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Out & About with Rachel Morin Russian pianists perform at Schooner Retirement Community



Tamara Poddubnaya

Story and photos by Rachel Morin

The residents of Schooner Retirement Community in Auburn were thrilled to welcome returning Russian classical pianists Tamara Poddubnaya and Ilya Ishchenko for their Classical Piano Recital on December 8 in the Camden Living Room. The classical artists were pleased as well to return to play for what has been such an appreciative audience for the past several years.

Tamara Poddubnaya, a distinguished graduate of St. Petersburg's Rimsky-Korsakov Conservatory, is one of the most popular and dynamic artists to have appeared at Schooner Estates. A native of Georgia in the Caucasus, she established herself as one of Eastern Europe's foremost keyboard artists and piano teachers. Renowned for her masterful command of a vast piano and harpsichord repertoire, she has performed to great acclaim in Europe, Asia, and the United States.

In 2007, she brought her Music Without Borders International Piano Festival to the Gould Academy campus in Bethel, where the 13th Festival will take place

in July 2019. Dr. Poddubnaya frequently serves on juries at international piano competitions and keeps a busy schedule of teaching and performing in Europe and the United States, where she is Professor of Piano at the Long Island Conservatory.

Ilya Ischchenka, 23, began his piano playing career at age 8 in his home city of Buzuluk, Orenburg Province, Russia. He graduated from Buzuluk Music College and came to the United States to continue his studies with Professor Poddubnaya. He received his diploma in piano earlier this year from the Long Island Conservatory, where he is now an Instructor in Piano.

Ilya, known to his many friends and fans as Ilyusha, has performed in Russia and Bulgaria, as well as in Maine and New York, where he is a member of the Galaxy Trio. He won first prize in the Valery Gavrilin Competition (Vologda, Russia, 2013) and the Savshinsky International Competition (St. Petersburg, 2013). In 2015, he won the gold medal at the Forte International Competition and took first prize in the LISMA International Competition, both in New York. Like

many others, he enjoys the time he spends in Maine.

Many residents arrived early to get a good seat for the concert. Some like being in the living room near the pianists for a good view, while others prefer assembling in the upper Camden Gallery, which offers a vantage point overlooking the pianists at the grand piano, and the entire Camden Living Room, below.

John Christie of Gray, the manager and producer
See Pianists, page 8

GAHS hires new Executive Director

The Greater Androscoggin Humane Society has named Katie Lisnik, formerly of Barre, Vermont, as its new Executive Director. A Maine native, Lisnik has relocated to Auburn and began her new position on November 15. She succeeds Steven Dostie, who retired this summer after 38 years of service.

Lisnik brings 20 years of experience serving pets and their owners in a variety of capacities, as well as extensive management experience in non-profit animal welfare. Most recently, she served as the Director of Companion Animal Public Policy at the Humane Society of the United States. Prior to that, she held other positions at the HSUS, including directing their cat-related programming and as the Maine State Director. Her additional experience includes work in program management at an animal shelter in Southern Maine, as an animal control officer, and in hands-on animal care at a veterinary boarding clinic and Southern Maine shelter.

Lisnik was selected for the executive director position through a competitive search process that included both local and national applicants.

"I am excited and



Katie Lisnik, with Dasher

proud to lead this dynamic organization as we continue to expand our reach into and beyond the greater Lewiston-Auburn community," she said. "We want to help even more animals in need and make a positive impact on the pets and people we serve."

Located at 55 Strawberry Avenue in Lewiston, the Greater Androscoggin Humane Society provides a safe haven for over 4,500

sick, homeless, needy, and abused animals in the greater Androscoggin area each year. The primary support for the shelter comes from fundraising events and donations of generous supporters. If you are interested in learning more about volunteering at the shelter or adopting an animal, call 783-2311 or see www.SavingPetsInMaine.org. You can also join them at www.facebook.com/GAHumane.

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Newsmakers, Names & Faces

Morse Library changes hours for 2019

In a move designed to better meet the needs of its patrons, the Board of Directors of Morse Memorial Library in Greene has announced that the library will change its hours. Starting the week of January 7, the library will be open Tuesday, Wednesday, and Thursday from noon to 7 p.m., Friday and Saturday from 9 a.m. to 3 p.m., and closed Sunday and Monday.

“We’re seeing more and more families use the library after school, and we feel that being open until 7 p.m. for three consecutive days during the school week will make it easier for them to get in,” said Librarian

Steve Bouchard. “We’ll still be open the same number of hours per week, and we’ll still have three late days and two early days. We’re just adjusting that mix to better reflect changing traffic patterns.”

The library’s current hours, which haven’t changed in over five years, are Monday, Tuesday, and Thursday from noon to 7 p.m., Wednesday and Saturday from 9 a.m. to 3 p.m., and closed Friday and Sunday. According to Bouchard, an added benefit to the change might be to make the hours easier to remember.

“Like most public li-

braries, we want to be open early on some days and late on other days to accommodate our patrons’ different work schedules,” he said. “By arranging our late days consecutively, our early days consecutively, and our closed days consecutively, it might be easier for those planning to stop in to remember when we’re open for business.”

Morse Library is at 105 Main Street in Greene Village, just off Route 202 and a quarter mile down from Greene Central School. For more information, call 946-5544 or see www.morse.lib.me.us.

CCU helps feed children through Auburn PAL



Pictured here (l. to r.) are Christina Carter of Community Credit Union, Thomas Poulin and Rita Beaudry of Auburn PAL, and Matthew Shaw of CCU.

Community Credit Union has presented the Auburn Police Activities League with a check in the amount of \$250. Each day, the Auburn PAL Center hosts between 50 and 90 children, many of whom receive their only meals of the day at school and the

PAL Center. The PAL Center is a self-sustaining program supported by donations, fundraisers, and Chef Tom Poulin’s Science Through Cooking Program, through which students cater events. Community Credit Union raised the funds through its participation

in the Maine Credit Union League’s ongoing Campaign for Ending Hunger. CCU has branches at 144 Pine Street in Lewiston, 40 Stanley Street in Auburn, and 1025 Auburn Road in Turner. For more information, see www.community-creditunion.com.

NRCS working group seeks public input for 2019

The Androscoggin Valley Soil and Water Conservation District will host the annual meeting of the USDA Natural Resources Conservation Service’s local working group on Saturday, January 5, from 10 a.m. to 1

p.m. at the Grange Hall at 44 Harris Hill Road in Poland. The meeting is open to the public. The group is seeking public input on identifying natural resource concerns in Androscoggin and Sagadahoc Counties,

prioritizing which resource concerns to address, the group’s 2019-20 programs, and where to prioritize funding. A free lunch will be provided. To register, call the Conservation District by December 28 at 241-5374.

Youth Council seeks restaurants for “Shine on Lewiston: Let’s Go Eat!”

There are a lot of great restaurants in Lewiston! That was the sentiment of Lewiston Youth Advisory Council members at their recent meeting. Continuing their “Shine on Lewiston” campaign, the group wants to highlight Lewiston as a destination point for good food.

Towards that end, “Shine on Lewiston: Let’s Go Eat!” will take place on Thursday, Febru-

ary 7, from 6 to 8 p.m. at the Gendron Franco Center in Lewiston. Various Lewiston restaurants will be on hand to share free food samples and stories about how they got their start and doing business here in Lewiston. Ethnic foods will be marked on the sample tables by the flags of their related countries. The event is free and open to the public; food samples will be available on a first-come,

first-served basis while supplies last.

Lewiston restaurant owners who would like to participate are asked to contact the Lewiston Youth Advisory Council. There is no entry fee to participate. Due to space limitations, the council will select 20 restaurants that represent the various cuisines of Lewiston. To express your interest, please call 513-3018 or email dotie@lewistonmaine.gov.

