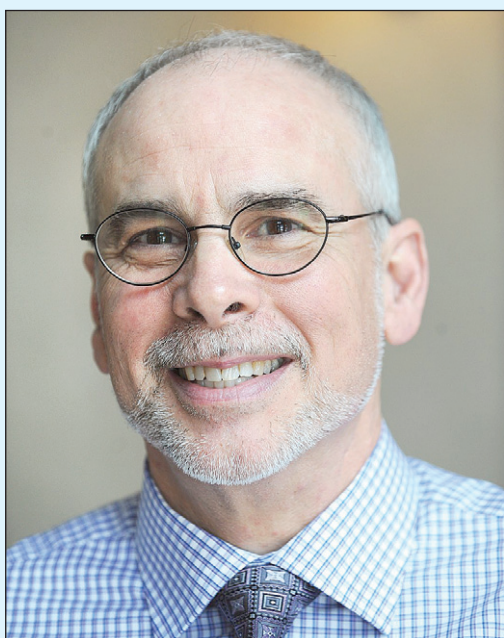


Deputy City Administrator to retire June 30



Lewiston Deputy City Administrator Phil Nadeau

After 18 years with the City of Lewiston, Deputy City Administrator Phil Nadeau has announced his impending retirement, effective June 30. Following a total of 23 years in public administration, Nadeau recently submitted his letter of resignation and shared the news with municipal employees. He looks forward to spending more time with his family.

"Phil Nadeau is a

class act," said Mayor Robert E. Macdonald. "While I understand his decision, this is a tremendous loss for the City of Lewiston. He has given his heart and soul during his service with city government, and we have all benefitted from his expertise and insight."

"Phil has been a great and devoted servant to the City of Lewiston," said City Administrator Ed Barrett. "His love for his hometown shines through in everything he does. He has never

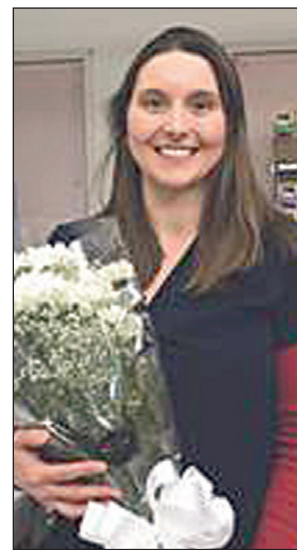
turned away from a challenge and he always steps forward to take on tasks and responsibilities. All who work closely with him will miss his enthusiasm and commitment, while celebrating his accomplishments during his eighteen years with the City."

Nadeau has had a multi-faceted career. He began his tenure in public administration in 1994 after active duty service at the Pentagon in Washington, D.C. and several years working in the restaurant, real estate and wine and beer industries. After five years as Town Manager in Richmond, Maine, he was selected as Lewiston's Deputy City Administrator in 1999.

In addition to assisting with municipal operations and special projects, he has served as the city's Labor-Risk Management Director, Chief Union Negotiator, and Freedom of Information Officer. He has served on numerous boards and committees, including the Lewiston-Auburn

See **Nadeau**, page 5

Kate Preston, RN receives DAISY Award



Preston is a registered nurse in CMMC's Special Delivery Family Birthing Center.

Registered nurse Kate Preston has been recognized by Central Maine Medical Center as a DAISY Award recipient. The award is sponsored by the DAISY Foundation to honor nurses who in their work consistently demonstrate the attributes of a nursing profession role model. These include compassion, critical thinking, passion for life, patient- and family-focused care, patient advocacy, and support of fellow healthcare team members. Preston works in the Special Delivery Family Birthing Center, located on the third floor of the Chalke (formerly Memorial) Wing. She was nominated for the award by the family of a patient in her care.

"Kate was so very attentive to the needs of not only my daughter, but to her husband," said the nomination account. "What stands out the most is that

her facial expressions for pain and discomfort. She was able to focus on many tasks at once and made the patient feel confident in her care."

Preston, who was helping to orient a new nurse to the unit during the delivery, maintained a high standard of patient care along with her teaching. "Kate guided, taught, and mentored the new nurse, all the while keeping the patient updated," noted the patient's family.

DAISY is an acronym for "diseases attacking the immune system." The DAISY Award was established in 1999 by the family of J. Patrick Barnes, who died at 33 from complications of idiopathic thrombocytopenic purpura. The award is to show gratitude to nurses and the nursing profession, who the Barnes Family believe are "unsung

See **Daisy**, page 3

Jon "Bowzer" Bauman to appear at Franco Center

The public is invited to meet Jon "Bowzer" Bauman at a free event at the Gendron Franco Center on Tuesday, January 17 at 2

p.m. Bauman, formerly of Sha Na Na and TV game show fame, is a co-founder of Senior Votes Count. He will be in Maine with Social Security Works to present a message called "Hands Off Medicare." All are welcome to attend the brief talk in Heritage Hall and then stay for photographs with

Bauman, who will be joined by Alex Lawson, Executive Director of Social Security Works. This is Bauman's second appearance at the Franco Center.

