



## Saint Dominic announces \$100k scholarship

LEWISTON, ME - Saint Dominic Regional High School is proud to announce that its new Head of School, Dr. Claude Berube, has established a \$100,000 endowed scholarship to support current and future students. The "Gerard Berube Class of 1945 Veterans Scholarship" will provide tuition assistance to the sons and daughters of U.S. military veterans.

"My father loved St. Dom's and was a lifelong supporter. He was also a veteran of the second World War, having served in the 4th Infantry Division during the Battle of the Bulge," said Dr. Berube. "This scholarship honors him and his many classmates of the Class of 1945 who were drafted into World War II before they had the chance to complete high school."

Dr. Berube's connection to Saint Dominic spans generations. His sister, Michele, graduated in 1977, and Dr. Berube is a proud member of the Class of 1984. A retired U.S. Navy Commander, Dr. Be-



upe to four scholarships of \$1,500 each year. Administration of the scholarship will be handled by individuals other than Dr. Berube.

Saint Dominic Regional High School is grateful for this generous gift, which reflects a deep commitment to the school's history, mission, and community. The school is a private high school in the catholic tradition that is independent from the Roman Catholic Diocese of Maine.

Families and potential students can meet Dr. Berube and board members at one of the two open houses on January 15 from 5:30pm to 7:30pm and January 19 from 1pm to 3pm.

## Androscoggin Retired Educators Association - Scholarship

MAINE - The Androscoggin Retired Educators' Association is offering a \$2000.00 scholarship to a graduating high school senior, who lives in Androscoggin County, is going on to college and planning to enter the field of education. The scholarship is awarded on the basis of

scholarship, citizenship, and need. All candidates must complete and submit the following application materials: the AREA Scholarship application form; an essay on "Why I wish to be an educator and need financial assistance;" a 4-year high school transcript and a letter of rec-

## February Special Section American Heart Month page 9

### Durham Youth Baseball awarded grant to build batting cage

LISBON, ME - Lisbon Community Federal Credit Union is proud to announce that Durham Youth Baseball has been selected as the 2025 recipient of the George Roy Community Grant.

The \$10,000 grant will support the construction of a community batting cage, a versatile training resource designed to enhance player development while easing the challenges of a tightly scheduled practice field.

The new batting cage will provide Durham Youth Baseball with added flexibility, allowing teams to practice more efficiently and giving players additional opportunities to develop fundamental skills.

"Hitting a baseball is one of the most difficult skills to master in sports," said Mike Clark, President of Durham Youth Baseball. "Batting training helps develop aerobic fitness, hand-eye coordination, determina-

tion, critical thinking, and timing."

Kyle Pouliot, Vice President of Durham Youth Baseball added that the benefits also extend beyond hitting. "The dimensions of the batting cage will also allow players to practice pitching. The benefits of constructing this batting cage are two-fold for kids who want to work on both hitting and pitching."

Durham Youth Baseball anticipates the batting cage will have a positive and lasting impact not only on its players, but on the broader community. Pouliot envisions the space being used by youth athletes, families, volunteer coaches, local schools, after-school programs, and community members, as the batting cage will also be available for public use.

The George Roy Community Grant reflects Lisbon Community Federal Credit Union's ongoing

commitment to investing in projects that strengthen local organizations and enrich the communities they serve.

For more information on the George Roy Community Grant or to learn more about this project, please visit the Lisbon Community Federal Credit Union website at [www.lisbonfcu.org/grant](http://www.lisbonfcu.org/grant).

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

## Within the Whale



**Friday** \*10am-11am  
**February 20th** \*11am-11:30am  
**Callahan Hall** \*11:30am-12pm  
\*12pm-12:30pm

Registration Required  
Contact the Children's Department



Lewiston  
PUBLIC  
LIBRARY

**Follow us on Facebook**  
[www.facebook.com/twincitytimes](http://www.facebook.com/twincitytimes)

### Ready to take the next step in recovery?

The Center for Recovery at St. Mary's provides accessible, responsive care tailored to your unique journey. Whether it's your first time reaching out or you're returning for support, we're here to help.

Call 207-376-3419 to get started.

St. MARY'S  
Center for Recovery  
A Member of Covenant Health



### Professional & Reliable Cleaning Services

**REAL CLEAN LLC**  
Over 20 Years Experience  
Commercial • Residential  
Serving Maine • New Hampshire  
(207) 712-2765 - Stacy Mahonen - [www.RealCleanLLC.com](http://www.RealCleanLLC.com)

### CLEAN BOOKS LLC

BOOKKEEPING  
SERVICES

207-370-9292

[cleanbooksmaine@gmail.com](mailto:cleanbooksmaine@gmail.com)

[www.cleanbooksmaine.com](http://www.cleanbooksmaine.com)

# Newsmakers, Names & Faces

## MCA announces Craft Apprentice Program artists

### AUGUSTA, ME

The Maine Crafts Association (MCA), in partnership with the Maine Arts Commission and the League of New Hampshire Craftsmen, is proud to announce the seven mentor and apprentice pairs selected for the 2026 Craft Apprentice Program (CAP). Now in its 11th year, the program continues to honor the enduring power of mentorship, creativity, and fine craft across Maine and New Hampshire.

The Craft Apprentice Program reflects the long-standing commitment to strengthening Maine's fine craft sector through deep, studio-based mentorship, professional growth, and investment in artistic excellence. What began as a modest joint initiative has grown into a regional program supporting artists in Maine and New Hampshire and serving as a model for sustained, partnership-driven workforce development in the arts.

"2026 marks the 11th year of the program's success, which started as a joint partnership between the Maine Arts Commission and the Maine Crafts Association in 2015," said Julie Horn, Assistant Director of the Maine Arts Commission and a

founding member of the program. "Since then, the program has expanded beyond Maine's boundaries to include New Hampshire artists. CAP began, and continues to thrive, from a deep belief in supporting and sustaining the artistic quality of Maine's craft artists."

2026 Craft Apprentice Program Mentor and Apprentice Pairs

Albert Nhan and Chrystina Gastelum | Maine | Fiber

Jason Fox and Zachary Sherman | Maine | Wood

Malley Weber and Michelle "Misha" Oraa Ali | Maine | Ceramics

Nisa Smiley and Jesse Mixer | Maine | Jewelry

Shana Brautigam and Molly Ludlam | New Hampshire | Ceramics

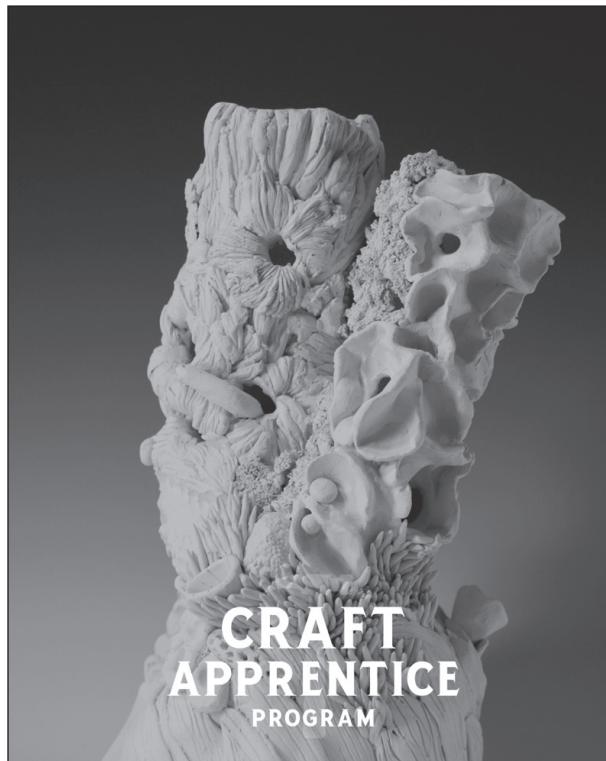
Travis Clough and Hale Linnet | Maine | Fiber

Tyler Gulden and Janet Moran | Maine and New Hampshire | Ceramics

Together, these partnerships represent a wide cross-section of contemporary craft practices grounded in tradition, material knowledge, and innovation.

About the Craft Apprentice Program

The Craft Apprentice Program was launched in Maine through the Maine



Ceramic work by Michelle "Misha" Oraa Ali, apprentice in the 2026 Craft Apprentice Program. Oraa Ali's practice explores material, texture, and form through immersive studio-based learning and mentorship

Arts Commission and the

Maine Crafts Association to provide emerging artists with sustained, hands-on learning through one-on-one mentorship with established professional artists. Each mentor and apprentice team applies jointly

with defined artistic goals, a structured work plan, and a proposed budget supporting the apprentice stipend.

Over seven months and at least 100 hours of focused studio time, apprentices deepen technical

skills, strengthen professional practices, and refine their artistic voice under the guidance of their mentors. The program emphasizes both artistic rigor and long-term career sustainability.

