

Who Will Care for Mainers as We Grow Old?



Students in the inaugural class pose for a group photo. Pictured here (l. to r., from front) are Rebecca Kimball, Misty Lewis, Pamela Morissette, Dancile Nshimirimana, Cassie Steimlosk, Thomas Vickery, Ashley Lester, Christopher Marston, Warren Johnson, Maire Johnson, MCHP President Monika Bissell, Rebecca Pulsifer, Denise Craig, and Brittany McLaughlin.

Story and photos by Nathan Tsukroff

The question above is one being answered by the Maine College of Health Professions, on the campus of Central Maine Medical Center in Lewiston, with a new course for Licensed Practical Nurses that starts in January.

As Maine's over-65 population continues to grow and more nurses reach retirement age, there are fewer younger people in Maine to provide caregiving in all healthcare settings, according to the MCHP. The United States Census Bureau says Maine is the oldest state in the country, with a median age of 44.6. The U.S. national median age is 38.

Many nursing homes report their registered nurses are being asked to stretch their already full workloads to fill staffing gaps created by turnover and vacancies. Because LPNs once played a larger role in long-term care employment, the Maine Health Care Association surveyed its nursing home membership to determine if hiring LPNs could ease the staffing shortage. The response was very posi-

tive. But there was not an LPN program in Maine, so the MHCA approached the Maine College of Health Professions to see if the college could help.

Discussions for the LPN program began in March, and the college was able to create and accredit a program by the end of the year. Students in the MCHP's inaugural Licensed Practical Nurses program will begin classes on January 7, 2019, with both classroom and hands-on lab work.

"I haven't seen a long-term care staffing shortage so severe in the nearly 20 years that I have been with MHCA," said MHCA President and CEO Richard A. Erb. He said his organization envisions this new LPN program as an "opportunity for Certified Nursing Assistants in long-term care to advance in the field of nursing."

"And the ladder doesn't stop there," he added. "We anticipate some will go on to obtain RN degrees."

Among the new students is Pamela Morissette, who lives in the Scribner neighborhood of Lewiston.

She has been a CNA for almost 10 years and a medical technician for almost eight years. "I just want to keep moving," she said. "I love what I do!"

Chris Marston of Buckfield, who has been a CNA for about a year, said he is limited in the duties he can perform in that role, so becoming an LPN is "a big next step." Marston is one of several men in the new

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Out & About with Rachel Morin Rotary Club Carolers a Big Hit at Schooner Estates

Story and photos by Rachel Morin

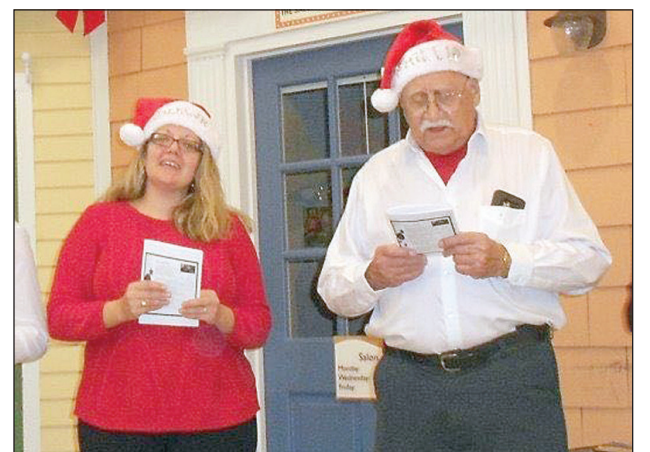
The residents of Schooner Estates Retirement Community gathered in its Village Green on December 20 to enjoy the Lewiston-Auburn Rotary Club Carolers singing favorite Christmas hymns and memorable Christmas songs from past years. One resident was heard to exclaim, "My Goodness, there are 25 of them!" So true, as the line of men, women, and young children carolers stretched across the entire stage area.

It was a wonderful concert and residents couldn't help but join the carolers in singing the songs. To the delight of the audience, the carolers also had their own style of movement, gestures, and impromptu dance steps. As the Rotarians fed off the applause and reaction from the appreciative audience, they got more spontaneous, which added to the response of the crowd.

You might say the biggest hit of the evening was when a well-known song, "On the First Day of Christmas" - my true love gave to me... resonated with everyone. Ah, yes. When Joanne Bollinger



The Lewiston-Auburn Rotary Club Carolers



Duet

came out, front and center, on the "Fifth Day" to sing "Five Golden Rings!" in her vibrant, melodious so-

prano, her arms were lifted high and wide, with fingers stretched out, showing the See Carolers, page 9

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Newsmakers, Names & Faces

Androscoggin Bank announces new hires



Anna Astvatsaturian Turcotte



Mara Pressman



Heather Verrill



Timothy Welch

Androscoggin Bank has announced the hiring of several new employees.

Anna Astvatsaturian Turcotte has been hired as Vice President, Senior Risk

Manager at the bank's Main Office in Lewiston. She worked most recently as

Vice President, Senior Corporate Compliance Group Manager for TD Bank and

has 15 years of compliance and risk management experience.

Mara Pressman joins the bank as Vice President, Southern Maine Market Manager in the Portland office. She comes to Androscoggin with over 10 years of experience in managerial positions and a demonstrated ability to lead her teams to excellence.

Heather Verrill has been hired as Assistant Vice President, Retail Manager, working from the Minot Avenue in Auburn and Gray branches. She has 10 years of experience working in sales and client service, holding leadership positions during much of that time.

Timothy Welch joins Androscoggin Bank as Assistant Vice President, Retail Manager, working out of the Sabattus Street in Lewiston and Lisbon Falls branches. He worked for 13 years at TD Bank, including eight years running a successful bank branch as Branch Manager.

Additionally, Dawn Youland was promoted from Retail Manager to the position of Central Maine Market Manager. She works out of the bank's Main Office in Lewiston.

"Each new addition to our team is a step toward providing the best possible experience for our customers," said Androscoggin Bank President Neil Kiely. "It is a pleasure to welcome such qualified candidates to the Androscoggin family."

Henry Beck elected to serve as State Treasurer

Former State of Maine Representative Henry Beck has been elected to become Maine's 52nd State Treasurer. Beck is a Waterville native and graduate of Colby College and the University of Maine School of Law. He also holds a Certificate of Graduate Study in Health Policy from the Muskie School of Public Service. He will be sworn in and will assume his duties on January 8.

During his senior year at Colby College, Beck was elected to the Maine House of Representatives representing parts of Waterville and Oakland. He attended Maine Law and graduated on time while serving in the Legislature. He was chosen to chair Maine's Joint Standing Committee on Insurance and Financial Services and was trusted by his caucus leadership to serve on the 2011 Commission to Apportion Maine's Congressional Districts. Prior to his election, he served as an attorney representing clients in criminal, business, tax, and a variety of civil matters.

Beck is excited to be chosen by the State Legislature to serve in this new capacity. "I hope to serve the people of Maine and continue to engage and lead a transparent Treasury," said Beck. "I want to thank Treasurer Hayes for her steadfast devotion to the State of Maine."

The Office of the Treasurer of State is established in Article V, Part III of the Constitution of the State of Maine. The core duties of the office are debt management, cash management, trust fund administration, and unclaimed property administration. Other major tasks include directorships on many of the state's quasi-governmental debt issuing agencies and distributions under the Municipal Revenue Sharing Program.

The Treasurer is elected biennially, at the first session of the Legislature, by joint ballot of the Senators and Representatives in convention, with a limit of four consecutive terms in office.

Letter to the Editor: Misquoting the Constitution

I write to set the record straight. Andy Torbett asserts in his guest column that the Constitution says, and I quote: "To one eligible citizen there is given one vote. That is the constitution...." This is incorrect. What the Constitution clearly says in

Article I, Section 4 is "The times, place and manner of holding elections for Senators and Representatives shall be prescribed in each state by the legislature thereof..." Ranked Choice Voting in Maine - and run-off elections in several others - are

the "manner" to which the Constitution refers. Andy has every right to his opposition opinion and Bruce Poliquin has every right to challenge it in court, but misquoting the Constitution is not a suitable defense. *George Howitt, Lewiston*

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Governor's Address: Medicaid Expansion Must Be Funded Responsibly

Dear Maine Taxpayer,
When I took office, MaineCare was running biennial budget deficits of more than \$200 million, and our state owed the hospitals \$750 million in Medicaid debt.