Jon "Bowzer" Bauman is an American musician, best known as a member of the '50s tribute band Sha

See **Franco**, page 4

15% OFF

Lunch, Monday-Friday

Limit 1 per order, not to be combined w/other offers. Expires January 31, 2017.

Music Line Up Thursdays 7-9pm

January 12th
Two Other Guys

Every Thursday is Mermaid Night

January 19th ~ Peter Carriveau
January 26th ~ Phil N'the Blanks
February 2nd ~ The Court Jesters
February 9th ~ Ron Bergeron

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

ROGER'S HAIRCUTTERS
WOULD LIKE TO WELCOME

ANGELICA

TO THE TEAM!

Angelica is now available for appointments.

94 Main St., Auburn, ME 04210
Telephone: (207) 784-0251
mystylistangelica@gmail.com



Bauman will present a brief message called "Hands Off Medicare" before posing for photos with those attending.

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

AHCH promotes three to management roles



Angela Richards, RN

Androscoggin Home Care & Hospice has announced three promotions to its management teams.

Angela Richards, RN, has been promoted to Director of Transitional Care and becomes a member of the Senior Management Team. Richards has been with AHCH for 25 years, most recently in the role of Project Manager. She has developed significant relationships with regional healthcare providers and the State of Maine as AHCH launched its Community Care Teams, developed its Hospital to Home initiatives and began its work with Accountable Care Organizations. She was also instrumental in the integration and implementation of the agency's



Steve Doyon

electronic medical record system.

Richards earned her Bachelor of Science in Nursing at the University of Southern Maine and provided care as a visiting nurse and a Wound Care Certified RN. In her new role, she will oversee the development and expansion of programs that foster effective transitions between primary, acute and post-acute care.

Steve Doyon has been promoted to Director of Administrative Services and becomes a member of the Senior Management Team. Doyon has been working at AHCH since age 16. He obtained his undergraduate degree in Information Technology from the University of Phoenix and later went on to earn a Master of Business Administration from St.



Ann Perkins

Joseph's College. He will continue to oversee Facilities Services and Maintenance, Telecommunications (land and mobile), Administrative Services and Materials Services.

Ann Perkins has been promoted to Manager of Compliance and Risk and becomes a member of the Management Team. Perkins is a 20-year veteran of AHCH, most recently serving as the Performance Improvement Coordinator. She has moved through several jobs while assuming additional leadership responsibilities, previously serving as the Materials Management Coordinator and Interim Supervisor of Team Assistants.

Perkins earned a Bachelor of Business Administration at Anna Maria (Massachusetts) College and is pursuing certification in healthcare compliance. She oversees Customer Service Management, Medical Records, Physician Database Management and Health Insurance Portability and Accountability Act regulations. In her new position, she will also play a key role in implementing risk management and compliance strategies.

Community Credit Union helps feed Turner families



From l., Matthew Shaw, Natalie Green and Bobbi Mason of Community Credit Union present a \$900 donation check to Jennifer Duncan of the Turner Food Pantry.

Community Credit Union of Lewiston, Auburn, and Turner recently presented the Turner Food Pantry with a donation of \$900. Located within the Boofy Quimby Memorial Center in North Turner and staffed by volunteers from

the North Turner Union Presbyterian Church, the pantry served as many as 50 to 60 families throughout the year. Turner residents seeking assistance are welcome to visit the pantry on the fourth Wednesday of each month or to contact the Turner Town

Office by calling 225-3414. Community Credit Union participates in the Maine Credit Union League's annual Campaign for Ending Hunger, which since 1990 has raised over \$6.5 million to help end hunger in Maine.

CMCC announces Dean's List for Fall 2016

Central Maine Community College has announced its Dean's List for the Fall 2016 semester. Students on the President's List earned a semester grade point average of 3.9 or higher on a 4.0 scale. High Honors denote a minimum GPA of 3.6 and honors recognizes those with a minimum GPA of 3.3. All students from Androscoggin County who have achieved academic honors are listed below.

President's Honors:

Auburn - Lisa M. Bailey, Andrea M. Boggs, Michelle L. Breton, Keith A. Edgcomb, Grace M. Hayes, Richard G. Hibbard, Dorothy E. Holmes-Picard, David G. Lowe, Katelyn V. McLeod, Walter A. Morris, Luke B. Pinard, Chad B. Ward.

