Lewiston-Auburn's Weekly Newspaper!

TWIN CITY TIMES

© Twin City TIMES, Inc. 2016 (207) 795-5017 • Info@TwinCityTimes.com • 33 Dunn St., Auburn, ME 04210

FREE • Vol. XVI, No. 8 *Your Hometown Newspaper Since 1999* May 26, 2016 • FREE

CLT hosts Chamber After Hours

The LA Metro Chamber after hours was held at Community Little Theatre in Auburn on May 19. The event was catered by CLT supporter The Village Inn restaurant. Pictured is Karen Mayo from Community Little Theater, Jocelyn Vallee and Belinda Vallee from The Village Inn and Matt Leonard from Lewiston Auburn Metropolitan Chamber. (TCT photo by Laurie A. Steele).

Just Us Entertainers

L to r, are Deborah Robitaille, Paul Jalbert, Lynda Wade, Marcel St. Pierre, Melissa Noel, Norm LaPlante, Sue Caron, Mike Barrett, Rita Milliken, Rose Frederick, Doris Surette, Nel Meservier, Lorraine Giasson and Jackie Asselin. Absent are Norm Lebel and Dave Cooper.

The Just Us Entertainers will participate in the Gala Memorial Day Celebration at Veterans Memorial Park in Lewiston on Saturday, May 28, honoring the Veterans at the Unveiling of Monument # 28 bearing the names of men and women who served in the U.S. Military. Their performance will include patriotic songs and military march music from all the branches of the U.S. Military.

Special Masses, Services planned for weekend

The Diocese of Portland has announced that several Masses and prayer services are planned for churches and cemeteries around Maine on Memorial Day Weekend. Local area events are listed below.

Bishop Robert P. Deeley will celebrate Memorial Day Mass on Monday, May 30 at 10 a.m. in the Mausoleum Chapel at St. Peter's Cemetery, 217 Switzerland Road in Lewiston. All are invited to attend.

In addition to the Mass with Bishop Deeley on Monday, a prayer service will take place on Sunday, May 29 at noon at Mount Hope Cemetery, 91 Mt. Hope Avenue in Lewiston.

"Memorial Day is a time to remember those who kept the faith and died in service to our country," said Bishop Deeley. "It is our duty as Americans to praise their sacrifice, to bless their memories, to pray for their eternal repose, and to thank God for the freedom they preserve for us."

All Saints Parish in Brunswick will hold a Memorial Day prayer service on Monday, May 30 at 11 a.m. at St. John's Cemetery,

See **Masses**, *page 5*

Farmers' Market opens for season

The Lewiston Farmers' Market at Bates Mill No. 5 will open for the season on Sunday, May 29 from 10 a.m. to 1 p.m. at the municipal parking lot on the corner of Lincoln and Main Streets. The market will be open every Sunday at these times through mid-October.

Family-friendly fun for the day will include live music, children's activities and a Memorial Day raffle of market goods. Tables and chairs and a porta-potty will be available for customer convenience.

Visitors can expect to shop with more than 20 new and returning vendors selling farm-fresh vegetables, seasonal fruit, grass-fed beef, chicken, lamb, pork, rabbit, artisan cheeses and dairy products, homemade baked goods, gluten-free products, maple products, fresh-cut flowers, perennial plants, handcrafted soaps, and local arts and crafts.

As in years past, customers may purchase market goods using cash, credit, debit, SNAP (food stamps) or WIC. The market will also offer its "Market Rewards" program, through which loyal customers receive a gift certificate after five visits to the market, and its popular "Seniors Day"

See **Market**, *page 5*

15% OFF
Lunch, Monday-Friday
Limit 1 per order, not to be combined w/other offers. Expires June 30, 2016.

LET'S CELEBRATE DAD at Sea 40!

Music Line Up
Thursdays 7-9pm
May 26th – John Cross
June 2nd – Phil N' the Blanks
June 9th – Ron Bergeron
June 16th – Brian Patricks
June 23rd – Michael Krapovicky
June 30th – Alex Telow

Choose a Treasure from our Fishbowl!

Sea40
Crazy Wednesdays from 3-7 pm
$4 Crazy Sushi Rolls
OPEN MIC from 7-10 pm
40 EAST AVENUE
LEWISTON, ME
207-795-6888
Sea40me.com

ANDROSCOGGIN DENTAL GROUP
"Affordable Dental Excellence • Emergencies Welcome"

$88 New Patient
Special - $345.00 Value
(Cleaning, Exam and 4 Xrays)

Dr. Robert McVety, DMD

Trusted, Comfortable & Caring Dentistry
Dental Care to Fit Your Budget & Your Busy Schedule
Smile Now! Pay Later! • 0% Financing
Most Insurances Welcomed!

Call 207-783-8800
488 Sabattus Street, Lewiston • www.androscoggindentalgroup.com

Movie Listings Every Week! *Only in TCT. See page 13.* **www.FlagshipCinemas.com**

See all of this week's stories and ads online. Free!

www.TwinCityTimes.com

Newsmakers, Names & Faces

Gorman Scholarship awarded to Nicole Labbay

Nicole Labbay (7th from right) is presented with the first Leon A. Gorman Endowed Scholarship at a ceremony recently in Freeport. She is pictured here with her parents and representatives of the Gorman family, L.L. Bean, and the Maine Community College System.

Nicole Labbay of Bowdoin, a student in the Architectural and Civil Engineering Program at Central Maine Community College, was awarded the first Leon A. Gorman Endowed Scholarship at a ceremony recently at L.L. Bean's Corporate Headquarters in Freeport.

The Leon A. Gorman Endowed Scholarship was established in 2014 by the children of Leon and Lisa Gorman in honor of Mr. Gorman's 80th birthday. The scholarship supports Maine community college students who demonstrate strong academic achievement, financial need, and a commitment to community service, a hallmark of the scholarship's namesake.

Since Leon Gorman's passing in September 2015, eighty gifts have been made to the scholarship fund, including a $125,000 gift from L.L. Bean. Last week, Lisa Gorman announced a major new gift to the fund, ensuring that in future years the full-tuition scholarship will be awarded to a student at every one of Maine's seven community colleges. "We are pleased to be able to play a part in helping the people of Maine get the education they want and deserve," said Gorman on behalf of her family.

This year's recipient maintains a 3.55 GPA while serving as a volunteer coach for high school field hockey and softball. She has also volunteered building trails at Crystal Springs Farm and helped coordinate Bowdoinham Days Festival. She is currently assisting in the design of CMCC's new hockey locker room at the Norway Savings Bank Arena.

Leon Gorman, the longtime president and CEO of L.L. Bean, was deeply committed to the people and places of Maine. Recognizing the power and potential of Maine's community colleges to transform people's lives, Mr. and Mrs. Gorman worked quietly behind the scenes supporting the colleges. The couple was central to the 2009 establishment and success of The Foundation for Maine's Community Colleges, for which Mrs. Gorman continues to serve as vice chair.

Post 135 Riders visit Veterans Home

The American Legion Riders of the Harry J. Conway Post 135 in Sabattus spent the day recently visiting with the veterans at the Veterans Home in Paris. Here (l. to r., from front) are John Convey, Owen Wright, Leland Millet, Jerry Bissenneau, Riders Director David Adler, Deputy Director Ronie Ray, Secretary Christine Adler, Road Captain Donald Caron, Nancy Ray, Ron Raymond, and Riders Historian Gail Cote.

St. Dom's names principal of Auburn Campus

Saint Dominic Academy has announced that Shelly Wheeler, currently a science and math teacher at the school, has been named the new principal of the Auburn Campus, which includes the school's seventh through twelfth grades. She replaces Joline Girouard, who will assume a new position at the academy focused on implementing the school's new strategic plan and identifying opportunities to improve the student experience. Wheeler will assume the role of principal on July 1.

Shelly Wheeler

"We are very fortunate to have found a well-respected educator like Mrs. Wheeler to offer her voice, creativity, and passion for Catholic education as the new principal at the academy," said Saint Dominic Academy president Donald Fournier. "I have seen the way she connects with all of her students as a teacher. She is a classroom innovator who displays great leadership skills. I have no doubt she will be a fine administrator."

"Mrs. Wheeler holds her students to a high level of accountability and encourages them to take advantage of the academic and spiritual benefits of the academy," said Jim King, superintendent of Maine Catholic Schools. "She has made a real difference in the lives of her students as a teacher and I am certain she will continue to do so as principal."

"I am eager to apply my Catholic faith and my classroom experience in the new role of principal," said Wheeler. "I am an active member of Prince of Peace Parish in Lewiston and have chosen to educate my own children in Catholic schools. I have observed firsthand how these schools are centered in faith, community, and service, and I am thrilled to assist in leading the academy to new heights of excellence inside and outside the classroom."

See **St. Dom's**, *page 5*

Graduate to the career you want.

If you want a degree that can make the difference in your life then call us today.
We now offer associate's, bachelor's, and master's degrees in:
› Business › Human Services › Paralegal Studies
› Criminal Justice › Information Technology › And more
› Fire Science › Medical Assisting

Classes start soon.

For more information, call 207.333.3300 or visit kumaine.com.
Lewiston Campus
475 Lisbon Street
Lewiston, ME 04240
A different school of thought.® KAPLAN UNIVERSITY
For comprehensive consumer information, visit www.kumaine.com.

YOUR BEST SKIN
LASER TREATMENT CENTER
SUITE 208, ABOVE COSMO PROF
250 CENTER STREET • AUBURN, ME
Botox and fillers • Spider Vein & Rosacea Treatment
Spot Fat Reduction • Tattoo Removal
Wrinkle, Age Spot & Scar Reduction
Acne Treatments • Laser & HydraFacial MD Treatments
www.YourBestSkinofMaine.com • (207) 333-3069

Central Maine Power's Tree Care program helps keep the lights on

Tree Care is an important part of our efforts to deliver the reliable electricity delivery service you depend on.
Because protecting the health of your trees is important, our contractors use techniques sanctioned by the Tree Care Industry Association.

Corey Cummings (left), CMP Arborist, reviews tree trimming plans with a licensed Tree Care specialist.

CMP understands that you may want to be personally consulted before our contractors prune trees along roads that border your property.

If you would like to be consulted, please write to CMP, Vegetation Management Department, 83 Edison Drive, Augusta, ME 04336. Include your name, street address and your CMP account number. You will be placed on a permanent list and will be contacted whenever we are pruning adjacent to your property, except in emergency conditions.

We'll be trimming trees in these towns in 2016:

Auburn, Buckfield, Canton, Durham, Greene, Hartford, Leeds, Lisbon, Litchfield, Livermore, Monmouth, Sumner, Turner, Wales, Wayne

CENTRAL MAINE POWER

You are cordially invited to the
11th Annual
Inspired Voices
Saturday June 18, 2016
at the Gendron Franco American Heritage Center
46 Cedar Street, Lewiston

TICKETS:
Advance: $20
Door: $25
Student/Senior: $15

Reception: 6 PM
Performance: 7 PM

To Purchase:
inspiredvoices2016.eventbrite.com

FMI:
207-783-9141

Hosted by
TRI-COUNTY MENTAL HEALTH SERVICES

Op-Ed by Jim Howaniec

There are many reasons to oppose L-A merger

By Jim Howaniec

A joint charter commission is now working to merge the cities of Lewiston and Auburn into one municipality. It may come to a vote as early as this November. Consolidation is a bad idea for both cities, and it should be rejected soundly at the polls.

I am part of a committee comprised of Lewiston-Auburn residents that is opposed to the merger. We have many concerns, on both sides of the Androscoggin River. We see no strong groundswell of support for this project. It is the brainchild of a small group from the Chamber of Commerce, rather than any sort of grassroots will of the people.

Contrary to the arguments of some commission members, a merger would not save money in municipal expenditures; in fact, it would end up costing more. A joint city would require essentially the same number of police officers. The same number of public works employees would be required to maintain the same number of miles of roads. The same number of firefighters would be required to protect the same number of buildings, and the same number of teachers would be required to teach the same number of students.

Each of our municipal governments has cut its respective budget to the bone. Auburn is facing layoffs, including that of its fire chief. Lewiston has cut over 30 jobs in the past six years, even though its population is expanding. While a merger would not reduce the number of employees employed by "Great Falls, Maine," it would increase the costs of union contracts as the city with a lower pay scale in a particular contract would be eventually required to increase to the higher levels of the other city.

One of the main arguments of the joint commission is that a combined "Great Falls"—or whatever the new city would be called—would compete more successfully economically against Portland and politically in Augusta. We just do not see this happening. The new city would have the same number of citizens. We would not become the largest populated city in the state. We would have the same number of state representatives in Augusta. Our total geographical size would not change. We would have no greater influence as "Great Falls" than we do as "Lewiston-Auburn."

The City of Auburn in particular would lose its identity. Two-thirds of the population would live in the "Lewiston section" of "Great Falls." The "Auburn section" would be under-represented and would be out-voted consistently on funding and other issues. To think that 200 years of political history is going to be erased by a single vote in November is naive at best.