I campaigned on paying the hospitals without raising taxes, and I did. It was one of our signature accomplishments.

My administration has worked hard to bring our state's finances back from a sea of red ink and into the black.

MaineCare is now on sustainable financial footing.

It has not run a shortfall in years, and the hospitals have been repaid in full.

This is a turnaround of nearly one billion dollars.

But our state continues to devote significant resources to healthcare and social services. DHHS funding accounts for 34 percent of General Fund spending, and MaineCare spending alone accounts for 23 percent of the General Fund.

It has tripled as a percentage of the General Fund budget over 30 years.

Although our reforms have right-sized the MaineCare program, there are 85,000 more individuals in our state receiving Medicaid benefits today than there were in 2001. One-in-five Mainers is enrolled in MaineCare, and as of September, MaineCare enrollment is 48 percent greater than it was in 2001. But since 2001, Maine's population has grown by only 4 percent.



Governor Paul R. LePage

Now we are facing another Medicaid expansion. The people of Maine voted for it, and it needs to be implemented. But it should be done responsibly, and it should not plunge the state back into that sea of red ink. We have worked too hard to see Maine return to the days of annual shortfalls, voodoo accounting, and one-time

budget gimmicks.

If our state were to fund Medicaid expansion using existing General Fund dollars, MaineCare's share of the General Fund would grow to 25 percent, or one-in-every-four tax dollars that Mainers send to Augusta. That would begin to cannibalize other General Fund priorities, just as during the last Medicaid expansion. Healthcare, social services, and education expenditures already account for nearly 80 percent of General Fund expenditures. Taking more General Fund dollars for Medicaid means taking them away from other state agencies.

Medicaid expansion can be funded responsibly and without harm to the General Fund. It can be funded via the existing hospital tax. At a cost of nearly

\$100 million annually, the Legislature has not yet identified a sustainable means to fund this significant new expenditure. If legislators fail to identify another permanent funding source, tax dollars will be required to support expansion.

Tax dollars in the General Fund come from Maine's hard-working taxpayers. They should not have to foot the bill for another Medicaid expansion. Since the hospitals stand to benefit by at least \$100 million from expansion, the new revenue they receive would more than cover any tax expense, and the hospitals would still come out ahead financially.

The federal government allows the tax as a reimbursable expense. Therefore, the federal government would reimburse at least

60 percent of the tax at current rates.

I will be leaving office in a few days. But I will be watching. My administration and my staff and so many good people in state government have worked much too hard for much too long to simply sit back and watch a new administration drive Maine's finances and its economy back into the ground.

I wish the new administration much success. But if they start up the financial shenanigans we saw in previous administrations, I will promise you this: I'll be back. Thank you for listening. Have a happy and healthy 2019.

Thank You,
Paul R. LePage
Governor

Claxton to chair Committee for State and Local Government

Sen. Ned Claxton, D-Auburn, has been appointed by Senate President Troy Jackson, D-Allagash, to chair the Joint Standing Committee on State and Local Government for the 129th Legislative session.

The State and Local Government Committee is responsible for many components of state government and oversight, including: administrative procedures; legislature, municipal and local government; county and regional government; state contracts and fiscal procedures; administrative procedures; and public ser-

vices.

Claxton will also serve on the Legislature's Health and Human Services Committee, which is responsible for MaineCare, Medicaid, and Medicare Part D; children's welfare and mental health services; childcare; public health and disease control; prescription drugs; and many other aspects of health and human services.

"Given my background as a physician, my top priority will be to sustain and strengthen our commitment to providing access to quality health care," said Claxton. "I am working on ways to reduce prescription

drug prices."

As a family physician, Claxton has served families in the greater Lewiston-Auburn area for four decades. He is serving his first term in the Maine Senate, representing the citizens of Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.

Lawmakers are assigned to committees by the presiding officers based on their interests, experience, and professional background. Joint standing committees are composed of three senators and ten representatives.

Guest Column: To Us, The Republic

By Andy Torbett

Disappointment is the understated term of choice at the news that Bruce Poliquin will not continue his challenge to the travesty of Ranked Choice Voting (RCV). If need be, the voters of the 2nd Congressional District (CD2), who voted in a strong majority against RCV, were keen to have their interests represented, to its fruition, at the highest levels of court in our nation. This is not to be.

This voter expected my Representative to adhere to the oaths he has taken. This writer expressed publicly the duty ascribed to a public servant within a republic to do so. But here

we are, expectations still pining.

The counter to these arguments is that it is the dime and the reputation of the aforementioned servant that is spent and sullied in the public eye. It is his choice. To this, there can be no argument.

The legal expenses are burdensome. The media bias is insurmountable. The solution must come from a grassroots reckoning.

For now, the 1st Congressional District enjoys two Representatives at the expense of CD2. Yet, this is not the time for rural Maine to withdraw towards the temptation of apathy and sullen indifference at the re-

peated political slights from the elitist south. It is time for rural Maine to regroup, unite, and win back our vote.

An adage this writer has rejected on principle becomes a truth, in earnest, for the days to come. Until Jared Golden can win a "one person-one vote" election, instead of a manipulated, discordant violation of voter's rights, he is quite literally not our Representative. It falls now to us, the citizens of this great republic in the sovereign State of Maine, to repeal Ranked Choice Voting.

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

Pine Tree Curling Club kicks off Winter League

The Pine Tree Curling Club recently kicked off its Winter Curling League at the William B. Trough Arena at 225 Park Avenue in Portland. The Winter League will have approximately 50 to 60 curlers participating.

Established in 2015 to promote the Olympic sport of curling in southern Maine, the club is one of only two curling clubs in Maine, with the other located in Belfast.

Members of the club range in age from their 20s to their 70s.

Curling involves two teams of four attempting

to score the most points by delivering their curling stones closest to the center of a target at the opposite end of the ice. A sport of precision, curling demands that a team deliver a curling stone weighing 42 pounds across more than 130 feet of ice to come to rest in a very specific location, where mere inches often make the difference between success and defeat.

Curling is an international sport dating back to the 16th century. Compared to Canada, which has almost one million curlers, the United States is relatively new on the curling land-

scape. Curling's presence in this country is among the fastest-growing in the world. During the 2018 Winter Olympics, the United States Men's Team won the gold medal.

The club has recently embarked on an effort to build a dedicated curling facility in the greater Portland area. It is exploring possible locations and funding sources to make that dream a reality so that more people can experience the sport.

For more information about the club, contact David Florig at (609) 220-2882 or at david.florig@hotmail.com.



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UMaine Cooperative Extension names new dean



Hannah Carter

Hannah Carter has been named dean of University of Maine Cooperative Extension, effective May 1. A native of Caribou, Maine, Carter is an associate professor in the Department of Agricultural Education and Communication at the University of Florida, which is part of the Institute of Food and Agricultural Sciences. She also directs UF's Wedgworth Leadership Institute for Agriculture and Natural Resources and is interim director of the UF/IFAS Center for Leadership.

Carter received her Ph.D. and master's degree in agricultural education and communication, specializing in agricultural leadership and Extension education, from the University of Florida, and has been a member of the UF community since 1997. She is a graduate of the University of Maine at Presque Isle.

"For more than a decade, Dr. Carter has been involved in leadership development programming on state and national levels, particularly as it pertains to agriculture and Cooperative Extension," says Jeffrey Hecker, UMaine executive vice president for academic affairs and provost. "She

also knows UMaine Extension and the difference it can make - from 4-H, the most successful out-of-school youth education program in Maine, to the integrated pest management program that supports the state's agriculture industries. The fact that, following an extensive national search, the candidate who rose to the top of the applicant pool also has deep roots in Maine is the icing on the cake. We are thrilled that Hannah will return to her home state to lead the university's most extensive community outreach enterprise."

In UF's Institute for Food and Agricultural Sciences, Carter's focus has been on creating and delivering Extension leadership development programs for internal and external audiences. As a tenured faculty member, her undergraduate and graduate teaching in leadership development includes a graduate course in Extension administration.

The Wedgworth Leadership Institute focuses on developing capabilities of leaders in Florida's agriculture and natural resources industries. Carter creates leadership development

programming for institute participants and conducts additional leadership workshops nationwide.