Durham - Alyssa J. Richardson, Samantha Rideout.

Greene - Theodore R. Adams, Michael J. Cote, Nicholas N. Hines, Shelby R. Lizotte, Evan D. Parquette, Alissa R. Stewart, Terri M. Wentworth.

Lewiston - Sulekha G. Abdule, Hamdi M. Awil, Tyler D. Boilard, Alec W. Collins, Abdullahi D. Daud, Andre R. Frechette, Shawn D. Gallant, Rose L. Gauthier, Audrey Gilmore, Taylor M. Hinson, Crystal L. Kirk, Shivam Kumar, Dylan E. Larose, Brooke M. Leger, Paige M. Lovely, Michelle L. Martin, Sean M. McAllister, Ralph E. Morgan, Dylan M. Morin, Zilong Pan, Tina M. Rousseau, Siad M. Shaleh, Dawn L. Silcott, Cierra L. St. Amand, Aileen D. St. Onge.

Lisbon - Megan V. Fillmore, Lisbon Falls: Kayla E. Belanger, Mia A. Durgin, Katelyn A. Fowler, Robert W. Hess, Danika L. Lamontagne.

Mechanic Falls - Corey C. Peaco, Spencer J. Robinson, Emma J. Simpson, Melinda A. Straight.

Minot - Elizabeth L. Bertrand, Deanna S. Doyon, Micayla J. Hill, Andrew J. Marcoux, Tyler Y. Royle, Shelby E. Young.

Poland - Larissa M. Allen, Zachary E. Emmons, Rebecca E. L'Italien, Michael J. Obie, Carley R. Ware.

Sabattus - Jennah E. Austin, Amanda R. Breton, Jennifer L. Briggs, Brittney L. Chick-Reny, Danya D. Cummings, Adriane H. Kramer, Jason Kramer, Olivia C. LaBrecque, Carolyn S. Lepack, Jaime Richards.

Turner - Emily Dingman, Carol J. Pirruccello, Paula K. Skelton, Chelsea L. Trimble, Wales: Edith L. Blyberg, Reece P. Johnson.

High Honors:

Auburn - Nasra M. Abdurahman, Andrew L. Allen, Audrey L. Beliveau, Nikki R. Chabot, Heather L. Clark, Ruby Cote, Laurie

See CMCC, page 6

One Treatment lasts up to ONE YEAR

JUVÉDERM® smoothes out those parentheses lines along the sides of your nose and mouth – instantly.

Kiss those lines goodbye!™

Call Now! 333-3069 YOUR BEST SKIN

LASER TREATMENT CENTER

250 Center St., Suite 206, Above Cosmo Prof., Auburn, ME 04210
www.YourBestSkinofMaine.com • www.facebook.com/yourbestskinofmaine

"My first visit resulted in a great deal of relief from back pain. Staff is friendly and competent. Dr McLean took time to explain what was wrong and how to fix it. I am sold on his care for my back and neck!"

Call 783-0078
for a complimentary consult to get the relief and health you deserve.

Family Chiropractic Center
1485 Lisbon Street Lewiston • www.familychirome.com

Hair Among Friends

Organic Color • Precision Hair Cuts & Perms

Peg at Hair Among Friends features:
100% Organic Color • Vegan
USDA Certified • Ammonia Free
Paraben Free • All toxic free materials

232 Center St. • Auburn
(next to Norwest Bank)
753-9368 Call for an appointment!

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

Lawrence Murch, O.D.
Optometrist

We welcome MaineCare.

- Complete eye exams
- Complete frame and lens packages
- Contact lenses

345-9863
17 Lewiston Street • Mechanic Falls, ME

LaBonte Financial Services, Inc.

Tax Preparation and Strategic Planning

Bert LaBonte
CPA, MBA, MST
Tax Accountant
207-782-9500 phone
207-740-0195 cell
207-782-9600 fax

"Call For Estimates"

155 Center Street • Auburn, ME 04210 • bgllcpa@aol.com

Governor's Address: The Story You Will Not Hear in the Media about the Budget

In 2002 when Governor Angus King left office the State was seeing red—big time. He left a billion-dollar structural deficit for the next administration. Today, all of that is nearly eliminated.

Dear Maine Taxpayer, Mainers who rack up debt and fail to pay it are adversely affected with poor credit scores and sometimes sued for payment. This impacts their ability to buy a car, apply for a loan or a mortgage, and it can even prevent them from renting an apartment.

Interest rates will also be very high for someone with bad credit. High debt

can also harm a state's credit rating, so it's important to maintain fiscal responsibility in state government.

