supporting filmmakers with its annual Tourmaline Prizes.

On the closing night of the festival, the juried Tourmaline Prizes, named for Maine’s state gem, will be awarded to the best Maine-made feature film (\$5,000) and short film (\$2,500). Adjudicating this year are: Wangeci Murage, a Nairobi-based broadcast media executive and creative content specialist; Sian Evans, founder of Farthest Films, Smash Inc. and Filmcompany, as well as a member of the Documentary Producers Association; and Se Young Kim, Colby College assistant professor of cinema studies specializing in contemporary East



Asian and U.S. cinema.

The 2024 Tourmaline Prizes are sponsored by the Maine Film Office and the Unity Foundation.

“We’re honored to showcase the incredible works produced in Maine each year,” said Mike Perreault, executive director of the Maine Film Center. “It truly takes a community—and not a little grit—to make a film in Maine, and it’s always a joy to witness the vibrancy and reconnections that people make when they come together at the festival to see these films on the big-screen for the first time. We’re also proud to be able to recognize achievement through our juried competition and cash prizes.”

Competing in this year’s feature film category are documentary Carlo... and His Merry Band of Artists, drama The Ghost



Competing in this year’s feature film category are documentary Carlo...and His Merry Band of Artists, drama The Ghost Trap, and horror-thriller The Ruse.

Trap, and horror-thriller The Ruse.

Making its U.S. premiere, Carlo...and His Merry Band of Artists examines the life and legacy of the late Central Maine figurative artist and activist Carlo Pittore, as told through the memories of some of his closest friends and fellow artists, featuring Central Mainers Natasha Mayers, Herb Hartman, Abby Shahn, Pam Smith, and Kathy Bradford.

The Ghost Trap is enjoying its New England premiere and serving as MIFF’s Centerpiece film this year. Gorgeously shot on Maine’s stunning coastal seawaters and based on the novel by K. Stephens, the film follows a young lobsterman whose happy life is threatening to fall apart as his loving girl-

friend suffers a debilitating head injury and a rival lobstering crew grows increasingly hostile.

Rounding out the trio is horror-thriller The Ruse, making its world premiere in the Waterville Opera House July 18. An in-home caregiver takes a new job in a remote seaside house and quickly finds herself in the midst of chaos, dealing with an unruly patient, mysterious neighbors, and terrifying supernatural occurrences. The Ruse stars legendary horror actress Veronica Cartwright (Alien, The Birds, Invasion of the Body Snatchers) and was shot entirely in Blue Hill.

Nineteen films compete in this year’s shorts competition, divided into three screening groups:

**Maine Narrative**



**Shorts**

Today We Climbed a Hill

Detox  
Baby Shrooms

The Selectman  
Come Stay  
High Tides  
The Boat Inspector  
Franklin

**Maine Documentary**

**Shorts**

Sludge: A PFAs Uprising

Offering  
The Comeback Mill  
Waldo County Woodshed

Chasing Freedom  
Filling the Gaps

**Maine Music Shorts**  
Surrounded by Woods  
LEAF Plays the Portland House of Music

A Phantom Song  
An Extraordinary Place

On Saturday, July

20, MIFF will also present Make It In Maine: The Latest Developments Impacting the Production and Distribution of Films Made Here. This free panel discussion will touch upon the challenges that face filmmakers undertaking productions in Maine, as well as the benefits they reap by filming in the Pine Tree State. Moderated by Louise Rosen, managing director of Louise Rosen Ltd. and co-president of Maine Film Association, this program is presented by the Maine Film Center, Maine Film Association, and Greene Block + Studios.

To learn more about the made-in-Maine films and the dozens of others screening at MIFF this year, visit [MIFF.org](http://MIFF.org). Passes and tickets are available now.

# Sen. Collins, Usher discuss Type 1 diabetes screenings

**WASHINGTON, D.C.** – U.S. Senator Susan Collins met with musician Usher in Washington to discuss screenings for Type 1 diabetes (T1D).

Usher’s son lives with Type 1 diabetes, and he shared his story with Senator Collins while also advocating for improved access to diabetes screening for families to increase early detection. Senator Collins recently introduced the Strengthening Collective Resources for Encour-

aging Education Needed (SCREEN) for Type 1 Diabetes Act with Senator Jeanne Shaheen to improve early detection and screening for Type 1 diabetes. This bill would direct the CDC to conduct a national public awareness campaign about the signs and symptoms of T1D for both health care providers and the public, as well as the benefits of early detection and screening. Senator Collins and Usher discussed how screening and early detection can



give families the time to plan and prepare for life with the disease and provide opportunities for in-

dividuals to participate in clinical trials or consider therapies to delay clinical onset.

“Early detection of Type 1 diabetes can prevent life-threatening conditions like diabetic ketoacidosis and potentially allow for the use of therapeutics to delay the clinical onset of the condition, helping to improve patients’ quality of life and reliance on insulin,” said Senator Collins. “It was a pleasure to talk about the importance Type 1 diabe-

tes screening with Usher in Washington and hear about his impressive son. I thanked Usher for lending his voice and platform to increasing awareness of the burden of Type 1 diabetes.”

Senator Collins is the founder and co-chair of the Senate Diabetes Caucus and has long-lead action in the Senate to advance priorities that will lower the costs of insulin, improve treatment and detection, and prioritize diabetes research.

**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.

SUBWAY

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

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

American pub-style food and drinks.

**A** 7 Railroad Ave, Ste 102  
Gorham, ME 04038

**W** [www.jctbowl.com](http://www.jctbowl.com)  
**P** 207.222.7600



# Arts & Entertainment

## Highlands Country Club to host Bridgton Hospital Golf Tourney

**BRIDGTON, ME** -- Details have been announced for the 32nd annual Bridgton Hospital Golf Tournament. The event will take place on Sept. 11, 2024 at Bridgton Highlands Country Club.