The Institute of Food and Agricultural Sciences, where Carter is interim director of the Center for Leadership, is a federal-state-county partnership dedicated to "developing knowledge in agriculture, human and natural resources, and the life sciences and enhancing and sustaining the quality of human life by making that information accessible," according to the university's website.

Carter's research specializations include leadership programming for adults, motivations of adult learners, and leadership development in agricultural industries. She has received numerous awards for research papers and presentations, and in June she was presented the Outstanding Educator Award by the Florida Nursery, Growers, and Landscape Association.

"I have a passion for people, for agriculture, and for 4-H, and I am so excited for the opportunity to return home and apply all my experiences for the benefit of the State of Maine," said Carter.

WinterKids replaces Passport, FunPass booklets with new app

WinterKids celebrated the first day of winter this year with the release of their new WinterKids App. Starting Friday, December 21, families who purchase a membership and download the app will have access to offers on lift tickets, equipment rentals, gear, and more at over 80 recreational areas and retailers around Maine and New Hampshire. New offers will be added to the app regularly throughout the winter and in the off-season.

The app replaces the Passport and FunPass booklets of years past. With this new system, users can register up to five family members for an introductory price of \$35. The app is available for all kids ages 18 and younger. Offers vary

within the app, and new offers are added regularly. Scholarships are available for families in need.

There are three steps to gaining access to these wintertime deals. First, interested families should purchase their membership online. Next, they can create family profiles for their account, which can include up to four children and/or other family members. Last, they can download the app onto a mobile device. To purchase a membership, go to winterkids.org/winterkids-app.

"Planning and building the app has been a very strategic process for the organization," says WinterKids Executive Director Julie Mulkern. "With the new app, we are so excited to extend winter activities

to more families than ever before. It has always been central to our mission to make winter activities as accessible as possible to all children, and now we are doing so while reducing our carbon footprint and offering more ways to be outside than ever before, in the winter and all seasons."

WinterKids is an independent 501(c)(3) non-profit organization. Their mission is to help children develop healthy lifelong habits through education and fun, outdoor winter activity. This year, WinterKids will reach 23,000 Maine and New Hampshire children through their family programs, school programs, and community events. To learn more, see WinterKids.org.

Auburn lists options for Christmas tree disposal

Auburn Public Works Director Dan Goyette has announced several options for the disposal of Christmas trees. Trees will not be collected at curbside, but Auburn residents can drop them off at the following locations: the Public Works Garage at 296 Gracelawn Road (behind the community sand shed); the Engine 2 Fire Station at 181 South Main Street (by the community sandbox); and Maine Waste to Energy, located at 110

Goldthwaite Road (Monday through Friday from 7 a.m. to 4 p.m. and Saturday from 7 a.m. to noon).

For those unable to drop their tree off at one of these locations, local Boy Scout of Troop 121 will collect trees at curbside for their seventh annual Christmas Tree Recycling Program. For a minimum donation of \$5, the Auburn-based troop will pick-up Christmas trees on the weekend of January 5 and 6. Money raised by this

program goes directly to this troop's scouting activities.

To make a pick-up request, send your donation by January 3 to Troop 121, United Methodist Church, 439 Park Avenue, Auburn, ME 04210. The Troop will then send you a tag to place on your tree when you place it curbside. Trees should not be placed curbside until the morning of January 5. For more information about this program or the troop, call 783-0790.

Chamber Breakfast Meeting

The LA Metro Chamber of Commerce will host its next monthly Breakfast Meeting on Thursday, January 10 at 7 a.m. at the Ramada Hotel & Conference Center by Wyndham

in Lewiston. Guest speaker Craig Zurhorst, Community Relations Director of Western Maine Transportation Services, Inc., will discuss "Planned and Proposed Changes Coming to

Public Transportation in the Region." The cost is \$22 for members and \$35 for non-members. Registration is available at www.LAMetroChamber.com.

CWPF offers "Microsoft Windows 10 Fundamentals"

The Center for Workforce & Professional Development at Central Maine Community College will offer a course on "Microsoft Windows 10 Fundamentals" that prepares students for the MTA certification exam. The course will run on Mondays and Wednesdays, January 14 through February 13, from 5 to 8 p.m.

With the upcoming end of life of Windows 7, now is a good time to gain technical knowledge needed to support Windows 10, from rollout through maintenance stages, to prepare for the

large numbers of Windows 7 and 8 computers still to be updated or replaced. This class is designed for students wanting a "look under the hood" into many aspects of Windows 10, including configuring; installation and upgrading; managing applications; files, folders, and devices; and operating system maintenance.

The cost to attend is \$1,000 and includes all instructional materials. The deadline to register is January 7. For more information or to register, contact the Center for Workforce &

Professional Development at 755-5280, workforcedevelopment@cmcc.edu, or visit www.cmcc.edu/professionaldevelopment.

The Center for Workforce & Professional Development at Central Maine Community College provides customized training programs to business, government, nonprofit and other organizations throughout Androscoggin, Oxford, Franklin and Lincoln counties. In addition, they offer both non-credit classes and certification programs on a wide variety of subjects.

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New Ventures offers “Work for Yourself@50+”

If you are considering self-employment in the new year, you may not know where to start. AARP Foundation’s “Work for Yourself@50+” workshop is designed to guide low- to moderate-income adults ages 50+ through a series of steps to prepare them for launching their self-employment ventures.

New Ventures Maine will present a Work for Yourself@50+ workshop on

Wednesday, January 16, from 1:30 to 3:30 p.m. at SeniorsPlus, located at 8 Falcon Road in Lewiston. The facilitator will be Karleen Andrews, Microenterprise Specialist for the Western Region of New Ventures Maine. There is no fee for the class. To register online, see <http://bit.ly/WFY50LewistonJan16>.

Participants will gain the knowledge, support, and resources they need to make

informed decisions and take the right first steps toward successful self-employment. The workshop will walk them through the Work for Yourself@50+ materials and connect them with local and business planning resources to help them reach their goals. For more information about the workshop, contact Karleen Andrews at 557-1885 or karleen.andrews@maine.edu or see aarpfoundation.org/workforyourself.

Rotary Breakfast Club meeting



Auburn Mayor Jason Levesque

Auburn Mayor Jason Levesque will discuss plans for Auburn’s 2019 Sesquicentennial Celebration at the next meeting of the Auburn-Lewiston Rotary Breakfast Club on Wednesday, January 9 at 7 a.m. The club meets every Wednesday at the United Methodist Church, located at 439 Park Avenue in Auburn. The cost

for breakfast is \$15. All are welcome to attend.

Elected in 2017, Levesque is a fifth-generation resident of Auburn and a 1992 graduate of Edward Little High School. After attending college at West Virginia Wesleyan and concluding an eight-year tour in the U.S. Army, he realized that there was no place he would

rather start his company, Argo Contact Centers, and raise a family than in Auburn.

He and his wife, Tracey, take great pride in raising the sixth generation of Levesques in Auburn. Year-round, the Levesque family can be found enjoying the great hiking, skiing, and boating opportunities that the region has to offer.

January programs for teens at Auburn Public Library

Unless otherwise noted, all programs are for teens ages 12 through 18. For more information, call 333-6640, ext. 4, find them on Facebook at “APLTeenSpace,” or see www.auburn-publiclibrary.org.

Maine Job Corps. Teens and New Adults (ages 16-24): If you had the opportunity to take part in a life-changing experience that gave you the skills you need to succeed in today’s job market, and it didn’t cost anything, would you be interested? If so, the Job Corps may be for you! Call Cathie Gavett of the Maine Job Corps at 458-5369 to find out more about this program and who is eligible. She will then arrange a time to meet with you at Auburn Public Library.

Safe Voices. Thursday, January 3, 3:15 to 4:15 p.m. in the Teen Space. Each month, Jennifer from Safe Voices visits to chat about relationships and work on projects. Have a topic you’d like us to discuss? Let us know!

Teen Life Skills 2019. Fridays, January 4, 11, 18 and 25, 3 to 4 p.m. in the Androscoggin Community Room. The library’s annual Life Skills series returns in 2019 with Fitness Fridays. Join them every Friday to explore nutritional, intellectual, emotional, and physical fitness. A snack will be included. For details, check the library’s online calendar.

