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The Lewiston Leader

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HOME POWER WASH COUPON

See Maine Power Wash Pros on Page 10

RESTAURANT TAKE-OUT GUIDE

See page 13

Sobral completes 400 hours of training with Elmet Technology

LEWISTON — Mario Sobral of Lewiston recently completed 10 weeks of hands-on training at Elmet Technology through a partnership with Western Maine Community Action at the Lewiston CareerCenter. Sobral's program included 400 hours of direct training as a heavy wire specialist.

"Elmet Technology hired Mario Sobral through an On-the-Job partnership in October. He has excelled in his role as a heavy wire specialist," noted Kristin Gibson, Elmet's human resource manager. "He has been a positive addition to our work force, and our partnership



Western Maine Community Action provided a 10 week hands-on training opportunity for Mario Sobral at Elmet Technology in Lewiston. From left, Christina King, Cathy Stairs, WMCA; Mario Sobral, Elmet OJT candidate; and Keri Robichaud, WMCA.

with WMCA has been instrumental in his training." WMCA manages the grant which provides funding to train eligible

candidates. Area businesses in manufacturing, construction, welding, healthcare, technology, and more offer opportuni-

ties in high demand, high growth career paths. Employers teach candidates knowledge and skills, allowing them to grow com-

petent in specific jobs. For more information on the program, call 207-713-7045 or email mmillhime@wmca.org.

Monica Millhime, WMCA photo

Lewiston mayor urges tenants, landlords to communicate during coronavirus crisis

LEWISTON — Mayor Mark Cayer is urging tenants to keep

moment in time." Lewiston Social Services Director Elaine Brackett, agreed in a news release issued by the city. "Communication is key. We have worked with some very responsive landlords in this community, and tenants need to let their landlords know if they have been financially impacted due to the coronavirus," she said.

General Assistance is a resource available for individuals who are without sufficient income to meet their basic needs, but it is the tenant's responsibility to

apply for this assistance and to communicate this to his/her landlord.

Brackett notes, "General Assistance is for people experiencing an emergency financial situation. This does not mean that every person in the community becomes eligible because there is a local emergency. If a person is receiving income and/or has reserve funds that can cover their basic needs, that person is not experiencing an emergency warranting General Assistance."

Those with the inability

to provide for themselves, however, may call Social Services at 207-513-3130. Brackett assures that each caller's situation will be thoroughly reviewed on a case-by-case basis.

"Everyone's circumstances are different. We listen and respond as to whether we can be of help or whether other options might be more beneficial for them to pursue," added Brackett.

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To our loyal readers and customers,

This is an unprecedented time in our global history. Times like these challenge us as humans to remain humane and compassionate and considerate. In order to see the other side of this challenge, we need to continue to support our local communities, our businesses and each other. We have seen countless examples of small businesses that have closed their doors and sent their employees home. Some with pay, yet the majority lack the resources to do so. Now more than ever Mainers need to continue to support our businesses with gift card purchases and purchases in general if you have the means. We look forward to seeing each one of these companies reopen, employ people and thrive in a strong rebounding economy after this virus passes.

Turner Publishing has been providing “Good News” to our communities for over 28 years and we will continue to do just that through this crisis. We want to publish your **GOOD** stories. Stories of communities that have found new ways to work together, school systems that have created distance learning programs and artists and musicians who continue to share their gifts through digital platforms. Please share your stories and photos with us by emailing us at articles@turnerpublishing.net

In the event that this national crisis continues into May or beyond, we plan to take steps that will ensure that our staff and their families have the income they need to remain safe and healthy. And with these uncertain times and for any unprecedented reasons you don’t find us in your mailbox please go to our online platform at <https://www.turnerpublishing.net/publications.htm> **FREE** and download this publication. We encourage you keep our website handy so you can go online anytime and read a copy of your local good news publication-**FREE**.

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Stay safe and healthy

Jodi Cornelio
Publisher /CEO



Five generations



Lillian Benoit Vachon (center) visits with her granddaughter Michelle Ducharme Pushard, great-granddaughter Danielle Emery, great-great-grandson Carston Emery and daughter Diane Vachon Meyer.



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My investments dropped! What do I do now with my 401(k) or other investments?

As Maine-based investment advisers, we work with a wide range of 401(k) plans across various industries in Maine. When times are good, we don't hear from participants in these plans very often, and we are happy to know they are happy. However, when an economic downturn sets in, the inboxes and voice-mails here at J.M. Arbour are flooded with messages, and the question is always the same:

What the heck do I do now?

Recent events have generated feelings of uncertainty. But as financial advisers, this is our wheelhouse—we guide our clients through all kinds of economic situations, including extremes like this one. In all climates, we leverage our experience and expertise to offer our clients clarity, perspective, and informed and individually appropriate strategies. At J.M. Arbour we always strive to demystify investing for our clients, and working with them to manage a 401(k) in the days of COVID-19 is no different.

We believe that, like investing itself, none of this needs to be difficult. If you are choosing how to invest your 401(k) or reconsidering how your 401(k) is currently invested, there are several things we'd like you to think about prior to doing so:

Time Horizon: There are two primary timelines to consider: First, how many years from now will you begin using the money in your retirement accounts? The longer this time period, the less you should worry about short-term losses—and the less you should get excited about large, short-term gains. The shorter this period—the closer you are to retirement—and the more you will rely on these funds and others, such as Social Security and/or pensions, the more conservative you should be regarding market risk.

Second, how many years do you expect to withdraw funds from the account? This timeline is the income period. It may be helpful to know that, on average, someone retiring today will live approximately 25 years in retirement. Also consider how you will take disbursements from your retirement account(s): will you take random withdrawals, or will you take

out a set amount monthly (systematic withdrawals)? Some people who are close to retirement or already in it don't have the ability—or appetite—for stock- or bond-market risk. For them, “reliability of income” outweighs “return on investment,” and this should be reflected in their personal financial plan. If this is you, let us know.

Investment Objective: Are you aiming for aggressive growth, or slow-and-steady growth, or will this be an income portfolio for you, or will it be a legacy account designed for loved ones? Getting clear on the purpose of the account is important because it impacts how the funds are best invested. For most Americans, Social Security will be the number one, if not number two, largest and most important source of income during their retirement years. However, the average Social Security payment for 2020, according to the SSA, will be about \$1,432 per month. For most people, this will not cover all the bills, and additional income will be needed. How dependent you will be on your 401(k) for this additional income drives its investment objective, so getting clear on this is a must.

Risk Tolerance: There are various ways to measure risk: beta, standard deviation, and others. If you are unfamiliar with these measurements, ask your plan advisor (or call us) to explain how each relates to your portfolio's expectations. Once you know, ask yourself if such expectations align with your needs and goals, as well as what you can stomach in a downturn.

Most portfolios can be categorized within one of five risk categories: conservative, moderate, balanced, growth, and aggressive. Conservative portfolios typically hold around 20% in equities and 80% in fixed income. Add 20% to the equity portion for each category, and eventually you reach the aggressive portfolio, which typically holds 90% to 100% in equities. Most retirees are familiar with balanced portfolios (60% equities and 40% fixed income); however, this ratio is not always the best choice. No two people have the same story, so at J.M. Arbour we don't recommend a blanket approach for everyone in



the same age demographic.