The program culminates each fall with a capstone exhibition and public reception at the Watershed Center for the Ceramic Arts in Newcastle, Maine. The exhibition later travels to the League of New Hampshire Craftsmen



Work samples by the 2026 Craft Apprentice Program mentor and apprentice pairs, representing contemporary practice across ceramics, fiber, wood, and jewelry in Maine and New Hampshire.

Headquarters and Gallery, expanding public access and regional visibility for participating artists.

Congratulations to the 2026 mentor and apprentice pairs. The Maine Arts Commission is honored to continue its role as a founding partner, funder, and steward of a program that strengthens Maine's craft traditions while supporting the next generation of artists.

2026 Jury Panel  
Diana Arcadipone, 2025 CAP Mentor and Artist, Paper and Book Arts

David East, Executive Director, Watershed Center for the Ceramic

### Arts

Lisa Almeida, Education Coordinator, League of New Hampshire Craftsmen

### Program Support

The 2026 Craft Apprentice Program is made possible through funding from the Maine Arts Commission, with media and magazine sponsorship from Maine Home + Design. Additional program support is provided by the Maine Crafts Association, the League of New Hampshire Craftsmen, the Watershed Center for the Ceramic Arts, and MCA Cornerstones Hay Runner and Woodhull.

## 2026 Lunar New Year Celebration

### WESTBROOK, ME

- The Chinese and American Friendship Association of Maine (CAFAM) will ring in the Year of the Horse, Sunday, March 1, 2026, at the Westbrook Performing Arts Center, 471 Stroudwater Road, Westbrook, ME.

This always popular event is in its 36th year and is the oldest and largest Lu-

nar New Year celebration in Maine.

Dance Performance by the Chinese Folk Art Workshop of Boston, a dynamic blend of dance, drumming, and martial arts, to celebrate the Lunar New Year. The Bangor Chinese School will also perform a dragon dance.

There will be a Chi-

nese Cultural Village: Open from 10:00 a.m. to 3:00 p.m. with teaching calligraphy, crafts for kids, vendors, and more. Steve Wong of Bangor will do lion dance performances most of the day and there will be demonstration tai chi classes. The village will also be open during the dance performance. Expert talks

will feature: Chinese peasant paintings; acupuncture and Chinese medicine; and US – China relations. There will also be a demonstration of dumpling making in the new year tradition, and Chinese tea tasting provided by Little Red Cup Tea.

Chinese food from the Kon Asian Bistro restaurant will be available beginning at noon.

Admission prices: Adults \$15, Children 12 to 5 \$5, Children under 5 Free. The discounted price for CAFAM members is \$10 for adults. Tickets are available in advance from Eventbrite.com. Day of event tickets: Only cash or check. No credit or debit cards!

PLENTY OF FREE PARKING.

If the live event is cancelled all of the tickets purchased from Eventbrite will automatically be fully refunded.

Organized by the Chinese and American Friendship Association of Maine (CAFAM).

For more information go to [www.cafammaine.org](http://www.cafammaine.org).

**Jason Hodsdon Masonry**

We install stainless steel liners

215-3557  
North Monmouth   
Jasonhodsdonmasonry@gmail.com

**Injured on the job?**

**We should talk.**

— (207) 333-5103 —

Help@BilodeauLaw.me  
BIODEAULAW.ME

**BL BIODEAU 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

## Donation to CMMC will fund free lung cancer screenings



**LEWISTON, ME** - More Mainers will be receiving free lung cancer screenings, thanks to a generous donation from Free ME from Lung Cancer (FMFLC).

Deb Violette, president of the organization, was at CMMC on Feb. 3, 2026, to present a \$10,000 check for low-dose computed tomography (LDCT) scans for high-risk patients. This collaboration is part of Free ME from Lung Cancer's mission to reduce the suffering



caused by lung cancer and promote early detection.

CMMC's Early Lung Screening Program is a key initiative in the state's efforts to combat lung cancer.

"By partnering with FMFLC, we can expand access to life-saving screenings and support patients throughout their journey," said Carmine

Frumiento, MD, a cardiovascular and thoracic surgeon at Central Maine Healthcare. "The grant helps to cover costs associated with screening, making it more accessible to those who may not have insurance coverage. This partnership demonstrates the power of collaboration in the fight against lung cancer."

For more information about Free ME From Lung Cancer visit [freemefromlungcancer.org](http://freemefromlungcancer.org) or call 207-215-9035.

## Lewiston city board, committee vacancies

**LEWISTON, ME** - The City of Lewiston is seeking resident volunteers to serve as members of the City's various boards and committees. Lewiston residents who are interested in applying can contact the City Clerk's Department to complete a committee volunteer application. Application forms are also available on the Boards and Committees page of the City's website at [www.lewistonmaine.gov](http://www.lewistonmaine.gov). Applications can be submitted at any time and will be accepted until the positions are filled.

The following city boards and committees have current openings: Board of Appeals, Board of Assessment Review, Community Development

Block Grant Review Committee, Complete Streets Committee, Historic Preservation Review Board, Housing Committee - financial institution representative, L/A Community Forestry Board, Lewiston Area Public Health Committee, Lewiston Senior Advisory Council, and Planning Board.

Committee descriptions, meeting times, and other information about committee service are also available on the City's website.

Due to residency requirements in the City Charter, neither the Board of Appeals nor the Planning Board may have more than two members serving simultaneously from the same wards. This provi-

Residents are welcome to contact the City Clerk's Department at 513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk's Office for processing. Office hours are Monday, Wednesday, Thursday, 7:45am - 4:00pm and Tuesday, 7:45am - 5:30pm.

## LA Metro Chamber program helps entrepreneurs

**LEWISTON, ME** - The LA Metro Chamber of Commerce is proud to announce the launch of Catalyst, the second series in its Business Lab program, designed specifically for entrepreneurs and small business owners who are ready to strengthen their operations and grow with confidence.

Beginning March 2, Catalyst is a seven-week, hands-on learning experience focused on helping business owners move from simply understanding their business to managing it strategically. Through expert-led sessions, practical tools, and peer collaboration, participants will build the systems, financial clarity, and leadership skills needed for long-term success.

Many small business owners reach a point where growth becomes both exciting and overwhelming. Catalyst is designed to meet entrepreneurs at that moment and give them the structure, confidence, and support to grow sustainably.

The program features guest presenters from the local business community who bring real-world experience to each session. Presenters lead discussions, share practical insights, and support participants as they apply concepts directly to their own businesses.

**Program Outcomes**  
By the end of the series, participants will:

Develop a working budget and cash-flow forecast to guide decisions

Strengthen operations and systems for efficiency and scalability

Identify staffing, partnership, and resource needs

Better understand customers and refine pricing models

Build adaptability and accountability to lead through change

**Class Schedule**

All sessions meet weekly from 3:00-5:30 PM at the LA Metro Chamber, 415 Lisbon Street, Lewiston. Registration includes workbook materials, light refreshments, and access to expert instructors.

**March 2 - Setting the Framework for Growth**

Sam Herriot & Shanna Cox, LA Metro Chamber

**Orientation, goal setting, and defining what growth means for each business.**

**March 9 - Financial Planning for Growth, Part 1: Building Your Budget**

Dion Olmstead, SBDC & Tom Kuklinski, AVCOCG

**Creating a 12-month budget and understanding key financial drivers.**

**March 16 - Financial Planning for Growth, Part 2: Cash Flow & Forecasting**

Jon Janson, SBDC & Tom Kuklinski, AVCOCG

**Turning budgets into forecasts and strengthening financial resilience.**

**March 23 - People, Partners & Performance**

Shanna Cox, LA Metro Chamber

**Exploring capacity, delegation, and managing**

organizational change.

**March 30 - Understanding Your Customer**  
Aimee Goodwin, Warp & Weft

**Refining offerings and marketing through customer insights.**

**April 6 - Growth Plan Integration Workshop**  
Sam Herriot, LA Metro Chamber

**Combining tools and insights into a clear growth roadmap.**

**April 13 (Optional) - Showcase & Reflection**  
Sam Herriot, LA Metro Chamber

**Sharing progress with peers, mentors, and sponsors.**

**Program Details**  
Seven weekly sessions, 2.5-3 hours each

**Includes templates, guest instruction, and one-on-one advising opportunities.**

**Designed for entrepreneurs and small business owners seeking sustainable growth**

**Registration & Pricing**

**Registration starts at \$180, with early bird pricing available through February 9.**

**All sessions take place at the LA Metro Chamber, 415 Lisbon Street, Lewiston.**

**Light refreshments are provided. Registration: <https://lametrocc.com/Bi-zLabS2>**

**For More Information**  
For questions or registration details, contact:

Sam Herriot  
Sam@LAMetro-Chamber.com

**We want to hear from you!**  
**Please submit your letter to the editor by 5pm on Friday for next weeks edition.**

**Email: [editor@twincitytimes.com](mailto:editor@twincitytimes.com)**

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

# 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](mailto: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](mailto: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](mailto:editor@twincitytimes.com).