A merger would be very bad for Lewiston as well. The city would be taking on Auburn's current budget problems. The problem of what to do with the crumbling Edward Little High School would now become Lewiston's problem too. Lewiston would be absorbing an enormous, disproportionate increase in miles of road maintenance from the Auburn side. The change in assessed valuation of a joint city would have disastrous consequences, especially on the Lewiston side, including reduced education funding from the state.

Many more pages would be required to discuss the allocation of municipal debt, which may be the biggest problem of them all. The commission is arguing that each city would be required to pay its own existing debt, and—incredibly—that a separate tax rate would be required from each side of the river to pay off this debt. This is a recipe for disaster.

What the joint commission is proposing is like a couple agreeing to get married, but one of them saying: "I love you, but you have to pay your own credit card bills."

This current merger project was commenced with virtually no public discussion and no broad public support. Commission members were elected in a quiet, mid-summer election two years ago, with less than five percent of the electorate casting votes. This issue has been imposed upon the cities by a very small group from the Chamber of Commerce. There has been absolutely no urgent call from the general population for a new city.

We call upon the charter commission to bring this issue to a vote in November, so we can put this ill-conceived idea—with its significant waste of taxpayer dollars—to bed once and for all.

Jim Howaniec is a lifelong resident of Lewiston. He served as Lewiston mayor between 1990-1994. He has also served as an Assistant Attorney General in Augusta. He has practiced law on Lisbon Street since 1990.

The facts regarding two "Alphabet Agencies" in our cities

By Phil Nadeau, Chair
Lewiston-Auburn Transit Committee

Once again, I have the unenviable task of responding to more of Auburn Mayor Jonathan LaBonte's inaccuracies regarding our bus service, which appeared in his column in the May 12 edition of *Twin City Times*. Though he was casting a large net at a number of local "alphabet" agencies, I felt I had the obligation as committee chair of the LATC (a.k.a., the Lewiston-Auburn Transit Committee) to address some fairly large inaccuracies in his column.

My comments will focus on the other "alphabet" agency that provides administrative services for the LATC, the Androscoggin Valley Council of Governments (AVCOG). Readers should know that AVCOG has operated for over 50 years, has served our committee for 41 years, serves three counties, is supported by almost every municipality within these counties and has proven to be an invaluable part of delivering a wide range of municipal and business services.

Three years ago the State of Maine decided that it no longer wanted to be the Federal Transit Administration (FTA) Direct Recipient of FTA funds that support the LATC citylink bus system. The Governor designated AVCOG to be the Direct Recipient for citylink. AVCOG accepted this new role, and with this designation has the responsibility to be in full compliance with all federal regulations involving the receipt and utilization of FTA funds and required matching funds.

In this new role, one of the most critical services AVCOG provides to LATC is its staffing capacity to manage compliance with the myriad of rules and regulations that impact the flow of federal dollars supporting our local bus system.

Getting accurate information on what AVCOG provides to our cities is an important part of the alphabet discussion. As an example, the mayor's claim that AVCOG was seeking $250,000 for "management (of) the local bus system" was incorrect. His number appears to involve a blending of transportation services that do not involve the citylink bus system and are not supported by the local share paid by both cities for bus service.

In fact, the LATC is requesting $100,000 for administrative services, which will be supported with $25,000 from each city (a part of the $235,000 total we are seeking from each city for FY 2017). This $50,000 local share will be matched with another $50,000 in federal funding (equaling the budget request for $100,000). For our local budgets, that is an increase next year of $2,500 for each city to pay for administrative services.

The mayor's comments seem to imply that what LATC is paying for staff services is not reasonable. I would submit that AVCOG staff services are a great value when you compare those services to the two largest fixed transit bus systems in Maine, Bangor and Portland. Using the last approved FY16 budget and the last reported annual ridership numbers for comparison, the LATC cost per rider for administrative services was 21.2 cents per rider versus those of Bangor at 25.9 cents and Portland at 74.6 cents.

When compared to our overall budget, the LATC cost per rider was $3.46 versus those of Bangor at $3.24 and Portland Metro at $5.10. In short, the AVCOG staffing and overall operations value for our citylink transit system is very competitive with Bangor's system and significantly less than Portland Metro's service.

If the mayor was trying to make a case that the LATC and AVCOG are not fiscally responsible through his alphabet soup analogy, his results might have been more "appetizing" with a more accurate analysis of the AVCOG ingredients. Ensuring that the public and city council are presented with the correct details about our bus system is critical to this discussion.

Consider his recent Facebook posting to clarify what he believed Auburn is actually budgeting for its local share of the bus budget. It only required that he simply restate what was already published in Auburn's proposed budget. Instead, he reported that Auburn's "proposed city budget provides the SAME (sic) level of funding for next year as it does this year." Once again, this information was incorrect.

The city manager's proposed budget clearly shows that the FY16 (current) budget was funded at $209,244 and is proposing a reduction to $182,244 in the FY2017 budget. That is not the same level of existing FY2016 funding and is actually a $52,756 cut (not $27,000) which, without matching federal funds, results in a revenue reduction of $105,512. This is why LATC recently proposed service cuts as opposed to the staff cuts the mayor's article appears to suggest.

For all the reasons shared in this column, the LATC believes that we are staffed at necessary levels and that staffing reductions would produce unacceptable compliance, management and reporting problems.

Though we have communicated with Mayor LaBonté in the past regarding AVCOG and LATC funding, only he can explain why he has misstated the LATC and AVCOG budget numbers referenced in this article. I will continue to do my best to make sure that inaccuracies are addressed and the record corrected when necessary for the benefit of our riders and the taxpayers of both cities.

Phil Nadeau is Deputy City Manager of Lewiston and Chair of the Lewiston-Auburn Transit Committee.

TWIN CITY TIMES

FREE e-subscriptions at www.TwinCityTimes.com

TWIN CITY TIMES, INC. 2016©

33 Dunn Street,
Auburn, ME 04210

(207) 795-5017
Fax: (207) 782-9579

Info@TwinCityTimes.com

Laurie A. Steele
Publisher
Laurie@TwinCityTimes.com

Ashley Somma
Advertising Consultant
Ashley@TwinCityTimes.com

Steve Bouchard
Copy Editor
Editor@TwinCityTimes.com

Laurie A. Hiscock
Ad Designer
Ads@TwinCityTimes.com

ADVERTISING
For advertising information,
call 795-5017
or email: ads@twincitytimes.com.

DEADLINE
Deadline for ads and press releases is
5 p.m. on Friday preceding publication.
Published every Thursday.

PRESS RELEASES & STORIES
All submissions, including photos, must
be emailed to editor@twincitytimes.com.

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

COPYRIGHT
*All materials found in TWIN CITY TIMES are copyrighted.
All rights in those materials are reserved and permission
to use them must be specifically granted by Twin City TIMES.*

SUBSCRIPTIONS
To receive a subscription, send name, address and payment
of $100 for 52 weeks or $195 for 104 weeks to
Twin City Times, 33 Dunn St., Auburn, ME 04210

Only Steps Forward

Quality of schools not measured in dollars and cents

By Jonathan P. LaBonté
Mayor of Auburn

Last week, the Auburn City Council voted in support of the budget adopted by the Auburn School Committee. The next part of the process, as laid out in state law, is for the citizens to have their say. Voting on the school budget vote has been set for Tuesday, June 14.

Several years ago, Auburn chose to lock in the school budget vote on the second Tuesday of June to ensure it would coincide with any statewide votes. This was done primarily to support higher voter turnout.

One way to ensure high voter turnout is to ensure voters consider voting absentee, to avoid missing a chance to vote should something come up on Election Day. In Auburn, we try to make that process as easy as possible.

Mayor Jonathan P. LaBonté

Here is some important information to help you vote absentee now. The statewide deadline to request a ballot is Thursday, June 9. You can request a ballot by filling out an application online and mailing it to the City Clerk's office or calling directly to request one at 333-6600. You even have the option to vote an absentee ballot in person if you come into Auburn Hall and visit the City Clerk's office.

While I am hopeful that there will be opportunities for voters to learn more about the school budget in their local newspaper and over social media, it likely won't be sufficient given all the moving parts. I encourage anyone with questions about where the spending is occurring, what state and federal mandates impact how much we need to spend, and what outcomes we expect from the spending to reach out to your elected officials.

If you aren't able to access the city's website to find contact information for School Committee or City Councilors, you can call the city's main line at 333-6600 and I'm certain they can help you get a message through.

As I travel and meet with business leaders in Auburn and Lewiston and elsewhere in southern Maine, a key factor that many executives are looking for in a region is the quality of the school system their children and the children of their employees will learn in.

Quality is not measured purely by dollars and cents. The schools that spend the most are rarely the best schools, though they likely have all the bells and whistles. There have been recent studies in Maine that looked at the most effective and efficient schools, and the results proved this fact out. A number of districts, while not in the top tier of schools in spending per pupil, were achieving student outcomes at a very high level.

A common factor among those schools? Teachers were at the center of the learning environment. Since teachers are on the frontline of educating, and individual schools are learning communities unto themselves, it appears the districts that support a bottom-up approach and encourage a supportive environment in each school for the teachers and what they saw as students needs performed extremely well, even with fewer resources.

Now. I don't raise this point in advance of the budget vote to suggest that this budget it too high. In fact, this budget barely puts Auburn over the minimum required local investment in schools to receive full state funding. I urge voters to vote in support of it.

I raise this argument because we need to move our school budget debates beyond just a question of how much more money and to what are the outcomes and what are the models to get there. That conversation needs to start with teachers in the room with the community. The future of Auburn depends on it.

Selectman Candidates Forum in New Gloucester

Four certified candidates are competing for two open seats on the New Gloucester Board of Selectmen. They are Lenora Conger, Steven Libby, Nichole Stevens and Kathleen Potter. A televised Candidates Forum, open to the public, will take place on Tuesday, May 31 at 7 p.m. at the New Gloucester Meetinghouse at 389 Intervale Road. Tamilyn Wayboer will serve as the moderator and the format will include an opportunity for audience members to ask questions.

The forum will be telecast live on local access cable Channel 3 and will be rebroadcast on June 3 through 5 and June 10 through 12 at 7 a.m. and 7 p.m. Also, the program will be available as video-on-demand from the NGTV Channel 3 side bar at www.newgloucester.com.

HOME ACCENTS 50% OFF
Categories Listed
Does not include seasonal department

Clocks
Wall and table
Adhesive Vinyl Wall Art
Ceramic Decor
Tabletop decor, salt & pepper, plates, serving dishes, pitchers and cups
Does not include decorative drawer pulls
Lamps & Lampshades
Mirrors
Wall and table
Decorative Spheres
Decorative Crosses
Wall and table
Pillows, Rugs & Throws
Birdhouses & Wind Chimes
Polyresin & Pottery Decor
Finials, candle holders, boxes, bowls, floral planters and vases
Candles, Flameless LED Candles, Fragrance Warmers & Diffusers
Priced $4.99 & Up
Does not include Candle FX®, tealights, votives, value packs or fragrance wax & oils
Men's Resin & Ceramic Decor
Wall and table

Summer and items labeled The Spring Shop™ are not included in Home Accents sale.

SUMMER TOYS & DECOR 40% OFF
Little Wishes®

Items labeled THE SPRING SHOP™ 40% OFF
Statuary • Garden Planters
Gazing Balls
Garden Wall Decor and More

CRAFTS & VBS 30% OFF
by Playside Creations™

FLORAL 50% OFF
Most Categories Listed
Does not include seasonal department or items labeled "floral accents"
Stem Naturals
Bouquets, sticks, pods, grains, fillers and grasses
Does not include feathers
Flowering & Greenery Bushes
Does not include potted trees
Floral Stems
Floral and greenery stems
Does not include feathers
Potted Trees & Floor Plants
4 ft - 8 ft
ALWAYS 30% OFF THE MARKED PRICE*

Select group of HOME ACCENTS
NOW MARKED* 66% OFF
Selection will vary by store

FURNITURE
ALWAYS 30% OFF THE MARKED PRICE*

YARN & NEEDLE ART
I Love This Cotton!® 3 & 3.5 oz 2.66
Artiste® Floss & Threads — Cotton floss & craft thread packs, nylon crochet threads and crochet cotton 30% OFF
Premium Poly Foam, Nu-Foam® & Smart Foam 30% OFF
Yarnology® Knit & Crochet Tools and Notions 25% OFF

FRAMES 50% OFF
Categories Listed
Shadow Boxes, Display Cases & Flag Cases
Ready-Made Open Frames
Posters
Always 50% off the marked price*
Photo Frames
Always 50% off the marked price*
Our entire selection of basic & fashion tabletop frames and wooden photo storage

Custom Frames
ALWAYS 50% OFF THE MARKED PRICE*
Applies to frame only

CRAFTS 30% OFF
Categories Listed
Mosaic Tile, Gems, Chips & Stones
Candle Wax, Candle Gel & Glycerin Soap
Shea butter, goat's milk, olive oil, coconut oil soap and avocado cucumber soap
T-Shirts
Always 30% off the marked price*
Youth & adult t-shirts, tank tops, infant & toddler t-shirts, creepers and dresses
2 oz Acrylic Paint
Americana®, Ceramcoat®, Folk Art® and Anita's®
Packaged Craft Feathers
Children's Activity Kits, Paint & Pencil by Number Kits and Fuzzy Posters
Priced $4.99 & Up

