



TWIN CITY TIMES

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

FREE • Vol. XXVI, No. 31

Your Hometown Newspaper Since 1999

Thursday, December 12, 2024 • FREE

CMMC welcomes new orthopedic surgeon

LEWISTON, ME -- Central Maine Healthcare is pleased to welcome a new orthopedic surgeon. Saad Mohammad, DO, is an orthopedic trauma surgeon who will be working at CMMC.

Dr. Mohammad earned his undergraduate degree at Salisbury University in Maryland and went to medical school at the Touro College of Osteopathic Medicine in New York City. He completed his residency at McLaren Macomb Hospital in Michigan and a

fellowship at the University of Pittsburgh Medical Center.

Dr. Mohammad said he chose orthopedics largely for the opportunity to help and heal people at the most vulnerable period of their lives.

"Everyone deserves basic healthcare, regardless of status," Dr. Mohammad said. "This is why I treat everyone with respect and humility."

"The people of central Maine are very fortunate to have someone of Dr. Mohammad's caliber



WHERE YOU ARE THE CENTER

here," said Lauren Adey, MD, chief of Central Maine Orthopedics. "He brings a wealth of expertise in orthopedic care, and his commitment to delivering compassionate, patient-centered treatment aligns perfectly with our mission to provide the

highest quality healthcare for our patients."

Central Maine Orthopedics has been named a Cigna Center of Excellence for hip and knee replacement. It has also been named a Blue Distinction Center by Blue Cross and Blue Shield.

Lewiston Middle School showcases home-grown fresh foods

LEWISTON, ME -- Students in Lewiston Middle School's 21st Century Program last week hosted a multi-faceted and interactive harvest event to celebrate the fresh foods they have grown at school in their Flex Farms, indoor mobile hydroponic farms from Fork Farms.

To celebrate, students and teachers are hosting an interactive event where they will:

- Harvest the Flex Farms that have been growing basil, edible flowers, green beans,

and mint.

- Use their harvest to cook pesto, a green bean dish, and a mint dessert.
- Make soap that features edible flowers grown in their Flex Farms.
- Execute a lesson on PH levels to show their expertise in monitoring and tracking levels in their hydroponic systems.
- Discuss new learnings from various STEM activities.

Growing season has

come to a close, but students in Lewiston Public Schools will now be growing fresh foods year-round to take home to their families and for educational purposes. The school district has nine Flex Farms across six local schools where they grow a variety of fresh foods including a variety of lettuces, fresh herbs, and even edible flowers. These fresh foods are sent home with students and teachers and served at school events to parents and students.

Students in Lewiston

Middle School's 21st Century Program are embracing innovative, sustainable approaches to enhance access to fresh food and hands-on learning tools within their school district. In a region where food insecurity impacts many, the program's use of Flex Farms teaches students to grow fresh produce indoors year-round. The goal is to empower students with valuable skills they can share with their families and communities. Additionally, students have created mini hydroponic

systems using recycled bottles, which now thrive on home window sills, further extending the impact of their learning.

A single Flex Farm from Fork Farms can produce more than 25 pounds of fresh leafy greens in less than a month, making it both a productive and educational resource in classrooms. Hydroponic farming serves as an engaging teaching tool, with each Flex Farm accompanied by a comprehensive K-12 curriculum aligned with Next Generation Sci-

ence Standards (NGSS). By integrating hands-on experimentation, interdisciplinary learning, and technology, hydroponics fosters students' engagement in STEM while building critical thinking and problem-solving skills. As they maintain the Flex Farms, students often face challenges such as pH imbalances, nutrient deficiencies, and crop cycle management, encouraging them to analyze issues and develop solutions—essential skills for lifelong learning.

Lewiston invites residents to help shape City's future in 2025

LEWISTON, ME -- The City of Lewiston invites residents to play an active role in shaping the city's future by applying for open seats on key boards and committees by 4 PM on Mon., Dec. 16. These positions offer a unique opportunity to contribute residents' ideas and expertise to guide decisions and help build a stronger, more vibrant community.

"These boards and committees give residents a meaningful way to influence the decisions that shape our city," said May-



or Carl Sheline. "This is a chance to step in, collaborate, and make a lasting impact on Lewiston's future. Applications are based on qualifications making the selection process fair and transparent and allowing the resident's unique perspective to shine on the committee."

Board and committee members provide vital input on projects, policies, and initiatives

that shape Lewiston's trajectory. From reviewing property tax appeals and planning transportation systems to advising on library services and senior initiatives, volunteers directly influence tangible, positive change.

Open positions and Key responsibilities include:

Board of Assessment Review - Evaluates taxpayer appeals on prop-

erty tax decisions, requiring knowledge of local property values and tax procedures.

Complete Streets Committee - Advocates for multimodal transportation systems that enhance safety and economic development.

Library Board of Trustees - Guides library objectives, promotes cooperation with other libraries, and supports cultural programs.

Planning Board - Oversees major development reviews, zoning maps, and land use policies while providing guidance on the city's comprehensive plan.

How to Apply

Complete an application, which is available:

In person at the City Clerk's office on the second floor of City Hall, 27 Pine Street during working hours: Mondays, Wednesdays, and Thursdays from 7:45 AM to 4 PM, and Tuesdays from 7:45 AM to 5:30 PM.

Online at www.lewistonmaine.gov/join

Once completed, submit it in person at the Clerk's Office or email to clerks@lewistonmaine.gov.

Applications will remain open until positions are filled, but residents are strongly encouraged to apply by the Dec. 16 deadline to ensure consideration.

For more information about these roles and their impact, visit www.lewistonmaine.gov or contact the City Clerk's office at 207-513-3803.



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Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor.

Newsmakers, Names & Faces

WinterKids Play Along Track registration opens



MAINE – WinterKids, the organization dedicated to fostering outdoor learning and physical activity in children, is excited to announce the 2025 WinterKids Winter Games Play

Along Track registration is open. This year's theme, "Weather," invites students to embark on a month-long journey into the wonders of winter science, combining active play with discovery



and exploration.

FREE for all Maine Schools!

With the generous support of our sponsors, all Maine elementary schools can join the Play Along Track at no cost. Each participating classroom will receive a Winter Games

PLAYBook, featuring simple, engaging lessons that pair outdoor activities with educational goals. Students will also enjoy weekly incentives designed to spark curiosity and collaboration, even on the coldest days.

What's Included:



Weather-Themed Adventures: Hands-on activities and lessons about temperature, precipitation, wind, and clouds.

Fun Weekly Incentives for Students: Items like keychain thermometers, tape measures, and observation notebooks enhance outdoor exploration.

Flexibility for All Schools: Schools can adapt the program to suit their schedules and make winter

learning exciting.

WinterKids' Play Along Track is an effective way for schools to enrich winter learning, nurture student engagement, and promote healthy habits during Maine's long winter season. Teachers and administrators don't miss the opportunity to bring fresh energy and outdoor fun to your classrooms.

Learn more and register today at WinterKids.org/Winter-Games/

The 2025 WinterKids Winter Games are made possible, thanks to generous support from Hannaford Snack Pals, Aroma Joe's, Harvard Pilgrim Health Care, MMG Insurance, and Stockhouse Restaurant & Sports Pub.

Celebrate New Year's Eve with a twist Midnight at the Museum

BANGOR, ME — The Maine Discovery Museum is thrilled to invite families to ring in the New Year early at Midnight at the Museum! This fun-filled, family-friendly New Year's Eve event takes place on December 31,

from 4:00 PM to 6:00 PM, offering kids and parents the perfect way to celebrate the holiday without staying up until midnight.

Get dressed up and join us for an evening packed with excitement! Admission includes:

A delicious spread of pizza, drinks, and snacks

A lively dance party to burn off some energy

New Year's Eve crafts for hands-on fun

Kid-friendly raffles to support the Maine Discovery Museum

The highlight of the evening? A special New Year's countdown at 6:00 PM (don't tell the kids it's not actually midnight!).

"This event is a wonderful opportunity for families to celebrate New Year's Eve together in a festive,

inclusive, and age-appropriate way," says Kate Dickerson, Executive Director. "We can't wait to see everyone dressed up and ready to have a great time!"