### Proofs

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

# Seniors Not Acting Their Age A New Year's Day Climb Up Granny Cap Mountain



A snowshoer begins at bushwhack hike on Granny Cap Mountain

Until a few months ago, I had never heard of Granny Cap Mountain. Since moving to The Forks a couple of years ago, my son, Adam, has been exploring the mountains in northern Somerset County. As a result, he has identified several intriguing peaks in that mountainous region. Granny Cap is one of them.

As the crow flies, Granny Cap is located about 15 miles northwest of The Forks. The 2,471-foot peak is one of five similar-sized mountains situated slightly east of Spencer Lake; all are devoid of trails and infrequently climbed. Granny Cap is of special interest to Adam, a technical climber, because it possesses towering vertical cliffs on the west side. He began reconnoitering the mountain in the fall and plotted a bushwhack route to the summit that circumvents those cliffs.

Adam's glowing re-

ports about Granny Cap piqued my interest. Since my wife, Nancy, and I were spending several days near The Forks over the New Year's holiday, Adam and I decided to climb Granny Cap on New Year's Day, and his friend, Liz, joined us.

Temperatures were in single digits, moderate winds were blowing from the northwest, and sporadic snow was falling when I met Liz and Adam in The Forks late-morning in anticipation of our climb of the remote peak. We had postponed our departure time to take advantage of warmer midday temperatures on an otherwise frigid first day of the year.

When embarking on a winter climb of Granny Cap, the adventure begins about 3 miles north of The Forks at the start of Lower Enchanted Road. An icy, dirt road, the only reason Lower Enchanted and con-



Hikers conduct a futile search for the summit canister

necting roads are plowed is because logging operations are taking place. The risk of meeting a fully loaded logging truck with limited stopping ability was a concern. We proceeded cautiously.

After less than a mile, we fortuitously met a parked logging truck. During a conversation with the driver, we learned that another truck was bringing out a second load from a western Lower Enchanted Road location but would be another hour. Even better, that was the only remaining truck in the vicinity. Since our plan was to turn onto Hunter Road at about mile 8, we assumed there would be time to make the turn before a potentially hazardous encounter.

The good news notwithstanding, we resumed driving with vigilance. While crossing a bridge over Enchanted Stream, we caught our first glimpse

of Granny Cap in the distance. The rugged peak with imposing west facing cliffs was impressive and appeared to be a potentially demanding climb.

Soon after, we turned right onto Hunter Road. Although free of oncoming vehicles, negotiating the narrow, slippery road with steep shoulders presented another challenge. After about five miles of careful driving, we arrived at a location on the right where our trek began.

Scattered snow showers transitioned to steady light snow as we began snowshoeing in about 18-inches of powder in a sparse hardwood forest. Although visibility was marginal, the west facing cliffs could be seen in the distance. We proceeded

on a northeast bearing angling slightly away from the cliffs.

The gradient increased as we progressed



A hiker carefully descends past towering Granny Cap Cliffs

upwards into a mixed hardwood and conifer forest. After about 1.5 miles of steady climbing, we turned steeply west and emerged onto snow-covered ledges at the top of the cliffs. Adam's bushwhack route was on the mark. Unfortunately, the anticipated exceptional views were obstructed by clouds and blowing snow.

Intent on reaching the summit, we began snowshoeing easterly in a dense, conifer forest. After perhaps a half mile of gradual climbing, we arrived at what appeared to be the highpoint. Despite an exhaustive search for a

summit canister Adam had found attached to a tree during an earlier climb, we couldn't find the elusive marker and surmised it had fallen into the snow.

Satisfied with our first mountain hike of the year, we carefully navigated slippery roads to The Forks. Our climb was the perfect beginning to 2026.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates many wintry mountain hikes around the state.

The author of *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England,"* Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at North Country Press and through online retailers.

Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

## CASA training for guardian ad litem in March

**MAINE** - Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its summer training for volunteer advocates from March 9th through March 13th, 2026.

This free, five-day training is designed to prepare attendees for certification as volunteer guardians ad litem

(GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training will be held in Augusta. Accommodations may be available.

The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of

professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers.

If you are willing to advocate for a child's best interests, we encourage you to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must

also complete criminal and child protection services background checks.

Are you ready to advocate for a child's best interests? If so, we hope you can join us for our March 2026 training. For more information about becoming a volunteer, please contact Maine CASA at 213-2865 or by e-mail at [casa@courts.maine.gov](mailto:casa@courts.maine.gov).

**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](mailto:Jasonhodsdonmasonry@gmail.com)

# ROOTED

*hair studio*



Courtney



Michael

Accepting New Clients

214 Minot Avenue ~ Auburn ~ 689-3035



**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

## AARP News You Can Use – February 2026

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

When I was a teenager, on the rare occasions that I was allowed to drive my parents' car, my mother would always say "drive carefully" as I left the house. I would nod in agreement – I mean, what else could I do? Years later when my own kids were teenagers driving my car, I found myself saying those same words, "drive carefully." Time passes quickly and those teenagers have all grown up. Yet, after every time they visit us, I still think "drive carefully" as they drive away, even if I don't say the words out loud.

My first car had a four-speed standard transmission. Even better, both the heater and the radio worked. Compared to my first car, modern cars are like driving a computer with wheels. Learning how to navigate all of their modern features can take a bit of time, but not to worry. AARP offers a Smart DriverTEK Online Workshop that explains many new auto tech features like crash mitigation, voice controls, and parking assistance systems. The videos explain not only how these features work, but how they can help us to be safer drivers. These workshops are free and can be found by searching for AARP Smart DriverTek Online Workshops.

AARP also offers the Smart Driver Course for drivers of all ages including those over fifty. These courses, offered in person and online, review safe driving strategies, ways to reduce driver distractions, and techniques for tackling roundabouts. The Smart Driver Course also includes information about how taking certain medications can impact driving, and state-specific



rules for using child safety seats and cell phones. The Smart Driver Course does have a fee (\$20 for AARP members and \$25 for non-members), but course graduates may qualify for a multi-year auto insurance discount. Simply visit [aarp.org/driving36](http://aarp.org/driving36) to sign up for a class that suits your schedule.

Part of being a safe driver is being ready for what might happen on the road. AARP's Smart DriverTek and Smart Driver Course are two easy ways to benefit from our tech-smart cars and refresh our driving skills for modern driving situations. To request an AARP Driver Safety speaker for your local group, send an email to Andrew Grant, Volunteer Maine State Coordinator for AARP Driver Safety, at [ajgrant@outlook.com](mailto:ajgrant@outlook.com).

Another part of being a safe driver is having the proper fit inside your vehicle. With CarFit, an educational program developed by AARP and the American Occupational Therapy Association, you'll get information and resources on how you can enhance your safety and physical com-



fort in the driver's seat. Head over to [car-fit.org](http://car-fit.org) to learn more about this insightful program.

Finally, consider downloading the AARP SafeTrip app for more tips and great resources for safe driving wherever the road takes you.

As always, I hope to see you at our local social, educational and fun events here in Maine. Happy travels!

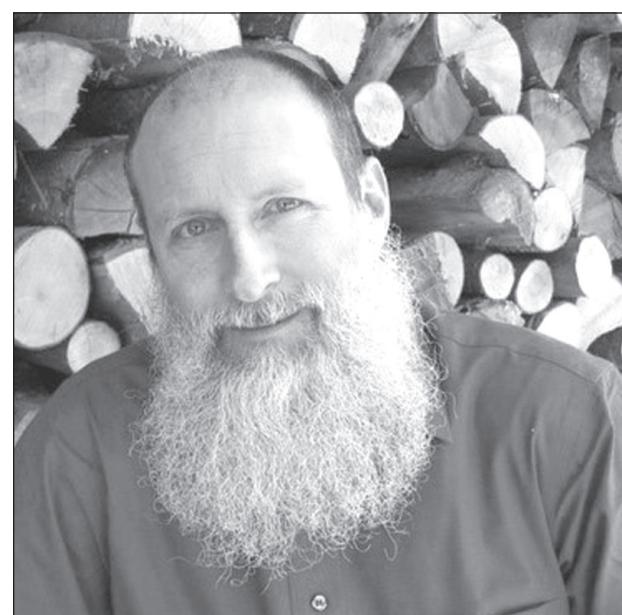
*Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma's Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.*

[aarp.org/me](http://aarp.org/me) · [me@aarp.org](mailto:me@aarp.org) · [@aarpmaine](mailto:@aarpmaine) · 866-554-5380

## Maine Woodland Owners hosting photo interpretation program

AUGUSTA, ME - Maine Woodland Owners will be hosting author and ecologist Tom Wessels on Friday, February 20 from 9:00 AM – 10:15 AM for an online photo interpretation program of the Maine woods. This interactive program will be based on photos participants submit beforehand of things they have encountered out in the woods that they find puzzling or intriguing. These could be unusually shaped trees, trees with above ground roots, trees with unique bark textures, unusually decayed stumps, adjacent forests with quite different compositions, intriguing stone work, basically anything that catches the participants interest. The photos will then be put into a powerpoint that Tom will interpret.