There has been a billion-dollar reduction in the State of Maine's General Fund structural gap since I took office six years ago. Today, it's down to about \$150 million.

This marks the single lowest structural gap in the last 16 years. We have proven that significant, ongoing reforms—not one-time gimmicks—get real results for the Maine people.

The same goes for my current budget proposal. You won't find gimmicks or



Governor Paul R. LePage

political foolishness to waste money. The executive branch is essentially flat-funded, and I have kept my promise to lower the income tax for all hard-working Mainers. My tax relief plan puts more than

\$565 million back where it belongs—in Mainers' paychecks.

Our administration has achieved savings through better fiscal management over the years. It's why we are able to provide more tax relief, as well as better care for our elderly and disabled.

The Department of Health and Human Services saved \$100 million within the department. This savings allows us to help our elderly and disabled who now make up 42 percent of our Maine-Care population. My budget provides more funding to Medicare.

We also are able to eliminate one of the waitlists for people with intellectual and developmental disabilities. By eliminating this waitlist, we are able to provide more than \$12 million in programs and services.

Good financial management and limited state spending enables government to protect Mainers. My budget is not designed to please liberal politicians in Augusta or the special interests that live off state funding.

My budget reduces taxes to put hard-working Mainers first. More importantly, my budget prioritizes

our most vulnerable citizens, especially our senior citizens.

Finally, the majority of jobs that have been cut are vacant positions dating back from 2008 to 2015. If state jobs are vacant for multiple years, why do we need them?

I urge all Mainers to contact their legislators. Tell them you want to cut taxes, reduce the size of government and take care of our seniors. The only special interest they should listen to is you.

Thank You,
Paul R. LePage
Governor

Red Cross reminds owners to keep pets safe in cold weather

With bitterly cold temperatures normal this time of year, it's important that pet owners keep their furry friends safe during severe winter weather. Extreme cold is difficult on pets, and the American Red Cross in Maine offers steps pet owners can follow to help ensure their pets' safety during the winter season.

"Above all, pet owners should bring their animals inside to protect them during severe winter weather," said Dave Sheehan, Regional Disaster Program Officer for the Red Cross in Maine. "Move other animals or livestock to sheltered areas and make sure they have access to non-frozen drinking water." Other things pet owners should be aware of include:

Salt and other chemi-

cals used to melt snow and ice can irritate a pet's paws. Wipe paws with a damp towel before your pet licks them and irritates their mouth.

Antifreeze is a deadly poison. Wipe up spills and store antifreeze out of reach.

Pets can be affected by frostbite. Signs of frostbite include discoloration of the frozen area, pale or even blue skin, and no pain or lots of pain. The pads of the paws, the tips of the ears and tail are the most susceptible.

If your pet has frost-

bite, bring them out of the cold immediately. Spray the affected area with warm water. Lightly apply a warm compress to the area. Do not rub or apply pressure. Take your pet to your veterinarian immediately.

For more information, consider downloading the American Red Cross Pet First Aid App, which provides dog and cat owners with resources on how to maintain their pet's health and well-being and what to do during emergencies until veterinary care is available. The app provides access to step-by-step instructions, videos and images from more than 25 common first

aid and emergency situations, including what to do for cold-related emergencies.

Other features allow pet owners to find emergency pet care facilities or alternate veterinarians if one's regular veterinarian is out of town, locate pet-friendly hotels, and test their knowledge with interactive quizzes.

The app is available to download for free in app stores, by going to redcross.org/apps or by texting 'GETPET' to 90999. Additional winter storm safety information is available at redcross.org/wintersafety.

Boetcher updates Optimist Club on Lost Valley changes



Optimist Club members Sabrina Best and Jason Hanken of the Auburn and Lewiston Recreation Departments present guest speaker Tad Boetcher of Lost Valley Ski Area a copy of the Optimist Creed. Boetcher updated the club on the new features of the Lost Valley Complex, including a tubing run, cross country and snow shoeing trails, new snow making capabilities and chair lift updates. For more information, see the Lost Valley website at www.lostvalleyski.com.

The Choice is Yours
Choose the provider that patients and families have been relying on for **more than 50 years**

ANDROSCOGGIN
HOME CARE & HOSPICE

Quality care where you live in Central and Western Maine

www.ahch.org
777-7740

TRI-COUNTY
MENTAL HEALTH SERVICES

2017 Hope Gala & Silent Auction

Saturday, January 28th @ 6p.m.
Hilton Garden Inn,
Auburn, ME

Come, Enjoy, Participate!

FMI Visit Our Facebook Events Page:
<https://www.facebook.com/tcmhs/events/>

Daisy

Continued from page 1

heroes." The foundation also funds research for the J. Patrick Barnes Grants for Nursing Research and Evidence-Based Practice Projects.