PAPERCRAFTING 50% OFF
Most Categories Listed
Stickers & 3-D Stickers by the Paper Studio®
Over 1200 La Petites®, Bubbleabilities®, Stickabilities®, alphabet, cardstock, sticker packs and puffy stickers
Scrapbook Ribbon & Fibers by the Paper Studio®
Over 300 styles
Ribbon Trends®
Scrapbook Papers
Packs, Pads, Single Sheets & Page Kits
Over 1300 styles
Does not include art department
Rubber Stamps & Sets 40% OFF
Over 900 styles
Clear and cling stamps
Sizzix® & Spellbinders® Die Cutting Products 30% OFF
Does not include machines

ART SUPPLIES 30% OFF
Most Categories Listed
32 x 40 Acid Free Matboards
White core 7.99 (Regular price $9.99)
Black core 9.99 (Regular price $11.99)
Metallic 9.99 (Regular price $11.99)
2-Pack Canvas
8 Sizes available
8 x 10 3.99
11 x 14 5.99
16 x 20 7.99
Art Pencils & Pastel Sets
Priced $9.99 & Up
Foam Boards
All colors
Art Brush Sets
Priced $5.99 & Up

JEWELRY MAKING 50% OFF
Categories Listed
Explorer by Traditions™
Pendants, beads and filigrees inspired by world travels
Glass Beads
Color Gallery™, Brilliance, Bead Treasures® and Czech Glass Beads
Metal Gallery™
Does not include sterling silver
Swarovski
Create Your Style™ beads and flatback stones
Does not include hotfix stones
Bead Stringing
by On-A-Cord®, On-A-String® & On-A-Wire®
Timeline by Bead Treasures®
From the Gilded Age to the Pop Age

FASHION FABRIC
Home Decor Fabric
Prints, solids, sheers and laminated fabric
Fleece
Prints, solids and microfiber
Calico Prints & Solids
Apparel prints and batiks
ALWAYS 30% OFF THE MARKED PRICE*
Broadcloth & Batiste
Assorted colors, 45 wide and poly/cotton 2.99 p/yd
Warm & Natural® or Warm & White® Batting
by Warm™ Products
90 wide 8.99 p/yd
Home Decor & Apparel Trim by the Yard 30% OFF

* Discounts provided every day; marked prices reflect comparable prices offered by other sellers for similar products.

HOBBY LOBBY®
PRICES GOOD IN STORES MONDAY, MAY 23 – SATURDAY, MAY 28, 2016.
PRICES GOOD ONLINE SUNDAY, MAY 22 – SATURDAY, MAY 28, 2016.
SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK. SELECTION AND QUANTITIES VARY BY STORE. AD DOES NOT APPLY TO PRE-REDUCED ITEMS.

STORE HOURS:
9 A.M. - 8 P.M.
CLOSED SUNDAY

• AUBURN: Northwest corner of Mt. Auburn Ave. & Turner Street
(207) 782-6026

40% OFF One Item at Regular Price
COUPON CODE: 2488
Coupon For In-Store or Online Use!
HOBBY LOBBY®
Super Savings, Super Selection!
Offer good for one item at regular price only. Limit one coupon per customer per day. Must present coupon at time of purchase. Offer is not valid with any other coupon, discount or previous purchase. One cut or one bolt of fabric or trim "by the yard" equals one item. Online fabric & trim discount is limited to 10 yards, single cut. Excludes Heidi Swapp™ Minc,™ Foil Applicator, CRICUT® products, Tim Holtz® Vagabond™ Machine, Silhouette CAMEO® Machine, candy & snack products, gum & mints, helium tanks, gift cards, custom orders, special orders, labor, rentals or class fees. Cash Value 1/10¢. VALID THROUGH MAY 28, 2016
SHOP ANYTIME AT HOBBYLOBBY.COM

LaBonte Financial Services, Inc.
Tax Preparation and Strategic Planning
"Call For Estimates"
Bert LaBonte
CPA, MBA, MST
Tax Accountant
207-782-9500 phone
207-740-0195 cell
207-782-9600 fax
155 Center Street • Auburn, ME 04210 • bglcpa@aol.com

Seeing you smile makes us smile.
Comprehensive Dental Services
New Patients Always Welcome
Center Street Dental
www.centerstreetdental.net
(207) 784-2211 • 26 Cross Street • Auburn, ME

Enough is Enough

Never forget the high price paid to keep us free

By Robert E. Macdonald
MAYOR OF LEWISTON

This coming Monday is Memorial Day. It's a day set aside each year to honor and remember those who made the ultimate sacrifice defending and insuring that our freedom will perpetuate from generation to generation.

They went off to war—asking for nothing—and, if lucky, returned to their native soil to be interred. To those who experienced combat up front and personal, I ask: Have you forgotten yet?

Now you have returned home away from the carnage and death. You have established a career or possibly are retired. You have raised a family, own your own home, go golfing, fishing and eat out. Life has been good to you. But have you forgotten?

Do you remember those still nights suddenly transformed into terror by whizzing bullets and rounds exploding all around you? Do you remember bantering with your brothers about what you were going to do when you got back to "the world?" Then, several days later, watching these same brothers screaming in pain being medevacked to a hospital. Or worse, being taken to the morgue, cleaned up and sent back home so they could be mourned by family and friends.

Have you forgotten them?

Mayor Bob Macdonald

Years ago, as a child or teen, did you play or hang around with a guy or girl that joined the military and was killed in some Third World country whose name no one from the neighborhood could pronounce? Will you remember them on Monday, or has it been so long that you no longer can remember their face, their name or their ultimate sacrifice?

Then there are those whose only concept of war is what they have seen on TV or in the movies. Many are self-centered and believe that society revolves around them. The only deeds they remember are the ones performed by themselves. These people will surely not remember the sacrifice of our war dead.

How as a society will we remember the sacrifice of our war dead? When Decoration (Memorial) Day was first solemnly celebrated at the end of the Civil War, society had felt and experienced the horror of war on their front lawn and in their backyards.

During the First and Second World Wars, citizens were forced to ration items so the wars could be prosecuted. When life returned to normal, they appreciated the sacrifice of those that had given their lives for our country.

The sacrifices made in Korea were forgotten, largely due to the absence of sacrifices made by those on the home front. During Vietnam, many celebrated as heroes those who avoided the military while damning those who had served.

Today we celebrate the sacrifices made by our current military warriors with retail sales. They are further belittled as those who came before them by putting the emphasis on the living warriors and relegating their sacrifice to a brief sentence or two in an official's speech.

I hope the day will never come when the people of our nation no longer honor and forget the high price these men and women made to keep us free. If that day comes, we will cease as a nation.

But until that day comes, let us honor and remember the sacrifice of those who fought and died to preserve our nation's freedom.

Rest in peace, my brothers and sisters.

Masses

Continued from page 1

between Bath Road and Pine Street.

St. Michael Parish in Manchester will celebrate a Memorial Day Mass on Monday, May 30, at 9 a.m. at St. Mary's Cemetery, located on Pelton Hill.

Blessed Teresa of Calcutta Parish in Norway will celebrate a Memorial Day Mass on Monday, May 30 at 8 a.m. at St. Catherine of Sienna Church, 32 Paris Street.

A Memorial Day Mass will be celebrated at Holy Cross Cemetery on Smith Street in Yarmouth on Monday, May 30 at 9 a.m. Those attending are asked to bring their own lawn chair. In the event of rain, the Mass will be moved to Sacred Heart Church on 326 Main Street in Yarmouth.

Market

Continued from page 1

program, through which seniors ages 62 and over receive a gift certificate to the market on every first Sunday of the month. Finally, the market will join others across the state in offering the new "Maine Harvest Bucks" program, which provides bonus fresh fruits and vegetables to SNAP/EBT users. For more information about this program, call 513-3848 or see http://maineharvestbucks.org.

The Lewiston Farmers' Market is sponsored by St. Mary's Nutrition Center, a local and statewide resource dedicated to promoting community health through organizing, advocacy and education. For for more information, including a complete list of participating vendors, or to sign up for the market e-newsletter, call 513-3848 or email lewistonfarmersmarket@gmail.com.

Masiello Group honors local agents at awards ceremony

Better Homes and Gardens - The Masiello Group, Northern New England's largest independently owned real estate and home services company, honored its top performers at a company awards ceremony held in Freeport recently.

Agents from the company's 32 offices in New Hampshire, Maine, Massachusetts, and Vermont were recognized for their accomplishments in 2015. Agents from the Auburn office to be honored were Linda Beaulieu, Linda Davis, Susan Dube, Jane Cyr, Lorraine Bennett, Marcel Poulin, The Gina Team, Dave Depot & Janet McCarthy, the Kilbreth Group, Renee Roy-Your Realty Network (Auburn). Agents from the Augusta office to be honored were Joel Alexander, Debra DelMonaco, Stacey Frost, and Les Priest.

The top team awards went to the Gina Team (Gina Letourneau, Hannah Clark, Deb Lebourdais, Elyssa Hackett, Crystal Morrissette, Jane Lindstone, and Charisa Henry) and the Kilbreth Team (Don Kilbreth, Deanna Kilbreth and Colette Couter), both from the Auburn office.

"Our people work very hard for their clients and customers, so it's gratifying to recognize their achievements," said BHGRE - Masiello CEO and President Chris Masiello.

With headquarters in Keene, NH, Better Homes and Gardens Real Estate - The Masiello Group is the only real estate company in northern New England to offer complementary home services, including mortgage, title, home warranty, home owner's insurance, relocation, and land planning. To learn more about Better Homes and Gardens Real Estate - The Masiello Group, see www.masiello.com.

St. Dom's

Continued from page 2

Wheeler is completing her first year as a science and math teacher at the academy's Auburn campus. Prior to arriving at Saint Dominic, she was a math teacher at Oak Hill High School in Wales from 2004 to 2015. While at the school, she was the chairperson of the Oak Hill High School Leadership and Organization Committee for the New England Association of Schools & Colleges. Wheeler also spent two years as a math teacher at Winslow High School.

In addition, Wheeler served for six years (2009-15) as an AP statistics reader, one of only 500 college professors and high school instructors worldwide to read and score AP statistics exams. She earned a bachelor's degree in secondary education from the University of Maine at Farmington and a master's degree in education from the University of New England.

THE DUMP GUY
JUNK REMOVAL
Basement, Attic, Garage & Apartment Cleanouts
Boat, Vehicle & Camper
BBB ACCREDITED BUSINESS
Angie's list Reviews you can trust.
(207) 450-5858 • www.thedumpguy.com Fully Insured

Drones top LAE's summer course schedule

Summer classes at Lewiston Adult Education will feature offerings ranging from Mexican cooking to flying a drone.

Lt. Col. Mark Welborn, U.S. Air Force, retired, will teach a one-night class in August on the basics of drone flying. He will cover topics such as safety and registration with the Federal Aviation Administration.

The Culinary Arts Certificate class, set to start on July 5, will cover a number of subjects, from barbecuing to soups and sauces. People may sign up for individual classes, such as Mexican cookery, for enrichment

The College Transition Program is scheduled to start on May 31, but students must first set up testing as part of the registration process. The class helps to prepare students for post-secondary education through reviews of reading, writing and math skills, as well as assistance with college applications and financial aid.

This summer's classes for parents and children will have a science focus. A complete list of summer adult education classes will be sent out in early June. To sign up for classes or to see postings about the latest news, see lewistonadulted.org.

Governor's Address: Connecting our Maine Veterans with the Services they Deserve

As we head into the Memorial Day weekend, I'm sure most of you are preparing celebrations and seeking out events to commemorate the sacrifice of brave Mainers who gave their lives in service to our country.

Dear Maine Taxpayer,

One of the great privileges of my time as Governor has been the many opportunities I've had to meet our military families and to pay tribute to their courageous dedication.

In a state with one of the highest percentages of veterans of any state in the country, honoring Maine's proud tradition of military service has been critically important to my administration.

That's why I am pleased to announce a bold new initiative for the state of Maine, a first-of-its kind website, which will connect veterans to the many programs and benefits they have earned because of their service to our country.

The new site was created by the Maine's Bureau of Veterans' Services and is now available by visiting www.maine.gov/veterans.

The site is designed to meet the needs of our state's

Governor Paul R. LePage

nearly 130,000 veterans, as well as, our Guard and Reserve members, spouses, children, caregivers, and community advocates. If you are a veteran or you know one, you will find this website incredibly helpful.

It has many features that have never before existed in Maine and some that can't be found anywhere else in the country, including:

· An interactive map of nearly 400 veteran resources throughout Maine searchable by all 16 counties and across 16 categories of programs - such as education, employment, recreation and financial assistance for veterans

· A detailed Navigation Tool on the homepage that allows you to choose whether you are a veteran, a transitioning service member, or a caregiver (among others) and routes you to detailed information on the state and federal programs that are relevant to your needs.

This tool is the only one in the country that provides a link specific to employers to help them connect with - and hire - the incredibly talented pool of veterans and service members we're fortunate to have here in Maine.