This long-standing tournament has raised more than \$1 million over the years to support the many services and programs offered by Bridgton Hospital.

"We are grateful to the businesses and community members who have come out year after year

for this annual fundraiser," said Stephany Jacques, president of Bridgton Hospital. "The proceeds from this year's tournament will support critical emergency services for Bridgton Hospital's Emergency Department."

Player registration and sponsorships are available now at [www.cmhc.org/bridgton-golf](http://www.cmhc.org/bridgton-golf). The \$150 player registration fee includes breakfast, lunch, refreshments throughout the course, hors d'oeuvres after play, player gifts, prizes and



Last year's Grand Putt-Off Sponsor team from Sports Haus

more. Players can sign up as an individual or register as a foursome. Sponsorships from \$1,000 to \$10,000 are packaged to include marketing benefits, player registrations, mulligans and raffle tickets for an easy registration process on the day of the event.

To register, sponsor or learn more about the tournament, please contact Central Maine Healthcare's Office of Philanthropy at (207) 795-2685 or email [giving@cmhc.org](mailto:giving@cmhc.org).

## Up-and-coming comics on stage at Great Falls Comedy Club

**AUBURN, ME** -- Make laughter a priority this weekend at Great Falls Comedy Club on July 6, with co-headliners, Alex Temple and Casey Watson.

Keep your holiday weekend rolling with laughter as two of Maine's best, young and

up-and-coming comics take the stage on Saturday night.

Temple has been performing around New England and in New York City and recently moved on to the next round of the Last Comix Standing comedy competition at Mohegan Sun Casino in

Connecticut. Watson is the winner of the 2023 New England's Funniest Comedian competition at Aura in Portland and a regular host at Empire Comedy Club. Both are sure to make you laugh.

Tickets can be found at <https://www.greatfallscomeclub.com>

or by phone at 207-200-5366.



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

com or purchased at the door. Great Falls Comedy Club is located inside Craft Brew Underground at 34 Court Street, Auburn, under the red awning.

For more information contact the club at [info@greatfallscomeclub.com](mailto:info@greatfallscomeclub.com)

**SCOTT MOREAU is**

**CASH**

**LATE AND ALONE**

AN INTIMATE PORTRAIT OF **JOHNNY CASH**

**Jul 13 & 14**

ADDED MATINEE!  
**Jul 13 @ 3:00 pm**

ThePublicTheatre.org | 782-3200

SPONSORS: Uncle Andy's Digest, Baxter Brewing  
UNDERWRITERS: Platz Associates, Sun Journal, WOXO & WIGY

**THE PUBLIC THEATRE**  
31 Maple Street, Lewiston

**THE GAHS GOLDEN PAW AWARDS**

AWARDS 🐾 SILENT AUCTION 🐾 COMEDY 🐾 DINNER & DRINKS

Thursday, September 12th, 2024  
5:00pm- 9:00pm  
Royal Oak Room, Lewiston

Dinner buffet by Grazi To Go!

Special Guest Performance by Julia Gagnon!

Get Your Tickets Today to Benefit the Greater Androscoggin Humane Society  
[www.gahumane.org/goldenpawawards](http://www.gahumane.org/goldenpawawards)



# Five well-being tips for Men's Health Month

By Dr. Gerald Hautman, Chief Medical Officer for Population Health, UnitedHealthcare

June served as Men's Health Month, offering an opportunity to recognize fathers, grandfathers and great grandfathers, and the important role they play in our families' well-being.

For some men, focusing on their health may be a secondary concern, but it doesn't have to be that way. This time of year provides a chance to help raise awareness of the health challenges men face and encourage them to take action to improve their well-being.

For instance, compared to women, men have a lower life expectancy (73 years vs. 79 years) and may experience some health conditions at higher rates, including heart disease, high blood pressure and high cholesterol. From an economic standpoint, productivity losses related to men's health issues may cost U.S. employers and

society as a whole over \$156 billion annually.

By highlighting these facts and encouraging men to take an active role in their well-being, it may be possible to help address these health issues earlier and avoid complications that can diminish quality of life. With that in mind, here are five tips men can consider that may help improve their well-being this summer and throughout the year.

Make preventive care a priority. Men are 50% less likely than women to seek medical care, and 72% said they would rather do household chores – such as cleaning the bathroom – than go to the doctor. To help reverse these trends, now is the time to schedule an annual wellness visit with your primary care physician, providing an opportunity to take charge of your health and detect any potential health issues or diseases earlier. Men can be on the lookout for a variety

of health issues that tend to increase in frequency as they age, including kidney stones, gout and certain cancers.<sup>1</sup> If getting to the doctor is a challenge due to a packed schedule or other issues, consider a virtual visit, which may be a good option for both primary and urgent care.

Stay active and enjoy the summer weather. Getting active may be a great way to prioritize your physical health and mental well-being, and you may have fun while doing it. Federal guidelines recommend men ages 18 to 64 get 150 minutes of moderate-intensity activity, 75 minutes of vigorous activity or a combination of both per week, along with strength training. For men 65 and over, it's usually good to add in balance activities that may help reduce the risk of falls.<sup>6</sup> To help make physical activity as fun as possible this summer, consider golfing, tennis, swimming or hiking to get moving

and spend time with family and friends. Along with the physical benefits, an active lifestyle may have positive impacts on your mental well-being too.

Reduce risky behavior. Research shows that men may take more risks than women. For example, men are more likely to be addicted to alcohol and tobacco than women; men are more likely than women to binge drink; and men use illicit drugs at higher rates than women. What's more, some men may be prone to push themselves physically, such as attempting a marathon, triathlon or an extreme sport. It's a good idea to check with your physician before you engage in any extreme sport and start a slow and steady training routine.