Great Stories Club: Empathy - The Cost of Switching Sides. Mondays, January 7 and 14, 4:30 to 6 p.m. in the Teen Space. This month, we’ll discuss the book “All American Boys” by Jason Reynolds and Brendan Kiely. Copies are available at the library. Those interested should sign up contact Donna at Auburn Public Library or Joyce at the Boys & Girls Club.

SAPARS Drop-In

Visit. Tuesday, January 8, 3:30 to 4:30 p.m. in the Teen Space. Come and visit with Julia, an Advocate from Sexual Assault Prevention and Response Services. Each month, Julia will meet with teens to discuss the issues important to them, including consent, bullying, sexual assault and harassment, bystander intervention, and internet safety. Visits may include question and answer, educational videos, or activities. All teens are welcome to drop in. This event takes place the second Tuesday of each month and includes a snack.

Homework Help for Teens. Wednesday, January 9, 1 to 2:30 p.m. in the Teen Space. Stop by the Teen Space to get help with time management, schedule planning, goal setting, and learning how to be successful with your homework. This program is just for teens in grades 7-12 and will include a healthy snack.

DIY Takeover: Sharpie Mugs. Wednesday, January 9, 3 to 4 p.m. in the Teen Space. Each month features a different DIY project. This month they’ll be doing art with Sharpies. They will have some plain mugs to decorate, which you can then use at February’s DIY, when they’ll be making mug cakes. This program will include snacks.

Tech Tuesdays in the Media Lab. Tuesday, January 15, 3 to 4 p.m. Join us on selected Tuesdays for this new program, where we’ll learn about what you can do in the library’s CREATE! Media Lab. This session will cover the basics of a green screen - how you can take a film or a photo of yourself, upload the photo onto the computer, and change the backgrounds. This program is for teens and adults. Space is limited. To register, call the Reference Desk at 333-6640, ext. 4.

Tweens in the Teen

Space. Wednesdays, January 16 and 30, noon to 2 p.m. On half-day Wednesdays, sixth graders are invited to come by the Teen Space on the second floor to get a head start on their homework, use the craft supplies or board games, or just hang out.

Teen Library Advisory Board. Wednesday, January 16, 2:15 to 3:15 p.m. in the Edward Little High School Library; Wednesday, January 30, 2:30 to 3:30 p.m. in the APL Teen Space. (These dates may be subject to change; please check the library’s online events calendar or call them to confirm.) A joint venture of the Auburn Public and Edward Little High School libraries, the Teen Library Advisory Board (LAB) works to promote awareness of both libraries and all they offer to teens in the community. The group meets every other week, alternating between Auburn Public Library and Edward Little. While you need not be a student at ELHS to join, participants should be interested in community involvement and lovers of the library. For more information, contact Ms. McCurdy at ELHS or Donna at APL.

Gaming Hour. Wednesdays, January 16 and 30, 4 to 5 p.m. in the Androscoggin Community Room. Take a break from studying to stop by the Androscoggin Room on the lower level for video games and snacks. The library has Xbox and Wii and a small collection of games. Teens are welcome to bring their favorites, but only those rated T and E.

Matinee Movie: “Hoo-siers.” Wednesday, January 23, 3 to 5 p.m. in the Androscoggin Community Room. This month’s feature tells the story of a small-town Indiana high school basketball team that wins the state championship. Snacks will be provided.



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What's Going On

Maine State Chamber, Educate Maine identify pathways to high-demand careers

The Maine State Chamber of Commerce and Educate Maine recently released a policy brief, called "Getting Ready for High-Paying Careers in Maine," that identifies the jobs and sectors that are in demand now and are projected to be in demand in Maine for the next ten years. High-demand sectors identified in the report include computer analysis, construction, engineering, health care, hospitality, and manufacturing.

For each job sector, the report provides data on annual projected job openings, average pay, and education level by occupation. For instance, in the area of computer analysis, the report provides data on the types of jobs available, typical activity for each job, current and projected demand in Maine, and average salary. The report also provides information on the various career pathways for jobs in the sector and how a person can get started.

"Getting Ready for High-Paying Careers' not

only identifies areas of job demand and projected growth sectors in Maine, but also provides specifics on what certain jobs entail on a daily basis, what they pay, and how to become qualified," said Ed Cervone, executive director of Educate Maine. "We hope this report helps Maine people see there are various paths and resources they may not be aware of to help them if they are interested in working in these areas of high pay and demand."

"The goal of this policy brief is to connect Mainers interested in careers and jobs in well-paying sectors with tangible, relevant information that we hope will help them envision and then achieve their goals," said Dana Connors, president of the Maine State Chamber of Commerce. "We also hope this information succeeds in helping close the skills gap in Maine by getting more Maine people prepared for the jobs Maine employers need to fill today and going forward."

Both the Maine State

Chamber of Commerce and Educate Maine are members of MaineSpark - 60% by 2025. MaineSpark - 60% by 2025 is powered by a coalition of organizations, including schools and universities, nonprofits and foundations, government agencies and businesses, with a common goal of, by 2025, helping 60% of Mainers hold education and workforce credentials that position Maine and its families for success.

Getting Ready for High-Paying Careers is one in a series of policy briefs produced in a partnership between Educate Maine and the Maine State Chamber of Commerce and through grant support from the John T. Gorman and Nellie Mae Education Foundations. Data in the brief is derived from the Maine Department of Labor, U.S. Department of Labor, and the Bureau of Labor Statistics.

To see the full report, visit <http://mainechamber.org/gettingreadyforhpc.php>.

Whatever Happened to Acid Rain?

By Joe Rankin, for Forests for Maine's Future Writer

Human-caused climate change is the biggest environmental issue of our times. Alarming reports point out that we're already seeing the effects of a warming planet and predict dire consequences if we don't get a handle on our fossil fuel addiction - and soon.

But before climate change, there was acid rain. Back in the 1980s and 1990s, acid rain was the biggest environmental issue of the time.

The good news is that we took action to curb acid rain and saw substantial improvements. The problem hasn't gone away. In some parts of the world, like Russia and China, it is severe. It's still bad in some areas of the U.S. But acidification of soils and lakes in the northeastern U.S. has dropped. And, in that way, it can perhaps serve as a lesson about how we can solve our latest major environmental problem of climate change. After all, they both derive from the same source - burning fossil fuels.

Here's a primer on acid rain: vehicles and coal and oil-burning power plants emit air pollution, including particulates, carbon dioxide, sulfur dioxide, and nitrogen oxides. Once in the atmosphere, the last two pollutants react with water molecules to form sulfuric acid and nitric acid, which, when they fall from the sky as rain or snow, can acidify lakes and ponds, killing fish and other aquatic organisms, damaging forests, accelerating the weathering of steel bridges, and harming human health.

Acid rain has been around since the beginning of the industrial revolution. As early as the 1600s, people noticed how polluted city air was corroding marble buildings and statues. In 1852, a Scottish chemist named Robert Angus Smith linked air pollution to acid rain. In so doing, he earned the not-so-glorious nickname "Father of Acid Rain." In the U.S., acid rain

vaulted into the news after scientific studies showed serious effects from acid rain in the White Mountains of New Hampshire, specifically the Hubbard Brook Valley. Acid rain is a long distance pollutant, so the acid rain that fell on the White Mountains of New Hampshire, Maine, and Adirondack Park in New York State mostly originated in the car-clogged big cities to the south and the stacks of the big coal-fired power plants of the Midwest. The pollution rode the prevailing winds to more remote parts of the Northeast. The effects were felt far downwind.

In 1980, Congress authorized a long-term research program on acid rain. Ten years later, it passed amendments to the Clean Air Act, championed by Maine Sen. George J. Mitchell, that directly tackled the acid rain issue, primarily by limiting sulfur emissions from power plants by almost 50 percent and creating a cap-and-trade system designed to control sulfur dioxide and nitrogen oxide emissions.

It worked.

"Acid rain is still out there, but we have made huge gains," said Ivan Fernandez, a professor at the University of Maine's Climate Change Institute and School of Forest Resources, who has done extensive research on air pollution and forest ecosystems. One of his projects is a nearly 30-year study of two watersheds in eastern Maine that looks at what happens when you add extra nitrogen to forest soils.