· Finally, it will also feature a centralized, statewide calendar of all of the free and discounted events for veterans and their families that are held across Maine throughout the year.

So, as you're making plans for the Memorial Day weekend, I encourage you to visit the new statewide calendar to find a ceremony near you to honor those who have given so much.

I urge you to visit www.maine.gov/veterans to explore all that it has to offer, to share it with those in your community who may find it helpful, and to visit it whenever you have a question about the state and federal benefits that you have earned through your service.

Thank You,
Paul R. LePage
Governor

RSU 16 students are Ready2Work

Five students enrolled in RSU 16 Adult Education in Mechanic Falls recently participated in a Ready-2Work Manufacturing Program. Jamie Dubois, James Francis, Ethan Sanborn, Terry Verrill and Roland Young all successfully completed the five weeks of intensive classes.

Funded by Western Maine Community Action, a partner in the CareerCenter system, the 100-hour course included an OSHA 10 Certification, computer literacy, and 60 hours of classes to instill the work readiness skills manufacturing employers are seeking. Mock interviews, tours and industry specific presentations were included as part of the curriculum.

Roger Dargie, owner of Safe Approach, Inc., a manufacturing facility in Poland, recently invited RSU 16 Adult Education students enrolled in a Western Maine Community Action Ready2Work Manufacturing Program to tour the plant. Pictured here (l. to r.) are Ethan Sanborn, Terry Verrill, Roger Dargie, Roland Young, Jamie Dubois, Career Advisor Katie Paiton and James Francis. (Photo courtesy of Dave Barnes)

"Through this grant, WMCA provides services to people in Androscoggin, Franklin, Kennebec, Oxford and Somerset Counties," said Patti Saarinen, WMCA Program Site Coordinator in Lewiston. "Many of our services are designed for low- to moderate-income people and dislocated workers, but some services are available regardless of income."

For more information, visit the CareerCenter at 9 Mollison Way in Lewiston or call 753-9000 or (toll-free) 1-800-741-2991. Information is also available at www.wmca.org.

AHCH names Employees of the Year

Pictured here (l. to r.) are 2015 Employees of the Year Maureen Andrew, Ann Perkins, Kathy Gould, Anita Lane, Diane Marcotte, Chuck Smith, and Nina Sweet. Missing from the photo is Linda Frechette, who received the 2015 Recognition Hotline Award.

Androscoggin Home Care & Hospice presented seven individuals with Employee of the Year Awards at the agency's annual gathering recently. Each year, AHCH recognizes and honors employees who have made outstanding contributions to the agency. The recipients are nominated by their peers for exemplifying one or more of the agency's core values of integrity, stewardship, accountability, compassion, quality and trust.

The award recipients for 2015 were Maureen Andrew, an RN at the Hospice House; Kathy Gould, a Hospice Aide in the Wilton office; Anita Lane, an RN in the Lewiston office; Diane Marcotte, an RN in the Bridgton office; Ann Perkins, a Performance Improvement Coordinator in the Lewiston office; Chuck Smith, a Social Worker on the Community Care Team; and Nina Sweet, an RN on the Hospice Team. Also honored was Linda Frechette, an RN in Norway, who received the 2015 Recognition Hotline Award.

"Our employees are the heart and soul of this agency," said Julie Shackley, AHCH President and CEO. "Their professionalism, knowledge, compassion and sincerity toward their patients are qualities admired by all. Since every member of the team plays an invaluable role in the success of this agency, it is difficult to choose only seven to honor, but this year's recipients are more than worthy of the award."

2016 marks Androscoggin Home Care & Hospice's 50th anniversary. Over the past five decades, AHCH has grown into one of Maine's most respected home health and hospice care agencies. To learn more about AHCH and how you can help, call Marketing & Development at 795-9407 or see www.ahch.org.

WEBSTER ST. CONV. & DELI
(Former owner of Dave's Place)
Dine In or Take Out
Weekends ~ 7am - 7pm, Mon - Fri ~ 6am - 7pm
Full Breakfast Menu
Weekends ~ 7am - 2pm, Mon - Fri ~ 6am - 11am
241-2580
715 Webster St. Lewiston
(at the Pond Rd. intersection/formerly Blanchette's)
Daily Specials
Check out our daily specials including our:
Lobster Roll $6.99
Dinner Special on Fridays
Tuesdays Italians $1.99

Ready to Dive into Summer?
Set up your pool opening today or come in and see our large selection of pool supplies.
• Pool maintenance
• Inground & above ground pool repairs
• Complete pool restoration: skimmers, main drains, replacing underground plumbing minor repairs and pool maintenance to your existing tiles, coping and expansion joints.
• New & exciting liner patterns for both inground pools and above ground pools
• Free no-obligation estimate.
www.abcpool.com
ABC POOL & SPA CENTER ESTABLISHED 1962
1975 Lisbon St., Rt. 196, Lewiston
Just 2 miles east of Exit 80
Open Year Round, Since 1962 • Monday - Friday 9am-5pm. Sat. 9am-4pm. Sun. Closed.
783-0858 • 1-800-244-0858

Call today for a FREE 5 Essential Consultation
Sick and Tired of Feeling Sick and Tired?
We can help!
Family Chiropractic Center
EXPERIENCE LIFE
1485 Lisbon Street, Lewiston • 207.783.0078 • www.familychirome.com

What's Going On

Local business advisor earns NEPD certification

Larry Giroux

Larry Giroux of the Maine Small Business Development Centers, a state-wide program that helps entrepreneurs start and grow their businesses, recently received his Core Competencies Professional Certification from the New England Professional Development group.

A business advisor in Auburn, Giroux has been with the Maine SBDC at the Androscoggin Valley Council of Governments for three years. He provides no-cost, confidential business advising to small businesses and entrepreneurs in Androscoggin, Oxford and Franklin Counties.

NEPD is a professional development collaboration of the Maine, New Hampshire, Vermont, Massachusetts, Connecticut and Rhode Island Small Business Development Center programs. NEPD provides a comprehensive, core knowledge training program that business advisors must complete to receive certification. Although most advisors come to the SBDC with solid business experience and advanced degrees, this professional development enhances the value and quality of the services delivered to clients and stake holders. The training required for this certification is comprised of four elements: participation in specified online technical content; a facilitated online discussion; a webinar; and, finally, an in-person intensive group session. To maintain certification, the advisor must complete a minimum of 24 hours of professional development each year.

The Maine SBDC provides no-cost, comprehensive business management assistance to small businesses throughout Maine through its network of certified business advisors. It is a program of the U.S. Small Business Administration, the Maine Department of Economic and Community Development and the University of Southern Maine and accredited by America's SBDC. For more information or to request a business counseling appointment, call 780-4420 or see www.mainesbdc.org.

Workshop covers term vs. whole life insurance

The Corporate and Community Services Department at Central Maine Community College will offer a workshop called "Life Insurance: Term vs. Whole Life" on Wednesday, June 1 from 5:30 to 7:30 p.m.

The course will explain the differences between and nuances of term life insurance and many types of permanent life insurance, such as whole life, equity indexed life, etc. Case studies will examine basic strategies to determine the right life insurance for different needs and situations. Each participant will generate a real life insurance quote, both term and permanent.

This is the June edition of Maine Money Academy, a low-cost monthly financial workshop series offered to the public at CMCC. Registration is open and ongoing, but space is limited and the deadline for registration is May 27. The cost is $19. For more information or to register, contact the Corporate & Community Services Department at 755-5280 or training@cmcc.edu. To register online, see www.cmcc.edu/ccs.

SeniorsPlus seeks volunteers for outreach program

SeniorsPlus, the Western Maine Agency on Aging, is seeking volunteers to help support its programming. The agency is collaborating with the Maine Chapter of the Alzheimer's Association to form a volunteer social engagement committee that will plan monthly community activities for people with dementia and their caregivers. Committee volunteers will plan and present one to two social events each month for eligible persons diagnosed with dementia and their care partners. Those interested are asked to attend an Information Session at Seniors Plus, 8 Falcon Road in Lewiston, on Wednesday, June 22, from 3 to 4 p.m. Advance registration is recommended. To register, contact Mark Pechenik at 772-0115 or mpechenik@alz.org.

Common Ties promotes Bate-Pelletier

Karen Bate-Pelletier

The Board of Directors of Common Ties Mental Health Services has selected Karen Bate-Pelletier to be the agency's new Executive Director. She has served in the role of Acting and Interim Executive Director for the past eight months.

Bate-Pelletier has been with the agency for almost 18 years. During that time, she has overseen several agency programs and services. Prior to assuming the role of Interim Director, she served as the agency's Program Director.

She brings to her new position a solid background in employee retention strategies, policies and procedures, and a fundamental understanding of individuals afflicted with major mental health and co-occurring disorders.

Bate-Pelletier holds a B.S. of Mental Health and Human Services from the University of Maine at Augusta, where she graduated with honors. She is also a Certified Mental Health Rehabilitation Technician. "I am honored to be tasked with bringing the agency to the next level of success," she says.

For more information about Common Ties, call them Monday through Friday from 8 a.m. to 5 p.m. at 795-6710 or visit their office at 12 Bates Street in Lewiston.

Check TCT every week for updated Calendar listings!

Catholic Charities to close St. Joseph Center

Catholic Charities Maine has announced that it will close its St. Joseph Child Development Center in Auburn as of June 30. As part of the transition, the center, which has an enrollment of 28 children attending full-time and 24 children attending part-time, will work with families to find new child care services if needed.

Catholic Charities Maine CEO Stephen Letourneau cited a reduced need for child care services and an increased need for other types of social services as the primary drivers for the change.

"The mission of St. Joseph was always to provide low-income families with affordable, quality child care," he said. "However, we have seen less demand from low-income and voucher-dependent families in the area. We recognize that the need is being met by other area child care providers, and we see this as an opportunity to repurpose the building to better serve families in Lewiston and Auburn through expanded services."

Catholic Charities has operated the center since it was acquired from the Sisters of St. Joseph in 2002. According to Letourneau, the building will house expanded mental health services, the instructional library for its Education Services for Blind and Visually Impaired Children, and offices for the PATH program, which provides services to transition people out of homelessness.

The center employs five full-time and eight on-call staff members. Those affected by the closure will receive assistance from Human Resources in finding new positions, either within Catholic Charities Maine or the broader community.

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER
YMCA Summer Camps
$100 – $150/week based on camp & membership

The Best Summer Ever starts at the YMCA!
For youth grades K–10. Runs 6/20–8/19.
Includes daily lunch, before and after care, swim lessons, and more!

Choose from historic Camp Connor on Lower Range Pond, Y Kids Camp in Auburn, and Teen Leadership Camp ($75/$80 per week).

Registration is now open, and financial assistance is available. Call or visit alymca.org/summer-camp FMI.

YMCA of Auburn-Lewiston • 795-4095 • www.alymca.org

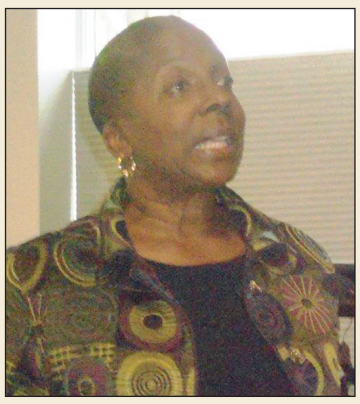
portraitefx of Maine
Bell Studios, Inc.
Executive Portraits • Business photographs • Videos
Gray, ME
(207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

Out & About with Rachel Morin

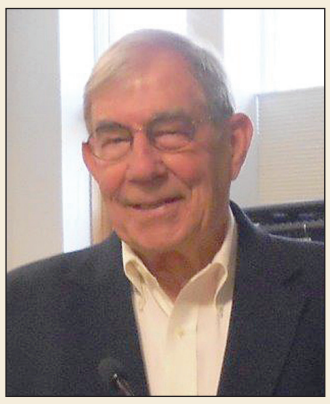
Senior College's Annual Membership Meeting

Sharon McGilvery, Chair of Special Events

Lucy Bisson. Board of Directors Chair



Dean Joyce Gibson, USM LA College



Richard Lee, Retiree Awards Speaker

Story and photos by Rachel Morin

Sharon McGilvery, Special Events Chair, welcomed USM LA Senior College members to the 9th Annual Membership meeting and introduced Mitch Thomas, popular and well-known vocalist, pianist and composer, who entertained the audience with a pleasing medley of songs from musicals and audience favorites. Light refreshments were enjoyed.

Lucy Bisson, Board Chair, opened the meeting with an update on board activities. Dean Joyce Gibson spoke on the past year at USM LA College.

Paul Robinson, Chair of Nominations, introduced the Nominees for board membership: Theresa Bazinet, Susan Donar and Judith Hierstein who were unanimously accepted and installed. Crystal Ward, Finance Chair, gave the financial report.

Closing the afternoon meeting were Richard Lee thanking the three retiring members of the Board, Rachel Morin, Paul Robinson and Crystal Ward for their years of dedicated service and presenting them with gifts. Hugh Keene and Cynthia Peters, Co-Chairs of Volunteers, distributed gifts of appreciation to the many Volunteers who gave countless hours of work at Senior College.