Patients, visitors, physicians, and co-workers can nominate nurses who they feel deserve to be recognized with the DAISY Award.

TWIN CITY TIMES

FREE e-subscriptions at www.TwinCityTimes.com

TWIN CITY TIMES, INC.
2017[©]

33 Dunn Street,
Auburn, ME 04210

(207) 795-5017

Fax: (207) 782-9579

Info@TwinCityTimes.com



Laurie A. Steele
Publisher/CEO
Laurie@TwinCityTimes.com



Ashley Bailey
Office Manager
Ashley@TwinCityTimes.com



Steve Bouchard
Copy Editor
Editor@TwinCityTimes.com



Laurie A. Hiscock
Ad Designer
Ads@TwinCityTimes.com



Katrina Ray-Saulis
Proofreader
Info@TwinCityTimes.com

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

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.

Only Steps Forward

We must encourage real estate investment in Auburn

By **Jonathan P. LaBonté**
MAYOR OF AUBURN

In the next month, movement will begin on developing the 2017-18 city budget. As I highlighted last week, there are already some challenges we will face with growing expenses from other areas of the city and likely more that we have yet to be briefed up.

And while cutting expenses and prioritizing spending will be central to this budget, we cannot lose focus on a key way to hold

the line on taxes and reduce them over time: economic growth.

There are lots of ways to measure economic growth; well-compensated consultants and “experts” will happily provide presentation upon presentation about what it means and how you do it. Are you focusing on job creation, on growing wages, on companies relocating or expanding in your city?

Each of those measures are important and



Mayor Jonathan P. LaBonté

have a place in a broader, regional discussion about economic competitiveness. And by region I don't mean

Lewiston-Auburn, since we are part of a much larger Southern Maine region that seeks to compete with other parts of the country and world for capital and talent.

The forces that determine if Southern Maine can compete are predominantly decided in Augusta, where we should all hope efforts will not leave our state with the second-highest income tax in the country.

So which measure of economic growth impacts our City of Auburn budget?

Real estate investment. At the end of the day, the city's dominant form of revenue is from taxes on the value of property. To hold the line on taxes, and ultimately cut them, you need to generate more real estate value.

There are a couple of activities happening this month that could help us move more aggressively in this direction, and it will require the city council's votes to do that.

The first is a discussion on what to do with city-owned property. For years, the city has acquired property a number of ways. We have acquired and torn down condemned buildings; others we have tax-acquired; and still others were bought with some strategic purpose in mind. The challenge is that there is no solid documentation of those past city council actions or management decisions to determine if the city owning property, and in turn not collecting taxes, is the best way to advance the city's growth.

The Auburn City Council will begin a review of city-owned properties first in the in-town neighborhoods around Hampshire Street, in New Auburn and downtown. Based on discussion about city-adopted policies for long-term use of land, it is clear that a number of properties will be made available for developers to make proposals. This is where strong direction will be key.

If the city is to sell property, we should be seeking a new owner that will provide the most taxable value over time, which means constructing buildings. If such a proposal

doesn't come forward, we should not just sell properties to collect taxes on the vacant land.

These three neighborhoods offer the city the opportunity to provide small incentives to people that may choose to invest, because they are part of the Community Development Block Grant area, where targeted federal grants to the city make it possible.

At the same time we prepare to list properties for potential investment, we will also be hosting two roundtable discussions to learn more opportunities and challenges to real estate investment in Auburn. One will focus on larger developments of properties for residential, commercial or industrial use and the financiers of such projects. Better understanding how those in the market view Auburn to invest is important for how we set policy to attract and retain investment.

The second will be with owners of small properties, such as multi-family apartments. The city is often perceived as providing incentives to the “big guys” at the expense of the “little guy.” This will be a chance to hear firsthand from landlords about what they see as challenges to owning and managing properties and what might improve the climate for their investments.

If anyone reading this would like more details on either roundtable or has ideas on ways to encourage real estate investment in your neighborhood of Auburn or citywide, please reach out. You can contact me at jlaboronte@auburn-maine.gov.

HOME DECOR 50% OFF

Categories Listed

Does not include Seasonal Department

Candle Holders
Wall and table

Wood Decor
Wood wall decor and finished decorative wood accessories
Does not include furniture or unfinished craft wood

Decorative Lanterns, Birdcages & Terrariums

Knobs, Drawer Pulls & Handles

Decorative Bottles
Fruit & vegetable filled

Collage Frames

Trays, Coasters & Place Mats

Framed & Canvas Art

Glass Decor
Glass department, floral glass vases and craft glass containers
Does not include craft stained glass or glass tabletops

Metal Decor
Metal wall decor, functional & decorative metal accessories
(Includes metal containers in our Floral & Craft Departments)
Does not include furniture

Wicker, Decorative Boxes & Storage
Does not include large trunks or craft & paper craft storage

Decorative Memo Boards, Chalkboards & Corkboards
Priced \$24.99 & Up

Men's Metal & Wood Decor
Wall and table

Valentine's Day items and items labeled The Spring Shop™ are not included in Home Decor sale.