Fernandez said there is "about 75 percent less sulfur deposition and about 50 percent less nitrogen deposition here in Maine, with important improvements evident, particularly in surface waters."

Maine still has "way more acid rain than Oregon, for example, but we are far better off than we were," Fernandez added.

Acid rain is still a serious problem farther south, though. In the Great Smoky Mountains National Park on the Tennessee-North Carolina border, the average acidity of rainfall is 4.5. That's 5 to 10 times more acidic than normal rainfall, which has a pH of 5.0-5.6, according to the Great Smoky Mountains National Park's website. "Clouds with acidity as low as 2.0 pH bathe the high elevation forests during part of the growing season" the Park's website adds.

The Smokies, among the highest mountains in the east, tend to trap pollution flowing from the west. In addition to acid fog and rain, average visibility in the mountains is only 25 miles, compared to nearly

four times that under natural conditions. And ground-level ozone, a throat irritant, is two times higher on the ridgetops than in nearby cities.

In the Smokies, according to the Park, high elevation soils get so much airborne nitrogen that they are become saturated with the element, something that limits the availability of forest nutrients, especially calcium, to plants and causes the release of toxic aluminum that can hurt vegetation and stream life.

Nitrogen is a double-edged sword. It's an essential nutrient for plants, but you can have too much of a good thing. Fernandez' Bear Brook project, which began in 1989, looked at what happens when nitrogen increases. Two nearly identical drainages were used. One was regularly seeded with ammonium sulfate fertilizer to simulate increased nitrogen and sulfur from acid rain, while the other was used as a control. One thing the researchers discovered was that more nitrogen accelerates loss of calcium and magnesium in the soils.

"It's in the remote regions, like a lot of Maine, where there's not intensive human activity, that the atmospheric deposition plays a dominant role in acidification of surface waters," Fernandez said. The sulfates and nitrates in acid rain strip calcium, another essential nutrient for plants, from the soil and dissolve aluminum that's naturally present in the granite rocks of the northeast. When that aluminum washes into lakes, it proves toxic to fish and other aquatic organisms.

After Congress took action, sulfate levels dropped, aluminum mobilization decreased, and lakes recovered, said Fernandez.

Unfortunately, very little research in Maine is looking at how still-existing acid rain and climate change work together to affect forest ecosystems, Fernandez said.

So far, forests in Maine likely benefit from longer growing seasons, more rain, less acidity from sulfur deposition, and rising carbon dioxide concentrations, said Fernandez. "However, we are also getting less nitrogen from air pollution, and nitrogen is the most limiting nutrient in forests. We are uncertain how this mix of changes will affect insects and disease, as well as forest composition, in the future."

Forecasts for increased precipitation in the northeast might, say, mean more water washing through soils and leaching out pollutants, which could speed up recovery. *See Rain, next page*

Send all submissions for What's Going On to Editor@TwinCityTimes.com.
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Remember the Dangers of Carbon Monoxide Poisoning

As winter approaches, the Maine Center for Disease Control and Prevention is reminding people of some simple steps they can take to prevent carbon monoxide poisoning. Since November 1, 2018, thirteen people have been poisoned in Maine by carbon monoxide gas because of improper use of gas-powered generators, faulty heating systems, and working on running engines in a closed garage. In Maine, 68 percent of carbon monoxide poisonings happen between November and March.

“Fortunately, these recent cases have not resulted in any deaths, but they serve as a reminder of how important it is to operate generators safely, check that heating appliances are properly maintained and vented, and make sure there are working carbon monoxide detectors in the home,” said Maine CDC Director Dr. Bruce Bates. “Most important, do not operate engines in enclosed spaces.”

Anything that burns fuel, such as an oil or propane boiler or wood stove, produces carbon monoxide gas. Since carbon monoxide cannot be seen, smelled, or tasted, it can quickly build

up inside a home without anyone noticing. Improper placement and use of gas-powered generators during power outages is a significant concern, especially during the winter. One generator can produce as much carbon monoxide as 100 idling cars.

“We want people to know how dangerous it is to run gas-powered generators in a basement, cellar, bulkhead, garage, or any enclosed space, which may be tempting to do during weather-related power outages,” warned Dr. Bates. “Now is a great time to make a plan to safely use a gas-powered generator during power outages.”

Anyone with a portable generator should have an extension cord long enough that the generator can run outside, at least 15 feet from windows or doors. Be prepared to keep the generator protected from rain, ice, and snow.

Though it may also be tempting during the cold months to work on engines in garages while the motor is running, this can also be very dangerous. About one-in-five carbon monoxide poisonings each year occur in garages, sheds, or barns

while people conduct engine repair or maintenance. Even with windows or doors left open, carbon monoxide can build up to dangerous levels.

While the best way to prevent carbon monoxide poisoning is to not let carbon monoxide gas build up in your home, having carbon monoxide detectors with a battery back-up near every sleeping area can save lives and is especially important when heating your home.

As of 2016, an estimated seven out of every 10 households in Maine had a carbon monoxide detector, nearly double that of 2004. Regularly check that all detectors have fresh batteries and are functioning properly. If the alarm on your detector goes off, assume it is because of carbon monoxide and not a dead battery and leave the house immediately. Call the fire department or 911 and do not go back into your home until the fire department tells you it is safe.

Here are some facts about carbon monoxide poisoning:

Warning signs of carbon monoxide poisoning are flu-like symptoms, such as headache, nausea, vomiting, *See Dangers, page 12*

What's Going On

Rain

Continued from previous page

ery. But this could also wash away essential nutrients faster, slowing recovery. No one knows.

We learned a few things from our experience with acid rain, not all of them associated with the chemistry of the problem. For instance, we learned that legislation informed by science can craft a solution that works.

We've also learned that predictions of economic catastrophe associated with those solutions sometimes don't occur. For instance, the Environmental Protection Agency posited in 2007 that the costs of dealing with acid rain by 2010 would actually be \$1 to \$2 billion a year, about a fourth of what had been predicted.

Of course, efforts to rein in sulfur and nitrogen pollution had other benefits beyond revitalizing trout streams in remote areas of the northeast. They also helped reduce particulates and ozone, which led to

substantial human health benefits.

This raises the question of what would happen if we worked aggressively to reduce CO2 emissions to head off climate change. This would undoubtedly help further reduce sulfates and nitrates in air pollution, further reducing acid rain. An effort on one front would provide benefits on others.

These are referred to as co-benefits, Fernandez explains, and they can add a lot to the benefits for society. In 2011, the Environmental Protection Agency issued a report stating that the benefits of the Clean Air Act between 1990 and 2020 paid back over \$30 for every \$1 invested in reducing pollutants.

Today, the big question is not whether some new initiative to further combat acid rain will be undertaken. It won't. The question is whether the successes in a decades-long battle will be undermined, or reversed, by a White House administration that has touted the benefits of burning coal and has worked

aggressively to roll back environmental regulations on a variety of fronts.

A major new report by 13 federal agencies was released on the day after Thanksgiving. It said the U.S. is already feeling the effects of climate change and warned that, by the end of the century, the annual costs in the U.S. could approach \$500 billion in lost labor, damaged crops, and extreme weather events.

The White House downplayed the report's conclusions and President Donald Trump said he didn't believe it.

The U.S. used science to “put good policies in place to reduce acid rain and 30 years later... the improvements are detectable,” said Fernandez. A move to do away with the regulations that made those improvements possible would be shortsighted, he said, especially given that there's no scientific basis for it.

Joe Rankin writes about forests, nature and sustainability for websites and magazines. He lives in New Sharon.

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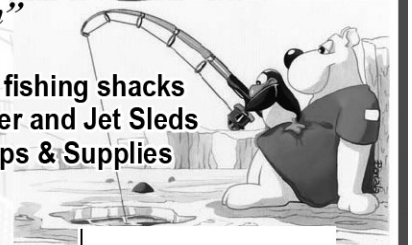


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What's Going On

Care

Continued from page 1
program.

Another new student is Dancile Nshimirimana, an immigrant from Burundi, a landlocked country on the African continent and one of the poorest countries in the world. She is currently a medical assistant at St. Mary's Orthopedics and has worked as a CNA. She was a physician in Burundi, but fled to the U.S., "just for safety." Her education didn't transfer here, and she had to start her career over.

