

# **INTOUCH NEWS**

#### **FEBRUARY 2024**



## Mid-Maine Chamber 61st Annual Awards Ceremony

Dim the lights, ready the cameras, and join us as we honor nine of the area's finest!

APRIL 25, 2024 5:00 - 8:00 PM WATERVILLE ELKS BANQUET CENTER 76 INDUSTRIAL RD., WATERVILLE

Major Sponsors:



Brookfield Renewable



SAVE THE DATE! For ticket information, email cindy@midmainechamber.com See complete list of award winners on page 2.

#### **INSIDE THIS ISSUE:**

CALENDAR OF EVENTS

MEMBER NEWS

COMMUNITY NEWS

NEW MEMBERS

BUSINESS BREAKFAST SERIES EVENT

BUSINESS AFTER HOURS EVENT

CHAMBER CHATTER

MEMBER SPOTLIGHT

50 ELM STREET WATERVILLE, ME 04901 TEL: 207.873.3315 FAX: 207.877.0087

Michelle Joler-Labbe, chair of the board Kimberly N. Lindlof, president & CEO

#### FROM THE PRESIDENT'S CHAIR

#### Is 2024 the year that your business gets noticed?

Do that by aligning with the Mid-Maine Chamber of Commerce! Essentially all of Mid-Maine Chamber's events sell out, and your business could lead on sponsoring these desired activities. Event sponsorship comes with many marketing benefits including advertising, social media, announcements at the events, website exposure, etc. For details on levels of support and what your business will get for its investment, please reach out to Cindy Stevens in the Chamber office: cindy@midmainechamber.com.

Other ways to get your business noticed? Add your events to the chamber's website calendar. Adding events to the calendar will automatically be added to this INTOUCH newsletter. Add your new hires and other news to this INTOUCH newsletter. Additionally, you can put your business cards and brochures in the Chamber's Welcome Center in our lobby. Come to our events: get on the mic at our Business After Hours, chat with people at the Business Breakfast (where you can also do a free spotlighter booth), as well as rent a booth at our Business 2 Business Showcase.

Lastly, your business is welcome and encouraged to get its employees involved. Invite them to our events too and encourage them to join our committees. These committees shape the Mid-Maine Chamber's direction.

Be a part of it! We need you.

Make the Future, Kim Kimberly N. Lindlof, president & CEO



#### **ANNUAL AWARDS WINNERS**

#### 61st Annual Award Winners

Distinguished Community Service: Linanne and Chris Gaunce Central Maine Motors Auto Group

> Small Business of the Year: Sunrise Bagels



Large Business of the Year: Shyft Group/Duramag

Municipal Employee of the Year: Paul Castonguay-City of Waterville

Exceptional Volunteer of the Year: Carla Caron Waterville Soup Kitchen



Kennebec Savings Bank

Colby





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**Outstanding Professional: Michael Phillips** O'Donnell, Lee P.A.

> **Rising Star:** Emalee Hall Dirigo Labs

Customer Service Stardom: Karen Kellev-Grenier Waterville Elks Banquet Center

Elias A. Joseph Award: Martha Wentworth Allen Insurance & Financial

TO RESERVE TICKETS. CALL 207.873.3315 or CINDY@MIDMAINECHAMBER.COM| TICKETS ARE \$65/PP. LOCATION: WATERVILLE ELKS BANQUET CENTER

#### FEBRUARY MID-MAINE CHAMBER CALENDAR

Feb. 2 | Public Policy Mtg. | 8-9:30 a.m.

- Feb. 6 | KC Connect Steering Committee Mtg. | 8-9:30 a.m.
- Feb. 7 | Executive Committee Mtg. | 12-1:30 p.m.

John Butera

207.858.2555

jbutera@skowhegansavings.com

Feb. 8 | Business Breakfast Series | 7:15-9 a.m.

Feb. 16 | Marketing & Membership Mtg. | 7:30-9 a.m. Feb. 20 | Board of Directors Mtg. | 7:45-9:15 a.m. Feb. 28 | Business After Hours-TD Bank | 5:30-7 p.m.