Target Rate of Return: Of course, the way you allocate your funds heavily impacts the returns you will receive. Along with your contribution rate (more on that in a minute), it is the returns on your investment that will determine how many dollars you will be able to withdraw—each month, say—for the rest of your life. Speak with a professional to ensure every decision you are making will keep you on track for this target. The longer you have until you will begin withdrawing retirement funds, the more likely you will be able to hit your goals with small tweaks to the plan. The closer you are to retirement, the more you should weigh the next consideration: sequence of returns. The sequence of returns may be even more important than the return rate itself.

Sequence of Returns: In his book *Money: Master the Game: 7 Simple Steps to Financial Freedom*, personal development and motivational speaker Tony Robbins hits the nail on the head when he describes the importance of “sequence of returns.” On pages 413 to 415 of *Money*, he compares John and Susan, two 65-year-olds, both with \$500,000 in their retirement account, both withdrawing 5% per year (\$25,000 in year one) and implementing inflation protection of 3% per year, and both averaging an 8.03% return over the course of 25 years. Robbins injects only one differentiating factor: the sequence of their returns. Long story short, John is out of money at age 83 while Susan has withdrawn hundreds of thousands of dollars more

than John by the time she is 83, and Susan still has almost \$1.7 million remaining at age 89. How is this possible? Timing is everything. Don't be fooled by average rates of return: get good advice.

Contribution Rate: We can't say it enough: too many people choose an arbitrary percentage or dollar amount to contribute to their retirement plan. It is important to remember this simple fact: one day you will stop receiving paychecks from work but will still need money. So the most important question to ask is, How much money will I need? Learn what your 401(k)'s value is estimated to be at the time you retire, based on different contribution rates and including any expectations you have for increased income potential.

Want to make this step super easy? It will take you less than an hour. Most custodians, such as Fidelity, TD Ameritrade, Schwab, Vanguard, etc., offer access to retirement calculators on their website. Our advice? Use them! Hop online and fill out all the information: your age, your income, the assumed rate of return for your portfolio (enter a reasonable figure, maybe even on the low side), your current contribution rate, your monthly expenses (be deadly accurate), and any other sources of income you will have at retirement and their respective monthly amounts. In the end, you will get a report that shows whether you can expect a shortfall or a surplus in retirement. This report is obviously an estimate, but it provides reasonable guidance, and it is much better than flying blind.

Do your best to contrib-

ute enough to your retirement plan to truly meet your future income needs. That is the original intent behind 401(k)s, and it is their most profound purpose. And finally, do all this as soon as possible! For a younger person, time is your greatest teammate: when you have lots of time, contributions can yield big results.

Target Date Funds? When a person enters a 401(k) plan or some other retirement plan, this is usually the default investment option. In this case, they are automatically enrolled in the fund that most closely matches their retirement date. For some people, this is a good option. For others, it's not even close.

Not all people who are 50 years old now and planning to retire in 15 years should be in a 2035 Target Date Fund. Why? Let's imagine two people, both 65 and recently retired. Both new retirees have \$500,000 in their retirement account. Person A needs as much per month as possible just to pay bills, and because he is healthy and has a family history of longevity, he is concerned about outliving his funds. Person B does not need her retirement funds for monthly income and wants to grow the account as aggressively as possible to leave as a legacy gift to her heirs. As you can imagine, these two people should not be invested in the same Target Date Fund simply because they are the same age. They have totally different goals and needs, which are what matter most.

Now that you know what you want your 401(k) to look like and what you need it to do, let's return to that question: What the heck do I do now?

I've lost a bunch. Should I cash out? When the markets are on a tear, people call us wanting to invest, citing how well the economy is doing. We explain that this is exactly why it's possibly not the best time. On the flip side, when the markets tank, clients inquire whether they should sell. The logic isn't quite right: when we want to buy something, do we try to buy it at a discount or at a premium? Regardless, this type of thinking involves trying to “time the market,” which we heavily advise against anyway. If most professional money managers can't do it consistently enough, then

someone taking a wild stab at it has even lower chances of success.

CNBC.com published a staggering statistic that supports the ideology of buying quality investments and continuing to buy quality investments through the downturns—not trying to time the market or jump ship when the waters get rough. The March 22 article by Pippa Stevens, titled “Why Long-Term Investors Should Never Sell Stocks in a Panic” cited the following figures: “Looking at data going back to 1930, BOA [Bank of America] found that if an investor missed the S&P500's 10 best days in each decade, total returns would be just 91%, strikingly below the 14,962% return for investors who held steady throughout the ups and downs.” Goldman Sachs affirms this with related advice, that “long-term investors should stay invested in stocks.”

It is hard to stay put, we get it. When you see your account down 20%, 30%, or even 40%, it is only human to feel you have to do something. However, it is often wise to keep plugging along, sticking to both your investment plan and your investment process. This means you need to have one of each. We can help with that.

If you have questions, please call us. We are fiduciaries, we offer fee-based investment advisory services, and are here to help you navigate these uncertain times. If you do not want to invest in the market and are looking for options that provide safety of principal, we offer those solutions as well. Thank you for sharing some time with this article. Go, Maine!

Jac Arbour CFP®, ChFC®

Jac Arbour is the President of J.M. Arbour Wealth Management. He can be reached at 207-248-6767.

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FUNNY THINGS KIDS SAY!



I was busy in the kitchen, after flushing the toilet. The water kept running, so I asked 5 year old Cheryl to go "jiggle" the toilet. After going in, she called out to me, "I can't!", I went in to find her on her knees, with both arms around the bowl.
-Marguerite Fitzgerald, Wales

When my granddaughter, Deja, was about 7 years old, she was watching me put on face cream and asked why I was doing it. I responded that the cream helps my face not to have many wrinkles since it moisturizes my skin. She looked at me and said, "Grandma, I don't think it's working!" - Pat Martin, Waterville

My grandson, age 3, and I were walking through a field, heading to the playground on a cool and windy afternoon, when we happened to see a flock of wild turkeys. As we approached, one large turkey fluffed out his tail feathers quite majestically. My grandson turned to me in wonder and exclaimed, "Look Grandma, that turkey is showing us the rainbow!" - Ann Durkis, Brunswick



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THE HEALTHY GEEZER

The Healthy Geezer



By: Fred Cecitti

Q. I'm 67 years old and my hip is in bad shape. I've heard there's a way to fix your hip without replacing it. What is it?

A. There is a surgical alternative to total hip replacement. It's called hip resurfacing.

The hip is a ball-and-socket joint. The ball is at the top of the femur (thigh bone), and the socket is in the pelvis. In hip replacement surgery, the ball is replaced

with a metal or ceramic substitute. The socket is fitted with a metal cup to hold the new ball.

The primary difference in hip resurfacing is that the surgeon doesn't remove the femoral ball. Instead, the damaged ball is reshaped, and then a metal cap is anchored over it.

Hip resurfacing is at least as hard on the patient as a total replacement. It can take six months or more to heal completely from the surgery. Resurfacing requires a larger incision than total hip replacement.