Maine Chamber selected for national Career Readiness Lab

The Maine State Chamber of Commerce is one of five state and local chambers across the country selected by the U.S. Chamber of Commerce Foundation to participate in its national Career Readiness Lab. The selected agencies will receive \$95,000 to implement a work-based learning program to better connect students with academic and experiential learning opportunities in their communities.

The Maine State Chamber will use the grant to help fund a state-of-the-art mobile remote training

program to connect businesses with area students, thereby bringing skilled trades industry and hands-on education to all corners of the state.

“We are excited to help connect students in rural, harder-to-reach areas of the state with innovative educational and learning opportunities,” said Ben Gilman, president of the Maine State Chamber Education Foundation. “These new experiences will get more students interested in and prepared for the careers and jobs Maine’s diverse employers are looking to fill.”

The U.S. Chamber of

Commerce Foundation’s Career Readiness Lab seeks to build a network of chambers dedicated to filling the talent gap by developing and implementing strategic programs that promote work-based learning and employment practices. Each participating chamber will implement a program that creates new opportunities for students and employers aligned to the economic needs of their region. Advised by national experts, participants will establish sustainable, scalable models of work-based learning that can be replicated by chambers of commerce across the country.

“With nearly 6 million young adults both out of school and work, there is clearly a talent gap between the needs of the business community and how future talent is being prepared for careers,” said Cheryl Oldham, senior vice president of the U.S. Chamber Foundation Center for Education and Workforce. “The U.S. Chamber Foundation has a rich history of building capacity for employers to meet their talent needs and expand economic opportunity. Through this work, we have identified one primary avenue for new forms of business engagement in career readiness: work-based learning.”

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Governor's Address: George H.W. Bush was "Maine's President"

Dear Maine Taxpayer,

It was with great sadness that Ann and I learned about the passing of George H.W. Bush last week. He was a man who truly dedicated his life to his family and to his country.

George Herbert Walker Bush served as the forty-first President of the United States from 1989 to 1993. He was a New Englander, born in Massachusetts and growing up in Connecticut. He spent every summer at his family's home in Kennebunkport. Walker's Point was the Bush family retreat for more than a century, beginning with the President's father and mother, Prescott Bush and Dorothy Walker.

Although he moved

to Texas to work in the oilfields, his heart stayed in Walker's Point. President Bush and his wonderful wife Barbara, whom we also lost this year, were active members of the Kennebunkport community.

They put Maine on the international map, welcoming national and international leaders to Maine's coast for many years - as Vice President, President, and during the presidency of his son, George W. Bush. But they also participated in the events that make our small-town way of life so sought after: watching Memorial Day Parades, attending pancake breakfasts and community fundraisers, reading to children at the library, and going to church.

In July 2017, President Bush said Kenne-



Governor Paul R. LePage

bunkport "has always been a part of my life - a place where our big, close family has always come together surrounded by good friends and wonderful townspeople. In that sense, Kennebunkport has been my anchor to windward through a full and challenging life. It has kept me grounded and focused

on what is really important." That is a wonderful compliment to the people of Kennebunkport and Maine.

The Bushes have given so much to our state. Their support of the Barbara Bush Children's Hospital at Maine Medical Center in Portland is a high-profile example. Having lost their own daughter, Robin, to leukemia when she was 3 years old, helping children live long and healthy lives was an obvious fit. Their support of Maine's largest children's hospital has helped thousands of families facing one of life's most difficult challenges, the illness or injury of a child.

For 17 years, President Bush hosted a charity golf event to benefit Gary's House, a program of Mercy Hospital. Gary's House

offers a "home away from home" to families whose loved ones are receiving medical treatment in Portland. This annual George H.W. Bush Golf Classic has raised hundreds of thousands of dollars and brought celebrities, sports stars, and former presidents to Cape Arundel Golf Club.

Barbara's chosen charity as first lady was literacy, and she brought her support home to Maine. The Barbara Bush Foundation for Family Literacy has supported reading education initiatives across Maine. My wife Ann was blessed to have the opportunity to join forces with Barbara to help spread a love of reading in Maine's children. These are just a few examples of their kindness.

This year, the Maine

people have shown an outpouring of respect and gratitude for President George H.W. Bush's great service to our nation. They also remember him and Barbara as kind neighbors and good friends. I urge all Mainers, especially our public figures, to strive to be the kind of people and leaders George and Barbara have been. They are the best role models we can have.

We thank the entire Bush family for their support of Maine, our people, and our worthy charities. Know that your parents will never be forgotten in our hearts.

Thank You,
Paul R. LePage
Governor

Alfond Foundation grant will support short-term training programs at Maine community colleges

A \$3.6 million grant from the Harold Alfond Foundation to the Foundation for Maine's Community Colleges (FMCC) will enable Maine's seven community colleges to expand and strengthen short-term training for both incumbent workers and those seeking to enter the workforce.

The Alfond Foundation's gift, combined with a \$420,000 grant contributed by KeyBank in May 2018, will support new short-term training initiatives in four key Maine industries: health care, information technology, construction, and manufacturing and trades.

"Our community colleges are key to addressing Maine's workforce challenges," said Greg Powell, Chair of the Harold Alfond Foundation, in announcing its latest grant to FMCC.

"They are leading the way, opening the door to opportunity for more Maine people through innovative education and training that meet both the immediate and long-term needs of students and the state. We are pleased to continue to partner with them in this important work."

The funds will also support the development of new educational pathways that lead from short-term training to college credits and credentials. These will include the introduction of industry-recognized badges, awarded to document specific skills gained through short-term training modules that address workforce needs in key Maine industries.

"The Alfond Foundation's gift recognizes the critical role our community colleges play as engines of

economic growth and upward mobility," said John McKernan, former Maine Governor and Chair of the Foundation for Maine's Community Colleges. "This grant provides critical fuel for the engine and will allow the colleges to speed delivery of new training programs and partnerships at a time when they are so badly needed across the state."

The Alfond gift brings to nearly \$39 million the amount raised by the Foundation for Maine's Community Colleges since it was established in 2009. The Harold Alfond Foundation has been a major contributor to the Foundation for Maine's Community Colleges. Its gift of \$10.85 million in 2012 funded the establishment of Kennebec Valley Community College's Harold Alfond Campus in Hinckley.

Detachment 810 collects Toys for Tots



In conjunction with Montello Heights of Lewiston, the Marine Corps League's Central Maine Detachment 810 collected over six boxes of donated toys this season for the Marine Toys for Tots Foundation. Pictured here (l. to r.) are Commandant Charlie Paul, Krystian Fitzgerald, and Sgt.-at-Arms Cliff Plourde.

HR Thursdays presents "LGBTQ and Diversity"

The next HR Thursdays program presented by the LA Metro Chamber of Commerce, Central Maine Human Resources Association, and Lewiston CareerCenter will focus on "LGBTQ and Diversity." The workshop will take place on Thursday, December 27, from 12 to 1:30 p.m. in the chamber's conference

room at 415 Lisbon Street in Lewiston.

"LGBTQ" - what does that term mean for businesses as they diversify their workforce? How can they be inclusive and proactive in their recruitment and retention efforts? Representatives of Community Health Options and TD Bank will lead the session, which will

be an opportunity to ask questions, get advice, and get started on some tangible next steps.

The registration fee is \$25 for chamber members and \$50 for non-members; CMHRA members attend free of charge. Questions may be directed to 783-2249. To register, see www.LAMetroChamber.com.

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LRTC students create video tour of Lewiston H.S. campus



LRTC students work to organize the opening shot.

Multimedia students at Lewiston Regional Technical Center have put together a video tour of various key locations on the Lewiston High School campus to help visitors find their way as parts of the campus are reorganized through new construction.

The two-minute video shows the new athletic fields behind Lewiston High School, the construction site of Connors Elementary School, LRTC, the Green Ladle, the gymnasium entrance at the rear of the high school, and the Lewiston Adult Education office in the high school lobby. LRTC and Lewiston Adult Education share the building with Lewiston High School.