Wessels is the author of several books including *Reading the Forested Landscape* and *Forest Forensics: A Field Guide to Reading the Forested Landscape* which help readers understand the human and natural history of their woods. There is a \$10 suggested donation to attend this program.



Maine Woodland Owners, previously known as Small Woodland Owners Association of Maine - or SWOAM, was formed in 1975 as an educational organization dedicated to providing knowledge and technical support for Maine's small woodland owners. Its goal is to increase landowner engagement and long-term woodland stewardship to ensure the health of Maine's forests. Maine Woodland Owners sponsors over 50 programs throughout the state each year to support

woodland owners and stewards in managing their land.

This event is open to the public. To learn more about this program and to register visit [www.maine-woodlandowners.org/events#wessels](http://www.maine-woodlandowners.org/events#wessels).

For more information about Maine Woodland Owners and visit [www.mainewoodlandowners.org](http://www.mainewoodlandowners.org), or contact Jennifer Hicks, Director of Communications and Outreach at [jenn@mainewoodlandowners.org](mailto:jenn@mainewoodlandowners.org), (207) 844-0348.

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

**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**

**SCHEDULE A FREE POOL CONSULTATION**





**REQUEST A QUOTE TODAY!**

**207-782-1514**

 **PPAS.COM**

# Arts & Entertainment

## 'Love and other Embarrassments,' just in time for Valentine's Day

Auburn Public Library Presents

### LOVE AND OTHER EMBARRASSMENTS

HUMOROUS READINGS, JUST IN TIME FOR VALENTINE'S DAY!



WITH LISA MAYER

AUBURN PUBLIC LIBRARY

**AUBURN, ME** - Lisa Mayer will be at the Auburn Public Library on Friday, February 13th from 4:30 to 5:30 PM to perform her show "Love and Other Embarrassments." This show consists of humorous readings just in time for Valentine's day.

Whether jumping into freezing waters on her honeymoon, learn-

ing to belly dance for her husband's birthday, or getting her parents on the Newlywed Game on a cruise, Lisa Mayer's true stories from her crazy life will make you laugh until you cry.

Lisa Mayer is a Clio-Award winning writer, a podcaster and a musician who has performed from Krakow, Poland to Poland, Maine.

## Camden's new Irish Pub to make a splash on St. Patrick's Day

### CAMDEN, ME

Opening only five months ago, Camden's new Irish Pub, 8 Bells, has entered the scene with gusto. Touted as "the place to be" in this sleepy little midcoast village, the pub has made good on its promise to be open every day, providing local music and a welcome community spirit. And as if that isn't lofty goal enough, they've just announced Ireland's rising young stars, Simple Things, to headline their St. Patrick's Day celebration taking place on Tuesday, March 17, 2026.

"These guys are coming to

us straight from across the pond and we couldn't be

more excited to share their

music with this community", says Tom Ryan, owner of 8 Bells. The festivities will be held under a heated tent next to the pub, ensuring revelers can enjoy the best of Irish music and hospitality, rain, snow, or shine.

Headliner: Simple

Things

8 Bells first St. Patrick's Day celebration features acclaimed Irish band Simple Things as the headlining act. A rising Irish folk-pop trio from County Kerry, they are known for blending traditional Irish music with contemporary pop, featuring Dylan

ST. PATRICK'S DAY  
8 BELLS presents  
SIMPLE THINGS  
17 MARCH 2026



A St. Patrick's Day music festival under the tent at 8 Bells headlined by Ireland's very own SIMPLE THINGS

The Oystermen Yesterday's Men Jimmy Moreland & Friends

O'Sullivan, Shane Kennedy, and Kealan Cahill, who've gained traction with catchy tunes and energetic live shows. Listen to their #1 hit Wait for Me and watch their video Take Me Away. This rising trio from County Kerry has hit the charts in Ireland, and are quickly becoming international stars, making their first visit to Maine with one stop on the agenda: 8 Bells Pub in Camden. "They're a perfect set for the St. Paddy's Day roster." Expect nonstop live music, dancing, and plenty of opportunities to raise a glass in celebration.

Food, Drinks, and Festivities

In addition to world-class music, 8 Bells Pub will feature a bar under the tent with Guinness and Harp on tap, Guinness 0.0, wine, and soft drinks. For VIP ticket holders, the inside of the pub will feature the full bar and snacks. Maine's best food trucks will be parked on site.

### Event Details

Date: Tuesday, March 17, 2026

Time: All-day event, from 12:00 PM to 10:00PM

Location: 8 Bells Pub, Camden, ME

Venue: Heated tent outside the pub

Admission: Tickets available at <https://www.8bellscamden.com/events/st-patricks-day>

### Tickets Going Fast

With this announcement just landing a day ago, tickets are already

See Pub, page 14

Make a memory with your child that you'll cherish for a lifetime.

THIS SATURDAY!

28th Annual Valentine Ball

Feb 14  
6:30 - 8:30 pm

Children ages 4-12 are sure to treasure an evening of dressing up and dancing with their loved ones. All parents/guardians are welcome.

Get your tickets today!

Advance sales only. Tickets will not be available at the door.

[ThePublicTheatre.org](http://ThePublicTheatre.org) | 782-3200

The Ball will be held at the Kora Shrine Temple, Lewiston

**PUBLIC**  
THEATRE

### Ambition and Destiny

Passionate romantic masterpieces by legendary composers



Weber.....Overture to *Oberon*  
Beethoven.....Piano Concerto No. 4  
Morgan Lee, Piano  
Tchaikovsky.....Symphony No. 4

March 21, 2026 • 7:00 PM  
Franco Center, Lewiston

Jinwook Park,  
Guest Conductor  
Morgan Lee,  
Guest Pianist

MidcoastSymphony.org or 207-481-0790  
\$27 advance/\$30 door • 25 and under admitted FREE

**MIDCOAST**  
SYMPHONY  
ORCHESTRA

ROHAN SMITH, MUSIC DIRECTOR

MSO is a 501(c)3 Nonprofit Organization

Underwriters:

NEW ENGLAND  
Cancer Specialists

Dana-Farber  
AFFILIATE MEMBER

THE HIGHLANDS  
A GRACE MCM COMMUNITY

Season Sponsors:

Bath Savings, HM Payson, Judy Metcalf Law, OceanView at Falmouth

Concert Sponsor: LL Bean • Media Sponsor: WCMC Radio

More with Midcoast Sponsor: Maine Trust for Local News

Lodging: Fairfield By Marriott, Brunswick, The Brunswick Hotel

## Maine DOE: Try the 2026 Read to ME Challenge



Maine Department of Education

### AUGUSTA, ME

The 2026 Read to ME Challenge, a month-long public awareness campaign designed to support literacy development among Maine children, is officially underway. Maine Department of Education (DOE) Commissioner Pender Makin launched the challenge on Monday, February 2, 2026, with a read-aloud to second- and third-grade students at the Tremont Consolidated School library in Bass Harbor.

2026 marks the 11th annual Read to ME Challenge. Throughout the month of February, Mainers are encouraged to read to and/or with children for at least 15 minutes. Adults may capture these moments with photos/short videos and share them on social media using the hashtag #ReadtoME in an effort to encourage others to do the same. The Maine DOE would like to challenge all Mainers—regardless of age, location, or language—to consider participating in this year's challenge.

"The Read to ME Challenge has been a favorite initiative of the Maine Department of Education for more than a decade," Maine DOE Commissioner Pender Makin said. "We invite all Mainers, from youth to adults, to join us in the challenge this month, as we continue to promote the joy of reading among our youngest generation."

Reading to a child for 15 minutes per day for five years results in 27,375 minutes of language exposure, which can lead to high literacy development. Research indicates that the simple act of reading aloud helps children to build language, acquire vocabulary, develop knowledge about the world, and create bonds with trusted adults.

For the Read to ME



Challenge launch, Commissioner Makin read *Courage Like Kate: The True Story of a Girl Lighthouse Keeper* by Maine-based author Anna Crowley-Redding. Students in attendance remarked on their own experiences with lighthouses living in a coastal community.

"We were honored to host the kick-off for the Read to ME Challenge this year," Tremont Consolidated School Principal Jandrea True said. "Any opportunity to promote literacy is worth all of the energy we can collectively muster in our commu-

nities, as proficiency in literacy is essential to a successful future. Challenge accepted at Tremont Consolidated School!"