Tickets are limited, so be sure to grab yours today! For more information and

to purchase tickets, visit mainediscoverymuseum.org/special-events.

Join us at the Maine Discovery Museum and make your New Year's Eve memorable, magical, and meaningful for the whole family!

AARP Maine's News You Can Use – December 2024

The colorful fall leaves are long gone, and the shorter days of December have arrived with the promise of starry nights and maybe a hint of snow. There is a feeling of expectation in the air as we hurry along thinking of the upcoming holidays. Perhaps it is my northern Scottish heritage, but I just love the contrast between the chill outside and the warmth and coziness we find inside. The Danish call it: hygge, the quality of coziness and

well-being when we spend time with our friends and families.

While many of us will experience the warmth and comfort of time spent with loved ones, others may be feeling alone in the midst of all these celebrations. Social isolation and loneliness are significant concerns at any time of the year, but they can be especially difficult during the winter. According to AARP Maine, over 135,000 Mainers 50 and older live alone and are at higher risk



of loneliness. The National Institute on Aging reports that social isolation can negatively affect the health and well-being of individuals as they age. Since Maine has one of the highest numbers of residents over 65 in America, this is certainly a

concern for all of us.

What can we do? AARP's publication, Resources to Fight Social Isolation and Caregiver Guide, has many helpful suggestions for how we can help each other and ourselves. One of the first suggestions in this resource is to join a group or to volunteer. Easy to say, maybe harder to do. As my husband and I both know, volunteering is a great way to meet new people and to help local organizations. You might start with places you know and where you feel comfortable such as your local church or synagogue, community organization or your local Area

Agency on Aging or AAA as they are often called.

AARP's resource guide reminds us that our local AAA's offer individuals and caregivers a wealth of information about available services to meet their needs. Programs such as Meals on Wheels are managed and staffed by the AAA's and volunteers. Classes and activities are offered at each of the five Area Agencies on Aging in Maine. There is always a lot going on! The AAA closest to your community can be found at: www.maine4a.org/ or by calling 877-353-3771. Creating connections with others is one of the best ways

to combat loneliness and isolation.

As we move through the bright short days of December and into the candlelit season of the holidays, I wish all of you the opportunity to spend time with those who you hold near and to reach out to those who may need extra comfort and connection creating our own hygge to enjoy the long Maine winter. As it turns out, being with others is good for our spirits and our health.

To find AARP events near you please visit: <https://states.aarp.org/maine>

To read AARP's Resources to Fight Social Isolation and caregiving visit: <https://states.aarp.org/maine/isolation>.

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Newsmakers, Names & Faces

New venue for Community Band's holiday performance

AUBURN, ME - The Auburn Community Concert Band, under the direction of Milt Simon, will present its annual holiday concert on Wednesday, December 18 at the new Donald M. Gay Performing Arts Center, located at Edward Little High School in Auburn. The free, 75-minute performance will begin at 7:00 p.m.

This season's 49-member concert band

is comprised of volunteer musicians from 15 central and western Maine communities, who range in age from 16 to 80-plus. The group will perform both traditional and contemporary songs celebrating the Christmas and Hanukah holiday seasons along with the customary audience sing-along.

Continuing a tradition which began over four decades ago, those attending the concert



will have an opportunity to make a donation to a local nonprofit organization. This year, all money collected following the

concert will be presented to the High Street Food Pantry, which is held weekly at the High Street Congregational Church in

Auburn.

Small's Greenhouse in Auburn is providing poinsettias to decorate the large stage. Immediately following the evening's performance, attendees will be able to purchase these plants with all proceeds also going to the High Street Food Pantry.

The Performing Arts Center first opened its doors back in December of 2023. The auditorium can seat 1,200 attendees.

This will be the community concert band's first-ever performance at this Auburn venue.

Edward Little High School is located at 77 Harris Street in Auburn. For questions regarding the Performing Arts Center, call the High School at 207-333-6652. For more information regarding the concert, visit the community band's web site at www.auburncommunity-band.com

RSU 16 honors staff for service

On August 26, RSU 16 proudly honored our dedicated staff who have achieved significant mile-

stones in their service to our district. We celebrated employees reaching 10, 20, and 30 years of service,

recognizing their commitment and contributions to our educational community.



20 Years of Service to RSU 16: From left to right in the photo, we celebrated Liz Howe from Poland Regional High School, Shawn Vincent from Whittier Middle School, Sue Harris from Transportation, Gregory Rose from Whittier Middle School, Eli Fanus from Poland Community School and Whittier Middle School, and Pamela Tracy from Poland Regional High School and Whittier Middle School.



30 Years of Service to RSU 16: In the photo, we acknowledged Kellie Whitten from Poland Community School.



10 Years of Service to RSU 16: From left to right in the photo, we recognized Caitlyn Susi from Minot Consolidated School, Jo St. Peter from the District, Jamie Karaffa from Whittier Middle School, Nicole Fox from Whittier Middle School, Leetta Linscott from Elm Street School, Erin Grindle from Elm Street School, Amber Bissonnette from Elm Street School, Amy Orlando from Poland Community School, Jeri Cook from Adult Education, and Jill Mathieu from the District. (Jacque Russo from Elm Street School and Chelsey Harrison from Food Service are not pictured.)

Join Santa, Mrs. Claus for breakfast at Franco Center

LEWISTON, ME—Santa and Mrs. Claus will appear at the "Breakfast with Santa" event Sunday, Dec. 15, at the Franco Center. Breakfast is from 9 to 10:30 a.m.

The buffet-style breakfast will include fresh fruit; cold cereals; scrambled eggs; bacon; and home fries.

Santa and Mrs. Claus will arrive at 10 a.m. A photo booth will be set up for patrons to take photos with Santa and Mrs. Claus so bring a camera.

"We thank Emerson

Buick for their sponsorship of this event," said Franco Center chef John Pulsifer. "This is an opportunity for kids and families to see Santa before Christmas."

The cost is \$15 for adults; \$10 for kids ages 5 to 12; and free for kids under 4. Tickets can be purchased at francocenter.org/shows, by phone 207-689-2000, or in person when the box office is open Tuesdays and Wednesdays from 10:30 a.m. to 1 p.m.

The Franco Center is at 46 Cedar Street in Lew-

iston. Park in the mill lot on Oxford Street. Enter the building through the double red doors under the Heritage Hall sign.

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

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Gorham Weekly • 28 State Street • Gorham, ME 04038

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(207) 795-5017

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Telethon raises \$260K for Maine veterans

PORTLAND/BANGOR, ME—NEWS CENTER Maine held its annual statewide Honor Flight Maine Telethon on November 14, to raise money in support of Maine’s veterans. As of this writing, NEWS CENTER Maine’s 2024 Honor Flight Maine Telethon has accepted donations from individual donors and organizations totaling \$264,552. That number represents the most donations received in the seven-year history of Honor Flight Maine Telethons.

Volunteers with Honor Flight Maine and NEWS CENTER Maine took calls via a phone bank throughout the state. The money donated will help transport at least 265 veterans from Maine to Washington, D.C. where the vets will tour and reflect on the war memorials built in their honor. Top priority is given to senior veterans, World War II veterans and veterans of all wars who are terminally ill. These donations will allow for four Honor Flight Maine trips in 2025. Two charters out of Portland and two charters out of Bangor.

Army veterans Albert Mosher Jr., 96, and his brother Abbott, 92, took part in an Honor



Flight Maine trip in October of 2024. Abbott said of his trip, “I think one of the things that was special about Honor Flight was it put a capstone on my military career.”

Reflecting on their Honor Flight Maine voyage, the brothers said they liked meeting and interacting with fellow Maine veterans and active service members. “I think that brought back some emotional strings that had kind of faded into the background, and so it was really special to meet all the folks that were there,” Abbott explained.

Albert also said he was honored to be selected to lay a wreath at the Tomb of the Unknown Soldier and added that he was glad

he got the opportunity to go on the trip.

In the telethon’s seven years, NEWS CENTER Maine is proud to have helped raise more than \$1.3 million for Honor Flight Maine to help send 1,670 veterans to Washington D.C.

The opportunity to donate to Maine’s Veterans is still open. Visit Honor Flight Maine to donate to the Maine cause or visit Honor Flight Network to find and donate to an Honor Flight in another state.