Mike Reagan, Education and Marketing Director for Lewiston Adult Education, came up with the idea of a video after working with LRTC students to create a commercial about Lewiston Adult Education. “I wanted to find a bet-



The video tour is hosted by LRTC student Autumn Pomerleau.

ter way to show members of the public how to get to places around our building, but I don’t have all the video, editing, and graphics skills the multimedia students have,” said Reagan. “By using skills they’ve learned in Sylvie St. Amand’s class, the students did an outstanding job showing all the different destinations in the area.”

The video is hosted by LRTC student Autumn Pomerleau. Classmates who

helped create it include Kayla Harding, Dan King, Jillian Reissfelder, Kellen Painter, Nolan Perkins, Amber Veilleux, and Cole Whitten. The students attend Lewiston, Oak Hill, Leavitt Area, and Poland Regional high schools.

The video is posted on YouTube and will also appear on the public access channel Great Falls Television. The YouTube link is <https://youtu.be/85toeLX-QWlQ>.

Wright joins Maine Community Bancorp

Maine Community Bancorp, the mutual holding company of Biddeford Savings and Mechanics Savings Bank, has announced that Jeff Wright has joined the team as Senior Vice President, Senior Operations Officer.

Wright comes to Maine Community Bancorp with over 20 years of experience in the financial services industry. He began his career as a financial consultant with Salmon Smith Barney. Most recently, he served as Senior Vice President, Retail Sales and Operations Manager at Northeast Bank.

In his new position, Wright is responsible for operational oversight of deposit and loan operations, facilities, and project management for both Biddeford Savings and Mechanics Savings Bank.

Wright holds a Bachelor of Arts from Stonehill



Jeff Wright

College. Outside of work, he is actively involved in the community and serves on the board of directors for Junior Achievement of Maine.

UMF among most affordable LGBTQ-friendly colleges

A close, welcoming community of independent thinkers, the University of Maine at Farmington has been ranked one of the most affordable LGBTQ-friendly colleges and universities by Student Loan Hero, an online resource that helps students live their best financial life.

Out of more than 130 colleges and universities, UMF was ranked number 15 of most affordable out-of-state colleges and number 21 of most affordable in-state colleges. Other schools listed include Princeton University, Amherst College, Williams College, Swarthmore College, Duke University, Colgate University, and University of Pennsylvania.

Student Loan Hero based its rankings on the

Campus Pride Index that highlights colleges that are committed to creating an inclusive environment for LGBTQ students and their allies on campus. It looked at schools that scored four stars or higher out of five and ranked them according to affordability for students.

Affordability is based on the published attendance costs (2017-18 academic year) and average grant and scholarship awards (2015-16 academic year) as reported by the National Center for Education Statistics’ Integrated Postsecondary Education Data System.

The Campus Pride score is based on eight LGBTQ-friendly factors, including policy inclusion, support and institutional commitment, academic life, student life, housing, cam-

pus safety, counseling and health, and recruitment and retention efforts.

A nationally recognized liberal arts college known for its commitment to student success, UMF provides a challenging yet supportive environment to prepare students for both careers and further study. Rooted in a tradition of teacher preparation, UMF offers top quality programs in the arts and sciences, teacher preparation, and pre-professional studies. Located in the heart of Maine’s four-season outdoor recreational region, UMF is a welcoming, close-knit academic community that prepares students for engaged citizenship, enriching professional careers, and an enduring love of learning.

Letter to the Editor: Spoiler Alert

By Andy Torbett

We’ve come some distance from where we started. The destination has none of the trappings advertised and, it seems, we are nowhere near the place we were promised to be. This was not in the brochure.

With the CD 2 race breaking records for the amount of money spent, Mainers are wondering, while standing knee deep in all the residue left over from campaign mud-slinging, why they find themselves burdened with more of everything that RCV promised to eliminate.

The grandiose, Utopian promise of kinder, gentler, majority approved, and fiscally spartan campaigns has proven to be as fraudulent as the “every-one-gets-a-trophy” voting platform it’s built on. But when have Utopian promises ever come true?

The fundamental premise of RCV is flawed and its genesis is suspect at best. The idea that any

other candidates than the two major party candidates are spoiler candidates is bereft of any respect for the right of the individual. Furthermore, the idea that there should only be two final choices flies in the face of the tenets of our Republic, which promises that any person who qualifies may aspire to public office. RCV smacks of old-world European socialism, which grants the people opportunity to choose between two government-sanctioned parties.

The frustration with “spoiler candidates” is not new. Republicans were livid with Ross Perot for what they perceived as a sabotage of President George H.W. Bush’s second term, paving the way for the Clinton machine. No matter what side of the political divide cries foul, the Republic has always afforded an avenue for all voices to call for power, with the candidate who emerges from the din with a majority, of whatever variety, winning.

Maine has even had a spoiler candidate for a Governor. Angus King somehow emerged from the shrouds of spoilage to gain a plurality of votes. With Governor King, for this conservative, the temptation to try and delegitimize a duly elected official based on the current political climate is real, but in fairness, that’s left to a Trump-crazed media and... Ranked Choice Voting.

It’s still more than ironic that those who decry the challenges to RCV as an assault on the voter’s confidence in the voting process spent millions in an effort to erode the voter’s confidence in the voting process in order to pass RCV. One person, one vote: it’s that simple.

Giving a little child an unearned trophy to take away the sting of losing is a bad way to raise children and an even worse way to elect our government.

Andy Torbett (meconservativevoice@gmail.com) writes from Atkinson, Maine.

Age-Friendly Committee changes meeting dates

Due to New Year’s Day falling on the first Tues. of the month, Auburn’s Age-Friendly Community

Committee has changed its meeting dates for January to Jan. 8 and 22. The meetings will take place at 5:30 p.m. at

the Auburn Senior Community Center in Pettengill Park. The regular meeting schedule will resume in February.

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Senator Collins participates in Wreaths Across America ceremony at U.S. Capitol



U.S. Senator Susan Collins recently participated in the Wreaths Across America wreath laying ceremony at the U.S. Capitol. Beginning in 2007, and each December since, Wreaths Across America, based in Columbia Falls, Maine, has placed a remembrance wreath at the Capitol. The wreath is adorned with flags representing each branch of the U.S. Armed Forces, as well as the POWs-MIA flag. It is decorated with a red bow.

During the ceremony, which coincided with similar ceremonies at all 50 state capitols across the country, Senator Collins delivered remarks and joined in a moment of silence to reflect on the holiday season and to honor and remember our nation's veterans and their families for their service and sacrifices.

"Wreaths Across

America is a powerful demonstration of respect and appreciation for our veterans - both those that we've lost and those still with us," said Senator Collins. "This is the work of many volunteers, many supporters, and many hands. I am so proud that this heartfelt expression of gratitude originated in the great State of Maine. We Mainers have always had special affection for those who have served. Thanks to the spirit of this tradition, we will remember and honor America's veterans this holiday season, while also teaching generations to come of the sacrifices that have been made to secure our freedoms and to defend our liberty."

A convoy of volunteers and thousands of Maine-made balsam wreaths departed from Maine on December 9, stopping along the way at schools and commu-

nity centers for assemblies and other events. Senator Collins spoke at a convoy stop in Ellsworth. The wreaths arrived at Arlington National Cemetery on De-

cember 15. Thousands of volunteers are expected to lay the wreaths at the graves of each American veteran. In addition to Arlington Na-

tional Cemetery, volunteers will place approximately 1.2 million wreaths at more than 1,200 locations in all 50 states and numerous national veteran cemeteries

on foreign soil. For the first time this year, wreaths will be laid at the Normandy American Cemetery and Memorial in Colleville-sur-Mer, France.



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CDC

Continued from page 4

Frequent hand washing and covering a cough by coughing into a sleeve or tissue can help prevent the spread of illness.