54 Main Street, Waterville, ME 04901 207-873-7947 www.maineprintingservices.com

> "John Butera assisted us with navigating the Paycheck Protection Program. He is quick to return our calls and takes a personal interest in our business." - John Goodine, Elm City Photo



(207) 873-0721 • Fax (207) 877-2287 www.genesishcc.com Rehabilitation and Living Centers,





#### CALENDAR OF EVENTS

Feb. 1: Live WABI-TV5 Telethon & Dysart's Spaghetti Dinner 5 p.m. | Dysart's Restaurant & Truck Stop, 530 Coldbrook Rd., Hermon

Feb. 2: Live and Silent Auction 6 p.m. at Morgan Hill Event Center | 82 Morgan Hill Ln., Hermon FMI: morganhilleventcenter.com

Feb. 3: 51st Dysart's Snowmobile Ride-In for Pine Tree Camp. FMI: pinetreesociety.org

Feb. 3: Pine Tree Camp Celebrity Egg Ride and Poker Run | 9:30 a.m. | Dysart's Restaurant & Truck Stop | 530 Coldbrook Rd., Hermon | FMI: pinetreesociety.org

Feb. 4: Penobscot Snowmobile Club Radar Run | 12 p.m. | Penobscot Snowmobile Club, 795 Bog Rd. Hermon FMI: pinetreesociety.org

Feb. 6: Finance Authority of Maine offers adult education programming related to various financial topics including a "Book Club with FAME Series" exploring Erin Lowry's, Broke Millennial Takes On *Investing".* FMI: www.famemaine.com

Feb. 7-Apr. 17: Road To Wellness -**Redington-Fairview General Hospital** Bi-weekly | 3-4 p.m. FMI: bdunphy@rfgh.net

Feb. 9-11 | Pond Hockey Classic FMI: mainepondhockey.org

Feb. 12-Apr. 1 | TOTAL WELLNESS | 10-11 a.m. or 4:30-5:30 p.m. **Redington-Fairview General Hospital** FMI: bdunphy@rfgh.net

Feb. 17-25 | Somerset SnowFest | Skowhegan -ice fishing, skijoring & sled dog racing | FMI: visitkennebecvalley.com Feb. 23 | Redington-Fairview General Hospital SAFE SITTER | 9:30 a.m.-4:30 p.m. (students in grades 6-8) FMI: bdunphy@rfgh.net

Feb. 29 | Dirigo Labs announces its third cohort, highlighting cleantech and innovators in software, AI, and manufacturing Cohort kickoff scheduled @ Bricks **Coworking & Innovation Space FMI**: dirigolabs.org/bricks-coworking

February exhibits are free and open to all at Colby College Museum of Art, 5600 Mayflower Hill Drive. FMI: museum.colby.edu

Mar. 16 | AYCC is hosting the POLAR PLUNGE | Dive or Donate FMI: Maddie @ mrock@clubaycc.org

#### **NEW CHAMBER MEMBERS**

#### **Bridget Campbell Consulting & Design**

Maine Rail Group (MRG, Inc.)

1141 Augusta Rd. | Winslow, ME 04901 | 207.242.5639 Bridget Campbell | E: bcdesigns207@gmail.com

P.O. Box 5494 | Augusta, ME 04332 | 207.692.6978

PJM Property Management, LLC

142 Main Street-FL 2 | Waterville, ME 04901 | 207.649.8184 William Mitchell | E: bill@pjmprop.com

#### **New Beginnings 2**

1 College Avenue | Waterville, ME 04901 | 207.616.0631 Sandra Compton | E: sandracompton448@gmail.com

Ed Hanscom | E: ed.hanscom@msn.com

**Mitchell Fundraising** 17 Forest Park | Waterville, ME 04901 | 207.313.2960

Donna Mitchell | E: dj@mitchellfundraising.com

Welcome to the Chamber!



Sponsorships are available in our INTOUCH NEWS— a great place to showcase your business!