In support of the Maine State Reading Action Plan, the Maine DOE also strongly encourages community organizations to collaborate with schools and families during the Read to ME Challenge. A list of suggested ideas for community involvement is included here.

The 2026 Read to ME Challenge will end following Read Across America Day on March 2, 2026.

## Pine Tree Camp awarded grant to support summer camp programs



Campers and counselors canoe on North Pond at Pine Tree Camp during the Summer 2025 season. (Photo courtesy of Pine Tree Camp)

**ROME, ME** - Two of Pine Tree Camp's 2026 summer programs benefit from a two-year, \$200,000 grant from the Evelyn S. and K.E. Barrett Foundation. The Barrett Foundation funds organizations that benefit children in need and these funds will support camp's Dirigo Experience and Camp Pine Cone programs.

Dirigo Experience is a five-day overnight camp for Deaf and hard of hearing youth ages 7 to 15. Camp Pine Cone is a fully-accessible summer day camp for kids ages 5 to 13 who are not yet ready for overnight camp.

Thanks, in part, to the support of the Barrett Foundation, Pine Tree Camp's Dirigo Experience overnight camp will take place August 17

through August 21. There will be four Camp Pine Cone sessions. Campers are encouraged to apply for more than one week of this specialized day camp.

Camp Pine Cone Session Dates:  
 July 13 - July 17  
 July 20 - July 24  
 July 27 - July 31  
 August 3 - August 7

Applications for Dirigo Experience and Camp Pine Cone opened on Thursday, February 5. Full tuition assistance is available. For more information, please visit [www.pinetreecamp.org](http://www.pinetreecamp.org) or contact Lori Chesley, Camp Relations Coordinator at 207-386-5993 or [ptcamp@pinetreesociety.org](mailto:ptcamp@pinetreesociety.org).

## Tips to support children's dental health & overall well-being

By Dr. Paul McConnell, National Dental Director, UnitedHealthcare Dental

Oral health is more than just a bright smile, it's an important part of a child's growth, development and overall well-being. Tooth decay is the most common chronic disease among kids in the U.S., affecting nearly half of children ages 2 to 191. About 1 in 10 children ages 2 to 5 experience untreated decay, a number that climbs to nearly 1 in 5 by ages 6 to 81.

Baby teeth play an important role in a child's development, serving as the foundation for healthy permanent teeth and supporting speech and overall well-being. Moreover, emergency dental care causes children in the U.S. to miss approximately 34 million school hours annually1. Good oral health habits and staying on top of dental checkups from an early age can help reduce the risk of developing cavities and other conditions that affect overall health.

Here are some tips for parents to help promote good childhood dental health:

Encourage healthy snacking and hydration. What children eat and drink plays a big role in their oral health2. Sugary snacks and drinks feed bacteria that can erode enamel and lead to cavities. Limiting sugar and encouraging plenty of water helps rinse away food particles, dilute acids, and support healthy saliva flow. Adding nutrient-rich

foods like fruits, vegetables, cheese and yogurt provides calcium and vitamin D to help keep teeth and bones strong.

Make preventive dental care part of your routine. Regular preventive dental care may help to catch issues early on, helping reduce the risk of more serious — and costly — problems down the road. For kids, untreated cavities can result in poor nutrition and potentially stunt growth and development. Oral health can also be linked to health conditions like diabetes and heart disease, making it important to take advantage of preventive services from a young age3. Many dental plans cover preventive services such as exams, cleanings, x-rays and sealants. Call the number on the back of your dental insurance card to find out what your specific plan covers.

A child's first dental visit should be scheduled after their first tooth appears and no later than their first birthday. After that, kids should see the dentist every six months.

Promote a positive dental experience. Dental fear and anxiety is quite common — one third of young kids around the world experience it4. Dental visits may include the use of instruments or services that can seem scary. Regular visits to the dentist may help kids get more comfortable and help make the experience more familiar. Parents can help ease nerves by explaining what to expect, answering

questions or using books or videos to help kids feel prepared and confident.

Provide guidance for good dental hygiene. While parents may want to supervise brushing until at least age 8 to ensure proper technique, education around oral health can begin much earlier3. Encourage brushing twice daily with an ADA-approved toothpaste2. Introduce flossing when two teeth touch. This helps teach children that cleaning between teeth is just as important as brushing. Parents can make dental care fun by letting kids choose toothbrushes in their favorite colors, turning brushing time into a family activity, singing songs or setting timers to help them stay engaged.

Replace toothbrushes regularly. Change toothbrushes every three to four months, or sooner if bristles are frayed3. During cold and flu season, replace toothbrushes after being sick to avoid reintroducing germs to the body.

Encouraging healthy dental habits and staying consistent with preventive care from a young age may help children grow up with strong smiles, fewer health complications and the confidence that comes with a lifetime of good oral health.

1 Centers for Disease Control and Prevention, 2026

2 American Dental Association

3 Cleveland Clinic, 2022

4 Journal of Dentistry, 2024

## Northeast Bank donates \$15K, furniture to Trinity Jubilee Center



Pictured left to right: Busangu Kalume, Malaiko Kayad, Matthew Colpitts, Erin Reed, Elianna Umana Kimura, Holly Sysko.

**LEWISTON, ME**  
Northeast Bank (the "Bank") (NASDAQ: NBN) is proud to announce a donation of \$15,000, along with office furniture, to Trinity Jubilee Center in support of the nonprofit's expansion into a new 10,000-square-foot facility on Bates Street in Lewiston.

Trinity Jubilee Center's new two-story facility on Bates Street will significantly expand capacity and services, including a larg-

er soup kitchen and food pantry, day-shelter space, medical clinic, case management, workforce support, and room for future growth.

"We are deeply grateful for Northeast Bank's support in bringing this new facility to life. Thanks to their generosity, we will be able to provide food, shelter, medical care, and employment support to even more people in our community," said Erin Reed, Executive Director

of Trinity Jubilee Center.

"Northeast Bank is proud to support Trinity Jubilee Center and the vital role it plays in strengthening our community," said Matthew Colpitts, SVP, Director of Treasury Management Services of Northeast Bank and Trinity Jubilee Center board member. "This expansion will help ensure individuals and families have access to the resources and support they need to move toward stability and self-sufficiency."

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

**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)

## Maine Music Society Chorale presents "Echoes of the Earth"



Maine Music Society Chorale by Jared Morneau

**LEWISTON, ME**  
The Maine Music Society Chorale, directed by Dr. Richard Nickerson, is thrilled to announce its upcoming March concert, Echoes of the Earth, to be held on Saturday, March 7, 2025, at 7:00 p.m. and Sunday, March 8, 2025, at 2:00 p.m. at the Franco Center in Lewiston.

This concert will feature the Maine premiere of We Are Phoenix by Minnesota composer Timothy C. Takach. Accompanied by chamber orchestra and piano, this multi-movement work illuminates the analogy between humans and our planet: we both suffer loss and devastation and yet rise again and again, becoming stronger each time. Another notable piece, Ola Gjeilo's Luminous Night of the Soul, accompanied by string quartet, will reflect a theme of exuberance and relentlessness.

The 80+ volunteer singers from the Lewiston-Auburn area, under the direction of Artistic Director Richard Nickerson and accompanied by collaborative pianist Randy Day, are excited to perform in this premiere as well as present other musical selections inspired from our connection to the earth.

Tickets are available for purchase online at [www.mainemusicsociety.org](http://www.mainemusicsociety.org) or by calling the MMS office at 207-333-3386. We encourage you to buy your tickets in advance to secure your seats for this highly anticipated event.

Thank you to our sponsors: Anonymous and Andwell Health Partners, and to our Season Underwriters Hardy, Wolf & Downing and Sun Journal.

The Maine Music Society (MMS) is a nonprofit organization dedicated to enriching the cultural life

of the Lewiston-Auburn area through performances of choral music. MMS's volunteer singers, musicians, and staff share a passion for creating music that inspires, uplifts, and connects the community.

For more information, visit [www.mainemusicsociety.org](http://www.mainemusicsociety.org).

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

Hometown Paper.

*Create a  
Valentine's  
Day Card!*

**February 2<sup>nd</sup> - February 14<sup>th</sup>**

**Kids & Families on the 3<sup>rd</sup> Floor**

**Adults on the 2<sup>nd</sup> Floor**



**Local people.  
Local decisions.  
Local support you  
can count on.**

**DIRIGO**  
FEDERAL CREDIT UNION

**1.800.281.5435**



# Special section: February is American Heart Month

## American Heart Month: Be prepared to save a life

In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a time to spotlight heart disease, by bringing awareness and sharing how to take steps to prevent this deadly disease.

According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. They also offer tips on action items you can take to prevent heart disease:

Know your risk. Knowing your risk can help you make lifestyle changes.