Students will study concepts of practical nursing in classroom and lab settings, along with classes on psychology, math, and mental health. Classes will meet three times a week. Keeping in the tradition of the MCHP, the new program will feature a small class size, with one instructor for every eight students in the clinical setting, and an instructor for every twelve students in the laboratory setting.

Clinicals have been arranged with Russell Park Rehab & Living Center, Clover Health Care, and St. Mary's d'Youville Pavilion. Additional locations could



Richard A. Erb, President and CEO of the Maine Health Care Association, talks about the process that led to the new program's creation.

be added in the future as class sizes grow. The curriculum will end with a prep course for the licensing test. Tuition and fees are about

\$16,000. "When approached by the long-term care community with this very specific need, we welcomed the



Erica Watson, director of admission for the Maine College of Health Professions, welcomes students to the program.



Dancile Nshimirimana, who immigrated from Burundi, fills out student paperwork at the orientation.

opportunity to explore the possibility of creating an LPN program," said MCHP President Monika Bissell. She said the endeavor is very much in line with the college's mission to enrich lives by offering "outstanding education in the health professions, inspiring student success and lifelong learning."

"The fact that the LPN program can serve as a bridge between the CNA and RN is very promising for our workforce," said Bissell. "Working with our team of educators and veteran long-term care nurses, we are pleased to offer this program, and are confident that it will address part of a persistent staffing shortage in health care."

The Maine College of Health Professions is a non-profit college accredited by the New England Commission of Higher Education. The Maine Health Care Association is a nonprofit trade association that represents over 225 providers of long-term care to Maine's elderly and disabled citizens.

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**.
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Monika Bissell, President of the Maine College of Health Professions, describes the college's new Licensed Practical Nurses program to new students at an orientation on Friday, December 21. This was the first class for the program, which begins in January.

Carolers

Continued from page 1

five golden rings on each hand. It brought down the house each time she sang it with great enthusiasm. The audience waited for her repetitious refrain every time, hunched forward in their chairs with great anticipation. Laughter exploded across the room each time as we all joined in.

A change of tune now, as we talk about the Lewiston-Auburn Rotary Club, which has a long and interesting history that I never knew before. Rotary is an organization of business and professional leaders united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. In more than 160 countries worldwide, approximately 1.2 million Rotarians belong to more than 33,000 Rotary clubs.

Locally, Rotary has been serving the Lewiston-Auburn community since Frank W. Hulett (for whom Hulett Square in Lewiston is named) signed an application for membership in the International Association of Rotary Clubs on March 21, 1917. The New Year 2019 will see the Lewiston-Auburn Rotary Club entering its 102nd year, with a membership that represents the unique and diverse business community of the area.

The main objective of Rotary is service in the community, in the workplace, and throughout the world. The club has committed itself to helping local organizations, especially where children are involved. The members award \$7,000 annually in scholarship funds for area students.

Internationally, they have focused their efforts on helping an orphanage in Haiti, including donating a water truck, which provides clean water for the orphanage and surrounding villages.



Cornelia Bowe, Art Turner, Pauline Gotto, and Joyce Richard



A family quintet



Bud Lewis joined Dr. Thomas Shields and Gilles Veilleux, who attended to support their wives in the Rotary Choral Group.



Muriel Myers, Pauline Pare, and Bob Davis



Dell and Betty Hayes



A family trio



Joanne Bollinger sings a memorable "Five Golden Rings."



Joyce and Rene Poulin



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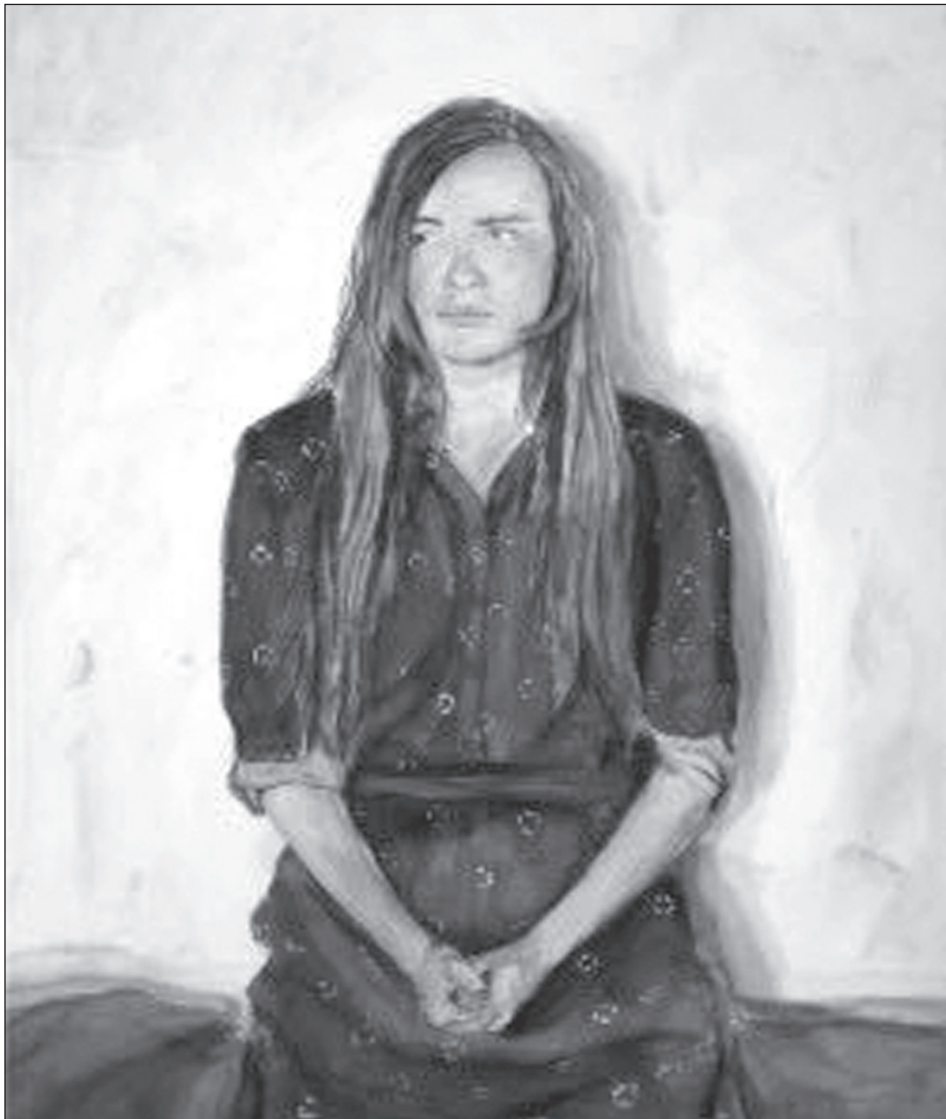
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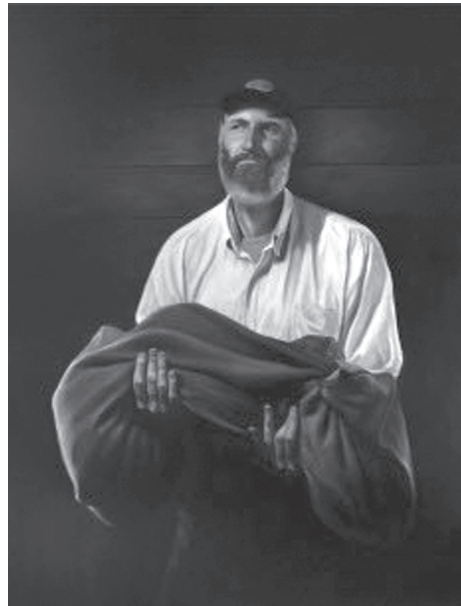
TWIN CITY NIGHTS

Weekly Arts & Entertainment

"Commonplace" portrait exhibition opens at Harlow



"Rachael," egg tempera, by Nathan Allard



"Burden," oil, by Maxwell Nolin



"Poly," oil, by Maxwell Nolin



"Andy," egg tempera, by Nathan Allard

The Harlow Gallery of Hallowell will present "Commonplace," a two-person exhibition featuring portraits by Nathan Allard of Somerville and Maxwell Nolin of Belfast, on view January 4 through February 9. The public is invited to meet the artists at an opening reception on Friday, January 4, from 5

to 7 p.m. Admission is free and open to the public.