Small block (2.5" wide by 1.25" tall): \$495/year Large block (2.5" wide by 2.5" tall): \$645/year

FMI: iennifer@midmainechamber.com

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#### **PEOPLE NEWS**

Tom Shupe-LPL Financial Advisor, **Gateway Financial Partners**, welcomes: Tamsin Kemos and Rebecca Mello **FMI:** mygfpartner.com

Maine State Credit Union announced Elizabeth Jean as new senior vp of mortgage lending. Jean oversees the strategic direction of the mortgage team. FMI: mainestatecu.org

**Central Maine Growth Council** has been awarded a 1-yr. contract valued at nearly \$112,000 from the Governor's Energy Office through the Clean Energy Partnership program to expand its **Dirigo Labs** accelerator program. **FMI**: centralmaine.org

Surette Real Estate welcomes its newest broker, David Poirier. FMI: surette-realestate.com

**Town of Norridgewock** fire department has new leadership; Todd Pineo, who has been with the dept. for 28 yrs., is now the new fire chief. Daryl Wyman, who has also been with the dept. for more than 2 decades as a member of the call force, is taking on a newly created administrator position, while also serving as deputy chief.

**Redington-Fairview General Hospital** is pleased to announce its newest DAISY Foundation award recipient, Tony Brunette.

**Redington General Surgery** is pleased to announce the following new providers: Rachael Amador, DO, Shelby Mast, DO & Lisa Vezikov, DO

Northern Light Inland welcomes rheumatologist Sheena Henry, MD

**Sheridan Construction** of Fairfield is pleased to announce the recent promotion of Lynn Morkeski to controller. Lynn received her BS in Finance & graduated from Thomas College with a Masters Degree in B.A.

Junior Achievement welcomes 2 new hires: Stacy Fuegen is leading JA's marketing & communications efforts across programming, development & events. Jesseca Steele is the new program manager. The Independent Community Bankers of America announced that Craig Garofalo, exec. vp & COO of **Kennebec Savings Bank**, was elected to its Federal Delegate Board, which is the nation's voice for community banks.

**New Dimensions Federal Credit Union** 

names Tanya Verzoni, vp of human resources and talent development.

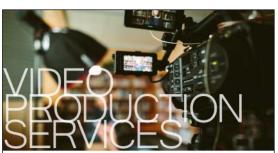
Mix Maine Media announces Shawn Packard as new director of digital media. FMI: shawn@mixmaine.com | See insert inside.

Waterville Police Department awards the Willard "Bill" Shirley Award to Sgt. Fabian. FMI: https://www.waterville-me.gov/police/

CHAMBER BOARDROOM RENTAL Includes Video Equipment and Coffee Service

4 hours (1/2 day) — Member Rate: \$75 Non-Member Rate: \$105 Full Day — Member Rate: \$125 Non-Member Rate: \$155

Call Jamie at 207.873.3315 to book this space today.



## Services Include

Broadcasting, Livestreams, Product or Business Promotions \*HYBRID LIVESTREAM WITH ZOOM INTERFACE\* Interviews, Special Announcements, Instructional Videos crossroads-tv.com











A great time was had by all at January's BAH co-sponsored by: AYCC & MaineGeneral Health.

Don't miss out to network & market your business, and to have fun at the next BAH on Feb. 28.

TD Bank | 182 Main Street | Waterville

#### **MEMBER NEWS**

As of Jan. 2, the KVCAP Explorer System no longer operates flexible bus routes. To schedule rides, go to: www.kvcap.org/ kennebec-explorer/more-information

**Central Maine Growth Council** has been awarded a 1 yr. contract valued at nearly \$112k from the Gov's Energy Office through the Clean Energy Partnership program to expand Dirigo Labs accelerator program. **FMI:** centralmaine.org

Central Maine Power announced a \$10k donation to United Way of Maine's 211 Maine program. FMI: cmpco.com

Habitat for Humanity's annual report is now available. FMI: habitat.org/AR23

Junior Achievement is seeking 6 volunteers for Grade 5: Junior Achievement Our Nation at Albert Hall School | Waterville FMI: jjamison@jamaine.org

**City of Waterville** has a new notification center. **FMI:** www.waterville-me.gov **OR** https://waterville-me.myfreealerts.com

**Colorgraphics** offers in-house produced labels, custom-cut adhesive backed labels and hand applications. **FMI:** 207.232.7235 | peter@colorgraphics.me Waterville Area Soup Kitchen | Lighthouse extends hours to extend warming hours 1-5 p.m. Mon.-Fri. **FMI:** watervilleareasoupkitchen.com

Sat. May 4 |2nd Annual Moms to Be Tea Party with the Ladies of Sew for a Cause announces their 2nd Annual Mothers' to be Tea | Location: St Bridget Center | 864 Main St. Vassalboro FMI: https://townline.org/ladies-group-celebrates-young-families

#### MMCC WELCOMES . . .

The Mid-Maine Chamber of Commerce is pleased to announce the hiring of our new Customer Service Rep./Bookkeeper, Jamie Feyler.