Those sick with the flu should stay home until 24 hours after the fever resolves without medication. Those sick with whooping cough should stay home until they have completed five days of antibiotics. As a general rule, it is important to stay away from people who are sick to avoid the spread of disease.

If you have additional questions, call Maine CDC's 24-hour Disease Reporting Hotline at 1-800-821-5821.

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**. Deadline is **Friday by five.**

Senate unanimously passes Collins, King resolution marking “Wreaths Across America Day”

The Senate unanimously passed a resolution introduced by U.S. Senators Susan Collins and Angus King designating Saturday, December 15, 2018, as “Wreaths Across America Day.” On December 15, a convoy of volunteers arrived at Arlington National Cemetery to lay Maine-made balsam wreaths at the headstones of American veterans interred there.

This year, Patriot Guard Riders once again

continued their tradition of escorting the wreath trucks from Maine down the East Coast, along with other patriotic escorts, including motorcycle units, law enforcement officers, and first responders. Tens of thousands of volunteers are expected to participate in this proud tradition.

“In its 27-year history, Wreaths Across America has become an enduring symbol of valor and sacrifice, and reaffirms our never-ending

obligation to thank those who served in defense of our nation,” said Senators Collins and King in a joint statement. “This Maine-led tradition is an inspiring example of the generosity and gratitude to our nation’s veterans that makes the holiday season so special. We are grateful for the hundreds of thousands of volunteers who ‘Remember, Honor, and Teach’ through Wreaths Across America.”

Strengthening Guardianships to Protect Seniors from Financial Abuse

By Sen. Susan M. Collins

Protecting older Americans from financial fraud and exploitation has long been one of my top priorities as Chairman of the Senate Aging Committee. From our toll-free fraud hotline to new laws such as Senior Safe I authored to encourage financial institutions to flag suspicious activity, the Committee’s efforts to combat fraud and crack down on criminals have produced results.

One of the most appalling frauds committed against seniors involve abusive guardianships that take advantage of vulnerable older Americans. These guardians, whether public or private-sector professionals or family members, are entrusted with significant power over individuals who rely on their support. Their authority can range from deciding where an individual will live and when to seek medical care to deciding whether family members and friends are allowed to visit and how to spend retirement savings.

An estimated 1.3 million adults are under the care of guardians who control approximately \$50 billion in assets. Although guardians provide a valuable and essential service for many Americans in need of support and protection, unscrupulous guardians acting with little oversight have used guardianship proceedings to obtain control of individuals and have then used that control to liquidate assets and savings for their own personal benefit.

While we have all heard appalling stories of the fraud that can be perpetrated against vulnerable individuals, there are also

many stories of guardians and conservators who have protected seniors against such abuse, preserving both their dignity and their assets.

For instance, when a pastor in Maine allegedly befriended an elderly woman under false pretenses at an assisted living facility last year, it was her conservator who stepped in and prevented exploitation. Before the pastor could steal her money and assets, the conservator notified the police and put a stop to the abuse. It is not difficult to imagine the harm that could have come without the intervention of this trusted guardian.

The Aging Committee is working to help ensure that such success stories become the norm. This year, we held two hearings on this issue as part of a year-long examination of ways in which the system can be improved to better protect individuals subject to these and similar arrangements from abuse, neglect, and exploitation.

Throughout the course of our investigation, we heard harrowing tales from families around the country who are struggling with abusive guardians. We also spoke with families who had heartening stories to share - of dedicated and faithful guardians stepping up to protect the assets of seniors with dementia and other conditions affecting capacity.

At our most recent hearing, on November 26, we released a report titled, “Ensuring Trust: Strengthening State Efforts to Overhaul the Guardianship Process and Protect Older Americans.” The bipartisan report addresses three key areas - the importance of

guardianship oversight, alternatives to guardianship, and the need for improved data - and makes 13 recommendations.

Among the expert witnesses at that hearing was Bethany Hamm, Acting Commissioner of the Maine Department of Health and Human Services, who provided information on Maine’s Adult Protective Services and public guardianship program. Ms. Hamm also described a recent update to Maine’s Uniform Probate Code that establishes private guardians’ duty to report annually on the condition of the adult and account for money and other property in guardians’ possession or subject to guardians’ control.

The Committee’s report outlines policy recommendations at local, state, and federal levels that would improve outcomes for Americans subject to guardianship. Many of these recommendations are reflected in legislation that Ranking Member Bob Casey of Pennsylvania and I have authored, called the “Guardianship Accountability Act.” This bill would promote information sharing among courts and local organizations as well as state and federal entities, encourage the use of background checks and less restrictive alternatives to guardianship, and expand the availability of federal grants targeted at improvements to the guardianship system.

The Committee’s investigation uncovered significant challenges in guardianship. Our report and legislation provide practical steps that can be taken to improve a system that is intended to help safeguard those who need it most.

What’s Going On

Don’t Let Worry Get The Best Of You

From the American Counseling Association

In today’s world, countless things can cause us to worry. Our health, job security, financial issues, school shootings, current politics... the list of potential worries seems endless.

While we can’t eliminate all our stresses, being worried about real things can and does perform a needed function in our lives - it can lead to action.

On the other hand, needless worry can actually be harmful. Needless worry adds unwanted stress to our lives and can even dramatically increase the health risks we face. The secret, of course, is identifying whether a thing causing worry is a real or a needless worry, and learning how to deal with each one.

When faced with anxiety and worry, our body reacts by pumping out a variety of chemicals, such as adrenaline, that cause vari-

ous physiological reactions. These chemicals fueled our ancestors’ “fight or flight” reaction when that angry bear attacked. Although we seldom face bears today, our bodies still react the same way. Sustained, chronic worry can raise our risk of heart attack and stroke, increase blood pressure, lead to high cholesterol levels, and give us stomach aches, headaches, and even back pain.

The starting point is identifying if the worry bothering us is real or needless. Often it helps to discuss the cause of your worry with someone else. If it is a real concern, one that you can do something about, then you want to channel that worry into action. Begin by making a plan for dealing with the cause of your worry, then carry it through. When you react this way, you’re making a positive use of worry.

But if the cause of your worry is something beyond your control, you need to

act to counter that worry rather than letting it build up inside you. Sometimes that simply means thinking about something over which you do have control or taking a simple action to take your mind off that needless worry.

If watching the news, for example, makes you stressed and worried, stop watching. If the worry is still with you, refocus by doing something positive. Go for a walk, call a friend, or take a long bath. Your goal is to stop dwelling on those things you really can’t do anything about.

If chronic, especially needless worry is negatively affecting your daily life, consider seeking help from a professional counselor who can help get worry under control.

Counseling Corner is provided by the American Counseling Association. Send comments or questions to ACACorner@counseling.org or see www.counseling.org.

Send all items for **Names & Faces** to Editor@TwinCityTimes.com.
Deadline is **Friday by five**.

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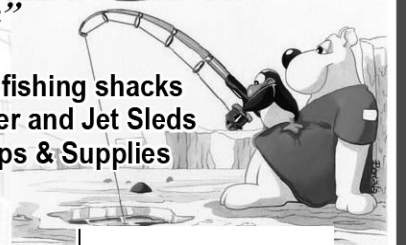
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Pianists

Continued from page 1

of the recital, greeted the early arrivals and engaged in conversations with the residents assembling, many of whom he recognized from previous years.

The first half of the program opened with Ilya Ishchenko playing two Etudes by Alexander Scriabin (1871-1915) and two pieces, the Hungarian Rhapsody No. 6 and La Campanella, by Franz Liszt (1811-1886). Tamara Poddubnaya presented the

second half, performing Klavierstück No. 1, D. 946 by Franz Schubert (1797-1828), Polonaise-Fantaisie in A-flat major, Op. 61 by Frederic Chopin (1810-1849), and Consolation by Franz Liszt. Poddubnaya prefers playing after her student, who is now a piano instructor. She is very proud of his many accomplishments.