Eat a healthy diet. Start making healthy choices that include daily vegetables and less processed foods.

Be physically active. Move more – it's one of the best ways to stay healthy,



prevent disease, and age well.

Watch your weight. Stay at a healthy weight for you.

Check your blood pressure and cholesterol. These are two main risk factors that could lead to heart disease.

Raising awareness is essential not only in the month of February but also year-round. It's the awareness that can ultimately save

a life and on the first Friday of February, the nation celebrates National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help

## Maine women join nationwide effort to combat No. 1 killer

by Brenda Vitali

Cardiovascular disease (CVD) is the No. 1 killer of women.<sup>[1]</sup> Launched over two decades ago to increase women's heart health awareness and address clinical care gaps, the Go Red for Women movement serves as a catalyst to improve the lives of women globally. While the majority of cardiac events can be prevented, cardiovascular disease continues to take the life of 1 in 3 women.

To kick off American Heart Month this February, four Maine leaders are joining the American Heart Association's Go Red for Women® movement to change this statistic through the Woman of Impact initiative. Woman of Impact, a nationwide initiative, will launch in hundreds of cities across the country on National Wear Red Day, February 6. At the start of the campaign, nominees nationwide embark on a nine-week journey to help transform the health of women in their communities through education and fundraising.

This year's Woman of Impact class will work from February 6 to April 9 to raise funds to advance research and education initiatives to better identify, diagnose, treat and prevent CVD in women. Maine's 2026 Woman of Impact nominees are:

Mindy Beyer, Acute Coronary Syndrome Program Manager, MaineHealth

Ashley Lucas, Strategic Account Consultant, Large Group Sales, Anthem Blue Cross & Blue Shield

Ella DiPietro, Senior Client Service Associate,

Raymond James

Carolyn Lebeis, Co-Owner, C. Skin Co. Medical Aesthetics

Maryna Shuliakouskaya, Aroma Joe's Franchisee

Each week, nominees participate in activities designed to create a culture of wellness and advance equitable health. Activities may include educational events, learning and spreading the word about CPR, getting physically active, recruiting women to participate in research and more. Nominees also raise critical funds for American Heart Association in Maine's Go Red for Women movement and other life-saving research, advocacy, and education.

After nine weeks of driving immense impact, the competition will culminate on April 9. One nominee will be named the Maine 2026 Woman of Impact Winner. In addition to local community winners, one changemaker from across the country will be named the National Woman of Impact Winner in April 2026.

"At the American Heart Association, as we enter our second century of lifesaving work, our future is about improving yours. Women motivate, educate and inspire each other. When it comes to their health, women have the best resource; they have each other," said Colle. "That is why we are thrilled that these women have joined us in our relentless efforts to make a measurable difference on women's heart health in Maine."

Heart disease unfairly targets women, who have been left out of research, testing, treatment and funding. Women also experience unique life stages, like pregnancy and menopause, that can increase their risk of developing CVD over the course of their lifetime. The Association's Go Red for Women movement is committed to meeting the needs of women in every age, stage and season of life as a trusted, relevant source for credible, equitable health solutions.

"Cardiovascular disease remains the leading cause of death in women, claiming more lives than all cancers combined, and yet less than half of women are aware of this<sup>[2]</sup>," said Lindsay Colle, the Association's Maine Development Director. "Woman of Impact nominees can use the platform to bring Maine women

together, educate them on their risks and inspire them to take charge of their heart health. Together, we can ensure every woman is heard and counted when it comes to their heart health, and no one has to go it alone."

After nine weeks of driving immense impact, the competition will culminate on April 9. One nominee will be named the Maine 2026 Woman of Impact Winner. In addition to local community winners, one changemaker from across the country will be named the National Woman of Impact Winner in April 2026.

"At the American Heart Association, as we enter our second century of lifesaving work, our future is about improving yours. Women motivate, educate and inspire each other. When it comes to their health, women have the best resource; they have each other," said Colle. "That is why we are thrilled that these women have joined us in our relentless efforts to make a measurable difference on women's heart health in Maine."

Maine's Woman of Impact program is locally sponsored by MaineHealth and Mainebiz. To learn more about the American Heart Association's Go Red for Women movement in Maine visit [www.heart.org/mainegored](http://www.heart.org/mainegored).

[1] Heart Disease and Stroke Statistics—2023 Update: A Report From the American Heart Association | Circulation (ahajournals.org)

[2] <https://www.cdc.gov/heart-disease/about/women-and-heart-disease.html>

save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you

save a life when every moment counts.

Take a lifesaving class today, at [redcross.org/take-a-class](https://redcross.org/take-a-class).

Written by Maria Arango, American Red Cross Public Affairs



## American Heart Month



**What is American Heart Month?**

American Heart Month focuses on raising awareness about heart disease and knowing what risk factors may affect you. [Heart disease](#) refers to different conditions that affect the heart's structure and how it functions. By adopting a heart-healthy lifestyle, you can greatly lower your risk and improve your overall health.

**Simple Steps for a Stronger Heart: Learn the ABCS!**

**A** Aspirin use if prescribed by your doctor. Based on your medical history, your doctor may recommend aspirin to reduce your risk of heart attack or stroke, especially if you've had one before.

**B** Blood pressure control. [Blood pressure](#) is the force of blood against your artery walls. Keeping it in a healthy range is essential because high blood pressure greatly increases your risk of stroke and heart attack.

**C** Cholesterol management. [Cholesterol](#) is a substance your body needs, but too much can clog arteries and lead to heart disease. There's 'good' cholesterol that protects your heart and 'bad' cholesterol that raises your risk. Ask your healthcare provider how to manage your levels.

**S** Smoking cessation. When you [quit smoking](#), within minutes your body starts the healing process. [Learn more](#) about the health benefits of quitting over time.

**What Else Can I Do to Support My Heart Health?**

**Choose a Heart Healthy Diet.** Choose healthy meals and snacks that include plenty of fruits and vegetables, whole grains, and [healthy sources of protein](#) such as fish. Limiting sweets, added sugars, and processed foods can help you maintain a healthy weight and reduce your risk of heart disease.

**Get Regular Physical Activity.** Regular physical activity can help lower your blood pressure, blood cholesterol, and blood sugar levels, as well as help you maintain a healthy weight. 150 minutes of moderate exercise per week is recommended for adults.

**Your Cardiac Care Benefit: Carrum Health**

If you think you may need heart care that goes beyond a routine doctor's visit, [contact Carrum Health](#) today. You may be eligible to receive a consultation at no-cost to you from one of the country's leading heart surgeons.

**Protect Your Heart and Health: Quit Smoking**

Choosing to quit is a strong step toward better health and lowering your chances of serious health problems. Reach out for free, [confidential support online](#) or by phone at 1-800-QUIT-NOW and start your journey to a healthier, tobacco-free life.

Sources: [American Heart Month Communications Toolkit](#), [ABCs of Heart Health](#), [American Heart Association - Diet and Lifestyle Recommendations](#)



egcu.org/auto

# Auto Loans

**Rates as low as** **3.99%** APR<sup>1</sup>





Scan to apply or call 207-221-5000

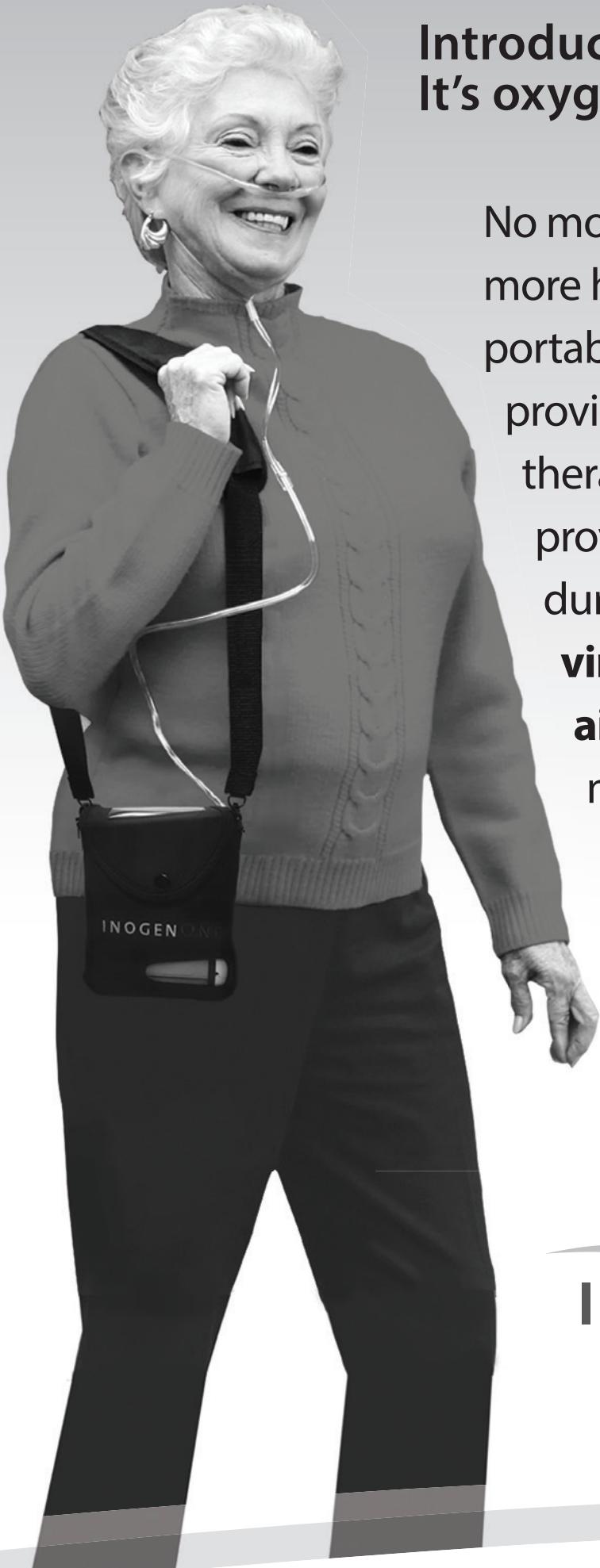
**Trustpilot**  
Rated 4.8 Stars  
as of 12/01/25