Jamie is a proactive bookkeeper who is dedicated to maintaining accurate and timely financial records. Jamie serves as the first point of contact for the Chamber in-person and over the phone. She develops and maintains positive member relations. Jamie also continually "sells" the Chamber and seeks to motivate and influence others on the positive attributes of Chamber involvement.



She is responsible for the day-to-day customer service and bookkeeping activities of the Mid-Maine Chamber organization. Drop by to say hello. **Welcome Jamie!** 



Looking to Chat About Your Business? Give Us a Call: 207.873.3315 or E: Jennifer@midmainechamber.com

#### **CHAMBER CHATTER**

Chamber Chatter is a bi-monthly video series • where you are taken inside a Mid-Maine Chamber of Commerce member business to V showcase what's new, fresh and entertaining. If you are a Mid-Maine Chamber of Commerce member and interested in participating in this free benefit, please contact us to have your business featured in an upcoming Chatter. Two Chamber Chatters are uploaded every month on social media. February's videos include:

- Donna Strickler, Sexual Assault Crisis &
- Support Center

David Beaudoin, Lockwood Hotel

Visit YouTube to view past video chats. www.youtube.com/midmainechamber6334/ videos

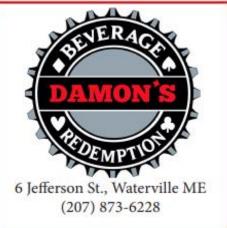
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#### **UPCOMING CHAMBER EVENTS**

Join the Mid-Maine Chamber for an engaging presentation with our three panelists: Winslow Town Manager, Ella Bowman; Career Success Navigator, Maine Dept. of Education, Karen Morin; and Thomas College Professor of Education, Dr. Richard Biffle. The panelists will provide real-life experiences and insight into this relevant topic for today's workplace and stimulate discuss of ways to integrate DEI in your organization and community.

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#### TOPIC: Diversity, Equity and Inclusion Panel: Part 2 What Can Be Done in Our Communities and Workplaces to Embrace DEI? Date: Feb. 8, 2024 Time: 7:15-9 a.m. Location: Best Western Plus | 375 Main St., Waterville Registration: \$23 members |\$29 non-members E: cindy@midmainechamber.com

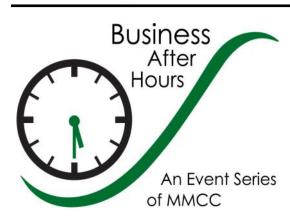




Karen Morin



Dr. Richard Biffle



**B** 

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Thank you to our additional February sponsor:

AMEMAKERS

Join us for our next Business After Hours Wednesday, February 28 | 5:30 -7 p.m. Hosted by: TD Bank |182 Main Street, Waterville





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Don't forget to visit the Waterville Farmer's Market Thursdays from 2-5 p.m. Dec. through Apr. at the Chace Forum 150 Main Street | Waterville



We invite you to join us for:

#### **MEET THE REPS**

March 7, 2024 | 5:30-7:00 p.m. Hampton Inn | 425 Kennedy Memorial Drive, Waterville

Don't miss out! This is your opportunity to meet and ask questions of your state and local representatives and hear about important legislative updates. FMI: www.midmainechamber.com

This event is proudly sponsored by:





#### STAY TUNED FOR THE NEXT 2024 SPEAKER SERIES

February 8, 2024 Check www.dirigolabs.org for speaker/presentation information.