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

Nathaniel Hawthorne’s boyhood home hosting dinner party

RAYMOND, ME — The beloved annual “Hawthorne House Christmas Potluck-Dinner Party” will be held on Saturday, December 14, at 6 p.m. at Nathaniel Hawthorne’s Boyhood Home, located at 40 Hawthorne Road in Raymond. A \$5.00 entrance donation will grant each attendee five raffle tickets for valuable prizes. Reservations are required, and can be made by emailing hawthorne@maine.rr.com or calling or texting Becky Tracy at (207) 329-0537.

The festivities will begin with cocktails at 6:00 p.m., followed by a spiral-ham dinner at 7:00 p.m. Attendees are asked to please bring a favorite culinary creation: an appetizer, main dish, bread, rolls, or dessert, along with serving spoons. They are also asked to please put their name on dishes and utensils. The cocktail hour and

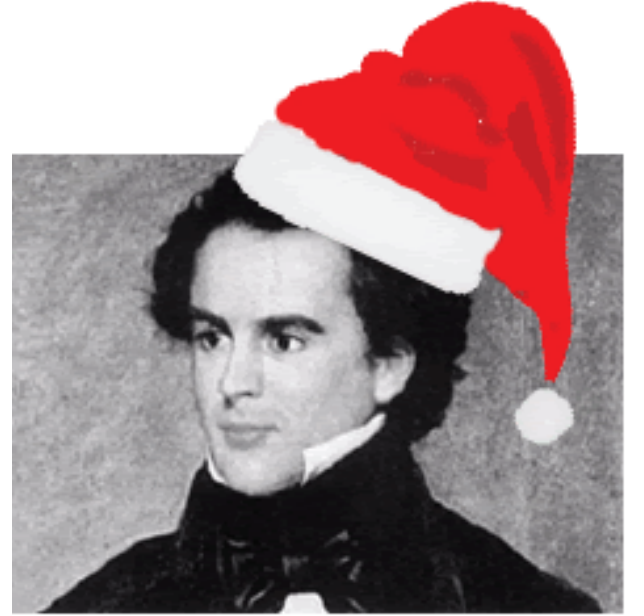


Image courtesy of the Hawthorne Community Association.

dinner will be BYOB, with guests asked to bring any alcoholic beverages or special mixers they might like. The Hawthorne House will provide setups of ice and standard mixers. The festive evening will conclude with a raffle of gifts

to lucky attendees, along with the singing of all-time favorite Christmas carols.

For more information or to make a reservation, please contact Becky Tracy at hawthorne@maine.rr.com or call or text Becky at (207) 329-0537.

Sen. Collins selected for 2024 BBC 100 Women List

WASHINGTON, D.C. – The British Broadcasting Corporation (BBC) announced that U.S. Senator Susan Collins has been selected for their 12th annual 100 Women list. In announcing her selection, the BBC highlighted two legislative efforts that Senator Collins has led in the U.S. Senate: her authoring and leading the passage of the National Alzheimer’s Project Act (NAPA), and her joint introduction of the Advancing Menopause and Mid-Life Women’s Health Act.

“It is an honor to be selected for this list and to stand alongside so many incredible women who have dedicated their lives to service and combatting the challenges facing women around the world,” said



Senator Collins. “Thank you to the BBC for selecting me for this distinction and the people of Maine

for entrusting me with the privilege of serving them in the United States Senate.”

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Seniors Not Acting Their Age

Scrambling to the summit of Tunk Mountain



Two hikers enjoy the marvelous views from the cliffs of Tunk Mountain

In late October, my son, Adam, and I were camped at Redman's Beach on Donnell Pond. We were on the second day of a surf and turf trip, an annual event where we combine paddling with overnight camping and mountain climbing.

During the previous day, we kayaked across the pond, set up camp, and completed an ascent of Caribou Mountain. Both the pond and mountain are located in Donnell Pond Public Lands, a collection of secluded lakes and ponds in a mountainous area of Hancock County.

Our original plan was to climb nearby Schoodic Mountain the second day. However, while crossing Donnell Pond, we observed impressive Tunk Mountain in the distance. The majestic cliffs on the south face were very appealing. When Adam mentioned he had never climbed the rugged peak that was our

alternative choice.

Although Tunk Mountain is also part of Donnell Pond Public Lands, no trails lead to the summit from Redman's Beach. Our new objective entailed paddling back across the pond and driving a short distance to the trailhead.

We took our time breaking camp because dense fog had settled in during the night. While navigating by compass was an option, the sunny forecast suggested it would burn off by the time we were prepared to depart.

The fog began to lift during breakfast. The entire pond opened up as we were loading our kayaks. Light winds, clear skies, and mirror calm waters provided ideal conditions for our paddle west to the boat landing at the end of a narrow inlet on the extreme western shore.

The Tunk Mountain Trailhead is located on the



Iron rungs have been inserted in a vertical wall on the south face of Tunk Mountain

north side of Route 182 about a mile east of Fox Pond in unorganized township T10 SD. Several vehicles were parked in the sizeable parking area when we arrived.

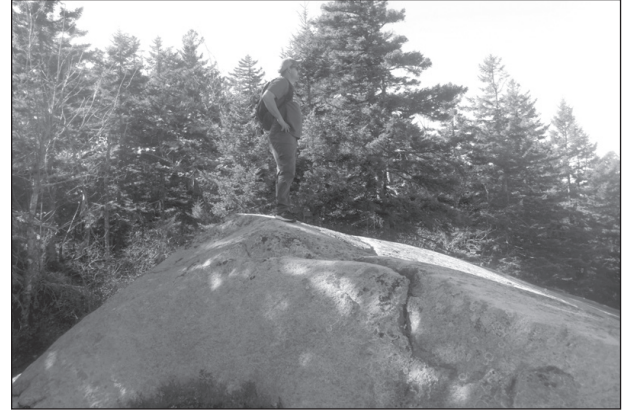
We began hiking on relatively flat terrain in a mixed hardwood and conifer forest. The well-marked path leads to two destinations: Hidden Ponds and the summit of Tunk Mountain. We soon passed the junction for the Hidden Ponds Loop Trail and continued along the western shore of the scenic tarn.

Shortly after, we advanced by the second Hidden Ponds Loop Trail junction in rolling terrain and skirted the south shore of another picturesque body of water. From that vantage point, we enjoyed views of an impressive vertical escarpment on the north shore of the pond with the majestic south face of Tunk Mountain towering above.

Beyond the pond, the path narrows and steepens as it angles north. After persisting up a root-infested rocky passage, we emerged onto open ledges where three hikers were admiring phenomenal views of the surrounding mountains and the ponds below.

Following a pause to enjoy the remarkable scenery, we entered a forested area and proceeded to the foot of the imposing cliffs. From that perspective, our task appeared daunting. However, the well-marked path provides obvious routes for scrambling over a maze of huge boulders and precipitous bluffs. At one vertical ledge, iron rungs have been inserted into the sheer wall to assist with the climb.

Numerous hikers were met as we ascended steep sloping ledges and gigantic boulders along the edge of the cliffs to the top. From that vantage point,



A massive rounded boulder marks the top of the northern summit.

the views are absolutely stupendous.

We followed a narrow twisting path on a granite surface through a sparse forest to the northern summit. A massive rounded boulder appears to be the highpoint. The views north were equally spectacular. A sizeable windfarm was observed on distant hills.

Returning to the south facing cliffs, we lingered to embrace the exceptional vista. More hikers were met climbing the demanding trail as we descended. Intimidated by the steep rocky gradient, one group turned back. The parking area was overflowing when we arrived.

Our decision to forego Schoodic Mountain in favor of Tunk Mountain was a good one. Equally scenic, Tunk Mountain offered a fresh alternative mountaineering experience. We'll be back.

According to our map, there is a campsite on

nearby Spring River Lake and the western shore of the lake is close to Tunk Mountain Trail. That may offer a possible surf and turf opportunity for next year.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates two additional exciting surf and turf trips and a collection of the best mountain hikes 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 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

Recipients announced for Andwell scholarships

LEWISTON, ME – Andwell Health Partners has selected Tina Hammel and Nicole Latulippe for the Julie Shackley Memorial Scholarship for Nursing Education. Both will receive a scholarship of \$2,000 to further their education in nursing. As Maine is in the midst of a nursing

shortage of 3,200 nurses to adequately care for Mainers, nursing education is more crucial than ever.