A crucial issue in joint replacement is longevity. A substitute hip is good for about 20 years, and it is difficult to remove and replace one that's shot. Hip resurfacing, unlike hip replacement,

preserves enough bone to permit a total replacement if it is necessary later.

Surgeons estimate that 10 to 15 percent of people with bad hips can consider hip resurfacing instead of replacement. For example, resurfacing is not recommended for patients with osteoporosis, a disease that makes bones porous and vulnerable to fractures.

There is a question in resurfacing about electrically charged metal atoms that enter the body as the cup rubs against the cap in the hip joint. Some studies have raised fears that these atoms might cause disease. As a precaution, the Food and Drug Administration has said the materials used in resurfacing should not be implanted in women plan-

ning to have children or in patients whose kidneys have been weakened by diseases such as diabetes.

Is there an age cut-off for hip resurfacing? Every decision about surgery is one that should be made by each individual with the advice of a physician. Some who have studied hip resurfacing contend that there still isn't enough known about the safety of the procedure. These healthcare experts advise getting a replacement hip joint if you are older than 65.

Hip resurfacing was developed in the 1960s, but there were unresolved problems for many years. The procedure has been popular in Europe. Thousands have had hips resurfaced in the last 10 years.

About 300,000 people in this country have their hips replaced annually. The American Academy of Or-

thopaedic Surgeons says joint replacement surgery is successful in more than 9 out of 10 people.

MAINE NEWS PAGE

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While events and gatherings are not advised there are still things you can do while safely following social distancing practices.

Go for a walk, get outside

You can leave your homes in most cases, just practice social distancing, if you're not under curfew or shelter-in-place orders. Doctors say fresh air and exercise are good for not only your physical health but also mental health, USA Today reported. You can walk around your neighborhood if you live in the suburbs, go to a park, go hiking or go jogging.

One place you should avoid is a playground. If you do end up on a playground, make sure you wash your hands and don't touch your face, USA Today reported.

See a concert

A lot of artists are holding livestream and virtual concerts.

Go on a safari

Zoos are putting up their animal cameras. The Cincinnati Zoo has a "Home Safari Facebook Live"

Get some culture

The Metropolitan Opera is streaming nightly. Broadway HD also has about 300 classic musicals, plays and shows, according to Cosmopolitan. BroadwayWorld is also posting clips of stars singing songs from popular shows.

You can also visit a museum without leaving the comfort of your home.



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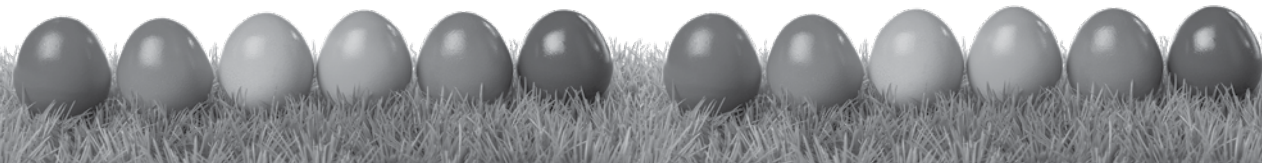
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MOVIE REVIEW

Spenser Confidential



(Netflix)

The last time Mark Wahlberg and director Peter Berg worked together on a movie, it was the abysmal "Mile 22." Whatever magic they had that made "Deepwater Horizon" and "Patriots Day" so great was gone the moment that jumbled mess made it to the screen. Now the pair reunites for their try at making a movie for the mega-popular streaming service Netflix. That movie is their new action/comedy "Spenser Confidential," which is based on a book series by Robert B. Parker before it made the leap to the small screen in the 1980s with "Spenser: For Hire" with Robert Ulrich and Avery Brooks.

Released from prison after

five years for assaulting his police captain, ex-cop Spenser (Wahlberg) hopes to move away from the crime-ridden city of Boston and become a truck driver. His friend and landlord Henry (Alan Arkin) lets him room in with a new roommate, another ex-con and up-and-coming MMA fighter, Hawk (Winston Duke). Later that night, police captain Boylan (Michael Gaston) and young officer Graham (Brandon Scales) are murdered, prompting Spenser to get back into the game. His old partner Driscoll (Bokeem Woodbine) warns him to stay away given his reputation with the other cops.

Teaming up with Hawk, Spenser tries to retrace the steps of the deceased while looking for clues that could reveal the nature of the crime. Eventually, it connects to an earlier case involving drugs, murder, and dirty cops that Boylan was covering up. Now the heroic twosome will have to evade both those responsible and Spenser's ex-girlfriend Cissy (Iliza Shlesinger) to bring justice back to the city.

Those only familiar with

the TV show will be in for quite a shock as the film offers a grittier and darker approach to the original material. Some of the more comedic moments are done with edgy and raunchy language between characters. Considering this is part of a streaming service, content like that is to be expected. It's more acceptable that the movie takes place in Boston with the heavy Southie accents and raw but humorous personalities, which would be difficult to pull off for any actor who's not native to the city. Also, having the whole thing actually shot on location in Boston helps enhance the story.

Since it's a Wahlberg/Berg feature, there's plenty of stylized action and mass destruction to be found. In fact, it seems he learned his lesson from "Mile 22" and made sure his fight scenes are shot, choreographed, and edited much more clearly making these sequences such highlights of the entire film. However, the director has a continuous problem with handling tone between the comedy and the drama. He would bring one scene with some-

thing funny, but then quickly change it to some serious nature before going back to the comedy in the blink of an eye. If he wants to make better action movies, he'll have to remember just stick to the one necessary tone coherent enough to make it a better experience.

The main actors are mainly bringing their typical performances to this film. Wahlberg has that Boston swagger, Duke is tough but humble, and Arkin is once again funny with his "old man" humor. The best way to describe the acting in the movie is good, but nothing special.

For what it's worth, "Spenser Confidential" is a masterpiece compared to "Mile 22." But on its own, it's an entertaining but average action/comedy with a bit of tonal issues. Still for a Netflix film, you can only do much worse especially when you're stuck at home and all the movie theaters are closed.

THE MOVIE'S RATING:
R (for violence, language throughout, and sexual content)

THE CRITIC'S RATING:
3 Stars (Out of Four)

Video series offers easy recipes to make at home

ORONO — A new video series with recipes that are easy to make at home while keeping nutrition in mind is being offered by University of Maine Cooperative Extension's Expanded Food and Nutrition Education Program.

The "Mainly Dish" series will feature a new recipe each Monday with a brief video and clear instructions. The series begins with oatmeal packets, a make-ahead meal with several variations, including cinnamon-raisin and cocoa. Videos will be archived and available for easy access online. The videos can be accessed at <https://extension.umaine.edu/food-health/efnep/recipe-video-series/>.

For more information, contact Alex Gayton, 207-581-3872, alexandria.gayton@maine.edu.



Gendron Franco Center postpones, cancels events

LEWISTON — Gendron Franco Center, 36 Chestnut St., has announced postponements and cancellations in order to promote social distancing in light of COVID-19.