VALENTINE PARTY, CRAFTS & DECORATIONS

30% OFF

*Paper Plates & Napkins • Home Decor
Plush Animals • Party Supplies and More*
Does not include candy or fabric

Select Group of **HOME DECOR**

NOW MARKED **66% OFF**

Selection will vary by store

Items Labeled **THE SPRING SHOP™**

40% OFF

*Statuary • Garden Planters
Gazing Balls
Garden Wall Decor and More*

FLORAL 50% OFF

Categories Listed

Does not include Seasonal Department or items labeled "floral accents"

Ribbon & Trims by the Roll
Ribbon, bows, tulle & deco mesh in our wedding, floral and fabric departments
Does not include ribbon, trim or tulle sold by the yard

Floral Arrangements
Flowering and greenery
Does not include custom designs or potted trees

Garlands, Swags, Wreaths & Teardrops
Flowering and greenery

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

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

Wall Frames
Poster, document and portrait frames with glass

Collage Frames

CRAFTS 30% OFF

Categories Listed

Mosaic Tile, Gems, Chips & Stones

2 oz Acrylic Paint
Americana®, Ceramic®, FolkArt® and Anita's™

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, sweatshirts, infant & toddler t-shirts, creepers and dresses

PAPER CRAFTS 50% OFF

Most Categories Listed

Chipboard, Chip Decor™ Letters & Shapes, Paper Mache and Mixed Media
by the Paper Studio®
Does not include chip decor Cricut® cartridge

Embellishments
by the Paper Studio®
Spare Parts™, Flea Market Fancy™, Poppies & Paperie™, decorative tape, brads, bottle caps, flowers and more

Paper Crafts Totes & Organizers
by the Paper Studio®

Scrapbook Albums & Refill Pages
by the Paper Studio®
Over 200 styles
Does not include photo albums

3D Stickers & Stickers **40% OFF**
Over 2500 styles

ART SUPPLIES 30% OFF

Most Categories Listed

32 x 40 Acid Free Matboards
White core **7.99**
Black core **9.99**
Metallic **9.99**

2-Pack Canvas
8 Sizes available
8x10 **3.99**
11x14 **5.99**
16x20 **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 hofix 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
Introducing Components by DC Comics®

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*

Ribbon, Trim & Tulle Spools **50% OFF**
Does not include ribbon, trim or tulle sold by the yard or seasonal department

McCall's® Patterns **1.99**
Limit 10 per customer
Does not include Kwik Sew® Patterns

Felt & Flannel **25% OFF**
Patches or solids and prints by the yard

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

Bean Supper

Calvary United Methodist Church of Lewiston will host its monthly Bean Supper on Saturday, January 14 at 4:45 p.m. Please use the garden entrance on Bar-

tlett Street. The meal will include baked beans, hot dogs, salad, casseroles (including vegetarian), biscuits, and homemade pies. The cost will be \$7.50 for adults and \$3 for children.

Franco

Continued from page 1

Na Na and as a game show host and celebrity guest in the '70s and '80s. His popular Sha Na Na character “Bowzer” was a gangly, slender-armed greaser in a muscle shirt.

The Dolard and Priscilla Gendron Franco Center is wheelchair accessible. Parking is available at the Roy Continental Mill on Oxford Street, across from the Center. For more information, call the center at 783-1585 or see www.francocenter.org.

HOBBY LOBBY

PRICES GOOD IN STORES MONDAY, JANUARY 9 – SATURDAY, JANUARY 14, 2017.
PRICES GOOD ONLINE SUNDAY, JANUARY 8 – SATURDAY, JANUARY 14, 2017.
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

40% OFF

One Item at Regular Price

COUPON CODE: 5797

Coupon For In Store or Online Use!

• AUBURN: Northwest corner of Mt. Auburn Ave. & Turner Street

(207) 782-6026

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, Gemini Machine® Crafters Companion, Silhouette CAMEO® Machine, candy & snack products, gum & mints, helium tanks, gift cards, custom orders, labor, metals or class fees. Cash Value 1/10¢. VALID THROUGH JANUARY 14, 2017

SHOP ANYTIME AT HOBBYLOBBY.COM

CAPTAIN 202 MORGAN'S TATTOOZ & Body Piercing

“Where the Treasure is in the Ink!”