New members are always welcome for those over 50. There are no criteria to join except to have a continued interest in learning. If interested, please call 753-6610 and leave your name and number. Your call will be returned.

Special Events Committee, Edith Jordan, Donna Sweetser, Grace Keene. Absent are Sharon McGilvery, Chair; Richard Lee.

Senior College Board of Directors L to r, seated Richard Lee, Patricia Vampatella, Claire Bilodeau, Cindy Boyd, Lucy Bisson, Chair; Theresa Bazinet, Joanne Sabourin; Standing, Judith Hierstein, Anita Poulin, Susan Donar, Claire Small, David Bernier, Cynthia Peters, Sharon McGilvery, Donald Favreau

Mitch Thomas, vocalist, pianist, composer

Fire up the Flavor

Love cooking on the grill, but want to do more than basic burgers and the same-old barbecue chicken? Try cooking up some delicious grilled dishes with great tasting, all-natural Mrs. Dash(r) - you might be surprised how easy it is to add big flavor, without adding salt to your grilling favorites.

Mrs. Dash bold seasonings and zesty marinades are just some of the ways you can spice up burgers, chicken and vegetables on the grill.

The unique herb and spice combinations transform an ordinary cookout into something to brag about.

For more mouthwatering grilling recipes, visit www.mrsdash.com.

Caribbean Pork Kabobs

Serves: 9
Prep Time: 15 minutes
Cooking Time: 10 to 15 minutes

1/2 cup pineapple juice
3 tablespoons Mrs. Dash® Caribbean Citrus Seasoning Blend, divided
1 pound pork tenderloin, cut into small cubes
1 sweet onion, cut into cubes
1 red bell pepper, cut into cubes
1/2 fresh pineapple, peeled, cut into cubes

Mix pineapple juice and 2 tablespoons seasoning blend in a small bowl.

Pour 3/8 cup (6 tablespoons) of the pineapple juice mixture over the pork in a separate bowl and the remaining over the vegetables. Stir to coat evenly.

Cover and refrigerate for about 1 hour.

Thread pork pieces onto 9 skewers, alternating with onion, pepper and pineapple cubes. Sprinkle on remaining 1 tablespoon seasoning blend.

Grill or broil for 10 to 15 minutes or until pork is thoroughly cooked.

Old Fashioned Cole Slaw

Serves: 12
Prep Time: 20 minutes ~ Chill Time: 2 to 3 hours

5 cups shredded cabbage
1 cup shredded carrots
8 radishes, sliced
1/4 cup chopped green onion
1/4 cup olive oil
3 tablespoons cider vinegar
2 1/2 tablespoons Mrs. Dash® Original Blend
2 teaspoons sugar
2 tablespoons lemon juice

Combine cabbage, carrots, radishes and onion in large bowl; set aside.

Combine oil, vinegar, seasoning blend, sugar and lemon juice in small bowl; mix well. Pour dressing over cabbage mixture; toss to mix well.

Chill for 2 to 3 hours. Toss again before serving.

Salmon Fillets with Raspberry Citrus Sauce

Serves: 4
Prep Time: 10 minutes ~ Cooking Time: 10 to 11 minutes

1/4 cup sliced almonds, toasted
1 cup water
2/3 cup couscous
1/2 cup chopped green onions
1 pound skinned salmon fillets, 1 inch thick
2 tablespoons Mrs. Dash® Garlic & Herb Seasoning Blend
3/4 cup fresh squeezed orange juice
1 cup minced shallots
2 tablespoons raspberry preserves
2 teaspoons fresh grated peeled ginger
2 tablespoons raspberry vinegar
1/4 cup fresh raspberries, optional garnish

To toast almonds, place in a small skillet over medium heat, shaking often until golden all over, approximately 4 minutes.

Preheat broiler. Bring water to a boil in medium saucepan and remove from heat. Stir in couscous and green onion.

Rinse and pat dry salmon fillets, then sprinkle seasoning blend on each side. Place fillets on a broiler pan coated with non-stick spray. Broil 5 minutes per side, 5 to 6 inches from heat source.

Over medium heat, bring orange juice and shallots to a slight boil in a small saucepan. Lower heat and whisk in raspberry preserves, ginger and vinegar; keep warm while salmon is cooking.

Fluff couscous with fork and place equal amounts on 4 dinner plates. Lay a piece of salmon on top. Drizzle citrus sauce over salmon and sprinkle almonds on top. Garnish top with raspberries, if desired.

Chipotle Burgers with Spicy Onions

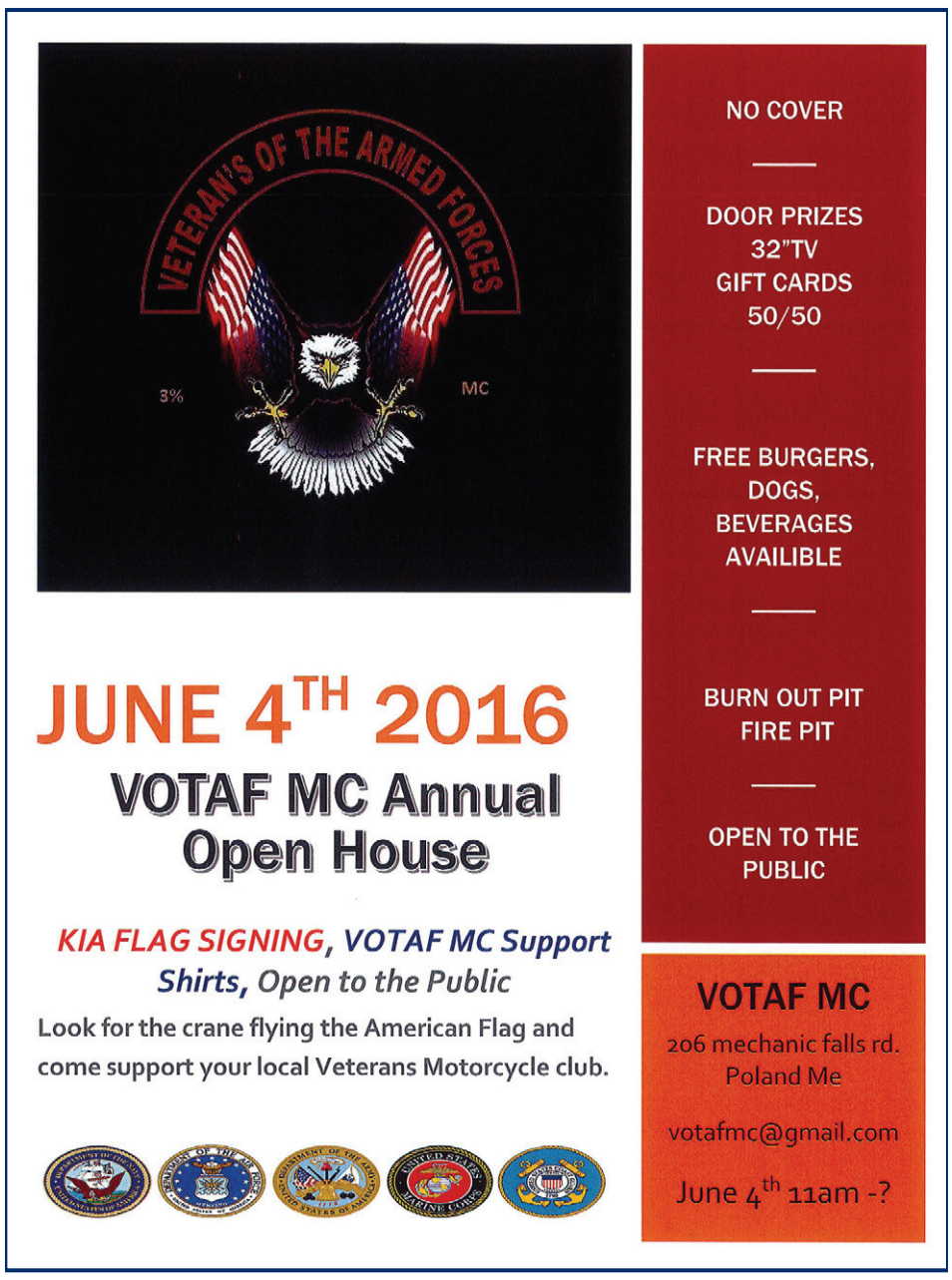
Serves: 4
Prep Time: 10 minutes
Cooking Time: 20 minutes

1 teaspoon olive oil
1 large red onion, peeled and thinly sliced
2 tablespoons Mrs. Dash® Southwest Chipotle Seasoning Blend, divided
1 pound extra lean ground beef
1/4 cup fresh cilantro, chopped
2 egg whites, or egg substitute equivalent to 1 egg
4 toasted hamburger buns
Sliced tomatoes, optional
Lettuce, optional

Heat oil in large non-stick skillet, add onion and cook until golden and tender, about 10 minutes. Stir in 1 tablespoon seasoning blend, mix thoroughly and remove from heat.

Gently mix ground beef, 1 tablespoon seasoning blend, cilantro, and egg whites or egg substitute. Mix well, and shape into 4 burgers.

Preheat grill to medium-high heat and grill burgers for 8 to 10 minutes, turning once. Toast buns and top with burger and spicy onions. Garnish with tomato and lettuce, if desired.



3 out of 4 adults in the US have foot or ankle pain.

Are you one of them?

If you answer yes, pick up the phone and call 207.783.1328 and make an appointment with a CMO foot and ankle specialist. They treat everything from toenail fungus to bunions to diabetic foot.

No foot problem is too small if it hurts or restricts activity, such as walking, running, dancing, exercising, gardening, or working. So learn more about our docs by visiting our website. Then get in touch. We can get your feet healthy and feeling good again.

Brian D. McDonald
DPM

Michael C. Saraydarian
DPM, FACFAS

James M. Timoney
DO

Central Maine
ORTHOPAEDICS
A Division of Spectrum Medical Group
Assessment, treatment, and surgical center

690 Minot Avenue, Auburn, ME
cmogroup.org
207.783.1328 • 800.571.2222

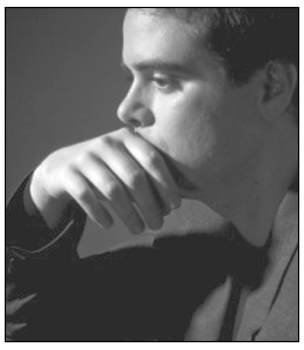
Twin City Nights

Weekly Arts & Entertainment

Québec pianist closes Franco Center Piano Series

One of Canada's most talented young concert artists and teachers, Jean-François Latour, will close the Franco Center's tenth Piano Series Season on Friday, May 27 at 7 p.m. The program will include works by Bach/Brahms, Brahms, and Schubert.

A native of Trois-Rivières, Québec, Latour established himself as a rising star long before his undergraduate and graduate work at the Université de Montréal when, at age 11, he made his orchestral debut with the Orchestre Symphonique de Trois-Rivières. In May 2002, he completed the prestigious Artist Diploma program at the Peabody Conservatory of Music in Baltimore, where he studied with Leon Fleisher. He also holds a Graduate Performance Diploma from Peabody and an Artist Diploma from the Royal Conservatory of Music in Toronto, where he was a student of Leon Fleisher and Marc Durand, who



Jean-François Latour

had also been his principal teacher in Montreal.

Latour's growing prominence on the international scene brought him engagements in Europe and South Africa, as well as in major cities across the United States and Canada. In 2005, he made his Asian debut with performances in Japan and China. He has established a reputation as a poetic and imaginative artist with brilliant technique and a strong personal voice who can communicate across cultures and generations. His former teacher, Leon Fleisher, calls Latour "a highly gifted and intelligent young artist with fine musical instincts." M. Latour's live performances have been broadcast by the Radio Suisse-Romande, Italian National Radio-RAI, Belgian Radio-Television, Vermont Public Radio, and the Canadian Broadcasting Corporation. His debut CD, released in 2007 with ATMA Classique, featured works by Chopin.

A recipient of a Career Grant from the Canadian Council for the Arts, Latour is a professor at the Université de Sherbrooke, where his students have won prizes in national competitions. He resides in Sherbrooke with his wife, pianist Andrée-Anne Perras-Fortin, and their two children.

Tickets are $15 for adults, $10 for seniors, and no charge for students. To purchase, call the box office at 689-2000 or see www.francocenter.org.

Kiwanis Pancake Breakfast set for June 5

Pancakes and Mailhot sausages will be on the menu at the 2016 Pancake Breakfast sponsored by the Lewiston-Auburn Kiwanis Club. The annual fundraiser will take place from 6:30 to 11:30 a.m. on Sunday, June 5 at St. Dominic Academy in Auburn.

"It's a longstanding way for Kiwanis to usher in the summer season," said Club President Paul Gauvreau of the 58th pancake breakfast sponsored by the local service organization. Proceeds generated at the event are used to help fund projects, programs and scholarships for youth throughout Androscoggin County.

All are welcome to this fun community event that will feature the club's signature all-you-can-eat pancakes and Mailhot's sausage, along with all-you-can-drink Starbucks coffee. There will also be children's activities, including face painting, balloons and a bounce house.