#### Dirigo Labs Speaker Series is sponsored by:

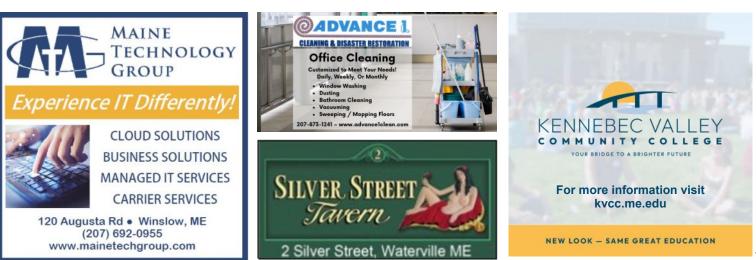


This event is free, thanks to the Harold Alfond Institute for Business Innovation at Thomas College. Register on Eventbrite. FMI: www.dirigolabs.org

#### **CHAMBER WEBSITE SPONSORSHIPS**

#### REACH YOUR CUSTOMERS IN 2024! \$150.00 PER MONTH: Vertical Skyscraper Ad (160 x 600 pixels)

- Optimized for: Catchiness, Clarity, Clickability and Creativity!
- Digital ads appear on the www.midmainechamber.com site and rotate between sponsors.
- Book the full year and receive the 12th month FREE!
- Call 207.873.3315 or E: jennifer@midmainechamber.com





#### **MEMBER SPOTLIGHT: BOMAZEEN OLD TIMERS**

Bomazeen Old Timers is a private foundation in Waterville, Maine that was founded in 2021.

Bomazeen Old Timers offers lifetime memberships. Categories are as follows: age 56 and above, age 41 to 55, age 7 to 40, family and units are available.

Volunteer, donate for Bomazeen Old Timers in Waterville, ME plus similar nonprofits and charities related to Children and Youth.

Please contact Scott Adams at 207.877.8969 for more information.



Disclaimer: Mid-Maine Chamber's INTOUCH newsletter is published monthly as a benefit to members and affiliates. All member news is compiled and submitted solely by our members; therefore, we reserve the right to omit and/or edit as appropriate and cannot guarantee complete accuracy of all announcements. Sponsorship inserts do not necessarily reflect the position of Mid-Maine Chamber of Commerce.

#### **Business Breakfast**



**Ella Bowman** 

n Event Series of MMCC



**Karen Morin** 



**Dr. Richard Biffle** 

#### When:

Thursday, February 8, 2024 7:15 - 9:00 a.m.

#### Where:

Best Western Plus,

375 Main St., Waterville

#### **Diversity, Equity, and Inclusion Panel:** Part 2 What Can Be Done in Our Communities and Workplaces to Embrace DEI?

Join the Mid-Maine Chamber for an engaging presentation with our three panelists: Winslow Town Manager Ella Bowman; Career Success Navigator, Maine Dept. of Education, Karen Morin; and Thomas College Professor of Education, Dr. Richard Biffle.

The panelists will provide real-life experiences and insight into this relevant topic for today's workplace and stimulate discuss of ways to integrate DEI in your organization and community.

Please come prepared with your questions and take this opportunity to connect with other business leaders.

#### Pre-register today: cost per person: \$23 for members.

\$29 at the door and for non-members.

**Registration includes breakfast.** 

TO REGISTER: cindy@midmainechamber.com

or 873-3315



#### AMEMAKERS

Please visit our breakfast spotlighters, Best Buddies International and Maine Savings.