<sup>1</sup>Annual Percentage Rate as of 11/7/2025. Rates subject to change without notice. Not all applicants will qualify for the lowest rate or be approved. Membership eligibility requirements apply. Account holder must live, work, worship, or attend school in Androscoggin, Cumberland, Lincoln, Oxford, Sagadahoc, or York counties, or have an immediate relative who meets our field of membership requirements. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit [egcu.org/auto](http://egcu.org/auto).

# 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!**

**ingen**

Call Inogen Today To  
Request Your FREE Info Kit ➤



**1-877-402-1909**



## Free fishing this weekend in Maine

MAINE - Mark your calendar: Free Fishing Weekend is coming up, February 14-15, during which time any person may fish without a license.\* So, if you've never tried ice fishing—or haven't been out since you were a kid—this is your sign. Leave the excuses at home, bundle up, and give it a go. You'll be glad you did.

Ice fishing is about more than what's on the end of the line. It's fresh air, winter views, laughter between flags, and time spent outside with people you enjoy. Free Fishing Weekend makes it easy to jump in.

See the Maine Department of Inland Fisheries and Wildlife website to find everything you need to plan a fun, safe, and memorable weekend on the ice—from brushing up on rules and regulations to picking a great spot to wet a line.

\*Excludes those with suspended or revoked licenses.



**THE Maine Music Society**

**Of Stars EARTH & Sea**  
2025 - 2026 SEASON

**2025 - 2026 SEASON UNDERWRITERS**  
Hardy Wolf & Downing • Sun Journal

**ARTISTIC DIRECTOR**  
Dr. Richard Nickerson

**ECHOES OF THE EARTH**

**Saturday, March 7 • 7:00pm**  
**Sunday, March 8 • 2:00pm**  
FRANCO CENTER • LEWISTON

Featuring the Maine premiere of *We Are Phoenix* by Minnesota composer, Timothy C. Takach, and accompanied by chamber orchestra and piano, this multi-movement work illuminates the analogy between humans and our planet.

**EVENT SUPPORTERS**  
Andwell Health Partners • Anonymous

For tickets call 207-333-3386 or visit [mainemusicociety.org](http://mainemusicociety.org)

## Lisbon Community Federal Credit Union announces renovation



**Lisbon Community Federal Credit Union**

*Building Preserving Dreams.*

Commitment to Community

Lisbon Community FCU has been a trusted part of the community since 1959, proudly serving members throughout Lisbon, Lewiston, Auburn, and surrounding areas. The renovation underscores the Credit Union's ongoing commitment to reinvesting in the local economy, improving accessibility, and supporting the financial wellness of its members.

"As our membership grows, so does our responsibility to evolve," added Perkins. "This project ensures that Lisbon Community Credit Union remains a place where members feel comfortable, connected, and confident about their financial future."

LISBON, ME - Lisbon Community Federal Credit Union (LCFCU) has announced plans to renovate its main office in Lisbon, a project designed to modernize the member experience and reflect the Credit Union's continued growth and commitment to the communities it serves.

Construction is expected to begin in the Spring of 2026 and is projected for completion by Spring 2027. During this time, LCFCU will remain open for business at their temporary location of 2 Bisbee Street in Lisbon, ME (above Two Rivers Dentistry) with minimal disruption to member services. Renovation Updates can be found at [LisbonCU.org/renovation](http://LisbonCU.org/renovation).

Investing in the Member Experience

The Lisbon office renovation will include a complete redesign of the branch's lobby and service areas, new private offices for consultations, upgrad-

ed technology to improve efficiency, and enhancements to accessibility and comfort.

"This renovation is a reflection of our continued growth and our dedication to providing the best possible experience for our members," said Sarah Perkins, President/CEO of Lisbon Community Federal Credit Union. "We're not just updating our space — we're building for the future. Every improvement is designed with our members and community in mind."

The refreshed design will also incorporate modern finishes and a more flexible, welcoming layout, creating a space that's both functional and inviting for members and staff.

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



## Heat Pumps Heat & AC All In One

Join more than 100,000 Mainers who have installed heat pumps for low-cost heating and cooling.



**Act now while  
rebates up to  
\$9,000 are available\***

Find an installer at [efficiencymaine.com](http://efficiencymaine.com)  
or call 866-376-2463.



\* All homeowners eligible for rebates up to \$3,000. Verified income-eligible homeowners qualify for rebates up to \$9,000. See [efficiencymaine.com](http://efficiencymaine.com) for details.

# 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)**

# 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](http://www.sweetpeafloraldesignsme.com)

FREE  
DELIVERY  
L/A

## PHOTOGRAPHY



Executive Portraits • Business photographs • Videos

Gray, ME  
(207) 657-6372

[maine@portraitefx.com](mailto:maine@portraitefx.com)  
[www.maine.portraitefx.com](http://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](mailto:dfpoisson@aol.com)  
260 S. Main St., Auburn • 782-9144

## SPACE AVAILABLE

**Your ad  
HERE!**  
Call 795-5017

## MASONRY

**Jason Hodsdon**  
[JasonHodsdonMasonry@gmail.com](mailto: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](mailto: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!

## CHIROPRACTOR

### Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston  
207.783.0078  
[www.familychirome.com](http://www.familychirome.com)

## PAINTING

Interiors • Exteriors  
Free Estimates

Drywall Repair  
Pressure Washing

**W.J. Libby  
Painting Co.**

WADE J. LIBBY  
[WJLibbyPainting@gmail.com](mailto:WJLibbyPainting@gmail.com)

CELL: 207.210.0605

## SHIPPING

• 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](http://www.AuburnGoinPostal.com) ~ 784-9900

## CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

**AMERICAN BUILDERS**  
Custom Building & Remodeling

Call 207-500-8100  
For FREE Estimates

Quality Work with References Available

Call Tyler  
500-8100  
Finish Carpenter

## PHOTOGRAPHY

Laura Elaines  
PHOTOGRAPHY

LIKE US ON (207) 212-5993  
[www.facebook.com/LauraElainesPhotography](http://www.facebook.com/LauraElainesPhotography)

LauraElainesPhotography@gmail.com

## WEB HOSTING

Web Hosting  
Web Design  
Web Promotion  
One Stop  
207-442-9006

**MAINE HOSTING**  
S O L U T I O N S

**CONTACT US TODAY FOR POSSIBLE OPENINGS  
FOR YOUR AD IN OUR BUSINESS DIRECTORY!**

**Saturdays**

AUBURN -- Stock up on BOOKS at great prices — 50¢ to \$3! Shop Saturday mornings at the APL Bookstore 9:00-12:30 for gently used books, ever-changing inventory, wide selection of children's, fiction and non-fiction books, plus DVDs and puzzles. Auburn Public Library, lower level, 46 Spring Street, Auburn.