In Commonplace, Allard and Nolin highlight people of New England through portraits and figure paintings in oil and egg tempera paint. The exhibition takes a look at the simple, quiet moments of life and offers a space for contemplation and reflection.

Located at 100 Water Street in Hallowell, the Harlow is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists, and community in historic downtown Hallowell. For more information, including open hours, see <http://harlowgallery.org>.



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Forensic pathologist returns to Food for Thought



Former Chief Medical Examiner for the State of Oklahoma, Fred Jordan will speak about the historic origins of his profession and its role in solving cases.

Fans of mystery novels and “NCIS” are no strangers to the role forensic pathologists play in solving unexplained deaths. But did you know that the origins of the profession began as early as 4000 BC? The answer to the question “Whodunnit?” often depends upon a careful analysis of how it happened. Throughout the ages, those mysteries have been solved by people who were the forefathers of today’s medical examiners.

Last year, Fred Jordan gave Senior College Food for Thought attendees a riveting presentation on the role of the medical examiner’s office in the aftermath of the Oklahoma City bombing. On Friday, January 11 at noon, he will return to Food for Thought

with more information about the history of medical-legal investigations and how they help solve the questions surrounding unexplained sudden deaths.

Two interesting cases will be presented. The “Case of the Missing Housewife” asks the question: how do you create a corpus delicti if there is no body? And “Go West Young Man” examines the fate of a Maine boy who disappeared in the early 1900s after traveling to Oklahoma to seek fame and fortune.

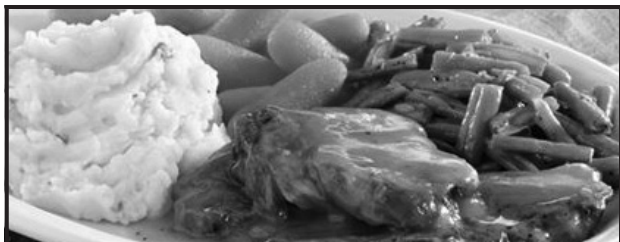
Fred Jordan is Deputy Chief Medical Examiner for the State of Maine. In 2015, he was ordained as a hospital, senior health center, and hospice chaplain. Retired as Chief Medical Examiner for the State of Oklahoma

and as a clinical professor of pathology at Oklahoma University Health Sciences Center, he is currently the Visiting Professor of Pathology and Legal Medicine at St. Georges University in Grenada, West Indies.

Food for thought luncheons take place in Room 170 at the University of Southern Maine’s Lewiston-Auburn campus, located at 51 Westminster Street in Lewiston. The program is free and open to all. Doors open at 11:30 a.m.

If you wish to have lunch, the cost is \$8 and an advance reservation is required. To reserve, call 753-6510 before noon on Wednesday, January 9. Food may also be purchased at the campus Café.

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Twin City Nights

Getting dressed for CLT's "Lend Me A Tenor"



The cast and crew of Community Little Theatre's "Lend Me A Tenor" have been busy getting costumed for the upcoming production. Here Caroline Carreras (l.), who plays Maggie, tries on a hat suggested by costumer Jane Mitchell, who also plays the role of Julia. This side-splitting farce by noted playwright Ken Ludwig will be performed January 11, 12, 17, 18, and 19 at 7:30 p.m. and January 13 and 20 at 2 p.m. at Great Falls Performing Arts Center in Auburn. Tickets are \$18, \$15 for seniors, and \$12 for students. To purchase, call 783-0958 or see LACLT.com.

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Twin City Nights

Project Graduation presents Bob Marley



Project Graduation of Mt. Ararat High School in Topsham will present comedian Bob Marley on Sunday, January 27 at 6 p.m. at the Orion Theatre in Topsham. This "teen friendly" show is open to the public. Tickets are \$25 for adults and \$20 for students and seniors. All seats are general admission. To buy tickets, find them on Facebook, call 798-0404, or email sirois1988@comcast.net.

Dangers

Continued from page 7

dizziness, drowsiness, and confusion - but no fever.

Carbon monoxide poisoning can cause loss of consciousness and death.

People who are sleeping or intoxicated can die from carbon monoxide poisoning before ever experiencing symptoms. All people are susceptible to carbon monoxide poisoning.

Annually, there are approximately 100 emergency department visits for carbon monoxide poisoning and between one and three deaths.

Here are ways to prevent carbon monoxide poisoning during winter months:

Service your heating system, water heater, and any other gas, oil, or coal burning appliances every year. Make sure appliance and heating exhaust vents are not blocked by snow

after storms.

Place generators outdoors in the fresh air. Do not put a generator in a closed or partly closed space, like a basement, cellar bulkhead, or attached garage. Carbon monoxide can build up to dangerous levels in these spaces. Keep it at least 15 feet from windows or doors. It's a good idea to check now, before the power goes out, to make sure your extension cord is long enough.

Make a plan for how to keep your generator dry and protected from ice and snow so you are not tempted to bring it inside a garage or other enclosed structure. Generators also pose a risk of shock and electrocution, especially in wet conditions. Dry your hands before touching a generator.

Place a carbon monoxide detector that is battery powered (or has battery back-up power) outside each sleeping area. By law,

all rental units must have a carbon monoxide detector - talk to your landlord if you don't have one in your apartment or rental house. Carbon monoxide detectors are available in most stores. Look for the UL mark with the "Single Station Carbon Monoxide Alarm" statement.

Do not use outdoor cooking devices, such as grills or camp stoves, indoors. Do not leave vehicles or any other gas-powered motors running inside a garage or other enclosed space. Don't try to heat your home with a gas oven.

Here is what to do if you suspect carbon monoxide poisoning: leave the house at once; call the fire department or 911; get medical attention by calling the Poison Center (1-800-222-1222) or your doctor after you leave the house; do not go back into the building until the fire department tells you it is safe to do so.



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Friday, Jan. 4

Opening Reception. 5 to 7 p.m. Harlow Gallery, 100 Water St., Hallowell. Meet the artists at the opening of "Commonplace," an exhibit of portraits by Nathan Allard and Maxwell Nolin. Free. <http://harlow-gallery.org>.

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.

Public Supper. 5 p.m. Paris Fire Station, Western Ave., So. Paris. Roast turkey, potatoes, vegetables, bread, mac & cheese, homemade pies and desserts. Pres. by the Dept. Auxiliary. \$8/4 (free ages 3 and under).

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.

Stanton Bird Club Meeting. 6:30 p.m. Room 285, Lewiston-Auburn College. Michael Perry, former director of the L.L. Bean Outdoor Discovery Schools, presents "Southern Maine's Scenic Waterways by Canoe and Kayak." Free. www.StantonBirdClub.org.

Wednesday, Jan. 9

Rotary Breakfast Club Meeting. 7 a.m. United Methodist Church, 439 Park Ave., Auburn. Mayor Jason Levesque discusses plans for Auburn's 2019 Sesquicentennial Celebration. All welcome; breakfast \$15.

Thursday, Jan. 10

Chamber Breakfast Meeting. 7 a.m. Hilton Garden Inn, 14 Great Falls Plaza, Auburn. Craig Zurhorst of Western Maine Transportation Services discusses "Planned and Proposed Changes Coming to Public Transportation in the Region." \$22 (members \$35). Register at www.LAMetroChamber.com.

Friday, Jan. 11

Senior College Luncheon. 12 p.m. Room 170, Lewiston-Auburn College. Fred Jordan, former Chief Medical Examiner for the State of Oklahoma, speaks about the historic origins of his profession. Optional lunch is \$8; reserve by noon on 11/9 at 753-6510.

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; LACLTL.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.

Wednesday, Jan. 16

Work for Yourself@50+. 1:30 to 3:30 p.m. SeniorsPlus, 8 Falcon Road, Lewiston. New Ventures Maine presents this AARP Foundation workshop. Free. 557-1885. Register at <http://bit.ly/WFY50Lewiston-Jan16>.

Thursday, Jan. 17

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Best-selling Maine novelist Paul Doiron discusses "Telling Maine Stories." Free. Bring your bag lunch. 513-3135; LPLReference@Gmail.com.