Get competitive in a healthy way. Men who take fewer risks and channel their competitive spirit in a healthy way may enhance their well-being and quality of life. One strategy is to pair up with

a workout partner or join a group fitness class, which research shows may support improved mental and physical health compared to exercising solo. Also, check if your employer offers a wellness program that enables people to earn rewards for achieving certain fitness goals or offers discounts on gym memberships. To help maintain overall health, it's important for men to "compete with themselves" and set realistic – and specific – exercise and diet goals.

Know when to take it easy. Taking time to destress may be a beneficial part of any healthy lifestyle, whether it's a backyard barbecue, a staycation or working on a hobby. Taking time to rest and recover may support physical and mental well-being. Importantly, research shows that men may be less likely to get care for mental health concerns, so it's important to look for signs that you or someone you love may

need support, such as irritable or angry moods, unexplained aches and pains, self-criticism and bad or dangerous behavior. Additionally, some men may be more inclined to push themselves during physical activities. Whether you're engaging in a friendly pickleball match or training for an upcoming endurance race, like a 10K, listen to your body and take it slow if you need to.

As we celebrate summer and the important role men play in our families and our communities, considering these tips may be a good way for men of all ages to make health a priority this year.

**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

## NVME free online business planning class applications open

AUGUSTA, ME—New Ventures Maine (NVME) has an open call for Venturing Forth, a free, online comprehensive business planning class starting Tuesday, September 3, 2024.

For new entrepreneurs or existing business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The 60-hour course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal aspects, and more. In-class activities, guest speakers, and homework assignments lead to the completed business plan and road map for success. This comprehensive course



"I took the NVME Venturing Forth course in 2019 and I learned more about being an entrepreneur and all of the logistics of starting a business than I did in four years of business school."-Amanda Hatley, Founder & Director, She Summits Co.

includes three follow-up networking sessions.

Individuals complete an online application and attend an orientation and individual

interview to participate in the class. The application is accessible online and is due by Noon on Tuesday, August 27. Class size is limited to 15.

"This class is designed to support small business owners in all aspects of creating their business plan," said NVME Microenterprise Specialist Alicia LaFosse. "Participants will not only learn through the class content, but they'll also learn from their peers and from entrepreneurs in the community as they hone their vision and create their plan."

The Venturing Forth class will meet via Zoom at the following dates and times:

September 3 - October 15: Tuesdays and Thursdays, 9:30 a.m. - 12:00 p.m.

October 22 - December 3: Tuesdays only, 9:30 a.m. to 3:00 p.m.

(No class will be held on Tuesday, November 26.)

Anyone with a business idea or current business is welcome to apply.

The class also qualifies for three pass/fail credits from the Univer-

sity of Maine at Augusta upon approval of a completed business plan.

To request or complete an application, register for the orientation, or learn more, contact Alicia LaFosse at 207-621-7457 or alicia.lafosse@maine.edu or visit the New Ventures Maine website.

**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**



# Chris Greicius Society of Hope awards Fontaine Family

AUBURN, ME – Fontaine Family Real Estate is proud to announce that they have been honored with the prestigious Chris Greicius Society of Hope Award by Make-A-Wish. This esteemed recognition is awarded to donors who have contributed \$100,000 or more over time, highlighting their ongoing commitment to delivering hope to children with critical illnesses and their families when they need it most.

The Chris Greicius Society of Hope Award, named after the 7-year-old boy whose wish to be a police officer inspired



Chris Greicius Society of Hope Awarded to Fontaine Family

the creation of Make-A-Wish in 1980, celebrates donors who have shown extraordinary dedication to supporting the mission of Make-A-Wish. Since its inception over 30 years ago, the award has honored individuals and organizations that have significantly contributed to granting more than 360,000 wishes in the U.S. and its territories.

We are incredibly honored to receive the Chris Greicius Society of Hope Award. Supporting Make-A-Wish and helping to bring joy and hope to children facing critical illnesses has been a core

part of our mission. We are deeply grateful for this recognition and remain committed to continuing our support for this wonderful cause.

Fontaine Family Real Estate's commitment to Make-A-Wish is exemplified by their annual Bid for Wishes silent auction, which has raised substantial funds over the years to help make dreams come true for children in need. Their recent 11th Annual Bid for Wishes silent auction alone raised \$25,000 in loving memory of Jackson Gibson, contributing to the significant milestone recognized by this award.

We believe in the power of a wish to change lives, and we are dedicated to supporting Make-A-Wish in their efforts to bring hope and happiness to children and their families. This award inspires us to continue our efforts and make an even greater impact in the future.

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

# SeniorsPlus presents Margaret Ross Award for volunteerism

LEWISTON, ME -- Pauline Fortier of Lewiston was honored at the June 24 annual meeting of SeniorsPlus with the presentation of the 2024 Margaret Ross Award. Fortier was honored for 10 years of volunteerism at SeniorsPlus. Her focus at SeniorsPlus has been assisting clients to understand Medicare better and what is best for their individual situation. The award, presented annually, recognizes an individual who has made significant contributions to the agency and

the larger community. SeniorsPlus is the designated Area Agency on Aging focusing on Androscoggin, Franklin and Oxford counties.

In total, Fortier has volunteered almost 600 hours at SeniorsPlus. As a certified Medicare counselor, Fortier educates Medicare clients and their families about Medicare insurance options and benefits. Being a Medicare counselor involves knowing federal and state insurance laws, insurance coverages, enrollment pe-

riods and completing data entry. This volunteer role also involves taking a state certification test and recertifying every two years.

In addition, Fortier assists with follow-up with clients of the Medicare Savings Program that enables individuals to get their medications at greatly reduced copays and may also qualify clients for enrollment into specialized plans that offer extra benefits like groceries, utility payments, transportation and over the counter supplies.



Pauline Fortier is the recipient of the 2024 Margaret Ross Award for volunteerism at SeniorsPlus, Western Maine's designated Area Agency on Aging.