sponsor Sentinel





Radio sponsor









#### Best Western Plus - Colby/Coburn Rm.

375 Main St., Waterville

#### 7:15 a.m. to 9:00 a.m.

- January 11: GrowSmart Maine. Housing Policy and Practices: Here's What You Can Do Now. CEO of GrowSmart Maine, Nancy Smith, will present on creation of more housing choices, and policy options keeping municipal budgets stable, protecting productive farmland and open space and fostering economic and community development. Hear about statewide policy and community technical assistance where you live and work.
- February 8:Diversity, Equity and Inclusion Panel Part 2: What Can Be Done in Our Communities and In Our<br/>Workplaces to Embrace DEI? Panelists will include: Winslow Town Manager, Ella Bowman; Career<br/>Success Navigator, Maine Department of Education, Karen Morin, and Thomas College Professor of Education<br/>Dr. Richard Biffle.
- March 14: The AI Phenomenon—Its Advantages and Cautions: Director of the Davis Institute for Artificial Intelligence, Dr. Amanda Stent will speak on the courses offered in this present day development. She will share the benefits of using Artificial Intelligence (AI) in businesses, given the growing AI proliferation.
- <u>April 11:</u> Quality Child Care: A Vital Component of a Community's Economic Structure. A panel of Early Childhood leaders, including Chief Operating Officer KVCAP/Educare Central Maine, Tracye Fortin; Educare School Director Rhonda Kaiser, and a Parent Ambassador to be determined, will share data and strategies to increase quality early childhood programming across Maine.
- <u>May 9:</u> What Happened? How Did Electricity Get So Expensive? Public Advocate William Harwood will address the underlying reasons why electricity prices are unusually high and what can be done to lower them. Specifically, he will focus on the unpredictability of Standard Offer prices, the option of selecting a Competitive Electricity Provider, the benefits provided to renewable energy developers, the rising cost of restoration of service after major storms and, finally, the need to provide financial assistance to low income ratepayers.
- <u>Sept. 12:</u> Walking the Tightrope: Finding the balance of Personal Happiness and Passion for Your Job. Join Community Health and Counseling Service Regional Manager, Leslie Lennig, for this informative discussion focused on the continued acclimation to a post-pandemic world, where many find it more difficult to find true work-life balance and address chronic stress. Learn how to find that balance that helps you remain passionate about your work.
- Oct. 3: Legislative Topic: TBD.
- Nov. 14: Paid Family Medical Leave Act Updates and HR Laws. Back by popular demand, CEO/Owner of Career Management Associates, David Ciullo, and Employment Attorney Peter Lowe, partner at Brann & Isaacson, will educate on the new paid FMLA law that will go into effect in 2025, and additional HR law topics.
- **Dec. 12:** Choosing the Right Marketing Platforms to Attract Customers and Reduce Ad Spend. Marketing & Program Mgr. Dan Reed, of SCORE Maine will explore how to know your audience, given that knowledge is power, helping you choose the correct platforms where your clients make buying decisions.

Cost per person: \$23 members; \$29 at the door and non-members. Mid-Maine Chamber of Commerce, 50 Elm Street, Waterville, ME 04901-6015 TO REGISTER: email: <u>Cindy@midmainechamber.com</u> PHONE: 873-3315 • FAX: 877-0087



#### Keep the fun coming with business and fun, after hours!





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# Join us for our next Business After Hours: WEDNESDAY, FEBRUARY 28 — 5:30 - 7 p.m. Hosted by TD Bank 182 Main Street, Waterville

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Business After Hours: A great place to network and market your business. After Hours is hosted, or co-hosted, by chamber members in our region and is one of many benefits we offer our chamber members. Hors d'oeuvres, beer, wine, and other beverages are available, or you could win the 50/50 raffle and fabulous door prizes donated by area businesses. Make sure to bring your business cards!

#### Please join us from 5:30-7:00 p.m.

January 17:	Alfond Youth & Community Center and MaineGeneral Health 126 North Street, Waterville
February 28:	<b>TD Bank</b> 182 Main Street, Waterville
March 20:	Mid-Maine Homeless Shelter & Services—To Be Held At: Chace Community Forum, 150 Main Street, Waterville
April 10:	Humane Society—Waterville Area 100 Webb Road, Waterville
May 15:	Mbingo Mountain Coffee 7 Silvermount Street, Waterville
June 12:	Friends of Quarry Road 300 Quarry Road, Waterville
July 17:	<b>Silverton BBQ Bar</b> 51 Webb Road, Canaan
September 18:	Northern Light Inland Hospital and Purdue Global 222 Kennedy Memorial Drive, Waterville (Simulation Ctr.)
October 16:	<b>Coldwell Banker Plourde Real Estate</b> 143 Silver Street, Waterville
November:	No Event
December 18:	SKILLS, Inc. / Ervin Community Supports 15 Wandrup Road, Hinckley



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MID-MAINE CHAMBER OF Tuesday, May 21, 2024 Thomas College Field House West River Road, Waterville 12:00 to 6:00 p.m.