Postponements include the Josee Vachon concert scheduled that had been scheduled for March 18 will now be June 10; Comedy Invitational, which has been scheduled for March 20 will be June 19; Medeval Fest, which was to be held March 27 and 28, will be held to July 24 and 25; Skosh: A Celebration of the Music of Prince, which was scheduled for April 18 will be June 20.

Cancellations include April 19 Le Rencontre; April 11 Adult Prom and April 17 piano concert.

For information, check the center's Facebook page, [Facebook.com/FrancoCenter](https://www.facebook.com/FrancoCenter).

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As in the past, this year's tournament proceeds will be used for the preservation of the Maine State Building and the All Souls Chapel. Because of the generosity of the Poland Spring Resort providing the golf course and carts for no cost we are able to put more than 70% of the moneys received directly into our buildings and programs.

In advance of the event, we are asking for your commitment to be one of our golfers, sponsors, or donors to the silent auction.

We thank you for your interest in and support of the Poland Spring Preservation Society's mission in preserving Maine's history and traditions.

Hope to see you on the Links!

Jim Delamater

President & Chairman Golf Committee

The Poland Spring Preservation Society is a non-profit organization, with fund-raising as our major source of support. The Society is dedicated to the preservation and restoration of the Maine State Building, built for the Columbian Exposition of 1893 in Chicago, and the All Souls Chapel, a non-denominational place of worship built in 1912 for the world famous Poland Spring Hotels. Both structures are now owned by the Society and are listed on the National Register of Historic Places. The Society's other objectives are to:

- Offer historic tours, art shows and other educational programming for school children in the Town of Poland and other communities at no cost.
- Preserve the rich heritage of Poland Spring, the local community and the state through our research library, archival collections and publications.



Poland Spring Preservation Society

June 9, 2020

Rain date June 15, 2020

8 AM Registration

Continental breakfast at Mel's Hilltop Wear
your period golf attire (optional)9 AM Shotgun, Scramble format
18 holes of golf with cart
Snacks and beverages on course

Special Competitions

Hole in One

Longest Drive Contest

Optional double or nothing competition
Closest to the pin ~ Putting Contest Best
period dress for men and women

Reception

Maine Inn reception with hors d'oeuvres
Silent Auction, Awards and Prizes

Entrance fee:

\$300 for foursome
or \$100 single

Health & WELLNESS

FEATURE COLUMN

PE at home with the kids

Jodi Cornelio



Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer
and Motivational Speaker
jcornelio@turnerpublishing.net

I took a walk around the neighborhood last weekend, and I was so impressed and delighted to see many families doing yard work

and home projects together. It reminded me of when I was a kid growing up on the farm. We all worked out side together in the gardens and in the fields, tending to the animals and baling hay to feed them.

My parents always made it fun, so I never felt like it was hard work. I still feel that way. I feel the greatest productive exercise you can do is yard work and gardening, but when you can't get outside and the kids are home schooling as we all

are this month, let's make PE fun inside, because we all know, families that work out together stay healthy together.

Here is one fun drill you can do with the kids with no special equipment:

- Design eight stations if space allows, if not they can stand in place and do these drills.

- Each station with its own particular exercise will be done for 30 seconds.

- You can do this with music or with a timer and

a whistle, if you don't have a whistle count it out for 30 seconds, that gives you an extra cardio challenge.

Station 1: Planks — Hold a plank position, either on your elbows or on your hands, for the allowed 30 seconds.

Station 2: With hands held high, rapidly pull your right knee across your chest repeatedly for 25 reps. Repeat on the other side. That will bring you to 30 seconds.

Station 3: Pushups —

Do as many as you can for the allowed 30 seconds.

Station 4: Run in place with high knees; 25 for each side will give you 30 seconds.

Station 5: Triceps — Push up either on the ground or on a step if you have one; do as many as you can for the 30 seconds.

Station 6: Pretend to jump rope for the allowed 30 seconds.

Station 7: Alternating reverse lunges — You should be able to do at least

10 on each side in 30 seconds.

Station 8: Jumping jacks — Complete as many as you can, but 40 should give you the allowed 30 seconds.

Take a four-minute break and then repeat the whole cycle. You should be able to get through eight cycles in one hour. You might want to start with four cycles as not to overdo it on the first day.

“Live Well, Live Long”

CATCHING HEALTH WITH DIANE ATWOOD

How are you holding up?

Val Walker, who has a master's degree in rehabilitation counseling, just published a book about dealing with isolation. It's called 400 Friends and No One to Call, a title that comes from a sobering experience she had in 2012. (Long before a novel coronavirus forced people around the world to isolate themselves.)

She had lined up some friends to help her out when she had to have a hysterectomy and thought she was all set. She was lying in her hospital bed, hooked up to an IV and extremely groggy and out of it when she received a text message from the friend who was supposed to pick her up and take her home. The friend had a family emergency and had to fly off immediately.

Walker said, “To make a long story short, I tried to find people. I found myself really, really strapped and helpless, lying there in the hospital. And the nurses still wanted to discharge me that afternoon

and I was really stranded. I realized that I thought I had all these connections and people to turn to but sometimes we really can't count on those. Even if we have 400 friends we might not have someone to turn to”.

She eventually made it home but the experience rattled her. She decided to journal and in doing so, realized that she had a lot of strong feelings about her experience, including a tremendous sense of shame over not having a lot of support.

Walker said, “Did I do something? Is something wrong with me? Is this why I don't have people showing up in my life? And I also had the sense of blaming other people for not showing up.”

The more she explored her feelings the more she began to realize that many of her friends were caught up in their own lives with their own problems. She wasn't the only one who felt isolated.

Walker said, “I saw some huge, isolating forces in my friend's lives. Some just couldn't afford to get together, they had other things strapping them. They had illnesses or financial strain or they were caregivers. And then I started doing research and realized that isolation is pervasive and how what isolates one person keeps us from being there for another person. It kind of comes around and goes around. So I started seeing the big picture, which was healing for me.”

Val continued writing in her journal and learning what she could about isolation and decided she wanted to write a book. The kind of book that might have helped her when she was feeling so bad. It wouldn't be her first book. She is also the author of The Art of Comforting: What to Say and Do for People in

Stress.

A prominent theme that runs throughout her new book 400 Friends and No One to Call is based on one of the lessons she learned from her own experiences. For example, Val has colitis, which can be an extremely isolating condition. She decided to join a Crohn's and Colitis support group and discovered that being able to open up to people who understood what she was going through helped turn things around for her.

“I saw that what was isolating me could be a way to unite me with others. The thing that isolates us can actually be a way to connect with others. And then I began to interview other people who were isolated because of things like illness, economic strain, addiction in their family, or grief over the loss of a loved one. And it came back to the same

theme. What isolates us can be turned into a way to unite us” said Walker

When she began writing her book, Val had no inkling of just how much isolation people around the world would be experiencing when it came out. Many, many people are isolating now to help slow the spread of the coronavirus and COVID-19, the disease it causes. It is a temporary situation, but we don't have an end date and we have no idea what the future is going to bring. Right now, many people are afraid, anxious, and overwhelmed.