Book Discussion. 2 p.m. Morse Memorial Library, 105 Main St., Greene. This month's selection is 2016 National Book Award finalist "News of the World" by Paulette Jiles. Multiple copies avail. to borrow. 946-5544; www.morse.lib.me.us.

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; LACLTL.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.

Thursday, Jan. 24

Annual Dinner & Awards. 5 to 9 p.m. Ramada Hotel & Conference Center, Lewiston. Following a social hour, the LA Metro Chamber of Commerce presents its annual awards. \$50. 783-2249; www.LAMetroChamber.com.

Saturday, Jan. 26

Baked Bean Supper. 5 p.m. First Congregational Church, Rte. 115, Gray. Baked beans, casseroles, salads, homemade breads and desserts, beverages. \$8/4. Wheelchair accessible. 657-4279 (day of supper 657-3279).

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.

Comedian Bob Marley. 6 p.m. Orion Theatre, Topsham. The well-known comedian presents a teen-friendly comedy show to benefit Mt. Ararat High School's Project Graduation. \$25/20. 798-0404, sirois1988@comcast.net.

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.

Super Bowl Sunday Table Tour. 11 a.m. to 1 p.m. Viles Arboretum, 153 Hospital St., Augusta. Prepare for the big game by getting some outdoor activity on the groomed trails while sampling foods from area eateries. \$20 (\$5 ages 10-); toddlers free. 626-7989; www.vilesarboretum.org.

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.

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Escape Room (PG-13).....	1:25	4:25	7:25	9:50
Vice (R).....	12:30	3:40	6:35	9:30
Bumblebee (PG-13).....	1:00	4:00	7:00	9:40
Second Act (PG-13).....	1:30	4:30	7:05	9:35
Spider-Man: Into the Spider-Verse (PG).....	12:50	3:50	7:10	9:50
Mary Poppins Returns (PG).....	12:45	3:45	6:45	9:40
The Mule (R).....	1:15	4:15	6:55	9:30
Holmes & Watson (PG-13).....	1:20	4:20	7:15	9:45
Aquaman (PG-13).....	12:20	3:30	6:40	7:30
.....				9:25
Dr. Seuss' The Grinch (PG).....	12:15	2:30		
Ralph Breaks The Internet (PG).....			4:45	

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.

Agencies partner for free CNA training course



Zane Clement and Helen Emery of Augusta Adult and Community Education and Monica Millhime and Athena Briggs of Western Maine Community Action finalize the course training schedule and orientation agenda. (Photo by Melinda Quirion, AACE)

Augusta Adult and Community Education, Togus V.A., Western Maine Community Action, Western Maine Workforce Development, and the Lewiston and Augusta CareerCenters are partnering to offer a Certified Nursing Assistant training course.

The course will include Work Ready training, followed by 12 weeks of classroom and clinical training to meet the requirements for C.N.A. certification. Valued at

\$,2600 per participant, the course will be provided at no cost to candidates meeting eligibility requirement.

The requirements and eligibility criteria are the Augusta Adult and Community Education application; WMCA pre-eligibility form; proof of age (at least 18 years old); a high school diploma or equivalency; two letters of reference; background checks; reading and math CASAS assessments; confidentiality release form;

interviews; and availability for all scheduled training. For more information, call 626-2470.

An Informational Session will be held on Tuesday, January 22, from 10:30 a.m. to 1:30 p.m. at Augusta Adult and Community Education, located at 33 Union Street in Augusta. Candidates must register online and set up an appointment for CASAS and ONET assessments by calling 626-2470. The deadline to register is Friday, January 4.

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Maine Event Comedy at Baxter Brewing



With his quick wit and crazy stories, Boston's Corey Saunders is steadily climbing the comedy ladder.

Maine Event Comedy will present Boston's Corey Saunders at The Pub at Baxter on Friday, January 4 at 9 p.m. The show will also feature David McLaughlin, Mark Moccia, Leonard Kimble, Nic Dufault, and host Nick Gordon.

Corey Saunders hails from Boston, where his quick wit and crazy stories

have him steadily climbing the comedy ladder. He's a regular at the world famous Comedy Studio and Improv-Boston. He also produces and hosts his own talk show on Dirty Water TV.

David McLaughlin hails from Somerville, Mass. and is not shy about taking his familial issues to the stage. He was selected

to the 2018 Salem Comedy Festival and produces a Clean Comedy show in Framingham, Mass.

Mark Moccia, from Newmarket, New Hampshire, performs throughout the Northeast and regularly hosts shows at Latchkey Comedy in Portsmouth and the Winner's Circle in Salisbury, Mass.

As charming as he is funny, Auburn's Leonard Kimble worked with comedy legend Rich Vos and reached the semifinals in the Tightest Five contest. He also produces a bi-monthly open-mic at 84 Court in Auburn.

Nic Dufault recently opened for Boston comedy legend Christine Hurley. He took third place in the Wednesday Night Live Comedy Contest and competed in Empire's Comedy Summer Classic.

New Gloucester's Nick Gordon lives in a barn and was recently in a hockey fight. His self-deprecating brand of humor has been winning audiences over throughout New England.

The show is free and open to those ages 21 and older. The Pub at Baxter Brewing is located at 120 Mill Street in Lewiston. For more information, call 513-0742 or email maineevent-comedy@gmail.com.

Great Falls Forum features novelist Paul Doiron

The 2018-19 season of the Great Falls Forum will continue on Thursday, January 17, when Maine novelist Paul Doiron will discuss "Telling Maine Stories." The program will take place from 12 to 1 p.m. in Callahan Hall at Lewiston Public Library.

In the literary world, mystery novels have long been viewed as entertaining but unserious. In his Great Falls Forum presentation, Doiron will discuss how crime novelists often deal with social issues other literary genres struggle to address. From the opioid crisis to rural homelessness to post-traumatic stress among veterans of our most recent wars, Doiron has found himself addressing topics that Mainers themselves identify as major problems for our state - all while trying to spin a good yarn.

Doiron is the author of the Mike Bowditch series of crime novels, including "The Poacher's Son," which won the Barry Award and the Strand Critics Award for "Best First Novel." The book was also nominated for an Edgar Award, an Anthony

Award, a Macavity Award, and a Thriller Award for "Best First Novel" and the Maine Literary Award for "Best Fiction of 2010." PopMatters named it to its Best Fiction of 2010 list.

The succeeding books in the series, "Trespasser," "Bad Little Falls," "Massacre Pond," "The Bone Orchard," "The Precipice," "Widowmaker," "Knife Creek," and "Stay Hidden," have all been critically acclaimed and enjoyed increasing sales. His novels have been translated into 11 languages. The UK editions of his books are published by Constable & Robinson, a division of Little Brown.

Doiron is Editor Emeritus of Down East: The Magazine of Maine, having served as Editor in Chief from 2005 to 2013 before stepping down to write full-time. A native of Maine, he attended Yale University, where he graduated with a degree in English. He holds an MFA in creative writing from Emerson College. He is a former member of the Maine Arts Commission and current chair of the Maine Humanities Council. He



Doiron is a former editor-in-chief of Down East magazine and the author of the best-selling "Mike Bowditch" series of mystery novels.

is also a Registered Maine Guide who specializes in fly fishing. He lives on a trout stream in coastal Maine with his wife, Kristen Lindquist.

Admission to all Great Falls Forum events is free of charge, with no reservations required. This program is a bring your own brown-bag lunch event. Coffee, tea, and bottled water will be available at the library.

Lewiston Public Library is located downtown on the corner of Lisbon and Pine Streets. For more information, call 513-3135 or email LPLReference@gmail.com.

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— Sean McGarr, DO, FACG

Dr. Sean McGarr Joins Central Maine Medical Center to Lead Gastroenterology & Endoscopy Teams

Central Maine Healthcare is proud to announce that Sean McGarr, DO, FACG, has joined Central Maine Medical Center as Chief of Gastroenterology and Director of Medical Endoscopy. Previously a Director of Gastrointestinal Oncology, he is recognized for his expertise in advanced endoscopy, including the diagnosis, staging and treatment of many GI conditions.

Proud to be a Mainer himself and a physician who has practiced in the state for more than 12 years, Dr. McGarr and his colleagues at Central Maine Gastroenterology provide a wide range of gastrointestinal care. He believes that teamwork and good communication are crucial to every care plan so patients never feel they've been lost in the system.

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