At the concert's conclusion, residents formed double lines to speak to the artists, expressing their thanks and appreciation for the pianists returning to Schooner each year.

As the artists bid their



Rachel Hayes, Aline Fournier, and Mitsie Livermore were the very first arrivals.

goodbyes, they were on their way to Gould Academy to perform another classical piano concert there. Later, Poddubnaya would also

have an audience with piano students who would play for her, with the possibility of being accepted as students for continued piano study.



Art Turner, Ralph Gould and Dell Hayes were the first men to arrive for choice seating.



From left: Bob Davis, Arlene Fellman, Dot Hunter, Sylvia Everett, and Joyce Richard enjoy their vantage point in the gallery, overlooking the grand piano and artists in the Camden Living Room below.



Cornelia Bowe, Donna Hobson, and Gloria Jennings are happy with their front row seats in the gallery.

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Ilya Ishchenko



Bob and Nancy Hurd, with Mary Lou Hurd, were looking forward to meeting the pianists.



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What's Going On

Wicked Illustrations hosts solstice celebration and exhibit

December 21 is the official first day of winter and the longest night of the year, the Winter Solstice. Wicked Illustrations Studio and Gallery in Lewiston will host a traditional solstice celebration featuring an art exhibit inspired by the season on Friday, December 21, from 7 to 9 p.m.

Called “The Magic of Winter: A Solstice-Inspired Night,” the event will feature art by house artists, wine, music, and even a traditional yule log. The event will also have an added bonus. The primary intention of most winter solstice celebrations is to release the dark in favor of the light, the old in favor of the new, and to welcome back the light as each day begins to grow longer.

Guests are invited to release the old and leave with something new. Bring an item that represents something you wish to release in the New Year and leave with a complimentary candle to light



Part of artist Melanie Therrien’s Tree of Life series, “Solstice Tree” is among the works that will be on display at the event.

and send out your good intentions for yourself and for the world. Participants can make their intentions even stronger by lighting their candles at midnight on the night of the event. If you can’t make the event, candles are available at Wicked Illustrations.

The event is free and open to the public. The exhibit will be on view through January. Wicked Illustrations Studio and Gallery is located at 140 Canal Street in Lewiston. For more information, see www.wickedillustrations.com.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Franco Center offers holiday pies

Again this year, Gendron Franco Center Chef John Pulsifer and his staff will bake homemade pies for people to pick up on the two days before Christmas. A wide variety of pies are available, including Tourtiere (ground pork), fresh red salmon, fruit pies (apple, blueberry, blackberry, cherry, strawberry, and others), and soft filling pies

(lemon meringue, Boston cream, various custards, pumpkin, and others).

The pies range in price from \$13 to \$19 (sales tax included). Gluten-free crusts and "no sugar added" fillings are available for an additional \$5 per pie. All pies will be made to order and must be paid for when the order is placed. The deadline for ordering

is Friday, December 21 at 4 p.m. Pick-up times will be Sunday, December 23, from 12 to 4 p.m. and Monday, December 24, from 9 a.m. to noon.

To place an order, stop in any day between 9 a.m. and 4 p.m., call the center for an order form at 783-1585, or visit francocenter.org.

MCP Kids schedules auditions for "Great American Talent Show"



Monmouth Community Players will host auditions for their first ever kids production, "The Great American Talent Show," on Saturday, January 5, from 2 to 3 p.m. and Sunday, January 6, from 3 to 4 p.m. The shows will take place February 23 and 24. There are 12 roles available for students in Grades 3 through 8. The auditions and shows will take place at Cumston Hall in Monmouth.

Renowned playwright Joseph Robinette's "The Great American Talent Show" is a parody of "American Idol," "America's Got Talent," and other popular TV talent shows. On the final night of a year-long

TV talent show to end all talent shows, the finalists anxiously await their final shot at fame and fortune. Three self-important judges - including the brutally honest token British character - cajole or praise each contestant in hilarious ways.

Who will win the tournament of champions? Will it be the girl who sings a ludicrous "heartbreak" song? An eager comedian with laughably old jokes? Perhaps the kazoo-playing one-man band? The laughs are big even if the talent is small. Staging is simple and everyone gets their moment in the spotlight. Also, there's flexibility in the number of finalists, so the cast can be

almost all male, all female, or any combination in between.

Led by local thespian and MCP board member Danny Gay, MCP Kids is open to kids in the Monmouth schools and surrounding areas. Participants will work to develop their stage presence by staging children's shows throughout the season. This is also a great opportunity for teens to learn the tricks of the trade, including directing, lighting design and operation, stage management, and more. Watch their website for other auditions and upcoming opportunities. For more information, email Daniel.c.gay@gmail.com.

V-Day aUbUrn plans auditions for "Vagina Monologues"

V-Day aUbUrn will hold auditions for its 2019 production of "The Vagina Monologues" on Sunday, January 6, from 11:30 a.m. to 12:30 p.m. and Monday, January 8, from 6 to 7:30 p.m. at First Universalist Church of Auburn. This year's production will be directed by Dawn Sullivan and dedicated to a former V-Day actor and director, the late Melissa Stevens.

Women, or those who identify as female, may audition. Audition materials will be provided. Monologues will be read in the show and need not be memorized. The dress rehearsal will take place on February 22 and the public performance will be on February 23. To request an alternate audition time, call 783-0461 or email office@auburnuu.org.

All are invited to help with various production tasks, such as ticketing and ushering. Due to adult content, participants must be 16 or older. The church is located at 169 Pleasant Street; please enter on Spring Street, across from Dairy Joy. For more information, call 783-0461 or email office@auburnuu.org.

Chocolate Church plans auditions for "Plaza Suite"

Chocolate Church Arts Center in Bath will hold open auditions for its upcoming production of Neil Simon's "Plaza Suite" on Wednesday and Thursday, January 2 and 3, at 7 p.m. The auditions will take place in the center's annex at 804 Washington Street. The show will be performed in the annex February 22 through 24 and March 1 through 3.

This comedy presents three separate vignettes about relationships,

all of which take place in suite 719 of the Plaza Hotel in New York City: New Yorkers Sam and Karen Nash have differing ideas about how to celebrate their "twenty-something" anniversary; womanizing Hollywood movie producer Jesse Kiplinger uses the two free hours of his whirlwind visit to the city to seek a love connection; and Mimsey gets cold feet just hours before her wedding, sending her parents, Roy and Norma, into a hilarious tizzy.

The production will be directed by Mort Achter and produced by Thom Watson. They are seeking to fill five male and four female roles by actors in their late teens or older. Those auditioning should prepare a comic monologue and be willing to read from sides provided from the script. They should also be able to list any conflicts they may have during the rehearsal period, which starts in early January. For more information, call 442-8455.

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New Year's Auburn

Help the city kick off its year-long Sesquicentennial (150th) Anniversary celebration in 2019 at the first-ever New Year's Auburn. Kicking off on Main Street in Downtown Auburn at 6 p.m., the event will feature live music by Hello Newman!, the L-A Harley Band, and Justin & Shelley Carver. There will be food trucks, cash bars, and fireworks at midnight. Admission is free.

Concert pianist performs at Franco Center this weekend



Diane Walsh

The distinguished American concert pianist Diane Walsh will make her Gendron Franco Center debut on Friday, December 21 at 7 p.m. The latest entry in the center's 2018-19 Piano Series, the program will reflect Walsh's vast and varied repertoire, featuring works by J.S. Bach, Liszt, Brahms, and "A Little Suite for Christmas, A.D. 1979" by American composer George Crumb.

A Steinway Artist, Walsh has appeared throughout the world in solo recitals, concerto performances, and with chamber ensembles. Abroad, she has appeared with orchestras in Germany, the Netherlands, the Czech Republic, Russia, and Brazil. In the U.S., she has performed as a guest soloist with the American Symphony Orchestra and the orchestras of Austin, Delaware, Indianapolis, San Francisco, St. Louis, and Syracuse. Among the noted conductors with whom she has collaborated are David Amado, Leon Botstein, Grant Cooper, Keith Lockhart, and David Zinman. In March, she will perform the Schumann piano concerto with the Portland Symphony Orchestra under the baton of Ruth Reinhardt.