The Julie Shackley Memorial Scholarship is named in honor of Julie Shackley, R.N., M.S.N., who served as the President and CEO of the organization now known as Andwell

Health Partners (formerly Androscoggin Home Healthcare & Hospice) from 2005 to 2016. Julie's passion for patient care was evident throughout her career, with a focus on home healthcare and hospice. She played a significant role in establishing the first free-standing Hospice House in

Maine. Julie obtained her Bachelor of Science degree in Nursing in 1980 and her Master of Science degree in Nursing in 1997 from the University of Southern Maine.

The Julie Shackley Memorial Scholarship for Nursing Education is a competitive application

process available to all Andwell Health Partners staff furthering their education in the nursing field.

Carol Weir, Chief Clinical Officer at Andwell Health noted, "As Maine faces a critical nursing shortage, the efforts of Tina and Nicole to enhance their skills and knowledge are

more important than ever. Nurses touch so many lives during their careers that the impact of being 3,200 short of nurses in Maine will have long-lasting effect.

We are confident that Tina and Nicole's continued education will significantly contribute to the quality of care for our community."

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Arts & Entertainment

La Rencontre concert to feature Phil House, Kathy Haley today

LEWISTON, ME— The Franco Center presents its holiday La Rencontre luncheon Thursday, Dec. 12. Doors open at 10:30 a.m. for socializing. Lunch is served at 11:30 a.m. followed by featured musical artists Phil House and Kathy Haley.

This event is open to everyone and is meant for the community to connect with each other and with their neighbors of diverse cultures, languages, and backgrounds.

Phil House has been playing the organ at the First Universalist Church of Auburn, at weddings at the All Souls Chapel at

the Poland Spring Resort, and many other venues for more than 35 years. House has shared the stage for about 33 years with his good friend Kathy Haley of Danville.

House taught himself to play piano at age 5. By 12 years old he was the organist for the Bryant Pond Baptist Church. He's played professionally in Nashville, Tennessee nightclubs at night and church during the day, for more than a decade. When he moved back to Maine, he played piano in Graziano's lounge until he found a church that needed his talents. He stays busy play-



La Rencontre will feature musical artists Phil House and Kathy Haley in a noontime concert Thursday, Dec. 12, at the Franco Center at 46 Cedar St., Lewiston. Tickets are \$17 per person and include a lunch of tourtiere pie, vegetables, and dessert, and a concert. Buy tickets at www.francocenter.org/shows or 207-689-2000. Franco Center photo.

ing at other venues including senior community living centers.

Kathy Haley began performing early as a church organist, pianist and folk singer with the group Chord Majority. Haley was one of the lead singers with the Top 40 dance band Good and Plenty and then later with the vocal group The Girls of LA. She enjoys musical theater and has performed in the Pit Orchestra for many productions for LA-Community Little Theater and Lewiston High School. Currently, Haley is the accompanist for the Edward Little High School choral

groups. Haley's main role is organist/choir director at the Court Street Baptist Church of Auburn.

Tickets are \$17 and include the meal (tourtiere pie) and entertainment. All seats are reserved.

Call the box office at 207-689-2000 or purchase online at <http://www.francocenter.org/shows>.

La Rencontre series is sponsored by TV5 Monde and Champoux Insurance.

The Franco Center is at 46 Cedar St., Lewiston. Parking is in the Oxford Street mill lot. Handicap access in on the Lincoln St. Alley side of the building.

Perham-Whittier joins Franco Center board of directors

LEWISTON, ME—Michael Lajoie, board chair of the Franco Center, has announced that Dottie Perham-Whittier has joined the nonprofit's board of directors. Perham-Whittier comes to the Franco Center board member role following a

42-year career with the city of Lewiston. Retiring in August 2024 from the role of communications coordinator, she either led or contributed to various projects and initiatives.

Perham-Whittier has worked alongside 14 mayors, as well as en-

gaged with a myriad of city councilors, city administrators, deputy city administrators, and staff, as well as the media, local businesses/organizations, volunteers, residents, and visitors. She also enjoyed providing Lewiston history/government school

presentations; supporting various mayoral ad hoc committees; serving as an administrator for the City's web site; and contributing to the City's social media platforms.

Lajoie said, "Dottie's qualifications for a position on the Franco Center's board of directors is exactly what our nonprofit needs to move forward. I am confident that Dottie's deep knowledge about and involvement with the community, grant writing, social media tactics, website administration and working with diverse groups, including youth groups, will be invaluable as we continue to strive for excellence in all that we do at the Franco Center."

Community engagements that Perham-Whittier participated in include the Lewiston Area Public Health Committee Rally for Recovery; All-America City designation; siting the first-in-Maine National Fitness Campaign Fitness Court; multi-year Twin Cities Holiday Celebration; Maine State Bicentennial Parade; dedication of the John T. Jenkins Memorial Bridge; siting the first-in-Maine universally accessible playground – Jude's Place at Marcotte Park; LA CASH Coalition providing tax preparation/asset-building education



Dottie Perham-Whittier/Franco Center photo

for low-to-moderate income workers; dedication of the Bernard Lown Peace Bridge; Lewiston City Hall Tower Lighting Initiative; and served as co-founder and advisor to the award-winning Lewiston Youth Advisory Council, which is now in its 23rd year.

Franco Center Executive Director Theresa Shanahan said, "The Franco Center's mission is to honor and preserve our Franco-American heritage and welcome our neighbors from diverse cultures through live performances, celebrations, and education. Dottie is a welcome addition to our board so that we may continue to fulfill our mission."

Some of the numerous recognitions Perham-Whittier was awarded throughout her career include Chamber of Commerce Public Service Leadership Award;

Department of Treasury Outstanding Public Service Award; United Way Jim Phillips Award for being a community youth advocate; City of Lewiston Employee of the Year; Mayoral Outstanding Achievement Award; Maine Municipal Association Great Idea Award; and Mayoral Community Service Award for supporting youth.

"I look forward to providing input to further the Center's successful presence within our community," said Perham-Whittier. She resides in Lewiston and is the proud mother of 25-year-old son, Mack. She attends East Auburn Baptist Church and enjoys photography, writing, the arts/theatre, and learning about historical occurrences/individuals.

The Franco Center board of directors includes Lajoie as chair, Dr. Donald Christie as vice chair, Michael Courchesne as secretary, Jan Sullivan as financial officer, and Edmond Gay.

For more information about joining the Franco Center's board of directors, please contact Executive Director Theresa Shanahan at 207-424-0401 or theresa@franco-center.org.

The Franco Center is at 46 Cedar St., Lewiston.

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FAME approves financing for Vertical Harvest, L3C

AUGUSTA, ME — At their October 17, 2024 meeting held in Bangor, the board of directors of the Finance Authority of Maine (FAME) approved financing for Vertical Harvest, L3C, a company planning to operate a vertical hydroponic greenhouse in downtown Westbrook.

FAME approved a \$500,000 FAME Direct Loan to help finalize the construction of the company's nearly complete facility in Westbrook. The financing is part of an \$88 million overall construction project for a new 51,000 square-foot vertical farming facility. The facility intends to provide local, fresh produce profitably and sustainably for Maine and the broader New England market.

In June of 2024, FAME also approved a \$500,000 FAME Direct

Loan to Vertical Harvest to assist with construction costs.

The project ultimately is expected to create approximately fifty full and part-time jobs at the company, many of which are expected to be performed by individuals with disabilities, a central component of the company's mission.

"We very much appreciate FAME's continued support for this innovative project," stated Nona Yehia, co-founder and CEO of Vertical Harvest Farms. "It brings us one step closer to creating the future we want from the food we need. We look forward to beginning operations next year and providing local consumers with fresh and flavorful produce that is sustainably harvested right in the heart of Westbrook."

FAME's Direct Loan Program provides subor-



Vertical Harvest facility in downtown Westbrook.

dinate or gap financing to new or existing businesses. For larger loans, up to \$1 million may be available if substantial public benefit is demonstrated and sufficient funds are available.