207-241-8523 675 Main Street • Lewiston, ME
Open 7 Days: 10:30am-8:00pm

Enough is Enough

Legislation is aimed at improving the livability of Lewiston

By **Robert E. Macdonald**
MAYOR OF LEWISTON

Over the past five years, Lewiston's third-floor staff has done yeoman's work in cleaning up and slowly moving Lewiston forward. Our code department has done a great job in accelerating the removal of blighted and dangerous buildings from our landscape.

These buildings served as urban fire loads that in the past have contributed to major destructive fires, resulting in injuries and property destruction. Worse, it placed residents in constant fear of their safety. This was unacceptable, and our staff has worked hard to greatly reduce these fears.

Our economic development department has done an outstanding job in overcoming the undeserving negative reputation branded into the fabric of our city by elitist naysayers from Southern Maine. They have turned upper Lisbon and

Main Streets into a destination. We continue to see growth and new businesses locating in our city.

During the last five years, both city staff and elected officials have adopted and bought into a philosophy that in order for Lewiston to rise like a phoenix, we must destroy that which hinders our progress and replace it with a bold, doable plan. We need a plan that will transform our city into a jewel, not a destination for the homeless and destitute from around Maine and beyond her borders.

This week the 128th Legislature was sworn in. For the next two years they will deliberate, fight, argue and compromise over various pieces of legislation that will hopefully help in improving the livability of our state, cities and towns. Lewiston has submitted several pieces of legislation with the intent of moving



Mayor Bob Macdonald

our city forward.

Last year, as a result of Portland's Noyes Street fire in which six people were killed, a task force was formed. Its mission was to identify and correct any and all apartment building code violations that may potentially lead to a similar disaster. In order to address these problems, the following legislation has been introduced.

First up is a bill making tenants responsible for

maintaining their apartment smoke detectors. By law, all apartments are required to be supplied with functional smoke detectors. In many apartments, these units are not in proper working order because the tenants remove the alarm's batteries. This is usually for personal use. Apparently in the world of entitlements, self-gratification trumps family safety.

But as Bob Dylan once sang, "The Times They Are a-Changing." It's time for our entitlement neighbors to be introduced to the world of adult responsibility. Thus, we have introduced a bill that will make tenants liable for a civil violation if they tamper with any smoke detectors under their control. Should this tampering result in injury or death, the tenant will be criminally charged.

But removing batteries from a smoke detector is small potatoes and pales when comparing it to the removal of the smoke detector

from the apartment walls and placing it into a drawer or cupboard. Why? You guessed it! Every time they attempt to cook, the alarm goes off. So rather than be aggravated--or God forbid, learn to cook--they remove the alarm altogether and store it in a place that will not set it off. This will also result in civil and criminal penalties.

Another problem in our downtown apartment buildings is that the halls and stairways are being used for the storage of personal belongings. Should a fire break out, these belongings serve as an obstruction and impede the free flow of evacuation. This will also lead to civil and criminal violations.

The aforementioned legislation removes any burden on the landlord and squarely places it where it belongs--on the tenants.

Lastly, one of the biggest problems facing landlords is that of cash flow. This is the result of

many tenants not paying their rent. This shortage of cash becomes critical in the upkeep and repair of the building.

Far too many tenants are evicted for failure to pay rent and immediately seek a court order to delay the eviction. They run to Pine Tree Legal and continue to live rent-free while the court addresses their appeal.

Legislation has been submitted that will force deadbeat tenants to come up with the amount of back and future rents owed, which will be placed into an escrow account. If the tenant wins, they get their money back. If the landlord wins, they will be made whole.

The real benefit of these bills is that it will expose who dances with their constituents and who dances to the beat of the Maine Peoples' Alliance, Equality Maine, Equal Justice Maine Partners, et al.

Stay tuned.

CMCC offers High-Pressure Boiler Operator course

Central Maine Community College will offer a High-Pressure Boiler Operator course on Monday evenings, January 30 through May 1, from 6 to 9 p.m. The course will provide participants with the knowledge and techniques to operate a steam generating plant in a safe and efficient manner. Basics of boiler design and control, as well as the importance of feed water treatment, will be emphasized.

Topics will include day-to-day operations, steam turbine control and power generation, and environmental control parameters to meet emission requirements. The safe handling and combustion of natural gas, fuel oil, coal and wood fuel will be covered. The course is designed to prepare

the student for the State of Maine High Pressure Boiler Operator licensing exam. Some experience in the field is required to sit for the state license.

The registration deadline for the program is January 23. The cost is \$599, which includes all materials and books. For more information or to register online, see www.cmcc.edu/ccs. You may also contact Corporate & Community Services at 207-755-5282 or training@cmcc.edu.