In her book, Val shares stories about isolation from 15 people, in addition to her own. The book also has tips, information, and resources to help people step out of their own



Val Walker

isolation. You may not be able to do all of the things she suggests right at the moment, but the lessons she has to share about moving out of isolation are still applicable.

Walker said, “We can still get closer in many other ways. Even in this time of social distancing, we can still find ways to get even closer.”

If we can't meet face to

Diane
→Page 12

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D&N Sales and Service

Newly relocated to Route 4 in Turner, D&N Sales and Service brings a wealth of experience with their family-owned business. The Thibeault family has been in the commercial sales and service business for over twenty-five years. The letters D and N are taken from their sons' first names, Dylan and Nathan. Nate now works in the business with his father and mother.

D&N deals specifically in commercial sales, service and repair of commercial janitorial equipment used in cleaning of large buildings such as grocery and department stores, schools, malls and other sizable commercial spaces. Lawrence and his son, Nate, are both trained and certified for working on propane powered burnishers. D&N's work area is fully equipped with all the necessary machinery and tools to service all commercial cleaning devices from hand-held commercial vacuums to propane burnishers and autoscrubbers. They travel throughout the state of Maine and part of New Hampshire, providing their

service.

"Our main focus is service. We stand behind our work as a family owned business," says Lawrence.

D&N has diversified to include the installation, sales and service of garage doors for both commercial and residential. They offer commercial and residential Liftmaster openers. Whether you want D&N to install or you want to install yourself. D & N is competitive in their pricing.

They have recently used their wide range of skills to remodel the interiors and exteriors of two of their three buildings at D&N. One of the remodeled buildings is the home of Pawz Lodge, a Daycare for Dogs that opened on February 17. Pawz Lodge is run by Nate Thibeault's fiancé, Jenessa Tibbetts.

Pawz Lodge Dog Day-care

A place to bring your dogs during the day will put your mind at ease while you're away.

Pawz Lodge Dog Day-care is located at 581 Auburn Road (Rt.4) about half-way between Auburn



Submitted photos

and Turner Village. The newly remodeled building has two, separated rooms of varying sizes to accommodate both small and large dogs. The floors of the two rooms are sealed rubber, making them easy on the dogs joints. There is also an ample fenced-in area behind the building for outdoor play. The daily charge is \$25, with the option of 4 days of play with the 5th

day free. Each additional dog from the same household is \$15.

Proof of updated vaccinations is required as is a verified clean bill of health. The dog must be at least 12 weeks of age. Dogs 6 months or older must be spayed or neutered, and a socialization test must be conducted prior to enrollment, which is free. Requirements are



necessary to provide the animals with a safe and fun environment.

Jenessa Tibbetts operates the daycare. She is fully licensed for kennel operation and certified in dog First Aid and CPR. Jenessa has a wealth of experience she brings to the job. She grew up on a family farm where horses, cows, dogs and

cats were plentiful. Jenessa has four of her own dogs; a Border Collie, Labrador Retriever, Belgian Malinois Shepherd and a Lab/Border Collie Mix. Jenessa is engaged to Nathan Thibeault and together they have a son Karson who is almost two. Owing a dog daycare is not only "my calling" but a dream come true!

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Bolster Mills UMC hosting services for three churches on Facebook live

HARRISON — Bolsters Mills United Methodist Church building is currently closed for gathered worship but isn't letting COVID-19 stop the community from worshipping together, joining in fellowship and having daily devotions.

The church is airing its Sunday morning worship service at 9:30 a.m. via Facebook live. Pastors Annie Baker-Streevy of Bolsters Mills UMC in Harrison and Calvary UMC in Lewiston, and John Baker-Streevy of Thornton Heights in South Portland

will lead the worship. Like the church's Facebook page to be connected with the worship services that will be alternating from BMUMC, Calvary and Thornton Heights each week. The Bolsters Mills United Methodist Church page will direct those who would like to watch to the correct link to the service as well as provide updates on the status of worship and other church-related

activities. During these times of social distancing and quarantine remember to call on your neighbors. It is the physical distance we all need to be aware of not social distancing. You may be the call that brings the light of Christ into someone's life. Be the light! Contact A-J Alexander at aaturnleft3@gmail.com with questions; put BMUMC in the subject line.

TAX FILING DEADLINE MOVED TO JULY 15TH

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- 4-9 * LA RENCONTRE
- 4-17 * THE PIANO CONCERT SERIES
- 4-25 * THE ADULT PROM

NEW DATE
Josee Vachon
Wednesday, June 10 at 7 p.m.

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FEATURE COLUMN

April: Free Fishing Month



V. Paul Reynolds

April — Maine’s seasonal limbo month- just got a little more interesting. Governor Mills directed Fish and Wildlife Commissioner Camuso to waive the need for a fishing license during the entire month of April. Of course, anglers must still abide by all of the fishing regulations as outlined in the new fishing lawbook, but nobody needs a license for the first 30 days of the open water fishing season, which commences April 1st.

Why do this at a time when so many of us are staying home pre-occupied with the Corona virus? The Fish and Wildlife Department said that the license hiatus “is intended to encourage Maine people to enjoy

the outdoors as we confront the challenges associated with COVID-19. The Governor is considering additional measures to make Maine’s great outdoors more accessible to Maine people. She continues to urge those who go out to employ appropriate physical distancing measures recommended by the U.S. CDC.”

“As an avid angler, I know there’s nothing better for the heart and soul than a little fishing,” said Governor Mills. “As we continue to navigate this challenging time together, I hope this order will motivate Maine people to do what we have done for generations: take to our lakes, rivers, and streams to cast a line. The great outdoors is still open. Please enjoy it safely.”

The governor has a good point. By definition most outdoor recreational activities, whether hunting fishing or camping and hiking involve “social distancing.” For many of us, it is the reason why we fish or hunt:

solitude. The governor’s gesture presents a perfect opportunity for parents, stuck inside with kids, to get them outside in the safe, fresh air away from their I-phones and video games and the Corona virus. All you need is a fishing pole and a can of worms.

As April ushers in ice-out on Maine’s waters, ice fishermen are reminded that they have just three days after Opening Day to get their ice houses off the lakes and ponds. Fines can be imposed on those who fail to comply.

The Maine Warden Service has also issued an advisory regarding unwanted early use of ATVs on designated trails that are not yet open, despite the early spring and bare ground in southern Maine. As the April thaw does its work, early ATV use on trails not yet hardened can wreak havoc on trail conditions.

ATV users need to be watchful for the red signs that indicate closed trails

during mud season. Red means stay off the trail until the thaw is over. It only takes a few thoughtless ATV operators to ruin a trail for everybody else. In Maine, most ATV trails do not officially open until early May.

And many club trails rely on good relations with landowners for their use. These landowners, whose generosity opens so many of Maine’s ATV trails, have little patience with those whose behavior on ATVs demonstrate disrespect for their land.

The author is editor of the “Northwoods Sporting Journal.” He is also a Maine guide and host of a weekly radio program — “Maine Outdoors” — heard Sundays at 7 p.m. on “The Voice of Maine News - Talk Network.” He has authored three books; online purchase information is available at www.maineoutdoorpublications.com. or at www.sportingjournal.com

SeniorsPlus

Hello from Holly

Social Distancing and Staying Connected

These are challenging times. Our days are filled with news about COVID-19, the coronavirus.