"FAME is pleased to support this project, which should substantially benefit the public, Vertical Harvest's employees, and the surrounding community," stated FAME CEO Carlos

Mello. "When completed, the Westbrook facility will provide growing capacity 365 days per year for the Northeast market, with substantially reduced water consumption and

reduced carbon footprint compared to earth-grown greens in other parts of the country. The project further involves a productive rehabilitation of urban property."

Report: Small businesses shape their communities

AUGUSTA, ME — The National Federation of Independent Business (NFIB), the nation's leading small business advocacy association, released its 2024 Small Businesses' Contribution to the Community report. The report is based on a nationwide survey of small business owners, providing insight into how and why small businesses contribute to their communities.

"Small businesses are not only the engine of Maine's economy but are also the engine of local communities across the Pine Tree State," said NFIB Maine State Director David Clough. "Even in tough economic conditions with high inflation

and utility prices, Main Street businesses are still supporting their communities through financial support, in-kind contributions, and volunteering their time. As Maine lawmakers prepare for a new legislative biennium in January, they should remember that small businesses are pivotal to the state's economy and the communities they serve. Legislators should prioritize policies that make it easier for small entrepreneurs to operate across the state."

Key findings include:
Volunteering Time
About three-quarters (76%) of all business owners reported volunteering their time to work on behalf of community or civic

groups, charities, youth sport programs, schools, religious organizations, or similar activities in the last 12 months.

Of those owners who volunteered their time in the last 12 months, 30% reported they were very active, and 47% reported moderately active in the activities in which they volunteered.

Financial Support
Financial support was the most common method small businesses used to support their community compared to volunteering their time or in-kind contributions.

Ninety percent of small business owners have financially supported community or civil

groups, charities, youth sport programs, schools, religious organizations or similar activities in the last 12 months.

In-Kind Contributions

Sixty-three percent of small business owners reported providing in-kind contributions for community and civic groups or functions, charities, schools, etc.

Asked the estimated annual value of those in-kind contributions, 10 percent of respondents reported less than \$500. Eighteen percent estimated the value between \$500-\$999 and 42% contributed between \$1,000-\$4,999. Over a quarter (27%) contributed \$5,000

or more, with 14% of those reporting a contribution of \$10,000 or more.

Types or Groups of Activities

Seventy-two percent of all small businesses reported contributing to education or school related activities or groups, the most common of all listed activities.

Sports related activities was the second most cited category of support with 66 percent of small business owners reporting this activity.

Importance of Involvement

Almost all (95 percent) of small business owners reported their involvement in community activities is important to

their personal satisfaction and fulfillment, with 43 percent saying it is very important.

Eighty-two percent of small business owners report that their involvement in community activities is important to creating a better local business climate.

Small businesses were asked how important their involvement in community activities is in making their community a better place to live. Ninety-two reported it was important to some degree. Forty-four percent reported very important, 27% reported moderately important, 21% reported mildly important, and 5% reported not at all important.

Maine students eligible for Cyber Service Academy scholarships

WASHINGTON, D.C. — U.S. Senator Angus King (I-ME), co-chair of the Cyberspace Solarium Commission (CSC), announced students at Southern Maine Community College, the University of Maine at Augusta and the University of Southern Maine are eligible to apply to the Department of Defense (DoD) Cyber Service Academy (CSA). The CSA provides scholarships for students pursuing degrees in cybersecurity and related fields in exchange for service with the DoD or Intelligence Community cybersecurity roles upon graduation.

More specifically, scholarship recipients will receive full tuition; stipends for books, a computer and housing; Department of Defense (DoD)

internship opportunities, and guaranteed post-graduation employment. To be eligible, students must be enrolled at a university or college designated as a National Center of Academic Excellence in Cybersecurity (NCAE-C). Southern Maine Community College, the University of Maine at Augusta and the University of Southern Maine all meet this qualification.

"With cyber threats growing more sophisticated every day, we must strengthen our defenses and build out America's cybersecurity workforce," said Senator King. "The Cyber Service Academy offers Maine students an incredible opportunity to advance their education while simultaneously preparing them for careers

where they would help protect our nation and infrastructure against cyberattacks and breaches. I am confident that Maine students have the talent and determination to be leaders in this space — keeping both our state and nation safe."

The Cyber Service Academy (CSA) is both a scholarship program for the Department of Defense (DoD) and a capacity-building tool for the nation. The program is a result of commitment from the DoD and Congress to support higher education as a means to prepare the DoD workforce to deal with threats against the Department's critical information system and networks.

To be eligible applicants must:

Be 18 years of age or older;

Be a citizen of the United States;

Be enrolled in or applying to universities designated as a National Center of Academic Excellence in Cybersecurity and pursuing a course of study in one of the scientific, technical or managerial disciplines related to cyber;

Have completed either the first year of an associate's degree program, the first two years of an undergraduate degree program, or a bachelor's or master's degree program;

Pass a federal background check.

As Co-Chair of the Cyberspace Solarium Commission (CSC) and member of the Senate Armed Services Commit-

tee (SASC) and Senate Select Intelligence Committee (SSCI), Senator King is recognized as one of Congress' leading experts on cyberdefense and as a strong advocate for a forward-thinking cyberstrategy that emphasizes layered cyberdeterrence. Since it officially launched in April 2019, dozens of CSC recommendations have been enacted into law, including the creation of a National Cyber Director.

Together with Solarium Co-Chair former Representative Mike Gallagher, King previously urged the Biden Administration to better protect the public health sector from cyber threats and called for stronger, collaborative efforts to address the growing threat. Earlier this year, Senator King

introduced the bipartisan Strengthening Cybersecurity in Health Care Act to require the Department of Health and Human Services (HHS) perform consistent evaluations of its cybersecurity systems, and provide biannual reports on its current practices and progress on future safety procedures it is working to implement. He also cosponsored bipartisan legislation to expand the cybersecurity workforce by training veterans for in-demand jobs. Most recently, he joined his colleagues in introducing the bipartisan Streamlining Federal Cybersecurity Regulations Act to help address challenges associated with the current patchwork of inconsistent cybersecurity policies between agencies.

Photography on display in December at CMMC art gallery

LEWISTON, ME -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the photographs of Corey Kinnan and Heather Gould during the month of December.

Kinnan is a travel photographer who finds his greatest inspiration when he is outdoors. He has pursued his passion for photography from the frozen world of Antarctica to the Peruvian Andes and across the United States. He

has been creating art and working with his hands his whole life. "Whether I am hiking, snowboarding, working in my garden, or kayaking, the great outdoors is my happy place". As well as his nature photography, Kinnan also specializes in pet portraits stating that he can often be found with a dog nearby including his 13-year-old cattle dog, Josey and a two-year old Australian Shepherd, Paisley.

A long-time employee of Central Maine Medical Center, Gould has

worked in the Radiology Department for over 36 years. Starting from an early age, she could often be seen with a camera in her hand. She enjoys focusing her lens on the world around her whether it is wildlife, scenic views or the recent northern lights displays. Always inspired by the natural world, one of her favorite activities is wandering side roads and capturing moments of beauty. "My images are my fun sideline and at times combine both photography and art to create a unique

image".

The works on display may be purchased through

the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical

Center. A percentage of sale proceeds benefits patients of CMMC.



"Antarctica Reflection" by Corey Kinnan (photograph supplied by photographer)



"Hope After the Storm" by Heather Gould (photograph supplied by photographer)

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

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MCPKids! present A Christmas Carol with a twist

MONMOUTH, ME -- "A Dickens Christmas Carol" by Gary Peterson is produced by special arrangement with Pioneer Drama Service, Inc., Denver, Colorado. It tells the beloved story of Scrooge and his miraculous trans-

formation. "Three Ghosts and a Jock" by Quinn Baldwin and Kyle Frederick comes from a collection of plays for kids and teens at <https://www.dramanotebook.com/plays-for-kids>. It is a hilarious story of a teen with no Christmas spirit-

that is, until he is visited by the ghosts of past, present and future.