Club members Marc Mailhot (l.) and Ron Bellemore, shown here at last year's event, have perfected their sausage cooking duties. (Photo by Jimbo Marston of Uncle Andy's Digest)

Advance tickets are $5 each and can be purchased at Shaw's in Lewiston or Auburn, from a Kiwanis Club member, or from members of the Kiwanis Key Clubs at Leavitt Area High School, Lewiston High School and St. Dominic Academy. Tickets at the door on the day of the event will be $6 each. St. Dominic Academy is located at 121 Gracelawn Road in Auburn.

Kiwanis is a civic organization of volunteers dedicated to improving the world, one child and one community at a time. For more information about the breakfast, volunteering or joining the Lewiston-Auburn Kiwanis, see the club's Facebook page (Kiwanis Club of Lewiston-Auburn, Maine), contact club president Paul Gauvreau at pgauvreau4@gmail.com, or visit www.kiwanisauburnlewistonmaine.org.

Rooting for Democracy Plant Sale

The New Gloucester Democratic Committee will host its ninth annual Rooting for Democracy Plant Sale on Saturday, June 4, from 9 a.m. to noon at Lil' Mart, located on Route 100 in New Gloucester. Plants of all varieties, including perennials, annuals, house plants, vegetables and herbs, will be offered at bargain prices. Arrive early for the best selection. The rain date is Saturday, June 11.

A raffle to win a lobster of the month club membership at the Fishermen's Net in Gray ($100 value) will take place in conjunction with the plant sale. Tickets are $3 each or two for $5. The drawing will be at noon that day; you need not be present to win. For more information, or to donate plants, contact Penny Hilton at 926-4004.

Summer exhibits at Skyline Farm

Now on display at the Skyline Farm Carriage Museum in North Yarmouth is the new exhibit, "Portland's Horse-Drawn Heritage." Focusing on Portland's West End neighborhood during the horse era of 1840-1910, the exhibit shows how the area's now endangered equestrian landmarks, such as hitching posts and stone carriage steps, were once used on a daily basis.

Also on display at the museum is "Let There Be Light," a new exhibit of antique lamps of all varieties. Windham Historical Society's Dave Tanguay will give a talk on his collection later this summer.

The museum is open to the public on Sundays through June 19 and September 11 through October 2, from 1 to 4 p.m. or by appointment. Admission is free and donations are welcome. Skyline Farm is located at 95 The Lane in North Yarmouth.

For more information, contact Gregory Cuffey at 892-0188 or info@skylinefarm.org.

Pelletier's Banquet Facility
C&J Hall
Your Perfect Venue for:
Weddings
Receptions
Birthdays
Anniversaries
Retirement Parties
Social Events
Packages available including Full Catering & DJ Services at Affordable Rates!
Air conditioned, Handicap-Accessible, Seats 175
711 Webster Street, Lewiston (207) 782-1913

Mmmmm.....Irish Potato Boats!
All week at Rails
Happy Hour: $1.5 Bottled Domestics
$2.50 Well Drinks
Tues. & Wed. 5-7
Thurs. is Ladies Night! Live Music!
1/2 Price on Drinks for Ladies
Fri. is Guys Night
1/2 Price on Beers for Guys
103 Lincoln Street
Lewiston, ME
(207) 333-3070
HOURS:
Tuesday–Thursday 11am to 8pm
Friday & Saturday 11am to 9pm
Closed Sundays and Mondays

Luiggi's Pizzeria
782-0701
DAILY SPECIALS
Now Serving Beer & Wine
MONDAY
The Fergy
TUESDAY
Meatball Subs
WEDNESDAY
Spaghetti Dinner
1 Meatball, Salad, Garlic Bread, Fountain Drink
THURSDAY
Mini Pizza
FRIDAY
$1.00 OFF Any Large Pizza
SATURDAY
2 Ham or Salami Italians
w/2 Fountain Drinks
EVERYDAY
Regular 1-Topping Pizza
w/Fountain Drink
Homemade Apple & Blueberry Turnovers made with our dough
Since 1953 Your Home... our only competitor!
63 Sabattus St., Lewiston
www.LuiggisPizzeria.com

Follow me!
Twitter.com/TwinCityTimes

Bidding for APL online auction starts June 1

Pictured here (l. to r.) are Auburn Public Library Director Mamie Anthoine Ney, Auction Committee member Mark Foster, and Auction Co-chair Susan Weiss

Auburn Public Library's second annual Spring Auction will take place online from June 1 through 10, with lots of great items up for bid. All proceeds from the event will help support the library's everyday programs and services.

Some of the items featured this year are "Brewer for a Day" at Baxter Brewing Company, car detailing from Evergreen Subaru, special occasion cupcakes from The Cupcakery, tickets for performances at the Gendron Franco Center, and golf packages. Details and more information on how to bid are available at by calling the library at 333-6640 or at www.auburnpubliclibrary.org.

Paint Nite fundraiser for Dempsey Challenge

To support its fundraising goal for the Dempsey Challenge, Team Mustang of Central Maine Community College will host a Paint Nite event on Wednesday, June 8 at 6 p.m. in the college's Culinary Arts Building. Participants will spend two hours painting, laughing and flexing their creative muscles. No experience is required and all supplies will be provided.

The event will begin promptly at 6 p.m., so please allow extra time to find parking and get settled. If you're coming with a group, make sure you arrive early to get seats together. This is an all-ages event and snacks and non-alcoholic beverages will be provided. Tickets are $45 and may be purchased at www.paintnite.com/events/1076672.

Twin City Nights

Bob Marley returns to Franco Center

Comedian Bob Marley will return to the Franco Center on Friday, June 3 at 8 p.m. One of the hottest and most sought-after comedians in the country, Marley has been featured on his own special on Comedy Central and is one of the few comics to do the complete late-night TV circuit with David Letterman, Jay Leno, Conan O'Brien and Craig Ferguson. He works nonstop throughout the country in such cities as Los Angeles, Las Vegas, Washington D.C., Boston and New York and has performed several sell-out shows in the Center's magnificent Performance Hall.

Bob Marley

"We're thrilled to welcome Bob back for another show, and tickets are selling quickly again this year," said Mitch Thomas, the Franco Center's executive director. "We're looking forward to hearing both Bob and the comedian who will be opening for him."

Doors will open for happy hour at 6:30 p.m. Seats for Marley's show are $27.50 each. For more information or to purchase tickets, call the box office at 689-2000 or see francocenter.org.

Task Force presents Senior Resource Fair

In recognition of World Elder Abuse Awareness Day, the Androscoggin Elder Abuse Task Force will host its seventh annual Senior Resource Fair on Wednesday, June 15, from 9 a.m. to 1 p.m. at the East Auburn Baptist Church, 560 Park Avenue in Auburn.

This informative event will provide an opportunity to learn about local resources and services and to socialize with fellow seniors. A variety of speakers will address topics including financial scams, health and wellness, and personal safety. Local organizations that work with seniors will present information tables.

Prizes will be raffled and a free lunch and morning refreshments will be provided. The fair is free and open to the public, but space is limited and registration is required. For more information or to register, call Kathy at 513-3728.

"like" us on facebook
www.facebook.com/twincitytimes

$3 off 2 LUNCH BUFFETS
Monday thru Friday
11am - 1:30pm
*No other discounts may apply - Expires 06-16-2016.
Marco's
BUON APPETITO
AN ITALIAN EXPERIENCE
An Italian experience since 1978
783-0336
12 Mollison Way, Lewiston
www.marcositalian.com
Find us on Facebook - Marcos Lewiston

DECK Is Now OPEN!
Lunch Specials $4.99 and up
Try our BURGERS!
Entertainment
Mon: Open Mic Night
$2 Miller Light Pints & 1/2 Off Apps
Tues: Trivia Night Starting at 7 PM
$2 per person • Beer Specials
Wed: June 8th ~ Don Hebert, 7pm-10pm
June 15th ~ Andrew Dostie, 7pm-10pm
June 16th ~ Mike Krapovicky, 7pm-10pm
Police/Fire/Military & EMT's eat for half price every Wednesday!
Fri: May 27th ~ John Hasnip
June 3rd ~ The Veggies, 8pm-12pm
June 10th ~ The Depths, 8pm-11pm
June 17th ~ Josh Hatfield, 8pm-11pm
June 24th ~ The Veggies, 8pm-12pm
Sat: May 28th ~ Chad Porter
June 11th ~ Chad Porter, 8pm-11pm
June 25th ~ Ron Bergeron, 8pm-11pm
Your Neighborhood Pub & Mexican Cantina
Open 7 Days Lunch & Dinner
PEDRO O' Hara's
134 Main St, Lewiston • 783-6200 www.pedrooharas.me

$5.00 OFF two Lunch purchases
Expires June 30, 2016
Mon-Fri 11:30-3:00
MAC'S GRILL
1052 Minot Ave., Auburn
783-6885 • www.macsgrill.com

Twin City Nights

Tickets now on sale for Maine State Music Theatre

This summer, Maine State Music Theatre will present four main stage shows, including two regional premieres. The 2016 season will fire up on June 8 with the regional premiere of "Ghost: The Musical." Adapted from the hit 1990 film, "Ghost" follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Directed by Marc Robin, Ghost is co-produced by MSMT and the Fulton Theatre in Lancaster, PA.

In the second slot, MSMT will present "Evita," opening on June 29. It has been twenty years since the story of Argentina's controversial First Lady has appeared on the Pickard Theater stage, with memorable songs such as "Don't Cry for Me Argentina" and "On this Night of a Thousand Stars."

At the height of the summer, the theatre's production of the iconic "Fiddler on the Roof" will open July 20. Beloved songs such as "Sunrise, Sunset," "If I Were a Rich Man," and "Matchmaker, Matchmaker" make "Fiddler" the perfect mix of humor and heart, leaving audiences crying tears of sadness, laughter and joy.

The summer season will close with a bang as "Mamma Mia!" takes the stage starting August 10. MSMT is one of three theatres in the nation with exclusive rights to ABBA's smash-hit musical, fresh off Broadway. The tale unfolds on a sunny Greek island paradise when, on the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

MSMT's popular Theatre for Young Audiences shows and special events for 2016 will include "Jack and the Beanstalk" on June 15, Rodgers and Hammerstein's "A Grand Night for Singing" on June 20, and "Aladdin" on August 22. Finally, the organization's annual fundraiser and variety show, "Footlight Follies," will return for its fourth year on August 15, with New York City-based aerial group 2 Ring Circus as the headliner.

All of MSMT's performances take place at the Pickard Theater, located at 1 Bath Road on the Bowdoin College campus in Brunswick. Season ticket subscriptions are the best way to ensure seats for all four main stage shows. For more information, call the Box Office at 725-8769 or see www.msmt.org.

However, the 2016 summer theater season will not end on Pickard's stage in Brunswick. Maine State Music Theatre will extend its season with "The Irish…And How They Got That Way," a final main stage show produced in collaboration with Portland Stage, to be performed in Portland and opening August 16.

"Irish" is an uplifting musical celebration of all things Irish in the tumultuous 20th and 21st centuries through the eyes of Pulitzer Prize-winning author Frank McCourt ("Angela's Ashes," "Tis," "Teacher Man"). McCourt's razor-sharp wit, coupled with his trademark bitter irony and his boundless love for the Irish, are underscored by glorious music extending from the auld Irish folk ballades, through George M. Cohan's patriotic love songs, to American World War II standards sung in films of the era, USOs and foxholes all over the world, to beloved contemporary hits.

Tickets to "Irish" are available through Portland Stage at 25 Forest Avenue in Portland by phone at 774-0465 or online at portlandstage.org.

Parish Guild supports High St. Food Pantry

Anne Hodgman of the Parish Guild present a $100 Hannaford Gift Card to High Street Congregational Church Food Pantry Coordinator Lee Upton. Raised from the bake sale portion of the Guild's recent annual Indoor Yard Sale, the funds will be used to purchase staple items not available from Good Shepherd Food Bank

Calendar

See more Calendar at www.TwinCityTimes.com

Thursday, May 26

Constituent Outreach Hours. Staff reps. of Sen. Angus King are on hand today at Lewiston City Hall (10 a.m. to noon) and Auburn City Hall (2 to 4 p.m.) to meet with area residents about specific problems or issues about federal govt. agencies. No appt. needed. FMI call 1-800-432-1599.

Legal Advisory Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Attorney Sonia Buck, partner of Linnell, Choate & Webber, discusses "Laws Protecting Military Personnel and Families." $50 (members $25). Register at www.androscoggincounty.com.

Lewiston GOP Committee Meeting. 7 p.m. Chamber of Commerce, 415 Lisbon St. On the agenda is the nomination and election of a Finance Chair; meet the 2016 candidates in adv. of the June 14 Primary. 740-6135; 577-1187.

Friday, May 27

Art Walk L-A. 5 to 8 p.m. Venues in downtown Lewiston and Auburn become public arts spaces for this monthly event; entertainers for tonight's 2016 kickoff are Chicks with Sticks, The Juke Joint Devils, and Michael Krapovicky. See schedule, list of venues at http://laarts.org.