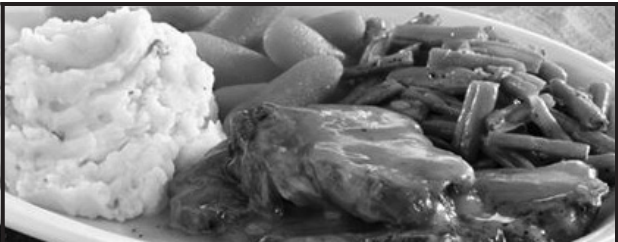
Among her many honors, Walsh has received awards at the Concert Artists Guild International Competition and the Young Concert Artists International Auditions. She has also won top prizes in the Salzburg Mozart Competition, the William Kapell International Competition, and the Busoni International Competition. She has been a prizewinner in the Van Cliburn International Piano Competition and also received that competition's chamber music award.

Walsh's work on the theater stage has broadened the public's recognition of her musical gifts. In 2007, she joined the Washington, D.C. debut production of "33 Variations," Moises Kaufman's award-winning play focused on Beethoven's last years, performing "Diabelli Variations" on stage throughout the play. She was the pianist for its opening on Broadway, which took place at the Eugene O'Neill Theater and starred Jane Fonda, appearing in 113 performances. In 2011, she joined Ms. Fonda for a five-week run in Los Angeles.

Walsh taught at the Mannes College of Music for 32 years and, in January 2014, moved with her husband, writer Richard Pollak, to Maine. In the fall of 2015, she was the Visiting Artist at Colby College.

Admission is \$15; students will be admitted free of charge. A season pass for the remaining four concerts in the series is available for \$40. A pre-concert social hour will begin when the doors open at 6 p.m.

The Dolard and Priscilla Gendron Franco Center is located at 46 Cedar Street in Lewiston. Box office hours are Monday through Friday from noon to 4 p.m. and two hours before every show. For more information or to buy tickets, call 783-1585 or see FrancoCenter.org.



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Twin City Nights

Building the set for "Lend Me A Tenor"



Set Director Dan Kane examines his construction crew's handiwork

Set Director Dan Kane and his crew have been hard at work building the set for the upcoming Community Little Theatre production of Ken Ludwig's "Lend Me A Tenor." This award-winning comedy opens at the Great Fall Performing Arts Center in Auburn on Friday, January 11 and runs for two weekends.

In this hilarious farce, opera star Tito Merelli, in a fit of despair after a huge fight with his wife, takes too many pills and suddenly slips into unconsciousness only minutes before the curtain. Max, the lowly office assistant and opera singer wannabe, is ordered to take Tito's place and fool the opera aficionados of Cleveland. With passion, egos, and several mistaken identities, emotions run rampant as the situation resolves in a spectacular ending. This fast-paced comedy will leave sides aching from laughter.

Kane, who also serves as the show's assistant director under Mitch Thomas, notes that the set for this frenetic comedy requires several strong, working doors that cast members continuously enter and exit through at a rapid pace. The play takes place in a Cleveland hotel suite in 1934.

The show will be performed January 11, 12, 17, 18, and 19 at 7:30 p.m. and January 13 and 20 at 2 p.m. Tickets are \$18, or \$15 for seniors and \$12 for students. For more information or to buy tickets, call 783-0958 or visit LACLT.com.

Check TCT every week for updated Calendar listings!

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Twin City Nights

Maine State Music Theatre announces 2019 Season

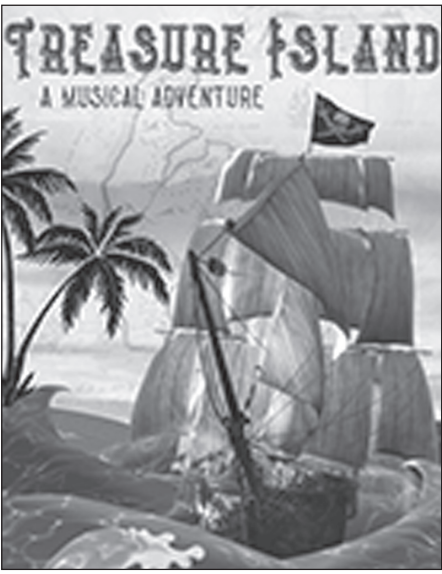


Maine State Music Theatre in Brunswick has announced the schedule for its 2019 season. MSMT's Mainstage Series of full-length musicals will kick off June 5 through 22 with a production of Duke Ellington's "Sophisticated Ladies." With the biggest tap dance sequences since 2017's "Newsies" and 2018's "Singin' In the Rain," this show is a celebration of jazz legend Duke Ellington, featuring such classic hits as "Take the 'A' Train," "I Got It Bad and That Ain't Good," "It Don't Mean a Thing (If It Ain't Got That Swing)," and the title song "Sophisticated Ladies."

Robert Louis Steven-

son's classic tale will come to musical life in "Treasure Island," running June 26 through July 13. This new version of the show, created by MSMT Artistic Director Curt Dale Clark and well-known Director Marc Robin, is a swashbuckling, high seas adventure set to a majestic and exhilarating score.

The blockbuster Broadway hit "Hello Dolly!" will burst onto the MSMT stage July 17 through August 3. Through humor, romance, high-energy dancing, and some of the greatest songs in musical theater history, this show follows the romantic and comic misadventures of Dolly Gallagher Levi, a



strong-willed matchmaker played by MSMT favorite Charis Leos. Its memorable songs include "Put On Your Sunday Clothes," "Ribbons Down My Back," "Before the Parade Passes By," "Hello, Dolly!," "Elegance," and "It Only Takes a Moment."

The greatest family musical of all time, "The Wizard of Oz," will wind its way to the main stage August 7 through 24. The entire family will delight in this show's lavish costumes, spectacular sets, and the songs "Over the Rainbow," "Munchkinland (Ding Dong! The Witch Is Dead)," "If I Only Had a Brain," "We're Off to See the Wizard," and "The Merry Old Land of Oz."

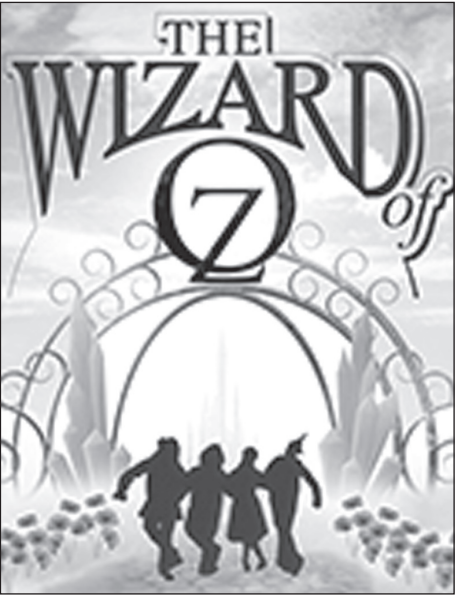
The Monday Performance Series of one-night-only concerts will begin with "Walkin' the Line: A Tribute to Johnny Cash" on June 17. Maine native Scott Moreau, who starred as Johnny Cash in last season's "Million Dollar Quartet," will relive the amazing songs of Johnny Cash in this electrifying tribute to the Man in Black.

Cabaret concert "Let-tin' the Good Times Roll" will feature the considerable talents of E. Faye Butler, who played Oda Mae Brown in MSMT's "Ghost," and Tony-nominated Broadway performer Felicia P. Fields, on July 1. This will be an



electrifying evening of jazz, blues, gospel, and show tunes presented the only way these two award-winning, powerhouse performers know how.