"As a nonprofit, SeniorsPlus provides free, unbiased Medicare counseling – we are not trying to sell the client anything. Trust between the client and the counselor is criti-

cal and Pauline is not only a strong client advocate, but a friendly, thoughtful one," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. "We are grateful for Pauline's

dedication and expertise." Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (i.e. nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves almost 8,000 individuals and fielded 101,000 phone inquiries.

## Fixed-Rate Credit Card

as low as **8.99%** APR<sup>1</sup>

Up to **\$450\*** Transfer Bonus  
\$30 per \$1,000

egcu.org/sun

Scan to open or call 221-5000

### Evergreen Credit Union

<sup>1</sup> Annual Percentage Rate as of 10/10/2023. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply. \*Earn \$30 bonus for each \$1,000 transferred to a new or existing ECU Sun Select Credit Card during the promotion period, not to exceed \$450. Balance transfers must occur during the promotional period ending 12/31/2024, in order to be eligible. The bonus is payable 60 days after the month-end in which the balance transfer took place and the credit card must remain open at time of deposit. Some restrictions apply. For more information, including bonus eligibility, visit egcu.org/credit.

## Andwell HEALTH PARTNERS

formerly Androscoggin Home Healthcare + Hospice

### New Name. Same Heart.

- Home Health
- Hospice
- CareGivers
- Community & Behavioral Health
- Maternal & Child Health
- Therapy Care

www.andwell.org



# NSB donates \$1K to Center for Wisdom's Women

LEWISTON, ME--Run by and for women, the Center for Wisdom's Women stands as a safe and sacred space dedicated to bringing hope, joy, and light into the lives of women in need of them.

"The Center means so much to me because it's a quiet setting where women can come together and find peace of mind," said Denise.

"The women that work at this amazing place are so patient and caring. This is certainly a little pot of gold tucked so unsuspectingly in Lewiston," said Nicole.

The Center supports and empowers women survivors of addiction, trafficking, and incarceration, offering holistic healing in a shared community, originally started by the Daughters of Wisdom, a Catholic religious community in 1999. Though no longer associated with a particular reli-

gion or denomination, the Center tends to the material and spiritual needs of women in an atmosphere that honors all faith traditions.

"We provide healing of mind, body, and spirit, grounded in community and love," said Tricia Tomlinson, Executive Director of the Center.

The organization features several programs serving different needs. Located on 97 Blake Street, the Center is a drop-in center that is open on Tuesday, Wednesday, and Thursday from 9 a.m. to 1 p.m. Sessions are offered each morning and afternoon ranging from art therapy to wellness programs to writing and poetry workshops, all focused on building a community of kindness and respect. All programs are free, and hygiene items and clothing are also available. Two newer programs are Sophia's House,



which is a long-term, residential recovery community for women who are survivors of prostitution, trafficking, prison, and addiction; and Herban Works, where women develop a range of skills and earn a stipend by making handmade products like calendula salve, teas, salted herbs, and more. All profits from the sale of the products return to the program to support more women through herbal healing.

Norway Savings Bank has been a longtime supporter of the Center for Wisdom's Women since 2013, including a recent donation of \$1,000 this month.

"Other than a director, operations manager, and an outreach and program coordinator, all of these amazing programs and initiatives are presented and staffed by volunteers. Many are retired social workers, nurses, and other caring women



who are lauded for their supportive listening and guidance," said Janice de Lima, Community Reinvestment Act Officer VP at Norway Savings. "It's an honor for NSB to help create the kind of environment in which women can begin to heal and thrive together."

"We tend to the spirit of women through non-judgmental listening and community building. NSB's donations help us sustain this mission and continue to make a difference in our community," said Sonia Turgeon, Operations Manager for the Center.

"The commitment and generosity of the bank and our other donors and sponsors enable us to enhance our programming,

arts, and assistance for many women. The support directly impacts the women we serve, and we couldn't do it without this support," said Tomlinson.

"We are continually inspired by the dedication of the staff and volunteers at the Center for Wisdom's Women and by the resilience and strength of the women they serve," said Dan Walsh, President and CEO of Norway Savings.

There are many ways for you to join in supporting this crucial program and its significant success. To learn more about volunteer opportunities, visit [www.wisdomswomen.org/volunteer](http://www.wisdomswomen.org/volunteer). To make a donation to support the Center, visit [www.wisdomswomen.org/give](http://www.wisdomswomen.org/give).

## Humane Society announces summer raffle winners

LEWISTON, ME – The Greater Androscoggin Humane Society announces the winners of their Annual Summer Raffle. With over \$13,000 in tickets sales the winners were: Linda Pease of Turner, winning \$500 cash; Susan Wilson of Livermore Falls, winning \$300 cash; Donna Gammon of Greene, winning \$200 cash and David Smith of Poland, winning

\$100 cash. All proceeds from the raffle directly benefit the Humane Society.

The Greater Androscoggin Humane Society provides a safe haven for over 3,000 sick, homeless and abused animals in the greater Androscoggin area per year. The primary support for the shelter comes from fundraising events and donations of con-

cerned citizens.

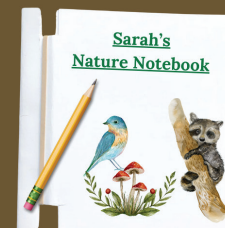
The Greater Androscoggin Humane Society is located at 55 Strawberry Avenue in Lewiston. If you are interested in learning more about volunteering at the Shelter or adopting an animal call 783-2311 or visit the website at [www.SavingPetsInMaine.org](http://www.SavingPetsInMaine.org). You can also join them on [www.facebook/GAHumane](http://www.facebook/GAHumane).

### Mini Nature Notebooks

July 10th at 3:30pm

3rd Floor

Children's Department



Recommended for kids ages 5-12

Lewiston PUBLIC LIBRARY

## 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](http://goodwinwellandwater.com)



## Insulate. Be comfortable. Save money.

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



Find an insulation professional at [efficiencymaine.com](http://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](http://efficiencymaine.com) for details.