It consumes us. Every day we hear of more people affected and more schools and businesses closing. People are afraid. We are told to wash our hands, use hand sanitizer, keep 6 feet between each other, don’t gather in groups of more than 10, make sure you have a 30-day supply of medication... and stock up on groceries and staple items—that is if you can get them. And above all practice social distancing!

Panic breeds panic. The constant updates on the news, Facebook posts, emails from every business and agency out there makes us feel overwhelmed. It’s great that there are so many resources available to us, but sometimes it’s just too much! It is coming at us 24/7.

So what is social distancing? The recommendation from the CDC is “avoid large gatherings and maintain a distance of 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infections. Social distancing will help stop the spread of coronavirus.” But you know what else social distancing does? It creates social isolation. Wikipedia tell us that the definition of social isolation is “a state of complete or near-complete lack of contact between an individual and society. It differs from loneliness, which reflects temporary and involuntary lack of contact with other humans in the world. Social isolation can be an issue for individuals of any age, though symptoms may differ by age group.

During these trying times when we are asked to practice social distancing, it is very important that we find ways to stay connected. That means different things to different people. Perhaps it’s a phone call each day with family or a friend. Or maybe you use social media platforms such as Facebook or apps such as FaceTime to connect. Going out for a walk and just saying hi to your neighbor and getting some fresh air can lift your spirits, make you feel connected to the world, and take your mind off what is happening right now.

We will get through this. Take it one day at a time. Read a book, listen to some music, work on your hobbies, sing, dance, chat with friend.

While SeniorsPlus is not currently having face-to-face appointments, we are here, right at the end of your phone. Please reach out if you need us, 1-800-427-1241.

Holly Zielinski is the Chief Operating Officer for SeniorsPlus.

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Veterans of Foreign Wars 2020 essay winners announced

GARDINER — The Bagley-Gardiner-Foster VFW Post 9 recently presented students from Gardiner Area High School and Gardiner Regional Middle School awards for their exemplary writing skills. The topic this year was “What Makes America Great.”

The high school winners were Shawn Jiminez

(first); Hiedi Marquis (second); Zachary Libby (third). The middle school winners were Lainey Cooley, first; Kyla Shea, second; and Evan Michaud, third. Jiminez and Cooley also placed first at the district level in their respective age groups. More than 140 students in MSAD 11 wrote essays in this year’s competition.



Submitted photos
From left, Gardiner Middle School Principal John LaPerriere; Stephanie Dickson, ELA teacher; Lainey Cooley, first; Jeffrey Trippe, ELA Teacher; Kyla Shea, second; Roger Line, VFW Post 9; Evan Michaud, third; Debra Couture, Greg Couture and Ted Smith, VFW Post 9.

Spring & Summer
SPECTACULAR

If you would like to be in this special section contact your sales rep directly, call the office at (207) 225-2076 or email us at advertising@turnerpublishing.net

How you can help protect wild birds in your yard

You may not think about it often, but wild birds use your lawn as a rest stop and place to call home. As you spruce up your lawn and garden for the season, there are simple steps you can take to protect them and help them thrive.

According to Spencer Schock, founder of WindowAlert, makers of bird-friendly products for homes, the following changes are easy to implement in order to create a safe harbor for wild birds:

- Plant native species: Planting native species on your property is one of the most impactful ways you can improve your local environment, as well as make your lawn and garden a healthy habitat for wild birds and other fauna. Native plant species provide birds with food and places to rest and nest. Birds in turn, spread pollen and seeds, while acting as a natural pesticide. Speaking of which, gardening organically will also go a long way to protecting the health and safety of feeding birds.
- Make windows visible: Up to 1 billion birds die annu-



StatePoint photo

ally from striking windows in US, according to the American Bird Conservancy. The good news is that it’s relatively easy and affordable to prevent your home from being part

of the problem. Special window decals that reflect ultraviolet sunlight, a wavelength of light noticeable to birds, have been proven to substantially reduce the likelihood of bird strikes. Giving the appearance of slightly frosted translucent glass but glowing like a stoplight for birds, those from WindowAlert feature a range of decorative patterns. To boost protection for birds, you can also apply a high-tech liquid called WindowAlert UV Liquid in between decals. More information, as well as useful application tips, can be found by visiting windowalert.com.

- Monitor cats: Monitor your cat’s time outdoors to ensure they are not terrorizing or hunting birds. An enclosed play area for your cat is the most effective way to keep birds in your yard safe from your furry companion’s natural instincts.

Good deeds start at home. This season, do your part to help migrating bird populations reach their destinations safely. (StatePoint)

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Lewiston man completes training with help from area agencies

LEWISTON — Joshua Hartley, of Lewiston, recently completed 16-week HVAC-R training with a boost from some area nonprofits.

Linda Gosselin, CareerCenter consultant with the Maine Dept. of Labor and Lisa Hartnett, Western Maine Community Action case manager, combined agency resources providing assistance to Hartley, who trained at Maine Energy and Marketers Association, earning certification in refrigeration, and a license in propane and natural gas.

Lepage Bakeries extended an offer of employment to Hartley, who will join their maintenance team.

For more information on training opportunities, visit the Lewiston CarrerCenter, 5 Mollison Way or call 207-753-9001, or online at www.mainecareercenter.com or wmca.org.



Carry Gosselin photo

Lisa Hartnett (left) and Linda Gosselin (far right) assisted Joshua Hartley with a new career path.

Annual Shamrock Race brings luck o' the Irish clean sweep to three racers



Submitted photo

Racers from the community came together March 15 for the annual Shamrock Shootout Race at Lost Valley in Auburn. From left, Max Brann, first; Sawyer Shanaman, third; and Ethan Levesque, second, in the 14U male category. Other class winners were Ava Beadoin 14U female; Samantha Herrick, 15-over female; Matt Herrick, 15-over male; and Chris Gousse, youth, snowboard.

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Diane
Page 7

face, for now, we need to find other ways to communicate. I am grateful for technology. I had a Zoom meeting the other day and will have a Google hangout meeting today. Yesterday I participated in a Facebook Live exercise class. Nearly every day I get to FaceTime with my grandchildren.

Walker said, "Some of these video conferencing technologies can be tremendous at this time because we can have real conversations. We can share our creations or ideas and our own resources about how to deal with this crisis, as well."

The shame that Val felt when she was alone after her surgery prevented her from reaching out to people at first. Even admitting to herself that she needed support was a challenge. But because COVID-19 has forced a shared experience on us, Val says it's almost as if we have been granted permission to reach out to see how other people are doing. And to ask for help.

Walker said, "I'm not saying it's a magic wand, but it certainly gives us a little more

sense of it's okay now to reach out to one another. There is a loneliness epidemic already out there, but I actually think now we feel a little more like we have permission. We can say I don't know what to do. What do you think? Life has changed so much and I don't have the support I thought I did. Can you help me?"