The cast is composed of 29 talented youth between the ages of 6-13 from Auburn, Farmingdale, Gardiner, Hallowell, Leeds, Lewiston, Litch-

field, Monmouth, Mount Vernon, New Gloucester, Wales, and Winthrop. The production team includes Director Mary Melquist, Assistant Director Amy Griswold, Producer Emily Kalafarski, Stage Manager Ginger Smith, and special

guest Choreographer Julie Sanborn.

Performances will be at Cumston Hall, 796 Main St., Monmouth on Thursday December 19th at 7pm, Friday December 20th at 7pm, and Saturday December 21st at 1pm. Purchas-

ing tickets in advance is encouraged by visiting <https://monmouthcommunityplayers.org/current-season/>. For any questions or assistance with ticket purchases, please reach out to the box office at 207-370-9566 or mcpboxoffice@gmail.com.

Rinck earns two Gold Davey Awards for campaign

LEWISTON, ME -- Rinck Advertising has earned two Gold Davey Awards for the "Why So Dry?" campaign for Vaseline Lip Therapy. Recognized for its excellence in the Campaign & Series category, "Why So Dry?" showcases Rinck's expertise in blending experiential marketing and video content to deliver unforgettable brand moments.

Taking Storytelling to New Heights

Using their proprietary Brand Touch® method, Rinck brought this award-winning campaign to life at 13,000 feet, engaging extreme sports enthusiasts with interactive, content-rich experiences during X Games weekend. For two days, Rinck set up in Gondola Plaza, where constant foot traffic created the perfect opportunity to distribute over 15,000 samples of Vaseline Lip Therapy sticks in four flavors—Original, Cocoa Butter, Aloe, and Rosy Lips. The team conducted on-the-

slopes interviews with skiers and snowboarders, capturing witty, authentic reactions and showcasing the product's 48-hour moisture benefits. By embracing winter's brutal challenges, from icy winds to frigid temperatures, the campaign resonated with audiences both on the slopes and online, proving that Vaseline Lip Therapy is the ultimate solution for battling dryness. The campaign will launch this winter.

"Experiential campaigns are making a big comeback," said Laura Rinck, President of Rinck Advertising. "Consumers crave immersive experiences, and this campaign proved how powerful it is to meet them in the moment, in a way that's both authentic and memorable. By capturing these intimate, on-the-ground interactions and transforming them into dynamic digital content, our approach ensures maximum impact."

The Power of Expe-



riential Content

Consumers today want more than ads—they want authentic connections that leave a lasting impression. Expert experiential marketing creates immersive, engaging moments that resonate on a personal level. By blending in-person interactions with strategic content, brands can break through the digital noise and form emotional bonds with their audiences. As brands look for fresh ways to engage audiences, Rinck is ready to deliver with innovative approaches that connect emotionally and stand out in crowded markets.

Since pioneering the Brand Touch® strategy in 2003, Rinck has transformed the way brands connect with their most valuable audiences. This approach recognizes that while all consumers matter, some represent the greatest opportunity for impact. Through years of expertise, Rinck has honed the art of identifying and engaging these key groups with precision. Brand Touch® Experiential Marketing brings brands to life through seamless execution of consumer, press, and influencer events. From product sampling tours to PR stunts and trade shows, Rinck ensures every touchpoint is

meaningful and memorable with fully integrated logistical coordination, social amplification, and promotional support.

The Davey Awards is the largest and most prestigious competition exclusively for the "Davids" of creativity—small agencies with big ideas.

Judged by the Academy of Interactive and Visual Arts, a body of top-tier professionals from acclaimed organizations like Condé Nast, Disney, and Microsoft, the Davey Awards honor creativity, innovation, and excellence across media, advertising, and marketing.

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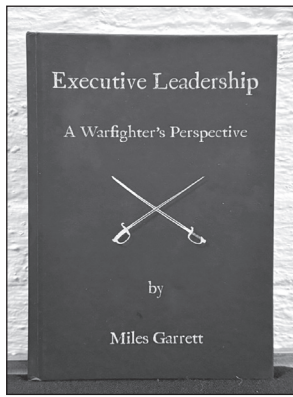
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Maine author, submariner publishes leadership talks

Miles Garrett, a military officer out of Kittery, recently published a series of leadership talks provided as USS Cheyenne's executive officer. USS Cheyenne is a nuclear-powered submarine undergoing overhaul at Portsmouth Naval Shipyard. The book holds the number one new release in its Amazon category. Its front matter and

afterword provide additional commentary on the practice and principles of leadership.

Important subtopics of the work include sources of motivation, professional trust, and the pursuit of excellence. On motivation, Mr. Garrett analyzes the distinction between intrinsic and extrinsic motivation, underscoring the clear



benefits of the former. On trust, he explores the importance of both character and competence. The pursuit of excellence features throughout.

Mr. Garrett's twenty-five years of military experience in both the Navy and Marine Corps bring a unique depth to his analysis. Focused on how to get the best out of teams

and oneself, his emphasis on team discipline readily translates into healthy corporate functioning.

Executive Leadership most applies to organizations, including businesses, educational institutions, and military units. It is now available on Kindle and Amazon and will shortly be available on other platforms

Community support needed for playground revitalization

BATH, ME – When the playground at 1100 Washington Street in Bath was built 15 years ago, it was the first and only community playground for the city. Although it has been a cherished gathering space, Bath's original community playground is overdue for an update, and with community support, a new playground is being planned for Grace Park.

The current playground at Grace Episcopal Church consists of an aging CedarWorks wooden playset with no available replacement parts for failing components. As part of the recently announced play project planned by Bath at Play, a new, larger CedarWorks play structure will be installed that includes 3 main structures inter-connected with bridges, 3 slides, and numerous other play features.

In addition to this new play structure, one to three musical instruments and natural play elements are slated to go into an expanded play zone which will provide an additional nearly 4000 square feet of forested and naturally shaded play space. A new story trail is also planned which will feature a rotat-

ing selection of books from exclusively Maine authors. This literary trail will directly connect the southern steps on Washington Street to the rear side of the play zone. Visitor amenities will be added including bench seating areas, picnic tables, and a trash receptacle. Additional signage on Washington Street will promote the play space and provide visibility to the community.

"Community playgrounds have always been important, perhaps now more than ever," says Dr. John Byram, co-founder and president of Bath at Play. "Children and their caregivers need spaces to gather with people of different backgrounds, ages, and socioeconomic status - not just to play and get outdoors, but to bond as neighbors. Beyond their inherent health benefits, playgrounds act to unite communities in countless ways and offer free entertainment which should be accessible to all."

Play spaces like the one planned for Grace Park help to combat childhood obesity by promoting physical activity, promote early childhood literacy, and encourage bonding



within the community. The addition of play spaces that are available year-round and are not attached to or managed by a school or daycare are critical for the children, families and caregivers that live in and/or visit the City of Bath.

"We are very excited about this project, which will be a collaborative effort between Bath at Play, Grace Episcopal Church, and our community," says Byram. "The location is ideal because it remains central and close to the downtown, but it's also tucked just off a main road. There is plenty of parking for those that need to drive but it's also easily walkable or bikeable for those in the adjacent neighborhoods. Addition-

ally, the terrain surrounding the playground lends itself to creating natural playscapes. We are so very grateful to Grace Episcopal Church for embracing of our vision for the Grace Park Community Playground and welcoming the whole community onto their grounds."

Bath at Play is taking a two-phase approach to fundraising and play element installation. Phase 1 will include fundraising and installation for the new play structure, bench seating, picnic tables, and initial site preparation for the expanded play zone and story trail. Phase 2 will include funding and installation of the outdoor musical instruments, the story trail story frames, and an



embankment slide on the exposed granite ledge.

The initial expected total project budget is \$60,000 with Phase 1's fundraising goal of \$40,000 and Phase 2's goal of \$20,000. A \$20,000 matching grant has been secured for this project and \$3,800 has already been raised. As with all Bath at Play projects, funding sources will come from community contributions and/or local grants. "Thanks to our matching grant, I am confident we will meet our goal of having the new structure fully funded and installed by late Spring of next year [2025]" says Byram, "with Phase 2 wrapping up by Spring of 2026."