# Chewonki Foundation names new president, Nancy Kennedy

WISCASSET, ME -- Chewonki Foundation, a 501(c)(3) non-profit organization dedicated to nature-based education, is pleased to announce Nancy Kennedy as its new President.

Kennedy has served at Chewonki for nearly a decade in several roles including the Director of Girls Programming, Vice President for Camp Chewonki, Executive Vice President, and as the foundation's Acting President for the past two years. She brings a wealth of experience in youth development, outdoor education, and nonprofit administration.

"Chewonki Foundation is a complex organization," said Chewonki board chair André Heard. "Nancy's leadership has been shaped by institutional history, lived experience, and the culture of Chewonki. She is ready to

lead on day one, and that is exactly what Chewonki needs now."

"Nancy brings many special qualities to the foundation, including an unmatched ability to connect with others, a willingness to learn through her work, and a deep respect for equity and inclusion in the Chewonki community," said Marion Howard, Trustee and Co-chair of the foundation's president search committee. "We are collectively thrilled that Nancy has accepted, and we are confident in her ability to lead all of us into the next phase of Chewonki's evolution."

In her role as President, Kennedy will oversee Chewonki's strategic direction and operations, expand the existing summer and school-year youth programs, foster partnerships, and promote the organization's mission to "inspire transformative



growth, teach appreciation and stewardship of the natural world, and challenge people to build thriving, sustainable communities throughout their lives."

"I am thankful to the board for the opportunity to embrace the President's role. This month marks my ninth year of working

at Chewonki: nine years of laughter and tears; nine years of "I love you's" and big hugs, nine years of travel, meeting people, learning, and welcoming people; nine years of working alongside dedicated colleagues who, like me, are trying our best to extend the Chewonki mis-



sion to more participants: a mission of inspiring lifelong learning in nature that calls each of us to learn how to be in sustainable community with ourselves, with one another, and with this beautiful world."

Kennedy received her BA from the University of Maine, her Masters of Divinity from Bangor Theological Seminary, and a PhD from the University of New Hampshire. She served as a Mentor in the Olympia Snowe Women's Leadership Institute, as a board member for Valo, and is a member of the board of the Wiscasset

Chamber of Commerce. Kennedy previously provided senior leadership at Kieve-Wavus as the Director of Wavus Camp for Girls where she oversaw several initiatives to improve the campus and create programming for the girls camp, and veteran's groups. Kennedy also serves in various capacities as a faith leader for several organizations. Kennedy will be the fourth President in the foundation's history, following Tim Ellis, (President 1966-1991), Don Hudson (President 1991-2010), and Willard Morgan (President 2010-2022).

## DHHS supports communities impacted by winter storms

AUGUSTA, ME — The Maine Department of Health and Human Services (DHHS) announced that it received \$1.7 million in federal grants to foster resiliency for individuals impacted by severe weather this past winter.

The two grants totaling \$1,703,932 were awarded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) via the Federal Emergency Management Agency (FEMA). They will help DHHS strengthen community outreach and support long-term recovery services to Maine people in 11 counties impacted by the severe winter storms in December 2023 and January 2024.

The grants will fund outreach and support by community health coalitions across Maine. The coalitions will help provide opportunities for community connection and re-

covery, public education, as well as professional development for first responders, town officials, and those who work with Maine people in the aftermath of severe weather events. The coalitions will serve as points of connection and aid in referral to services.

As part of the grant application, DHHS worked with partners on the ground to learn about the long-term effects of the two winter storms.

"Across Maine, homes, livelihoods, and communities were devastated by the significant winter storm damage from flooding, downed trees, and evacuations," said Acting DHHS Commissioner Sara Gagné-Holmes. "Maine people also suffered less visible impacts on their health and wellbeing. These grants will help Maine people and communities come together to support healthy coping, stress management, and

access to services as we work to recover from these storms over the long term."

"These resiliency funds come at an important time, both to help Maine people recover from the intense storms of this winter, and as the connections between climate change and risks to public health become more urgent to address," said Hannah Pingree, co-chair of the Maine Climate Council. "As recent research for the Maine Climate Council has found, there is a need for increased investment in public and behavioral health related to climate effects. These funds reflect this need and will help ensure Maine people have the necessary supports to prepare for, and recover from, extreme storms."

"We recognize that disaster events can have longstanding psychological and emotional impacts," said Maine Emergency Management Agency Director Pete Rog-

ers. "We're hopeful that these additional resources will further aid those impacted by the December and January storms."

Counties to receive support include Androscoggin, Franklin and Oxford and all of the coastal counties – York, Cumberland, Sagadahoc, Lincoln, Knox, Waldo, Hancock, and Washington. The grants will be managed by DHHS' Office of Behavioral Health as part of the StrengthenME initiative which celebrates and supports resilience.

The federal grants are part of the Mills Administration's broader work to bolster Maine's response and resilience to severe weather.

In the past legislative session, Governor Janet Mills proposed, and the Legislature enacted, as part of the supplemental budget \$60 million in storm recovery funding – the single largest investment by any Administration in Maine

history. For more information about available funding and supports for storm recovery, please visit the state's flood resources and assistance hub. In May, Governor Mills also signed an Executive Order to establish a new commission that will develop the State of Maine's first plan for long-term infrastructure resilience, following the two devastating winter storms and a record eight storm-related Federal disaster declarations in Maine over the past two years.

The 24-member commission will engage with communities, industries, and organizations across Maine to understand challenges following storms, identify and bridge gaps in resources like funding, financing, and insurance, how to improve the resilience of energy systems, propose new approaches to improve disaster recovery and response, and strengthen resilience supports at the state, regional, and lo-

cal levels.