Ways to connect

Val has a few suggestions on ways to connect with people:

- Reach out to people who might be even more isolated than you are. Call them or send them a note or a letter. If you are not in a high-risk category and able to go grocery shopping, ask if they need something. There is a great deal of evidence that people feel less lonely and less helpless when they're helping others. You will be helping the other person and yourself.

- Reach out to people just to have a conversation. It's really important to have somebody to talk to because these are very strange and frightening times. We're going to have strong feelings and it's really good to have a person who accepts those feelings. Do the same for the other person. Be a good listener.

- If possible, teach someone who doesn't use technology how to. It may be easier said than done right now, but at a couple of the senior communities near her, CNAs and nursing staff have been teaching residents how to use smartphones and tablets to communicate with loved ones.

The most important thing we can do for each other right now is to simply touch base.

Walker said, "Check in with people and let them talk to you about what they're feeling or thinking. I can't stress enough how important it is to be comforting for each other. Don't try to hand out advice right away. Maybe you have good ideas about what to offer, but listen first and see what they're feeling and thinking. It's just really important not to judge one another and hand out quick advice and act like we've got all the answers. We really don't have the answers. It's more important to listen and support each other. We're all completely stumped by this. Be open and receptive and even try getting out of your own tribe. Somebody might not think like you politically or religiously, but you

can still be there for them to take care of the immediate needs. Right?"

What should I say?

How should you start the conversation? Val says just say hi, how are you holding up these days? I asked her how she was holding up.

Walker said, "Thank you very much for asking that. First of all, I have called some dear friends around the country who are in my age group in their 60s or 70s. And they're all saying, 'I've gotten more calls than I've had in years.' 'I feel like everybody cares.' It's a give and take and it feels really good. They share their worries, I share my worries. We are good for each other that way."

Additional resources

Val did a little research for people who are feeling lonely or isolated and don't have someone to connect with and came up with some numbers they might call. I added some numbers/sites to the list.

- Substance Abuse and Mental Health Services Administration Disaster Distress Helpline 1-800-985-5990
- The National Suicide Prevention Lifeline 1-800-273-8255.

- National Alliance on Mental Illness (NAMI) HelpLine Monday-Friday, 10:00 a.m. to 6:00 p.m., EST (800) 950-6264

- NAMI COVID-19 Information and Resources <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

- National Domestic Violence Hotline (<https://www.thehotline.org/>) 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](https://www.thehotline.org) or text LOVEIS to 22522.

- CDC Managing Anxiety & Stress (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>).

- 211/Call your local 211 or go to 211.org for information about support and services that may be provided in your state. (<http://211.org/>).

Here in Maine, there are several programs or initiatives aimed at reaching out to people, particularly older people. Here are a few:

- Staying Connected During COVID-19/ Maine Council on Aging (<https://files.constantcon->

tact.com/674996b4701/c33d36b1-2a1a-4609-9098-759f7ca2ce57.pdf).

- Local Community Volunteer Efforts in Maine/ Maine Council on Aging (http://mainecouncilonaging.org/covid_19_local_community_efforts/).

- Maine Coronavirus Community Assistance Facebook page (<https://www.facebook.com/groups/mainecoronaviruscommunityassistance>).

Where to find Val's new book

If you want to know more about Val's new book 400 Friends and No One to Call, visit her website. (<https://www.valwalkerauthor.com/>). You'll find links to several online sites that are now selling it. And when we are able to step outside again, look for it in your local bookstore. It will be so good to be able to do that again, won't it?

The most important message I got from talking to Val is this: What isolates us can be turned into a way to unite us. I hope you will follow her advice and reach out to someone and ask them how they are doing. We're all in this together right now, aren't we? How are you holding up?

Sabattus Rec Running Group getting ready for spring

SABATTUS — As the daylight lengthens and the temperatures warm, the Sabattus Rec Running Group is gearing up for more runs and races. Runners (and walkers) of all ages and abilities are

welcome to join in on any Wednesday night group run. Other runs are often added to the weekends, and notices are usually posted on the group's Facebook page.

The Group Run Nights


have been held weekly, year-round, for the past eight years. Anyone wishing to participate is welcome. The group meets at 6 p.m. in the Mixer's parking lot on Sabattus Road, and usually have three or

four different distances and paces to choose from. Most runs last 30 to 45 minutes.

If new to the sport or returning after an absence, these are a great way to get back into it. Wheth-

er you are just trying to get or stay healthy, or lose weight, or are training for your first race or your first big race, all are encouraged to come on out and meet some like-minded people.

For more information, check out our Sabattus Rec Club Running Program Facebook page, visit www.sabattusrec.com, and click on the running tab under "teams" or email running@sabattusrec.com.



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Scam Alert Bulletin Board



Traditionally, we think of con artists as lone wolves working out of their basement, but today's scammers are more like cogs in a much larger operation. Most scams today start with a phone call, often originating from foreign telemarketing businesses that operate just like legitimate call centers. "Executives" and "supervisors" manage "salespeople" – the scammers calling you to "close the deal." These are professional criminal enterprises – and they are good at what they do. If you or someone you care about falls victim to their operations, know that it's not the fault of the victim for "falling for" something. Blame the criminal enterprise and fight back by sharing your story, so the next target may not end up as the next victim.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.



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Lewiston volunteers help meal program

LEWISTON — Getting food during the middle of a pandemic turned out to be a polite experience at the city's Longley School one recent morning.

From families in cars to young children walking down Birch Street, a count was taken by an individual wearing a surgical mask who got the count and shouted it back to coworkers handling trays of food sealed in plastic.

"Two please!" Aaron Louque said.

"Two! Thank you!" Katie Krantz confirmed.

The five adults helping out were Lewiston School Department employees. They wore surgical masks while loading up bags of food dropped off at a distant table.

The meals came from the Lewiston School Department's nutrition program; school employees have volunteered to help out at distribution sites.

"We're a well-oiled machine here," said Lewiston High School music teacher

Erin Morrison, whose surgical mask sported a musical note.

While the fight against the coronavirus in the United States has focused on numbers of cases, local work has involved other statistics. Alison Roman, director of transportation and nutrition for Lewiston Public Schools, said in an email that in 11 days, 60,016 meals were given to local families.

"Our first day was around 490 breakfasts and 490 lunches. Day 11 is closer to 3,000 breakfasts and 3,000 lunches district-wide," she wrote.

The volunteers at Longley School laughed as they worked. Morrison wore a surgical mask with a musical note on it Tuesday.

Roman had a long list of thank-yous to people who have helped with the meal-making effort. They included Lewiston nutrition department staff, Hudson Bus lines for driving food to sites, volunteers, the school department's administrative team, the school



Katie Krantz works for the Store Next Door Project (also known as the McKinney-Vento Homeless Education Program) at Lewiston High School and is another volunteer.

committee, distributors Oakhurst Dairy and Performance Food Group as well as the Walmart distribution center.

Shaw's and Hannaford supermarkets have also donated thousands of bags, Krantz added.

Lewiston High School nurse Melissa "Missy" Gendron said she her main concern was to keep everyone healthy and isolated. She has seen teens gathering together and thought

they needed to spend more solo time on electronic devices.

"Phones. Xboxes. Do it up," she said.