Don't miss out on a great day of networking at central Maine's largest trade show. Coming soon!

# COMMERCE Making the Difference YES! Please save a spot for my organization. Contact person (please print): Company Name: Phone: \_\_\_\_\_\_ Email: \_\_\_\_\_\_\_ Booth layout will be available soon at www.midmainechamber.com Please circle one: Booth \$300.00 Booth & Tablecloth \$335.00

www.MidMaineB2B.com

NOTE: All booth setup will be done on Monday, May 20

Fax form to 877-0087 or e-mail cindy@midmainechamber.com to reserve a booth.





We invite you to join us

## for

# **MEET THE REPS**

Thursday, March 7, 2024

5:30-7:00 p.m.

**Hampton Inn** 

## 425 Kennedy Memorial Drive, Waterville

Don't miss out! This is your opportunity to meet and ask questions of your State and local representatives and hear about important legislative updates.







For more information visit: www.midmainechamber.com.

bv:

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- PREMIUM RETAIL AND OFFICE SPACE
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# 220 MAIN STREET, WATERVILLE



# **21 College Avenue, Waterville**

14 - 24 Common Street, Waterville Elevator Access





# FOR MORE INFORMATION, CALL (207) 616-6881

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# **350 Kennedy Memorial Drive, Waterville**



# 295 KENNEDY MEMORIAL DRIVE / PENNY HILL, WATERVILLE



# FOR MORE INFORMATION, CALL (207) 616-6881

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- Introductory rate fixed for 12 months, adjusts quarterly thereafter to Prime minus .50% APR (As of 01/01/24 prime rate is 8.50%)
- Primary residence, single family homes only
- New home equity loans only
- Monthly payment is 1.00% of balance after last advance (or \$50 whichever is greater)



<sup>4</sup> Annual Percentage Rate. Floor 3.00%. Variable rate cap 18.00%. Each quarterly rate change has a 2.00% cap. Membership eligibility required. Some additional conditions may apply: loan to value limits and credit approval. Property insurance required. Offer subject to change at any time without notice.

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\*Annual Percentage Yield; Rate accurate as of 12/13/2023; Rate subject to change without notice; membership eligibility required. Early withdrawal fees apply. Minimum deposit of \$1,000.00. Offer also includes the option to open Roth, ESA, or IRA Share Certificates. Federally Insured by NCUA.



# Dr. Gillis's Wellness Center

NEW SPECIALS! ACT FAST!

Semaglutide: (Starting Dose) \$225/ Month Tirzepatide: (Starting Dose) \$275/ Month

Sonic Wave Youth Rejuvenation System: Tighten & tone any area of your body. (\$20 per area or \$100 full body) Purchase one area for \$20 and get another done for free! (\$20 value)



-Sermorelin: For increased sleep & muscle building.

-NAD+: A coenzyme for redox reactions, making it central to energy metabolism.

-Youth Rejuvenation GHK-CU Cream: helps with fine lines, wrinkles and hyperpigmentation.

-Skinny Shot: Filled with vitamins to increase energy and overall mood.

-Vitamin D3 shot (Seasonal)

Dr. Brian Gillis 8 Water St. Suite 2 Oakland, ME 04963



(207)716-1555

centralmewm@gmail.com Facebook: @drbriangillis Instagram: @thegooddocgillis 5-

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# WELCOMES SHAWN PACKARD DIRECTOR OF DIGITAL MEDIA

#### **SPECIALIZING IN VIDEO & CINEMATOGRAPHY**

Shawn earned his BS in Digital Cinematography at Full Sail University and has won 1st place among his classmates in Cinematography, Documentary and Editing for his mini documentary on local firefighters. He is currently working on his Master of Fine Arts for New Media Journalism specializing in VFX, shot design and editing. He recently created the Central Maine Sports YouTube Channel and produces and edits all high school sports videos for the channel. Check out its channel or go to CentralMaineSports.com for all your live local sports.

Call Shawn today and put his award-winning talent to work for all of your Digital Media needs.

"I'm so lucky to have a job I love in videography and photography in my home state. I love Maine, sports, and the community... giving back one memory at a time!"

Shawn Packard



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mixmaine.com