StrengthenME resources are available at any time to Maine people affected by severe weather and other stressors. A variety of stress management supports to promote health and wellbeing are available at StrengthenME.com. Services are easy to access, anonymous, and community focused.

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

### USDA

Continued from page 2

of foodborne illness by using a food thermometer to measure the safe minimum internal temperature, and reduce cross-contamination by using sep-

arate utensils for raw and cooked meat and poultry."

Here are grilling and smoking food safety tips to keep in mind during your celebratory cookout:

Thaw meat or poultry first. Smoking uses

low temperatures to cook food, and frozen food would take too long to reach a safe internal temperature before bacteria can start to multiply. Frozen foods can be grilled safely, but they will take longer and may cook unevenly.

Marinate in the refrigerator. Marinating tenderizes and flavors meat and poultry before grilling and smoking. Always marinate in the refrigerator and NOT on the counter. If basting meat and poultry during grilling or smoking, and you want to use some of the marinade

as a sauce, you should put aside a portion of the marinade that has not been in contact with the raw meat or poultry. If using a marinade that has already been used on raw meat or poultry, boil first to destroy harmful bacteria.

Keep raw meat and poultry separate. Use different cutting boards and utensils for raw meats and poultry and food that is fully cooked or is ready to eat to avoid cross-contamination with bacteria.

Keep the smoker and grill at a safe temperature. If you are using a smoker or grill to smoke meats,

you will need two types of thermometers: one for the food to determine safe internal temperature and an oven-safe thermometer to monitor that the air temperature in the smoker or grill stays between 225 and 300 F throughout the cooking process.

Cook meats to a safe internal temperature as measured by a food thermometer.

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 F before removing meat from the heat source. For safe-

ty and quality, allow meat to rest for at least three minutes before carving or consuming.

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 F.

Cook all poultry to a safe minimum internal temperature of 165 F.

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHHotline@usda.gov or chat live at www.ask.usda.gov 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

**Jason Hodsdon Masonry**

We install  
stainless steel  
liners

215-3557  
North Monmouth

Jasonhodsdonmasonry@gmail.com



# 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





# \$7.7M in rebates for clean school buses across Maine

**MAINE** – The Biden-Harris Administration announced the recipients of the U.S. Environmental Protection Agency’s (EPA) 2023 Clean School Bus Program rebate competition, funded by President Biden’s Investing in America agenda. The rebates will help selectees purchase 38 clean school buses in 15 school districts across Maine. The Clean School Bus Program will help Maine accelerate the transition to zero-emission vehicles and replace older, diesel-fueled school buses, which have been linked to asthma and other conditions that harm the health of students and surrounding communities.

EPA Administrator Michael S. Regan, NAACP President Derrick Johnson, and U.S. Representative Bennie Thompson joined schoolchildren, district leaders, and community members in Jackson, Mississippi, to make the announcement and highlight how the program will reduce greenhouse gas emissions, save schools money, and better protect children’s health, especially in communities already overburdened by pollution. The investment will also drive demand for American-made batteries and vehicles, boost domestic manufacturing, and create good-paying jobs for Americans.

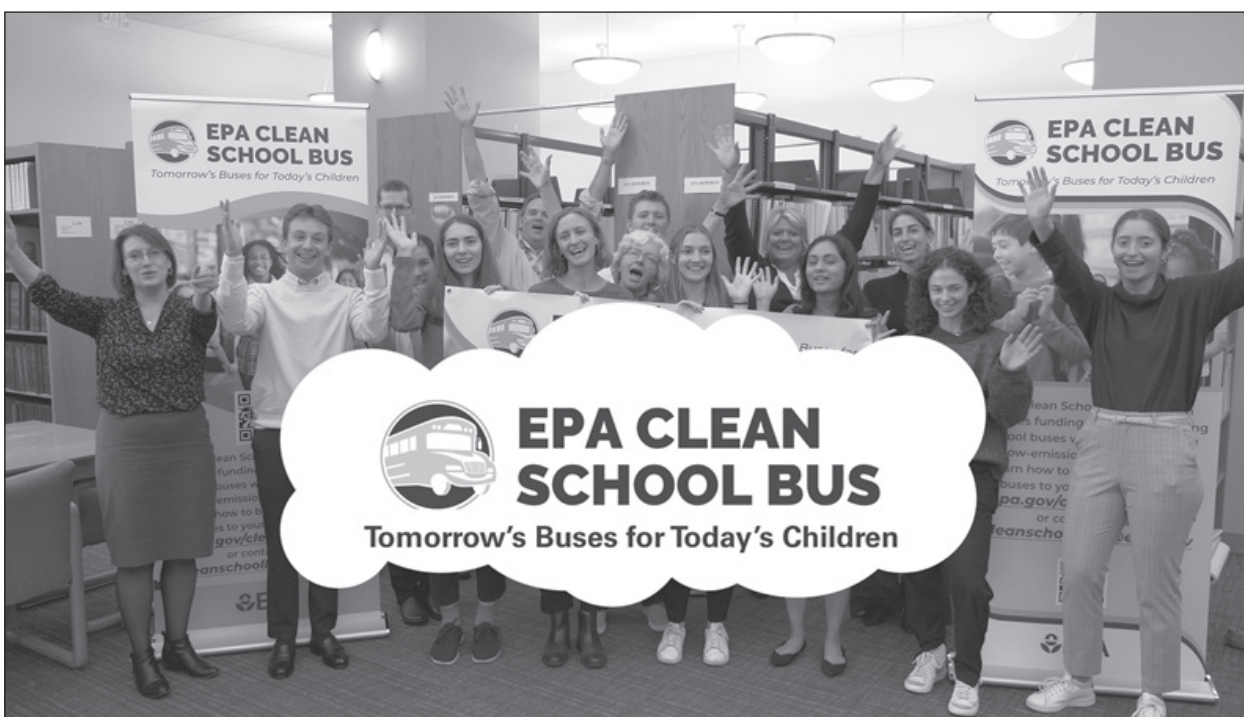
“President Biden believes every child deserves the opportunity to lead a healthy life and breathe clean air, and his Investing in America agenda is designed to deliver just that,” said EPA Administrator Michael S. Regan. “With today’s latest round of funding, we are transforming the nation’s school bus fleet to better protect our most precious cargo—our kids—saving school districts money, improving air quality, and bolstering American manufacturing all at the same time.”