Concert: Jean-François Latour. 7 p.m. Franco Center, 46 Cedar St., Lewiston. The prominent Canadian pianist closes the Center's annual Piano Series with works by Bach/Brahms, Brahms, and Schubert. $15/10 (students free). 689-2000; www.francocenter.org.

Saturday, May 28

Memorial Parade & Ceremony. Line-up at 8:30 a.m.; parade starts at 9:30. Parade route: Chestnut St., Lisbon St., Main St., across bridge, around Platz Plaza, back across bridge, ending at Veterans Memorial Park for ceremony at 10:30.

Bean Supper. 4:30 to 6 p.m. Sixth Street Congregational Church, 109 Sixth St., Auburn. Two kinds of beans, brown and red hot dogs, cole slaw, American chop suey, brown bread, beverages and assorted desserts. $6 ($3 ages 6-12, free ages 5-). 782-4413.

Baked Bean Supper. 5 p.m. First Congregational Church, Rte. 115, Gray. Baked beans, casseroles, salads, homemade breads, beverages and desserts. $8 adults, $4 kids 11-. Wheelchair accessible. 657-4279 or, day of supper, 657-3279.

Sunday, May 29

Lewiston Farmer's Market. 10 a.m. to 1 p.m. Municipal Parking Lot, corner of Lincoln & Main. Enjoy live music and children's activities while buying fresh, local goods and products. Sundays through mid-October. 513-3848; lewistonfarmersmarket@gmail.com.

Tuesday, May 31

Ask an Audiologist. 4 to 5 p.m. Conf. Room C, 12 High St., CMMC campus, Lewiston. Certified audiologist Dr. David Jardine of Central Maine Hearing Center answers questions about hearing, hearing loss, and hearing aids; light refreshments. Free. Register at 786-9949.

New Gloucester Selectman Candidates Forum. 7 p.m. Meetinghouse, 389 Intervale Road. Tamilyn Wayboer serves as the moderator; audience members will have an opportunity to ask questions.

Wednesday, June 1

Finance Matters Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Edward Jones financial advisor Thomas Carr presents "Outlook & Opportunities: Finding the Prevailing Winds of Investment Strategy." $50 (members $25). 783-2249; register at www.LAMetroChamber.com.

Life Insurance Workshop. 5:30 to 7:30 p.m. Central Maine Community College. The June edition of Maine Money Academy explores the ins and outs of life insurance, including term vs. whole life. $19. Register by 5/27 at 755-5280 or www.cmcc.edu/ccs.

Friday, June 3

Weekend Country Jamboree. 7 p.m. Hebron Pines Campground, 430 Buckfield Rd., Hebron. The Maine Country Music Assoc. presents some of Maine's favorite country musicians and bands; raffles, concessions. Cont. all day Sat. $6/day. 966-2771; to camp, call 740-2179.

Theater: "August: Osage County." 7:30 p.m. Great Falls Performing Arts Center, 30 Academy St., Auburn. Community Little Theatre presents the award-winning drama about the disintegration of a Southern family. Again 6/4-5, 9-12 (Sundays at 2 p.m.) $18/15/12. 783-0958; www.laclt.com.

Comedian Bob Marley. 8 p.m. Franco Center, 46 Cedar St., Lewiston. The nationally acclaimed comedian returns to the Franco Center for one show only; doors, bar open at 6:30. $27.50. 689-2000; francocenter.org.

Saturday, June 4

Safe Voices Walk-Run to End Domestic Violence. 9 a.m. Bates College, Lewiston. Help spread awareness about domestic abuse and raise funds to support vital services.795-6744. www.safevoices.org.

Rooting for Democracy Plant Sale. 9 a.m. to noon. Lil' Mart, Rte. 100, New Gloucester. The New Gloucester Democratic Committee offers plants of all varieties at bargain prices; arrive early for best selection. Rain date June 11. 926-4004.

Planned Parenthood Voter Canvas. 10 a.m. to 4 p.m. First Universalist Church, 169 Pleasant St., Auburn. After a training session in the morning, participants engage in a community voter canvas on the topic of abortion rights. 783-0461; www.auburnuu.org.

Lisbon River Walk for UNICEF. 10 a.m. From Lisbon Community School, 33 Mill St. Local band Double Entendre performs. $10 donation requested; first 100 to register receive free t-shirt. dickcoty50@gmail.com.

Sunday, June 5

Kiwanis Pancake Breakfast. 6:30 to 11:30 a.m. St. Dominic Academy, Auburn. All-you-can-eat pancakes, Mailhot sausage and Starbucks coffee; kids' activities, bounce house. $5 ($6 at door). www.kiwanisauburnlewistonmaine.org.

Lewiston Farmer's Market. 10 a.m. to 1 p.m. Municipal Parking Lot, corner of Lincoln & Main. Enjoy live music and/or other family fun while buying fresh, local goods and products. Sundays through mid-October. 513-3848; lewistonfarmersmarket@gmail.com.

Monday, June 6

Book Discussion. 1 p.m. Auburn Public Library. The Auburn Page Turners discuss the novel "Rush Oh" by Shirley Barrett; copies available to APL/LPL cardholders via interlibrary loan. 333-6640, ext. 4.

Tuesday, June 7

Fourteenth Amendment Forum. 2 p.m. Auburn Public Library. Senior College instructor Charles Plummer discusses "Philosophy of Freedom and Liberation." Sponsored by the Maine Humanities Council, in partnership with L-A Senior College. Free. 333-6640, ext. 4.

Wednesday, June 8

Paint Nite. 6 p.m. Culinary Arts Building, Central Maine Comm. College, Turner St., Auburn. This fun event for all ages supports the Dempsey Challenge; no experience required, all supplies, refreshments provided. $45. https://paintnite.com/events/1076672.html.

Thursday, June 9

Theater: "August: Osage County." 7:30 p.m. Great Falls Performing Arts Center, 30 Academy St., Auburn. Community Little Theatre presents the award-winning drama about the disintegration of a Southern family. Again 6/10-12 (Sunday at 2 p.m.) $18/15/12. 783-0958; www.laclt.com.

Sunday, June 12

YMCA Fit Fest 5K Race. Festival Plaza, Auburn. Event one in the Greater L-A Triple Crown 5K Series; chip timing, prizes, refreshments; free kids' Fun Run at 8 a.m. $20 ($25 on race day); free for kids ages 14-. www.triplecrown5k.com.

Lewiston Farmer's Market. 10 a.m. to 1 p.m. Municipal Parking Lot, corner of Lincoln & Main. Enjoy live music and/or other family fun while buying fresh, local goods and products. Sundays through mid-October. 513-3848; lewistonfarmersmarket@gmail.com.

Summer Solstice Psychic Fair. 10 a.m. to 4 p.m. Ramada Inn, Lewiston. The Pagan Unity Assoc. presents a day with psychics, mediums, healers, readers, and vendors. $5 fee incl. workshops. firebornspirit@yahoo.com.

FLAGSHIP CINEMAS

MAY 27TH THROUGH JUNE 1ST

DOORS OPEN AT: 11:45am

AUBURN
746 Center Street
Auburn Movie Hotline — 786-8605

Alice Through the Looking Glass (PG)	12:20	3:30	6:45	9:15
Alice Through the Looking Glass 3D (PG)	1:20	4:40	7:15	9:40
The Nice Guys (R)	12:40	4:00	7:10	9:45
Neighbors 2: Sorority Rising (R)	1:10	4:20	7:25	9:35
Money Monster (R)	1:30	4:30	7:00	9:20
The Jungle Book (PG)	12:50	3:50	6:50	9:10
Captain America: Civil War (PG-13)	12:30	3:40	7:20	xxx
X-Men: Apocalypse (PG-13)	12:10	3:20		
		4:10	6:40	9:45
X-Men: Apocalypse 3D (PG-13)	1:00		7:30	xxx
The Angry Birds Movie (PG)	12:00	2:25	7:05	
The Angry Birds Movie 3D (PG)		4:50		9:25

Enjoy a Safe, Therapeutic Bath Every Single Time

Treat Yourself With The Affordable Luxury Of A Vantage Walk-In Tub!

QUALITY TESTED · GOOD HOUSEKEEPING · Since 1909 · LIMITED WARRANTY · ghseal.com for details

We know bathing can pose difficulty and even risk when going in and out of the tub, especially after a certain age. For this reason, we designed Vantage Walk-In Therapeutic Baths with both your safety and comfort in mind.

With its wide low-threshold door and slip-resistant floor, you will be able to get in and out of the tub without any risk of falling and hurting yourself. To make your bathing experience even more secure, the tub has a built-in stainless steel grab to help you move easily and safely.

5 Therapeutic Features

- Hydrotherapy jet massage
- Micro-bubble air therapy
- Color Chromotherapy
- Aromatherapy
- Ozone Therapy & Purification

Are You Ready For A Safe And Relaxed Bathing Experience?

Call today for a FREE in-home consultation and get **$1,750 OFF** a new walk-in tub.

1-800-253-4031

CERTIFIED TrustDALE.com CERTIFIED

BBB ACCREDITED BUSINESS

BUSINESS DIRECTORY

ACCOUNTANT

AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS
207-783-9111
www.austinpa.com
Your Financial Team

FLOWER SHOPPE

FREE DELIVERY L/A
Sweet Pea Designs
FLOWER SHOPPE
777-1520
www.sweetpeafloraldesignsme.com

PRINTING

DON COTE - OWNER
FULL COLOR PRINTING
Copy & Fax Service
UPS Shipping Daily
Bus.Cards • Resumes
Labels & Tags • Envelopes
Invitations • Forms

*BRING IN THIS AD & RECEIVE 10% OFF YOUR ORDER OVER $50.00
10% OFF*
evergreen custom printing inc
63 BROAD STREET • NEW AUBURN, ME 04210 • 782-0525
www.evergreencustomprinting.com
*Not to be combined with other offers.
**10% Discount for New Customers Only*

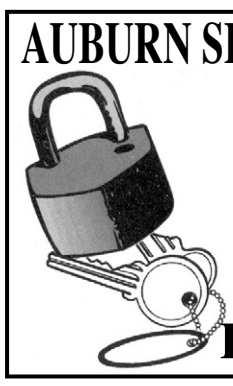
AUTO CARE

The Only Full-Service Gas Station in Auburn!
Poisson & Sons
Auto Care Center, Inc.
Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries
Dan & Don Poisson
dfpoisson@aol.com
260 S. Main St., Auburn • 782-9144

MARINE SERVICES

BOAT REPAIR SHOP
PONTES Marine Service
Power by MERCURY MerCruiser
VOLVO PENTA
YANMAR
OMC
Perkins
Velvet Drive
237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE

AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210
PO Box 715
Lewiston, ME 04243
PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center
Experience Life
1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PAINTING

Interiors • Exteriors
Free Estimates
Drywall Repair
Pressure Washing
W.J. Libby Painting Co.
WADE J. LIBBY
WJLibbyPainting@gmail.com
CELL: 207.210.0605

SHIPPING

GOIN' POSTAL
Your Friendly Neighborhood Shipping Center
- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!
UPS · UNITED STATES POSTAL SERVICE · FedEx · DHL
9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty
AMERICAN BUILDERS
Custom Building & Remodeling

Call Tyler
500-8100
Finish Carpenter
Call 207-500-8100
For FREE Estimates
Quality Work with References Available

PET BOARDING

Find us on facebook
Bee's Pet Boarding
cats
small dogs
critters
grooming
doggy day care
no cages!
103 Tripp Lake Rd. • Poland, ME 04274 • 998-3358
www.beespetboarding.com

SPACE AVAILABLE

Your ad could be here!

ELECTRICIAN

ESTD. 2015
RODRIGUE ELECTRIC

TOM RODRIGUE
MASTER ELECTRICIAN
207.333.2230
RODRIGUEELECTRIC@GMAIL.COM
RESIDENTIAL - COMMERCIAL
FULLY INSURED
FREE ESTIMATES
facebook.com/rodrigueelectric

PHOTOGRAPHY

LAURA ELAINES PHOTOGRAPHY
LIKE US ON facebook (207) 212-5993
LauraElainesPhotography@gmail.com
www.facebook.com/LauraElainesPhotography

WEB HOSTING

MAINEHOST.COM
Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006
MAINE HOSTING SOLUTIONS

AUTOS WANTED

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-888-553-8647

BOOKS

Artios Books Buy-Sell-Trade HUge selection over 100,000 to choose from. In-store specials Nora Roberts paperback $.50. Coffee table books 1/2 off. Located at 180 Turner St. Auburn Open Tue-Fri; 9:30-5:30 Sat 10:00 5:00. 786-4007

FINANCIAL

SELL YOUR STRUCTURED SETTLEMENT or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-938-8092

FOR RENT

Warm Weather Is Year Round In Aruba. The water is safe, and the dining is fantastic. Walk out to the beach. 3-Bedroom weeks available. Sleeps 8. $3500. Email: carolaction@aol.com for more information.