Concluding the concert series will be "The Music of Andrew Lloyd Webber" on July 29. The show will feature much loved standards by the Oscar-, Grammy-, and Tony Award-winning composer of some of the world's best-known musicals, includ-



ing "Phantom of the Opera," "Cats," "Evita," "Jesus Christ, Superstar," "Joseph and the Amazing Technicolor Dreamcoat," and "Sunset Boulevard."

The Theatre for Young Audiences series will present Robin and Clark's "Snow White" on June 12 and 15, Stiles and Drewe's "Three Little Pigs" on July 8, and Robin and Clark's "The Little Mermaid" on August 19.

All of MSMT's summer performances take place

at the Pickard Theater, located at 1 Bath Road in Brunswick on the campus of Bowdoin College. All series are now available as subscriptions at discounted rates. Single tickets to all shows will go on sale in April. The off-season box office is located at 22 Elm Street in Brunswick. For more information, or to buy subscriptions and gift certificates for the 2019 season, call 725-8769 or see www.msmt.org.

Ongoing groups at SeniorsPlus

In addition to a wide variety of one-time programs each month, SeniorsPlus offers several ongoing programs and groups. Some of these are listed below. Unless otherwise noted, all programs are free of charge and take place at their Education Center at 8 Falcon Road in Lewiston. The building is fully accessible; hearing assistive equipment is available upon request. For a complete program schedule, visit seniorsplus.org/education-center.

Coffee and Comfort. Meets on the first Monday of each month from 3 to 4 p.m. Facilitated by Beacon Hospice, this is a grief recovery support group where you can find help and healing for the hurt of losing a loved one.

Knitting Group. Meets Wednesdays from 5 to 7:30 p.m. Work on your own project or learn how to knit; bring yarn and knitting needles. Please use back entrance.

Caregiver Support Group. Meets on the second Monday of each month from 5:30 to 7 p.m. Facilitated by SeniorsPlus staff and volunteers, this group offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system.

Book Club. Meets on the second Wednesday of each month from 2 to 4 p.m. This peer-facilitated group reads and discusses a different group each month.

Vision Support Group. Meets on the third Monday of each month from 2:30 to 4 p.m. This is peer-facilitated support group for the legally blind and vision impaired to share how this disability affects participants daily lives. Family and friends are welcome.

Chronic Pain Support Group. Meets on the fourth Monday of each month from 2 to 4 p.m. This peer-facilitated group for people who have chronic pain was formed by participants in the "Living Well With Chronic Pain" workshop.

Caregiver Support Group II. The new, second support group will meet on the last Thursday of each month from 8:30 to 10 a.m.

and will be facilitated by staff of Woodlands Memory Care of Lewiston.

Total Strength and Balance. Meets Mondays from 11:15 a.m. to noon or 12:15 to 1 p.m.; Wednesdays from 11:30 a.m. to 12:15 p.m.; Fridays from 11:30 a.m. to 12:10 p.m. or 12:30 to 1:10 p.m. Led by Certified Trainer Linn Morin, these sessions are available for \$5 for drop-in, \$15 for six classes, or \$25 for 12 classes. One month passes are nonrefundable. Some insurance companies offer reimbursement for these classes; you must call your insurance company to find out if they do. For more info or to register, call Linn at 523-9055.

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Friday, Dec. 21

Solstice Celebration. 7 to 9 p.m. Wicked Illustrations Studio and Gallery, 140 Canal St., Lewiston. Wicked Illustrations marks the solstice with the opening of their latest art exhibit, music, and wine. Free. www.wickedillustrations.com.

Concert: Diane Walsh. 7 p.m. Franco Center, 46 Cedar St., Lewiston. The distinguished American concert pianist performs works by J.S. Bach, Liszt, Brahms, and “A Little Suite for Christmas, A.D. 1979” by American composer George Crumb. Doors open at 6 p.m. \$15 (students free). 783-1585; FrancoCenter.org.

Saturday, Dec. 22

“Purrfect Christmas Bake Sale and Bottle Drive.” 9 a.m. to 5 p.m. Sabattus Street Self Storage, 1434 Sabattus St., Lewiston. Help Tommy’s Feral Feline Friends raise funds to support their work caring for local feral cat colonies through the winter; cash donations also appreciated. Again 12/23. normblais39@yahoo.com.

Sunday, Dec. 23

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Thursday, Dec. 27

HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Representatives of Community Health Options and TD Bank discuss “LGBTQ and Diversity.” \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetro-Chamber.com.

Marine Corps League Meeting. 6 p.m. Lewiston Armory, 65 Central Ave. Central ME Detachment 810 needs members: all Marines, FMF Corpsman, Navy Chaplains, and anyone interested in helping local veterans is invited to attend.

Saturday, Dec. 29

Christmas Bird Count. 7 a.m. to 4 p.m. In this Stanton Bird Club event, participants spread to survey birds sighted within a 7.5-mile radius of the Bates College campus in Lewiston. All welcome; to participate, call 240-1380 or email seamans.linda@gmail.com.

Sunday, Dec. 30

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

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Monday, Dec. 31

New Year’s Auburn. 6 p.m. Main St., Downtown. Help the city kick off its year-long Sesquicentennial celebration at this first-ever event; live music by Hello Newman!, L-A Harley Band, and Justin & Shelley Carver; food trucks, cash bars, fireworks at midnight. Free.

Saturday, Jan. 5

Annual Meeting. 10 a.m. to 1 p.m. Grange Hall, 44 Harris Hill Rd., Poland. The local working group of the Natural Resources Conservation Service seeks public input on local concerns and priorities; lunch provided. Free. Register by 12/28 at 241-5374.

Sunday, Jan. 6

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Monday, Jan. 7

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss “A Fine Balance,” by Rohinton Mistry. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

Friday, Jan. 11

Theater: “Lend Me a Tenor.” 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents this fast-paced comedy classic involving the greatest tenor of his time, an outrageous bellhop, and mistaken identities. Again Jan. 12-13, 17-20 (Suns. at 2 p.m.). \$18/15/12. 783-0958; LACLT.com.

Sunday, Jan. 12

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. The program features the world premiere of Rich Shemaria’s “Concerto for Trumpet and Orchestra” with guest soloist Wayne du Maine.

Students free; others \$20 (cash or check) at door, by calling 846-5378, or at www.midcoastsymphony.org.

Sunday, Jan. 13

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Thursday, Jan. 17

Theater: “Lend Me a Tenor.” 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents this

fast-paced comedy classic involving the greatest tenor of his time, an outrageous bellhop, and mistaken identities. Again Jan. 18-20 (Sun. at 2 p.m.). \$18/15/12. 783-0958; LACLT.com.

Sunday, Jan. 20

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Sunday, Jan. 27

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Monday, Jan. 28

Film Screening. 6:30 p.m. Franco Center, 46 Cedar St., Lewiston. The center screens the comedy “Super Lola,” a 2013 made-for-TV movie from France; in French w. English subtitles. Free; donations accepted. www.francocenter.org.

Sunday, Feb. 3

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Monday, Feb. 4

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss “Future Home of the Living God,” by Louise Erdrich. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

Sunday, Feb. 10

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Sunday, Feb. 17

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Sunday, Feb. 24

Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors

sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.

Monday, Mar. 4

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss “Evicted: Poverty and Profit in the American City,” by Matthew Desmond. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

Ten Ways to Stay Safe as You Deck the Halls

The holiday season is here, and the American Red Cross wants everyone to stay safe from home fires as they decorate their homes for the upcoming festivities. Decorations like trees, lights, and candles increase the risk of home fires during the holidays - with Christmas, New Year’s Eve, and New Year’s Day being the top three days for home candle fires, according to the National Fire Protection Association.

The Red Cross wants people to stay safe from home fires, the nation’s most frequent disaster, by testing their smoke alarms and practicing their home fire escape plan with free resources at redcross.org/homefires.