In May 2024, Bath at Play unveiled and dedicated their first community-funded project, Riverwalk Rhythm, in

the newly created Bridge Park, located at 23 Commercial Street, Bath, ME. The Riverwalk Rhythm project is the first musical instrument installation in Bath and evolved out of a discussion between City of Bath staff and Bath at Play in November 2022 on enhancement ideas for the then newly created Bridge Park green space on Commercial Street (formerly the Guilford Parking Lot) under the Rte. 1 Sagadahoc Bridge. Following a yearlong community feedback trial period, Bath at Play expects to expand this project with more musical instruments in 2025.

For more information about the Grace Park Community Playground project, to donate, or to see sponsorship opportunities, please visit: www.bathatplay.org/grace-park.

Attorney Zahava Bennett joins Androscoggin Title Company

LEWISTON, ME – Skelton Taintor & Abbott and Androscoggin Title Company are pleased to welcome attorney Zahava Bennett to the firm as a Title Attorney. Zahava will join Androscoggin Title Company and oversee operations handling residential purchases, complex commercial deals, refinances, deed prepara-

tions, and title searches. Zahava graduated from Allegheny College and earned a Juris Doctor degree from the Duquesne University School of Law. Zahava brings more than 15 years of title and real estate experience to her new role, including more than 5 years in her most recent role as a Title Opinions Team Lead.

"We are thrilled to welcome Zahava to our team," said Shareholder Dan D'Auteuil. With Zahava's extensive experience in title law, she brings invaluable expertise that will enhance our ability to serve our title customers with complex matters. Zahava's deep understanding of the intricacies of title transactions and commitment to providing exceptional

service will be a great asset to Androscoggin Title Company and our customers.

Skelton Taintor & Abbott is a full-service trial and general practice law firm representing clients throughout Maine. With the addition of Attorney Bennett, the firm consists of 14 attorneys practicing in virtually all fields of law and in both federal and state courts

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

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CMCC Men's Soccer wins USCAA National Championship

PITTSBURGH, PA – The Central Maine Community College men's soccer team are national champions for the first time in program history after defeating #2 Central Penn 7-0 in the USCAA Division II title game Sunday afternoon at Highmark Stadium in Pittsburgh. The Mustangs scored six times in the first half with Ivan Domingues, Mitch Cameron and Sam Boynton all grabbing two goals each, and Justin Violette added the icing on top in the 87th minute to send #1 CMCC into seventh heaven.

"It hasn't sunk in yet," head coach Dalton Wing said. "It's been a long season. These guys earned the right to call themselves national champions. Hopefully, it's a memory they'll have forever."

It was Central Maine's first time advancing to the championship game in their fourth straight trip to the national tournament. The first three ended in defeat, falling one win short of a national title game appearance in both of the last two editions. However, if you ask team captain Alfie Bashford, that experience helped this year's squad put together the three straight wins it needed to lift the trophy.

"The experience got us through that first game against Johnson & Wales," said Bashford. "We knew how to get through those tough stretches in the middle of games. We knew we had to get off to a better start if we wanted to win

games, and that's what we've done these last two days. And we didn't allow any goals on the other end either."

CMCC got off to the perfect start to the match with leading scorer and USCAA Co-Player of the Year Ivan Domingues finding the back of the net just 2:07 in. Tiro Nong, the Central Maine Community College student president who started the match in place of an injured Igor Domingues, found space on the left wing before dropping a pass back to Matty Waters. The defender floated a cross into the area and Ivan rose to meet it, sending his header into the corner.

Mitch Cameron then doubled the lead less than a minute later. David Nzuzi got to the end line from the right wing only to see his low cross cleared out to the top of the box. Mikel Soto struck it on the volley with his left foot, and the ball sailed straight towards Cameron at the top of the six-yard box. A defender who had been tracking Nzuzi kept him onside, and the first-year midfielder redirected the ball with a backheel past goalkeeper Jose Hurtado.

"They settled into the game right away," coach Wing said. "They came out fast, they came out hard, and they finished the chances they created. That's what we talked about in the pre-game and they executed."

A stunned Central Penn team struggled to gain a foothold in the match, be-



2024 Men's Soccer Roster - Central Maine CC

ing forced deeper into their own half and finding it difficult to play out from the back. The Mustangs outshot the Knights five to one in the first 20 minutes.

A corner kick led to Central Maine's third goal. Nong whipped in a left-footed delivery that defender Dylan Luong attempted to clear, only for his header to find Cameron at the top of the box. The Northwich, England native brought it down on his thigh before smacking a volley that flew over Hurtado and dipped under the crossbar to make it 3-0. It was the seventh goal of the year for Cameron and his second multi-goal game having also scored twice in the Yankee Small College Conference championship match.

Cameron turned provider for CMCC's fourth tally. He picked off a pass out of the back from a short goal kick, sending it forward to Domingues. Ivan put his foot through it, drilling an unstoppable shot from 20 yards out that flew past a diving Hurtado in the 27th minute. It was the 26th goal of the season for the junior from Lewiston, ME and the 64th of his stellar Central Maine career. Ivan ends his campaign with five multi-goal performances in his final six matches, while the assist for Cameron was his 13th goal contribution in the last 12 games.

Coach Wing made several substitutions as the half rolled along, but it was the introduction of Sam Boynton off the bench

that triggered the next two goals from the Mustangs. The second-year forward from China, ME pounced on a corner kick in the 38th minute. Once again, Nong was the provider sending the cross into the box. Waters got his head to it, looping the ball towards the line, and Boynton hammered it into the net.

The Erskine Academy product then made it 6-0 just two minutes later. Again, a short goal kick routine from Central Penn caused disaster. The Knights sent an errant pass towards the middle that Boynton raced onto. The forward held his nerve before slipping his shot past the goalkeeper who had come out to cut down the angle. It was the third goal of the season for Boynton, tripling his goal production for the year just five minutes after subbing on.

CMCC ended the half outshooting Central Penn 12-2 with neither goalkeeper making a save in the first 45 minutes. The Knights brought on Alan Felipe to man the posts in the second half.

Having already established a big lead, the Mustangs looked to play more possession after the halftime break, but that doesn't mean there weren't scoring chances. Cameron was denied a hat trick goal in the 50th minute when Felipe made a diving stop.

The Knights also had two chances from the top of the box in the next couple minutes, with Cody Cleaveland saving them both.

Coach Wing worked every member of his squad into the game during the second half, including back-up goalkeeper and captain Arnaud Nyagasaza who replaced Cleaveland for the final 12:20. Igor Domingues also got a cameo even with his limited mobility, replacing brother Igor up top.

Justin Violette capped off a perfect day for the Mustangs with a late goal to make it 7-0. Cameron saw yet another chance at the hat trick denied by a diving save. Boynton got to the rebound but his effort from six yards out was blocked. The ball bounced back to Violette who swept it into the corner in the 87th minute. It was the fourth goal of the year for the junior out of Lisbon High School and his second of the tournament.

When the final seconds ticked down, CMCC was officially the USCAA 2024 Division II National Champions. The players on the bench celebrated by dousing coach Wing with the water cooler before sprinting onto the field to mob Nyagasaza.

"All the work from this season, the past three years, it was all worth it. We're champions," said Ivan Domingues after the match. He was able to share the moment with his brothers, teammate Igor and now assistant coach Isidoro. "It's special. Being able to share it with Igor and Isi... and not just them but everybody on the team. We're like one big family."

Central Maine ends the tournament without allowing a goal, having shut

out both two-time defending champion Johnson & Wales University-Charlotte and Penn State University-Lehigh Valley in group play, before keeping a clean sheet against Central Penn College in the final. The team's seven tallies are the most goals ever scored in a USCAA championship soccer match across all divisions.

"I'm not satisfied with this personally," said Bashford. "Hopefully this sets a new standard for this CM program. We've built this up and I want this program to flourish and be back here to win even more championships in the years to come."

"This was a special team from the get-go," remarked Wing. "I think we saw that in our very first game against Maine Maritime Academy when we went down 2-0 and rallied back to score four goals and get the win. A lot of good wins against solid teams. It just showed how talented these guys are. They're a special group."

Ivan, Bashford, Cameron, Boynton, and Raimundo Lubota were all named to the USCAA All-Tournament team after the match, with co-Player of the Year Jeremiah Gomez also picking up tournament MVP honors.