Anyone with questions or in need of more information can go to the Lewiston Public School Department's website, www.lewistonpublicschools.org, or send an email to aroman@lewistonpublicschools.org. Callers may also leave a voicemail at 207-795-4106, extension 4091.



Submitted photos
Melissa "Missy" Gendron is Lewiston High School's nurse and a volunteer at one of the meal pickup sites.



Food prepared by the Lewiston School Department's nutrition program is lined up for pickup at Longley Elementary School in Lewiston, one of the sites for students and families to get meals during the coronavirus shutdown.

Kristi's Café a lucky break for area residents

By Shellie Leger

I rolled up to Kristi's Cafe on Minot Avenue in Auburn just shy of Court Street. Located in an unassuming, square building set back slightly from the road, it's easy to drive on by, but I hope you won't. As soon as I pulled in, at 10 a.m. on a random Monday, the lot was nearly full. I was greeted by a friendly server who led me to a spacious booth filled with light from a generous bank of windows — the sills filled with vintage bottles customers bring in to Kristi. I noticed two things — the place was spotless and gleaming, and almost every table was full. The server immediately took my order for coffee and told me Kristi would be with me momentarily. As promised, Kristi Huard-Norcross appeared — a tall striking blonde exuding confidence.

Huard-Norcross was born and raised in the Winslow/Waterville area, the baby of three and daughter of John Huard, a former football player for the Broncos. John was a student at the University of Maine Orono, where he got his start as a player.; UMO still has a John Huard day. When Huard-Norcross was 11, her father

moved his family to Nova Scotia where he had accepted a coaching position at Acadia University; the family returned to Waterville where Huard-Norcross graduated from high school in 1986. Upon graduating, she attended the University of Southern Maine, where she obtained a degree in Therapeutic Recreation, opening the doors to a career at St. Mary's Regional Medical Center in its Adolescent Chemical Dependency Unit.

"My job was to help reintegrate them into the community. I was there for 10 years, and I loved it. From there, I went to Community Concepts, where I visited the homes of children whose parents had been reported for child abuse and neglect," she said. "Eventually I stayed home with my three daughters for a while, but my dad owned Northeast Turf. He did the fields for Gillette Stadium, University of Michigan, Bates (College) and so many more places, so I started working for him in the office. I learned my business chops there. It was great working for him. I got to see him every day, but he retired. That's when I got my residential real estate



license."

Her mother-in-law, Mary Anne Norcross, was the driving force behind her decision to venture into real estate. Four years later, Huard-Norcross was still in the real estate business and had no intention of owning and running a restaurant. Not one to turn down a challenge, when a chain of events placed a restaurant in her path she didn't flinch.

"I'd been a waitress in high school, so I had some front-of-house experience, and of course I understood the business end of things from working with my dad. When someone I knew bought the building, and I saw that it had all the equipment necessary to run a restaurant, I thought it might be a good fit for my skill set," she recalled. "I knew it would still be a steep learning

curve, and I couldn't have done all this without the very good people in my life — especially David Tassinari. He owns Electrical Systems of Maine. He was one of the people who purchased the building and renovated it. The support from his knowledge as a business man was just incredible. He walked me through so much and set me up with all the fantastic people I needed to make this venture a success. You know, I'm not a morning person, and I don't cook, but I've learned to trust my staff. They're wonderful, and I'm very lucky."

Kristi's Café opened in October 2017 and serves breakfast (all day) and lunch between 6 a.m. and 2 p.m. "My staff encouraged me to stay open seven days a week. They wanted to work more. One of my favorite things



Submitted photos

Kristi ready to serve fresh homemade muffins with a smile.


about the business is doing anything they need," she said. "Whatever they need help with, I'll do it — vacuuming, prepping food, serving, cleaning, whatever. And I love to hear people laughing and talking at their tables — having a good time. That's what makes me happy — all the regulars are just amazing people. Some of them basically become our family. We

really get attached. It's been a wonderful venture, and I truly enjoy it. I do my own thing, and it's working."

I finish up my breakfast — a delicate corned-beef hash eggs benedict that I will absolutely return for — as a young woman at a nearby table moved from one vintage bottle to the next, examining each one as the sunlight shone through.

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Lewiston High student serves as Maine Senate honorary page



Submitted photo

Lewiston High School student Olivia Servidio served as an honorary page in the Maine Senate on Feb. 20. She was the guest of Sen. Nate Libby, D-Lewiston.

Reader Recipes

Pistachio Pudding

Delightful Pistachio Pudding
Submitted by: Doreen Bellmore,
Livermore Falls

Ingredients:
1 box Pistachio pudding mix
1 large can crushed pineapple (undrained)
1 small container of cool whip
½ bag of mini-marshmallows

Directions:
Mix contents of pudding mix with pineapples (not drained), add cool whip, then marshmallows. Put in a pretty serving dish. Let set a couple hours or overnight in refrigerator.

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SCAM 1 CDC & WHO Alerts

Cyber criminals are sending phishing emails designed to look like they're from the Center for Disease Control. These emails are falsely claiming to link to a list of coronavirus cases in your area. Remember to practice the "forward slash, two dots back" trick.



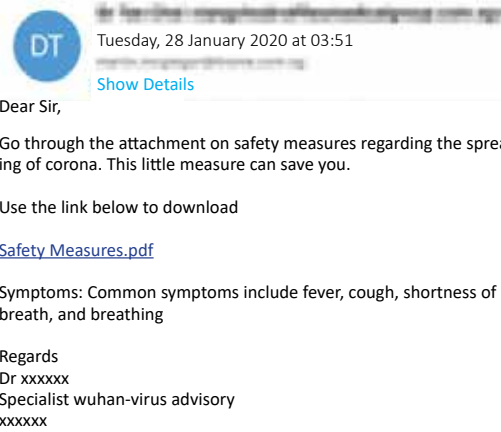
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- Go to the first forward slash after http://
- Then count two dots back.
- Right between these two dots is the domain the link will take you to.
- If you do not have any valid business need to go to this link, do not click it open.

SCAM 2 Health Advice Emails

Another type of scam email claims to have advice on how to protect yourself from the coronavirus. Commonly the criminal sending the mail pretends to be a medical professional based in Wuhan, China where COVID-19 broke out.

SingaporeSpecialist: Corona Virus Safety Measures



SCAM 3 Workplace Policy Emails

The third scam is growing in frequency is targeting workplace email accounts. These emails ask the user to download a policy or guideline about the outbreak, and seem to come from one's place of employment.



Protect Yourself:

The Cybersecurity and Infrastructure Security Agency (CISA) encourages individuals to remain vigilant and take the following precautions.

- Avoid clicking on links in unsolicited emails and be wary of email attachments. See Using Caution with Email Attachments and Avoiding Social Engineering and Phishing Scams for more information.
- Use trusted sources—such as legitimate, government websites—for up-to-date, fact-based information about COVID-19.
- Do not reveal personal or financial information in email, and do not respond to email solicitations for this information.
- Verify a charity's authenticity before making donations. Review the Federal Trade Commission's page on Charity Scams for more information.
- Review CISA Insights on Risk Management for COVID-19 for more information.