In addition, follow these 10 simple safety tips as you put up lights and ornaments:

Check all holiday light cords to make sure they aren’t frayed or broken. Don’t string too many strands of lights together - no more than three per extension cord.

If buying an artificial tree, look for the fire-resistant label. When putting it up, keep it away from fireplaces, radiators and other sources of heat.

If getting a live tree, make sure it’s fresh and water it to keep it fresh. Bend the needles up and down

to make sure no needles fall off.

If using older decorations, check their labels. Some older tinsel is lead-based. If using angel hair, wear gloves to avoid irritation. Avoid breathing in artificial snow.

When decorating outside, make sure decorations are for outdoor use and fasten lights securely to your home or trees. If using hooks or nails outside, make sure they are insulated to avoid an electrocution or fire hazard.

If using a ladder, be extra careful. Make sure to have good, stable placement and wear shoes that provide good traction.

Don’t use electric lights on metallic trees.

Don’t forget to turn off all holiday lights when going to bed or leaving the house.

Keep children, pets, and decorations away from candles.

If hanging stockings on the fireplace mantel, don’t light the fireplace.

Every eight minutes, donations to the Red Cross help someone affected by a disaster, most often home fires. Sadly, these events take more lives each year in the U.S. than all other natural disasters combined. To prevent these tragedies, the Red Cross launched the national Home Fire Campaign

in October 2014, working with volunteers and community partners to install free smoke alarms and help families create escape plans.

Through the campaign, the Red Cross and its partners have reached more than 1.6 million people and helped save at least 474 lives, including those of at least eight Mainers, across the country by: installing more than 1.5 million free smoke alarms; making 623,000 households safer from the threat of home fires; and reaching more than 1.2 million children through youth preparedness programs.

You can help save lives by making a financial donation to support the Red Cross, signing up to become a volunteer, or taking steps to protect your own family from home fires. To learn more, visit redcross.org.

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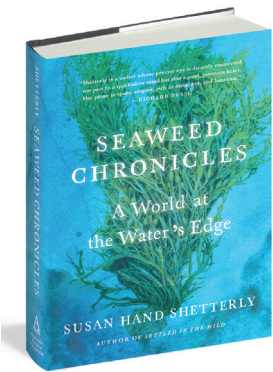
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Maine writer explores overlooked resource in “Seaweed Chronicles: A World at the Water’s Edge”



Participants in this summer’s ReadME 2018 statewide summer reading program, jointly sponsored by the Maine Humanities Council and Maine State Library and administered by local public libraries, will recognize Susan Hand Shetterly as the author of one of the program’s two featured books, “Settled in the Wild: Notes from the Edge of Town.” This collection of short, lyrical essays about a closely observed life on the margins of Maine’s natural world has been well-received by library patrons across the state.

Now Shetterly breathes life into one of the planet’s most overlooked but important life forms in her new book, “Seaweed Chronicles: A World at the Water’s Edge” (Algonquin Books, August, 2018; \$24.95). Sea-

weed Chronicles pulls back the curtain on the hidden world of this vital resource, revealing how significant it is to the planet’s health and to its sustainable future.

It’s almost impossible to go through a day without encountering seaweed, whether it’s on your favorite sushi roll, hiding in your cosmetics, or incorporated into your vitamin supplement. Even farmers in the Midwest use it for fertilizer. Beyond that, seaweed is utterly essential to our world: It produces much of the oxygen we breathe, forms the basis of all marine life, and serves as the linchpin for coastal communities across the globe.

But seaweed is also under threat. As traditional hand harvesting gives way to industrialized methods, and as more chefs, scientists, and businesses recognize seaweed’s wide-ranging applications, we run the risk of taking so much of this vital resource that it cannot replenish itself, destroying entire ecosystems.

Beginning in her native Maine and expanding to Canada, Wales, Japan, the Philippines, and beyond, Shetterly pulls back the curtain on the hidden world

of seaweed. Through her own research and interviews with marine biologists, conservationists, aquaculturists, and others, she offers a look into the extraordinary life cycle of seaweed, teaching readers about its role in local environments and its interconnected global significance.

Shetterly also introduces us to the people and communities that depend on seaweed and how they are working to protect this critical natural resource. She examines the big questions of conservation that have come to light: “What must remain wild for the health of the planet, and what can we responsibly take, as we face climate change and diminishing natural resources?” she asks.

Susan Hand Shetterly is the author of the essay collections “Settled in the Wild” and “The New Year’s Owl,” as well as several children’s books, including “Shelterwood,” named an Outstanding Science Trade Book for Children by the Children’s Book Council. She has received a non-fiction writing grant from the National Endowment for the Arts and two grants from the Maine Arts Commission.

10 Surprising Things You Didn’t Know About Seaweed

From “Seaweed Chronicles: A World at the Water’s Edge” by Maine author Susan Hand Shetterly (Algonquin Books, August, 2018; \$24.95).

Seaweeds are not plants, but algae - similar to the one-celled phytoplankton most people associate with the term. More specifically, seaweeds are macroalgae, meaning “big algae.” They are made up of single alga cells that are bonded together into one structure.

Phycologists, scientists who specialize in seaweeds, estimate there are between 30,000 and 1,000,000 species of seaweed worldwide. This means there is a lot more to discover about seaweeds, and probably a lot more things we can learn to make from them.

Seaweed is the future of fishing and farming. Industrial fishing has depleted many fish species across the globe. Meanwhile, rising populations of people and limited space for farmland signal a potential food crisis. But farming seaweed responsibly brings in large amounts of a healthy new food source and creates jobs. It also doesn’t require fresh water or fertilizer, making it one of the most sustainable

crops on the planet.

Seaweeds growing in clean, aerated waters are rich in protein, fiber, vitamins and minerals, and amino acids. The Japanese eat more seaweed than anyone else in the world, and some nutritionists attribute regular consumption of seaweed to the country’s high life expectancy.

The value of harvested seaweeds stands at about 6 billion dollars a year. Food for humans makes up about 5 billion dollars, and extractions for other purposes - including medicine, cosmetics, research materials, fertilizers, and much more - make up the rest.

Seaweed can help protect the environment in the face of climate change. Roughly 25% of the CO2 in the atmosphere is absorbed into oceans, where it causes increased acidity. Worldwide, ocean surface waters have become 30% more acidic over the last 150 years, as reported by the U.S. government’s 2017 climate science special report. Seaweeds - much like plants on land - absorb that CO2 as a nutrient needed to help in photosynthesis, filtering it out of the water.

At least 35 countries are involved in seaweed

production, either in cutting wild seaweeds or starting their own aquaculture projects. China and Indonesia are the largest producers of aquaculturally grown seaweeds in the world. The United States and Europe are quickly catching up.

Maine is fast becoming the largest resource for edible and commercial seaweeds in the United States.

Two major events of 2011 changed the scope of today’s global seaweed industry. The Fukushima nuclear disaster prompted fears of contamination in Pacific seaweed, and Hurricane Irene washed away a year’s harvest of wild Atlantic seaweeds. To keep up with increasing demand, some wild harvesters in the North Atlantic turned to farming.

Seaweed may be the next biofuel to power our cars, planes, and trains, or even used to make electricity. The U.S. Department of Energy recently awarded a \$1.3 million research grant to the University of New England in Biddeford, Maine “to develop the tools to enable the United States to become a leading producer of macroalgae,” with a focus on developing transportation fuels

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*The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. One offer per customer. Insurance benefit, including Managed Care or federal reimbursements, cannot be combined with any of our promotional offers, coupons or discounts. Other terms may apply. See office for details. *After completing your hearing assessment and/or demonstration, you will receive a \$20 gift card with instructions on how to obtain the gift card for the brand of your choice. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. One gift per household. Offer valid for new patients only or those who have not had a hearing assessment within the past 12 months. Completion of hearing assessment required. Offer expires 12/31/18. Information within this offer may vary or be subject to change.