**Feb 12-27**

BRUNSWICK -- Brunswick's month-long celebration of poetry, Longfellow Days, begins on February 1<sup>st</sup>. Here are ways to join in honoring the 2026 living legacy of Longfellow, Maine's world renowned poet: Thu, Feb 12, 2 pm, Interpreting a Poem (Pejepscot History Center, 159 Park Row); Sat, Feb 14, 11 am & 1 pm, Chamberlain House Tours (226 Maine Street); Sun, Feb 15, 10 am, Interfaith Service (UU Church); Sun, Feb 15, Sunday Readings, Part Three (Lancaster Lounge, Moulton Union); Fri, Feb 20, Christmas Bells Lecture (Merry-meeting Room, Thornton Oaks); Sun, Feb 22, Sunday Readings, Part Four (Lancaster Lounge, Moulton Union); Fri, Feb 27, Open Mic & Longfellow Birthday Celebration (UU Church)

For the schedule of Longfellow Days with complete details of all events, go to <https://www.uubrunswick.org/programs/longfellow-days-2026/>

**Through Feb 14**

LEWISTON -- From February 2nd to February 14th, create a Valentine's Day card at the Lewiston Public Library! Free supplies and crafting space will be available for adults on the 2nd floor and for children on the 3rd floor.

**Feb 14**

SCARBOROUGH -- Public Bean Supper at Scarborough Free Baptist Church, 55 Mussey Road, Scarborough on Saturday February 14, 4-6 pm. Eat

# Calendar

Send your submissions to the Editor. More online.

in or take out. Two kinds of Baked beans, hot-dogs, Chop Suey, Mac & Cheese, coleslaw, home-made biscuits & brown bread. PIES for dessert. \$10 adults, \$5 under 12.

**Feb 14-15**

MAINE -- Free Fishing Weekend. Mark your calendar: Free Fishing Weekend is coming up, February 14-15, during which time any person may fish without a license (Excludes those with suspended or revoked licenses). So, if you've never tried ice fishing—or haven't been out since you were a kid—this is your sign. Leave the excuses at home, bundle up, and give it a go. You'll be glad you did.

**Feb 19**

LEWISTON -- Lewiston Public Library's Genre Roulette Book Club samples genres by focusing on one genre for three months at a time: join for one season or come to them all! This winter, the book club will be focusing on Romance across three sub-genres. We will meet monthly in the Couture Room from 5:30 to 6:30pm on the following Thursdays: February 19th, and March 19th.

February will focus on contemporary romance. The group will meet on February 19th to discuss Better Than Fiction by Alexa Martin. Book-hater turned book-seller Drew Young meets author Jasper Williams at an event at her store, and they soon find themselves living a romance that is better than fiction.

This book club is recommended for ages 18+. If you need help locating a copy of any of these titles, please contact our Lending Services Department at 513-3134 or visit the lending desk on

the library's first floor.

**Feb 21**

P O R T L A N D -- GABBY'S DOLLHOUSE LIVE! Merrill Auditorium, Portland.

**Feb 21**

LEWISTON -- The regular third-Friday contradance is back this coming Friday February 21 at Trinity Commons, beginning at 7:30. Hannah Chamberlain will be the caller, with the Twitchell Hill Fiddleheads providing music. A workshop for beginning dancers will begin at 7.

Admission is a sliding scale for adults, suggested 15.-25., 5. for teens and children 12 and under free.

**Feb 26**

NEW GLOUCESTER -- Free artist event at Unity Environmental University. Each event highlights a Maine-based artist with a pop-up exhibition, lecture, and catered reception. Ian Trask: Art from the Waste Stream at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

**Feb 27**

ROCKLAND -- OUT Maine and The Right Track Band are teaming up again for the "GAYEST" event in midcoast Maine—the Rainbow Gala & Dance Party! The gala is open to anyone 21 years of age and older, and is described as a "queer prom for grownups." The theme is OUT-er space, and the dress code is "what did you really want to wear to prom?"—if your prom was on a spaceship.

All ticket sales and community donations will directly fund OUT Maine's annual youth retreat Rainbow Ball Weekend. At this a weekend-long event, queer and trans teens participate in educational workshops,

do activities outdoors, and have their own safe prom.

**Mar 7, 8**

LEWISTON -- The Maine Music Society Chorale, directed by Dr. Richard Nickerson, is thrilled to announce its upcoming March concert, Echoes of the Earth, to be held on Saturday, March 7, 2025, at 7:00 p.m. and Sunday, March 8, 2025, at 2:00 p.m. at the Franco Center in Lewiston.

**Mar 8**

AUGUSTA -- Had enough of winter? Join the Augusta Symphony Orchestra for a Spring concert on Sunday, March 8, at 3:00 pm at Cony High School's Viles Auditorium.

**FLAGSHIP CINEMAS**  
*Premium*

Premium entertainment  
at affordable prices!

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

WWW.FLAGSHIPCINEMAS.COM

**Pub**

*Continued from page 6*

selling fast and with the popularity of Simple Things they expect to sell out with people coming from all over New England to join the celebration.

**Send all items for  
What's Going On**

**to the Editor.**

**Deadline is  
Friday by five.**

**Zara, Inc.**

**Fashion News**

## Tias Prom Project

Dedicated to providing dresses & confidence to young women

The Tatiana Morrell Foundation was created to honor the incredible spirit of Tatiana Morrell — a young woman whose light, kindness, and heart continue to inspire us every day. One of the ways we carry her legacy forward is through something truly special: collecting prom dresses for students who may not have the means to purchase one. Tatiana believed deeply in making others feel seen, valued, and beautiful — and this mission reflects that love.

Through every dress given, every smile shared, and every moment of confidence created — Tatiana's spirit lives on. Thank you for being part of this journey with us. 



**The Story Behind Our Mission:**

To better understand our mission, you must understand our reasoning: Tia lived with a heart led by kindness and intuition. When she noticed a new student struggling, she stepped in to make a difference—providing her with a beautiful dress and arranging for her mother to do her hair and makeup. That simple act of love gave the girl, who never imagined attending such an event, the night of her life.

Tia believed every young woman should feel confident, radiant, and celebrated during life's special moments. In her honor, we are dedicated to continuing that mission—ensuring that no girl misses out on the magic of prom, homecoming, or a school dance because of financial hardship.

**How to Donate?**

DM for pickup

Drop-Off Locations:

- 8 Turning Leaf Drive, Windham, ME
- 781 Edes Falls Rd, Harrison, ME
- 780 Broadway St, South Portland, ME

Follow us on Facebook: Tias Prom Closet Project

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



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102  
Gorham, ME 04038

W www.jctbowl.com  
P 207.222.7600

# We Deliver.



**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



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



## Camp Susan Curtis receives \$50K grant to support meals for kids

### PORTLAND, ME

Camp Susan Curtis has received a generous \$50,000 grant from the Evelyn S. and K.E. Barrett Foundation to support its vital camp food program, ensuring that Maine children facing economic hardship receive consistent, nutritious meals during their no-cost summer camp experience. This grant comes at a critical time, when food insecurity and economic uncertainty are of utmost concern for Maine families.

The Evelyn S. and K.E. Barrett Foundation supports organizations that improve children's health, safety, and education, creating opportunities for enrichment and long-term wellbeing. The Foundation is committed to making a meaningful difference in the lives of children and families.

Camp Susan Curtis is the only camp in Maine that provides a completely free, 10-day camp residential camp experience exclusively for Maine children from low-income households. Each summer, children arrive at Camp Susan Curtis carrying the weight of food insecu-



rity, housing instability, and other challenges that can impact their physical, mental, and emotional health. At camp, they join a caring, trauma-informed community where they feel safe, supported, and valued.

The grant from the Barrett Foundation will directly support Camp Susan Curtis's camp food program, which provides three healthy meals and daily snacks for campers and staff during summer programming. Rising food costs and growing food insecurity among Maine families have made this program even more critical – and more costly – than ever. Many campers share that meals at camp are the most consistent and nutritious food they receive all summer.

"Ensuring our campers have healthy, energizing meals are

foundational to everything we do," said Scott Merrow, Executive Director of Camp Susan Curtis. "When children are well fed, they are better able to learn new skills, regulate their emotions, build friendships, and fully engage in the camp experience. We are deeply grateful to the Evelyn S. and K.E. Barrett Foundation for recognizing the importance of meeting Maine children's most basic needs so that they can thrive."

Beyond nourishment, mealtimes at Camp Susan Curtis are a cornerstone of our program, helping campers learn social skills and improve their emotional wellbeing. Campers eat family-style with their cabins, learning table manners, communication skills, and healthy habits. And the impact of the Barrett Foundation's investment goes far beyond the dining hall. Because when children's basic needs are met, they are free to focus on learning, growing, playing, and believing in themselves – goals at the heart of Camp Susan Curtis's work with Maine children.

## Follow us on Facebook

[www.facebook.com/twincitytimes](http://www.facebook.com/twincitytimes)



## 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.

# YOU DESERVE AWARD-WINNING FIBER INTERNET

No contracts.  
No data cap.  
10x faster than cable.

Starting at\*  
\$30/mo

Check availability 1.888.805.5275  
[FidiumFiber.com/GetFastFiber](http://FidiumFiber.com/GetFastFiber)

\*Offer available to residential customers only. Terms and conditions apply.

IT FEELS LIKE FIDIUM



**fidium**  
fiber internet