“Today’s announcement helps ensure that 15 school districts in Maine can breathe easier and benefit from the reduced emissions of 38 clean school buses,” said EPA Regional Administrator David W. Cash. “Thirty-eight clean school buses means 38 fewer tailpipes blowing diesel exhaust and particulate matter into our air. It’s a win-win-win-win-win-win-win—cleaner air, healthier environment, fighting the climate crisis, parents not worrying that their kids are breathing in fumes as a diesel bus comes by, clean energy jobs, and school districts saving money. Our Clean School Bus program is making a real difference in the lives of children and families across New England.”

“Maine students, families, and educators rely on school buses for safety and efficiency, but diesel exhaust from existing fleets is damaging to air quality, our environment, and to human health—especially for children,” said Congresswoman Chellie Pingree, Ranking Member of the House Appropriations Interior and Environment Subcommittee. “As a stalwart supporter of clean energy, I am overjoyed to see millions of dollars in Bipartisan Infrastructure Law investments coming to Maine schools through the EPA’s Clean School Bus Program to make our communities safer and healthier. This funding puts us further down the path to achieving net-zero emissions, and it’s a huge win for our state, our country, and our planet.”

The 2023 Clean School Bus rebates will help selectees purchase 38 clean school buses in 15 school districts across Maine:

Fayette Public Schools has been selected to receive \$200,000 in rebate funding to purchase



one clean school bus.

Biddeford Public Schools has been selected to receive \$1,000,000 in rebate funding to purchase five clean school buses.

RSU 28/MSAD 28 has been selected to receive \$1,220,000 in rebate funding to purchase six clean school buses.

Education in Unorganized Territory has been selected to receive \$690,000 in rebate funding to purchase two clean school buses.

Brunswick Public Schools has been selected to receive \$70,000 in rebate funding to purchase two clean school buses.

Cape Elizabeth Public Schools has been selected to receive \$600,000 in rebate funding to purchase three clean school buses.

Yarmouth Schools has been selected to receive \$1,000,000 in rebate funding to purchase five clean school buses.

RSU 57/MSAD 57 has been selected to receive \$600,000 in rebate funding to purchase three clean school buses.

RSU 75/MSAD 75 has been selected to receive \$200,000 in rebate funding to purchase one clean school bus.

Kittery Public

Schools has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

RSU 17/MSAD 17 has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

Saco Public Schools has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

RSU 85/MSAD 19 has been selected to receive \$345,000 in rebate funding to purchase one clean school bus.

Brooksville Public Schools has been selected to receive \$200,000 in rebate funding to purchase one clean school bus.

RSU 51/MSAD 51 has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

In September 2023, the EPA announced the availability of at least \$500 million for its 2023 Clean School Bus rebates. The rebate application period closed in February 2024 with an overwhelming response from school districts across the country seeking to purchase electric and clean school buses. Given the level of demand, including from low-income communities, Tribal nations and U.S. territories, the EPA doubled the initial amount of available funding in this round to a total of nearly \$1 billion.

This third round of funding will build on the previous investments of almost \$2 billion via the Clean School Bus Program’s 2022 Rebates and 2023 Grants to further improve air quality in and around schools, reduce greenhouse gas pollution fueling the climate crisis, and help accelerate America’s leadership in developing the clean vehicles of the future.

The selections announced today will provide funds to school districts in 47 states and Washington D.C., along with several federally recognized Tribes and U.S. territories. Prioritized school districts in low-income, rural, and Tribal communities make up approximately 45 percent of the selected projects and will receive approximately 67 percent of the total funding. The program advances President Biden’s Justice40 Initiative, which aims to deliver 40 percent of the overall benefits of certain federal investments to disadvantaged communities that are marginalized, underserved and overburdened by pollution.

The EPA is also partnering with other federal agencies through the Joint Office of Energy and Transportation to provide school districts with robust technical assistance to ensure effective implementation.

The EPA is continuing to review selected applications and may make additional awards from this announcement. The EPA is working with those applicants and will notify them of an award if their application meets all program requirements. As additional selections are finalized, the EPA will update the CSB Awards webpage.

The EPA will also make selections through additional rounds of funding, as well as through other funding programs. For example, the EPA is currently accepting applications for the 2024 Clean Heavy-Duty Vehicles Grant Program until 11:59 PM ET on July 25, 2024—with the EPA offering up to \$932 million in available grant funding and anticipates approximately 70 percent of the available funding to help pay for new, zero-emission Class 6 or 7 school buses. The EPA encourages school districts not selected for the 2023 CSB Rebate Program—and those that did not apply—to participate in currently open funding programs, and future CSB funding rounds.

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

**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

**FARRIS**  
Lawn Care  
L.L.C.

207-344-5212

FULLY INSURED  
LANDSCAPING  
HARDSCAPING  
SNOW REMOVAL

- 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!



**Summer 2024**

**NORWAY** -- Art Exhibition "If You Lived Here, You Would ...." at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures, paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

**Mondays through Aug 12**

**LEWISTON** -- ARTVAN IN KENNEDY PARK, Mondays, June 24, July 1, 8, 15, 22, 29 and August 5, 12 at 3:30PM

ArtVan will be providing hands-on creative art programs this summer in Kennedy Park for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided.