HEALTH & FITNESS

48 PILLS + 4 FREE! VIAGRA 100MG/CIALIS 20MG FREE PILLS! No hassle, Discreet Shipping. Save Now. Call today 1-877-560-0675

GOT KNEE PAIN? Back Pain? Shoulder Pain? Get a pain-relieving brace at little or NO cost to you. Medicare Patients, Call Health Hotline Now! 1-800-279-6038

MISCELLANEOUS

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-417-0524

LIFE ALERT. 24/7. One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE brochure. CALL 800-457-1917

LUNG CANCER? And 60 Years Old? If so, you and your family may be entitled to a significant cash award. Call 800-364-0517 to learn more. No risk. No money out of pocket.

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-586-7449 to start your application today!

MISCELLANEOUS FOR SALE

KILL BED BUGS! Buy Harris Bed Bug Killers/KIT Complete Treatment System. Available: Hardware Stores, The Home Depot, homedepot.com

SERVICES OFFERED

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

TRAVEL/ VACATION

Trip to Foster's Downeast Clambake with entertainment with a stop in Ogunquit Aug. 9, 2016; Treasures of Northern California Sept 5-13. Trip to two Maine Winery's for tour and tasting Sept. 20, 2016; Branson Christmas Extravaganza Show Nov 11-21. 2016; Christmas Tour at the White Mountain Resort Nov 30-Dec 2nd 2016 -Call Claire 784-0302 or Cindy 345-9569 or 513-3059

AUTO SALES OR AUTO DONATIONS

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

AUTO'S WANTED

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

EDU./CAREER TRAINING

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn $800+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com

AIRLINE CAREERS. Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly. Call AIM 888-686-1704

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! Online training with the right College can get you ready! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711

EMPLOYMENT

Make $1,000 Weekly! Paid in Advance! Mailing Brochures at Home. Easy Pleasant work. Begin Immediately. Age Unimportant. www.MyHomeIncomeNow55.com

HEALTH

SPRING SPECIAL VIAGRA 60x (100 mg) +20 "Bonus" PILLS for ONLY $114.00 plus shiping. VISA/MC payment. 1-888-386-8074 www.newhealthyman.com Satisfaction Guaranteed!!

HEALTH/ MEDICAL

Healthcare Insurance Plans! Uninsured? Denied Coverage? Pre-Existing Conditions? Struggling to Pay? Get the Health Care you Deserve and Save Money! Free Discount Prescription Card. Call QuoteMyPremium Now! 1-800-550-3530 Not valid in AK, HI, MA, NJ, NY, VT, WA

VIAGRA 52 PILLS + 4 FREE! VIAGRA 100MG/ CIALIS 20mg Free Pills! No hassle, Discreet Shipping. Save Now. $99.00 Call Today 1-800-213-6202

HEALTH & FITNESS

VIAGRA 100MG and CIALIS 20mg! 40 Pills + 10 FREE. SPECIAL $99.00 100% guaranteed. FREE Shipping! 24/7 CALL NOW! 1-888-223-8818

Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 877-265-1956 for Information. No Risk. No Money Out Of Pocket

HAVE YOU or someone you loved suffered severe complications from the use of Xarelto, Pradaxa, Talcum Baby Powder or IVC Filter? You maybe due Compensation, free consultation. Call The Sentinel Group now! 1-800-577-1007

VIAGRA 100mg, CIALIS 20mg. 60 tabs $99 includes FREE SHIPPING. 1-888-836-0780 or www.metromeds.online

MEDICAL

VIAGRA & CIALIS! 50 pills for $95. 100 pills for $150 FREE shipping. NO prescriptions needed. Money back guaranteed! 1-877-743-5419

MISCELLANEOUS

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

DISH TV 190 channels plus Highspeed Internet Only $49.94/mo! Ask about a 3 year price guarantee & get Netflix included for 1 year! Call Today 1-800-686-9986

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447 18+

HOTELS FOR HEROES – to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

DISH SPECIAL! Get 47% off our best TV package, PLUS get a FREE $50 prepaid card with signup, courtesy of SatelliteDeals! Start saving now! 866-620-9429

AVIATION Grads work with JetBlue, Boeing, Delta and others- start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 866-453-6204

!!OLD GUITARS WANTED!! Gibson,Martin,Fender,Gretsch. 1930-1980. Top Dollar paid!! Call Toll Free 1-866-433-8277

MISC./AUTOS

WE BUY USED/DAMAGED TRUCKS! Chevy, Toyota, Ford and More. 2000-2015. America's Top Truck Buyer. Free Nationwide Towing! Call Now: 1-800-536-4708

MISC./TRAVEL

CRUISE VACATIONS – 3, 4, 5 or 7 day cruises to the Caribbean. Start planning now to save $$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. For more info. call 877-270-7260 or go to NCPtravel.com

MISC./FOR SALE

KILL BED BUGS & THEIR EGGS! Harris Bed Bug Killers/KIT Complete Treatment System Hardware Stores, The Home Depot, homedepot.com

KILL ROACHES - GUARANTEED! Harris Roach Tablets with Lure. Available: Hardware Stores, The Home Depot, homedepot.com

MOTORCYCLES

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA-CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142. 1-310-721-0726 usa@classicrunners.com

REAL ESTATE

2-1/2 ACRES - Southern California!! $50.00 Down/Monthly! $4995! Going fast! Owner: 949-630-0286. Habla Espanol. OverlandAssociatesInc.com

TRAVEL

ALL INCLUSIVE RESORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more resorts. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Book now for 2017 and SAVE! For more info. call 877-270-7260 or go to NCPtravel.com

WANTED TO BUY

CASH PAID- up to $25/Box for unexpired, sealed DIABETIC TEST STRIPS. 1-DAYPAYMENT.1-800-371-1136

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

Cash for unexpired DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 www.TestStripSearch.com. Habla Espanol.

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

PERSONAL SUPPORT SPECIALIST

Home Care for Maine, a statewide agency, is seeking caring dependable candidates to assist elders and disabled individuals. Duties include housekeeping, personal care, errands and transportation.

PCA/PSS/CNA Experience not required.
We offer PSS certification to our employees.
Openings statewide for days/nights/weekends

HOME CARE FOR MAINE

EOE/AAE

Call 1-800-639-3084 or apply online at: www.homecareforme.org

Realtors® and Vacation Rental Agents

Advertise Your Properties For Sale or Vacation Rentals throughout New England in free distribution newspapers with over 700,000 circulation

FOR ONLY $99 FOR A 25 - WORD CLASSIFIED

Community Papers of New England
Call June at 877-423-6399 to place your ad today

AIRLINE CAREERS

Get FAA approved maintenance training at campuses coast to coast. Job placement assistance.
Financial Aid for qualifying students. Military friendly.

Call Aviation Institute of Maintenance
800-481-7894

HEALTHCARE INSURANCE PLANS

Get the coverage you deserve & save money.

UNINSURED? PRE-EXISTING CONDITIONS? DENIED COVERAGE? STRUGGLING TO PAY?

QUOTE MYPREMIUM

Call Quote My Premium Insurance Now!
FREE Discount Prescription Card.
CALL TODAY! 1-800-970-0190

QuoteMyPremium is a referral service and NOT an insurance company, agency, association, or club. All calls will be directed to a licensed insurance agency. Not all products available in all states. Coverage availability and rates for some products may depend on a variety of factors, including past and current health conditions. Not everyone will qualify for all coverage types or the lowest or preferred rates. Other limitations and exclusions apply.

Classified Ads

UP TO 40 WORDS!

$10 PER WEEK

EACH ADDITIONAL WORD 25¢

SEND PAYMENT WITH COMPLETED FORM TO:
TWIN CITY TIMES, 33 DUNN ST., AUBURN, ME 04210
INFO@TWINCITYTIMES.COM

❑ Visa ❑ Master Card

Card # _____ 3 digits # on back _____

Exp. date ___/___/___ Signature _____

Name & Address _____

_____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO:

_____

_____

_____

_____

_____

_____

_____

NUMBER OF WEEKS TO RUN: _____

What's Going On

St. Dom's Language Club ventures to Quebec

Forty-five foreign language students from St. Dom's, along with four chaperones, recently took a cultural trip to Quebec City. They visited the historic Old City, a copper museum, and Montmorency Falls; attended a dramatization of a 17th-century soldier's life; and enjoyed dinner and dancing at a sugar shack, as well as a ferry ride across the St. Lawrence River.

"Not many students are fluent in the language, and they felt a little overwhelmed," said French teacher Mrs. Carmen Hunter. "I think it opened the eyes of many students that not all people speak English, and that there are many customs that are different from what we experience in the United States.

This trip may have increased students' curiosity about traveling and exploring other countries."

Chris Frey receives Julia Clukey Courage Award

Pictured here (at right) is award recipient Chris Frey. With him (from l.) are State Senator Eric Brakey, Auburn Middle School principal Celena Ranger, Olympian Julia Clukey, and Frey's mother, Holly Bosse. (Photo by MBWDA)

Olympian Julia Clukey addressed nearly 500 students at Auburn Middle School recently as part of her ongoing "Julia Inspires" campaign to encourage students to find their passion, create a plan and go after their dreams.

As part of the campaign, Clukey presents the Julia Clukey Courage Award to a deserving student at each school she visits. Following her presentation at Auburn Middle School, she presented the award to AMS student Chris Frey, who was recognized for his ability to persevere though tough times in his personal life while maintaining a positive attitude and inspiring others.

Clukey continues to train for her 19th season in the sport of luge. Earlier this month, she was officially named to the USA National Luge Team for 2016-17. She has set a goal to compete in the sport of luge at the 2018 Winter Olympics in Pyeongchang, South Korea. This summer, she will host Julia Clukey's Camp for Girls at Camp KV in Readfield.

Through her "Julia Inspires" campaign, which is funded by the Maine Beer & Wine Distributors Association, Clukey has shared her story and message to date at 51 Maine schools, reaching a total of 16,770 students. Middle and high school administrators can request a presentation at www.clukeyluge.com.

Six Important Steps to Solving Almost any Problem

By Pam Young

It's never too late to change when you don't like something in your life! But you have to be able to illuminate the cause of a problem and what part you've taken to create it in the first place. See your part in the problem, for as long as you blame someone else for it, you have no control over the change. You can't get anyone to do anything they don't want to do.

1. FACE IT. One divorced woman wrote that she'd been married for 25 years and her husband had cheated on her more than once during the marriage and had ultimately left her for another woman. She said she hardly recognized her home or herself and she blamed him. Then she realized that in spite of a cheating husband she'd successfully raised two happy children and she needed to stop worrying about what her husband did and focus on what she was going to do.

She figured he probably felt he'd had a good excuse for the affairs because she'd gained a bunch of weight and was not attractive. She hadn't had the energy or desire to be intimate with him because of her unhealthy body, the house had gotten out of control and she was a fulltime homemaker and felt guilty for her shortcomings.

It occurred to her if she were to get her act together; she'd get her life back, her body back and her home back. She didn't mention anything about wanting to get her ex back. It took her a little over a year to reach her goal and she was looking forward to flaunting her new self (in a size eight, mother-of-the-bride suit) at their daughter's wedding.

2. DO WHAT YOU CAN DO. Deciding what you can do, especially when someone is unfaithful, isn't always easy, but it's necessary if you want your power back. I remember going to my minister when my husband was caught having an affair (I had three little kids and they came to the session with me because I couldn't get a babysitter) and he told me that my job was to be the best me I could be, not for my husband but for me.

Back then I was frumpy, suspicious, and overweight and kept a totally cluttered and dirty home. I knew what I needed to do. I knew disorganization affected every aspect of my life; my health, relationships, finances, appearance, recreation, hospitality etc. but I got temporarily stuck in self-pity and the resultant poor habits and routines. Getting help is essential, and most of us aren't very good at asking for help, but we need to get over that.

It was only when I shared my problems with my sister that the two of us came up with a plan. Where two or more are gathered, you increase the energy tenfold, whether you're robbing a bank or getting organized.

3. CREATE A PLAN. When I discovered that I could baby step my way to being organized, I let go of the vision of a mountain to climb. In "Sidetracked Home Executives: From Pigpen to Paradise," we said, "You can only eat an elephant one bite at a time!" Not that we were into eating elephants; we just initially saw our "problem" as something so much bigger than we were.

4. BREAK IT DOWN. When you break any problem down into manageable bites, you can do anything! (I walk five miles every day, and when I figured out that in a year I walk 1,825 miles, I couldn't believe it! That's almost half way across our country.)

5. BE PATIENT AND PERSISTENT. Keep the vision of what you want in your mind as much as you can. One of my visions was surely from Nelly (my inner child). I wanted revenge. I wanted my ex to see what he lost and be sorry. Oh dear, I hadn't quite learned that vengeance isn't mine and anyway, the best revenge is having a happy successful life! We don't need to spend a single moment of our precious minds thinking about what somebody else thinks, even if he or she did hurt us. "What goes around, comes around," is good enough for me.

6. KNOW YOU'RE NOT ALONE. In "The Course in Miracles," it says, "If you only knew who was with you on the path you've chosen, you would never be afraid." Spend time feeling the presence of your guardian angels, the spirits of your ancestors and the Holy Spirit. You are NOT alone whether you know it or not.

Now start changing something you know you can change.

For more from Pam Young go to www.cluborganized.com.