CMCC ends the 2024 season with a 17-1-2 record. The Mustangs went a perfect 10-0 in conference play and were unbeaten against four NCAA DIII opponents. The 17 wins are the most in program history. The Mustangs end the year as the number one ranked team nationally, YSCC regular season and tournament champions, and USCAA national champions for the first time.

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Calendar

Send your submissions to the Editor. More online.

Wednesdays

GORHAM – Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

Thursdays

LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

Through Dec 15

LEWISTON – Opening November 15th and closing December 15th is an exciting exhibition of painter Robert Shetterly's Americans Who Tell the Truth portraits at the Bates Mill Atrium on 35 Canal Street in Lewiston, Maine.

Dec 12

LEWISTON—The Franco Center presents its

holiday La Rencontre luncheon Thursday, Dec. 12. Doors open at 10:30 a.m. for socializing. Lunch is served at 11:30 a.m. followed by featured musical artists Phil House and Kathy Haley.

Dec 12

AUGUSTA—University of Maine at Augusta (UMA) announces its Music Program Concert Week, Dec. 10-12, 2024. All concerts will be performed in Jewett Hall, 46 University Drive, Augusta and live-streamed on UMA's YouTube channel [youtube.com/user/UMaineAugusta](https://www.youtube.com/user/UMaineAugusta). The concerts are free and open to the public.

Dec 12

NEW GLOUCESTER -- The Influence of the Optical: An Artist Talk with Hilary Irons, 5:00 PM, 70 Farm View Dr Suite 200

A free artist series hosted by Unity Environmental University focusing on environmental themes, public art, curation, collaboration, teaching, and attention to our natural and urban environments. Join us and Hilary Irons, gallery and exhibitions director at the University of

New England. There will be a presentation and a pop-up art exhibition.

Dec 13

LEWISTON – At 10am the Lewiston Public Library Children's Department will be offering the program Little Keepsakes: Height Ribbons. Caregivers will be able to measure their young children and cut a ribbon to each child's height and place it in a clear plastic bauble to finish the keepsake.

Free. No registration required. Recommended for caregivers and their children ages 0- 6 years old. Siblings are also welcome to attend and participate.

Dec 13, 14

BAR MILLS, ME -- Neil McGarry's A CHRISTMAS CAROL - a one-man performance of Charles Dickens' "A Christmas Carol" at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, Dec 13 at 7:30 PM, Saturday, Dec 14 at 2:30 PM & 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org.

Dec 13-14

BATH - Twisted Christmas, A Nice & Naughty Evening of En-

tertainment on Friday December 13th and Saturday December 14th at 8:00 p.m. Longreach Kitchen & Catering 387 Whiskeag Road, Bath. \$20 in advance, \$25 at the door. Tickets available online at studiotheatreofbath.com

Dec 14

AUBURN -- Sixth Street Congregational Church at 109 Sixth Street in Auburn will hold a holiday fair on Saturday, December 14th from 9 to 1. Lunch will be available for \$3. Choices are chili, corn chowder, hot dogs with a brownie for dessert. Coffee will be available for \$1. There will be a white elephant table, craft items, needlework, knitted hats and mittens. There will be a food table featuring fudge, cookies, brownies. Craft tables will be available for \$10. For more information contact Beth at 782-4413 or Cynthia at 740-2741.

Dec 15

LEWISTON—Santa and Mrs. Claus will appear at the "Breakfast with Santa" event Sunday, Dec. 15, at the Franco Center. Breakfast is from 9 to 10:30 a.m.

Dec 15

AUGUSTA -- The Augusta Symphony Orchestra is delighted to invite you to its annual Holiday Pops Concert on Sunday December 15th at 3:00 PM at the South Parish Church 9 Church Street Augusta.

Dec 18

AUBURN - The Auburn Community Concert Band, under the direction of Milt Simon, will present its annual holiday concert on Wednesday, December 18 at the new Donald M. Gay Performing Arts Center, located at Edward Little High School in Auburn. The free, 75-minute performance will begin at 7:00 p.m

Dec 23

LEWISTON -- Join us at the Lewiston Public Library at noon to celebrate the holiday season! Come and make your own snowflake for decoration or as an ornament. Create a unique snowflake for yourself or as a gift. All materials are provided. Free. In person. Recommended for children ages 5 – 13 years old and siblings welcome.

Dec 24, 31

LEWISTON – From 11:15am to 12:00pm at the Lewiston Public Library, enjoy an interactive storytime for some fun with books, songs, and body movement while building early literacy skills.

Recommended for children ages 3 – 5 years old and their caregivers. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well. This program is free,

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open to the public, and no registration is required.

Dec 31

BANGOR -- The Maine Discovery Museum is thrilled to invite families to ring in the New Year early at Midnight at the Museum! This fun-filled, family-friendly New Year's Eve event takes place on December 31, from 4:00 PM to 6:00 PM, offering kids and parents the perfect way to celebrate the holiday without staying up until midnight.

Jan 10

LEWISTON -- On Friday, January 10th at 10am the Lewiston Public Library Children's Department will be offering the program My Little Snowflake Handprint Keepsake.

Caregivers and their young children will be able to make a wintery snowflake themed handprint keepsake. This activity is recommended for caregivers with children between the ages of 0-6 years old. Siblings are also welcome to attend and participate. This program will take place in the Children's Department on the third floor of the library. The activity is free and there is no registration required.

Jan 11

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

David Mallett - Sat, January 11, 2025 at 7:30 pm. Doors open 7:00 pm.

Maine's own singer-songwriter David Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has recorded 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150

artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticket-stripe.com/pousette>.

Mar 15

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Women in Harmony - Sat, Mar 15, 2025 at 7:30 pm. Doors open 7:00 pm. Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children

Women in Harmony is a Portland-based chorus of 60 women's voices, which has been singing for social justice for over 20 years. It is a diverse group of gay and straight, musically sophisticated and musically untrained women who unite in song and a spirit of fairness. Women in Harmony is dedicated both to musical excellence and social justice.

Tickets: \$15 in advance, \$20 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticket-stripe.com/womenharmony>



The rewards of being there for Mainers in crisis

As a mobile crisis worker, Marissa Exchange's role is all about giving back. She provides confidential support, and connects individuals in crisis to resources they need, collaborating with families, mental health providers, and other community partners to ensure that the person has a holistic network of support. Most importantly, she provides a safe, kind space for individuals in crisis to share what they're going through, and ask for help.

And yet when Marissa talks about her work, she gushes about how much she gets from it.

"It's super rewarding," said Marissa. "It feels really good to be able to make a difference, to know that people feel comfortable with me, and trust me to be a safe - or even just a neutral - place where they can say anything without fear of being judged or getting a negative response."

She also loves that she can make her own schedule, work remotely if she needs to, and manage her shifts while pursuing her master's degree in Clinical Mental Health Counseling, and training to become a Licensed Clinical Professional Counselor.

Marissa is part of a growing legion of Crisis Responders who are discovering the rewards of working with Mainers experiencing a mental health crisis to assess their needs, and guide them to an appropriate level of care.

There are a wide variety of open positions statewide that offer full-time, part-time and per-diem opportunities. The work is done in the community, outside a hospital or nursing home. Training opportunities are widely available and easy to complete.

Like Marissa, others who are working in this field are finding that it gives back much more than it takes.

"It's just been this incredible journey," said Melanie Grant, a crisis residential services worker, who provides intervention and support to ensure the safety and well-being of patients in a residential treatment facility.

"A lot of it is just working with people who are going through a hard time, whether it has to do with substances, or past trauma or loss of a loved one. It's people needing people. And we've all needed people."

To learn more about full-time, part-time and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.



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SENIOR TRIPS

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MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C.

- NATION'S CAPITAL – Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. **A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.**

SEPTEMBER 11-19, 2025 – BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS

- Price includes round trip air from Logan International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals.

Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville

Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee – Dolly Parton's Smoky Mountain Theme Park, Guided tour of the Great Smokey Mountain National Park (UNESCO), Cherokee, Old Smoky Moonshine Distillery.

Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.

OCTOBER 6 – 10, 2025 – ATLANTIC CITY, CAPE MAY, & PHILADELPHIA

- Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.

Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the

famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

NOVEMBER 16-26, 2025 – CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners).

Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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