**July 4-15**

**PORT CLYDE, ME** -- Barbara Prey Projects is pleased to open their 24th season with ABSTRACTING FROM NATURE by celebrated artist Barbara Ernst Prey featuring two distinct series; never before seen oil paintings and newly released limited edition prints highlighting her distinct American vision.

July 1 — 15 | 10:00 am – 5:00 pm, daily

Main St., Port Clyde, ME 04855, 207-372-8087

**July 5-7**

**MAINE** -- The DaPonte Quartet is joined

# Calendar

Send your submissions to the Editor. More online.

by violist Marcus Thompson and cellist Scott Kluksdahl in a delightful evening dedicated to the two gorgeous sextets of Johannes Brahms.

Friday July 5 at 7:00, Portland Conservatory of Music, 28 Neal St., Portland, ME

Saturday July 6 at 7:00, Bayside Community Hall, 813 Shore Rd. Northport, ME

Sunday July 7 at 4:00, Surry Arts & Events at the Barn, 8 Cross Rd., Surry, ME

Additional information and tickets available from [dapontequartet.org](http://dapontequartet.org)

**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.

**July 10, 23; Aug 6, 13, 20**

**MAINE** -- University of Maine Cooperative Extension welcomes local farmers, service providers, and Ag stakeholders to participate in the 2024 Maine Pasture Walk Series. Five events, all of which will start at 11 a.m., will be held on the following days and farms:

The Milkhouse, 445 South Monmouth Road in Monmouth, on Jul 10.

Springside Farm, 577 Anson Valley Road in New Vineyard, on Jul 23.

Faithful Venture

Farm, 17 Borough Road in Searsmont, on Aug 06.

The Wolfe's Neck Center, 184 Burnett Road in Freeport, on Aug 13.

Grace Pond Farm, 530 Main Street in Thomaston, on Aug 20.

Attendees will learn about dairy production systems, pasture management, forage species identification, climate-smart practices, regenerative grazing, and more from forage producers and Assistant Extension Professor Jaime Garzon.

The 2024 Maine Pasture Walk Series is open and free for all participants. Visit the event webpage for more information and registration.

**July 10**

**LEWISTON** -- Craft Night at Lewiston Public Library on July 10, 2024, from 5 pm to 6pm. FMI: <https://lplonline.org/events/craft-night-at-lpl-terracotta-lighthouse/>

**July 11, Aug 7,**

**Sept 13**

**ONLINE** -- The University of Maine Cooperative Extension's Summer Equine Speaker Series. Three events, all of which will start at 6 p.m., will be held on the following days:

July 11: Alicia Harlov from the Humble Hoof Rehabilitation Center and podcast will share how movement and nutrition benefits horse health.

Aug. 7: Dr. Jaime Garzon, UMaine Extension's forage specialist, will discuss hay and forage testing, pasture care and weed management.

Sept. 13: Elissa Ballman will review various insect pests, ways to mit-

igate bugs and new research.

Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

**July 13**

**GORHAM** -- The Maine Iris Society will hold its annual auction of bearded iris rhizomes on Saturday, July 13th, starting at 1:00 pm at the Treworgy Homestead and Garden located at 120 Flaggy Meadow Road in Gorham, Maine. A complimentary self-guided tour of the Treworgy Garden is included. This event is free and open to the public.

**July 13, 14**

**LEWISTON** -- Sat. July 13, at 7:30 PM and Sun., July 14, at 2 PM Late and Alone – An unforgettable one-man tribute to Johnny Cash featuring his greatest hits and stories from his life and career performed by Scott Moreau. The Public Theatre, 31 Maple Street - [www.thepublictheatre.org](http://www.thepublictheatre.org)

**July 13**

**EAST POLAND** -- The Poland Historical Society will be visiting the Empire Grove Campground located off Empire Road in East Poland on Saturday, July 13 at 10 AM. Reverend Raymond Anderson will present the history of the campground followed by a walking tour of the grounds. Established in 1834, camp meetings continue to be held, maintaining the campground's original purpose and mission for 190 years. This event is free and open to the public.

**July 17**

**AUBURN** -- Read ME Summer Book Discussions at the Auburn Public Library, Wednesday, July 17, 2024 -- 4:00-

5:00 p.m. (Moon in Full) **July 19-21, 25-28**

**BAR MILLS** -- The Original's present Private Lives, a play by Noel Coward at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 19, 20, 25, 26, 27 @ 7:30 PM and July 21 & 28 at 2:30pm. Tickets: \$15 General Admission at [www.sacorivertheatre.org](http://www.sacorivertheatre.org).

**Thursdays Aug 1 – Sept 5**

**WILTON** -- Opening Minds through Art, Thursdays 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](mailto:edcenter@seniorsplus.org).

**Aug 5 - 16**

**BAR MILLS** -- Summer Theater Camps at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, August 5 - August 16. Join us for an enriching experience where children can explore their creativity and develop confidence through the theater. FMI, visit SRT, Jr. — Saco River Theatre

**Aug 14**

**AUBURN** -- Read ME Summer Book Discussions at the Auburn

Public Library, Wednesday, August 14, 2024 – 4:00-5:00 p.m. (The Road to Dalton)

**Sept 14**

**LEWISTON** -- From 12 noon to 3 PM 4th Annual Rally for Recovery hosted by the Lewiston Area Public Health Committee in Kennedy Park

**Every 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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@lewiston-maine.gov](mailto:LPLKids@lewiston-maine.gov)

## Pellet Stove need cleaning or repair?

**Call The Stove Guy**  
**(207) 286-7633**

### Great Rates!

Installs ~ 23 Years Experience

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







# Build now. Save now.

Call and schedule your  
new garage install today.  
**FREE estimates.**



**No Money Down • Financing Available**

# AMERICAN BUILDERS

*Custom Building & Remodeling*



**(207) 500-8100 • [www.AmericanBuildersMaine.com](http://www.AmericanBuildersMaine.com)**