Corporate and Community Services at CMCC provides customized industry-leading training programs to business, government, nonprofit and other organizations throughout Androscoggin, Oxford, Franklin and Lincoln counties.

Nadeau

Continued from page 1

Water Pollution Control Authority (as chair), the Lewiston-Auburn Transit Committee (as chair), Healthy Androscoggin (as vice chair), and the State Advisory Committee for the U.S. Commission on Civil Rights. Most notably, he has served as the City's primary contact person for immigrant and refugee policy, programming, and services since 2001.

"We do not get the opportunity to plan for vacancies in our profession

The department promotes economic development by offering the highest quality training and professional development courses to business and industry, coupled with access to training grants for new and expanding businesses.

very often, so I am pleased that I can provide some notice," said Nadeau. "I am prepared to do whatever is required to ensure that the hiring of a new Deputy City Administrator is a seamless transition, and to address whatever unfin-

ished business requires my attention."

"He will be missed," noted Community Relations Coordinator Dottie Perham-Whittier. "He has been one of my supervisors for the last 18 years, and he is one of the most incredible

people I have ever known. I have learned a great deal from him, and I admire his integrity, good humor, and love of community. May everyone be as fortunate to have the opportunity to work with a person like Phil Nadeau."

HOME VISITORS – JOIN OUR GROWING TEAM!

Make a difference in the lives of children and families living in Androscoggin County.

Advocates for Children is looking for energetic & creative problem solvers to work in our Maine Families Androscoggin Home Visiting department. As a **Home Visitor**, you will work with expectant parents and parents of young children in their homes, helping families to understand their child's development and support parental/child attachment. We believe that parents are a child's first and best teachers, and we support parental development by building on the family's strengths.

We offer a competitive wage, full benefits package, 100+ hours of paid training in the first year, mileage reimbursement, the possibility of obtaining your LSW and the opportunity to work with a dynamic team!

Non-negotiable requirements include:

- 1.) a Bachelor's degree in early childhood education, social work or related field and 2.) One year paid experience working with young children, birth to 6 years old.

More information at:

advocatesforchildren.net/who-we-are/employment-opportunities/

To apply, send resume and cover letter to:

Hiring Manager
Advocates for Children
124 Canal St. Suite A
Lewiston, Maine 04240

Or email to: info@advocatesforchildren.net

**Advocates
FOR Children**



207-783-3990

advocatesforchildren.net

124 Canal Street, Lewiston, ME 04240

Your Home Improvement Solution

AMERICAN BUILDERS
Custom Building & Remodeling



**Commercial & Residential
General Contractor**

New homes • Garages • Additions • Bathrooms
Kitchens • Roofing • Siding • Windows
Plumbing • Electrical

Call for a FREE Estimate! 500-8100

Quality Craftsmanship

What's Going On

Casco Bay Vending acquires competitors

Casco Bay Vending has acquired Maine-based competitors Pine State Vending, a division of Pine State Trading Co, and Canteen of Maine in an amicable acquisition. Based in Lewiston, Casco Bay Vending assures retention of the acquired companies' employees with comparable or improved employee opportunities while keeping all operations Maine-based and managed.

"We are thrilled with the acquisition of these two outstanding companies," says Casco Bay Vending President Ted Morton. "With the addition of the exceptional staffs of Pine State Vending and Canteen of Maine, who will be

joining our team, we will be able to provide the highest quality service to our valued customers."

Casco Bay Vending was founded in 2008 by Ted Morton. A leader in offering healthy snack options, the company operates a full array of services, including traditional snack and beverage machines, micro-marts, full-service café operations, and more. With the acquisition, Casco Bay Vending now employs more than 120 people and serves customers from Orono to Kittery and Jay to Bar Harbor.

Canteen of Maine and Pine State Vending, both third-generation, family-owned businesses, were not actively looking to sell.

However, after all three companies were approached in the summer of 2016 by an out-of-state company interested in purchasing, Morton, who was not interested in selling Casco Bay Vending, approached Canteen of Maine and Pine State Vending about a potential purchase. After much discussion, both companies decided that it was time to "pass the torch" and that Casco Bay Vending would be the best fit to uphold their established values and honor their existing employees.

"It was important to all three companies that our employees be taken care of, and we all felt this could best be done by a Maine

company," said Morton. These acquisitions will provide the infrastructure required to deliver snack, beverage, and fresh food service to the 2,000 customers Casco Bay Vending serves while helping to keep good paying jobs with career advancement here in Maine.

Casco Bay Vending is an independently owned Maine business providing high-quality healthy snacks, beverages, food service, and vending options to businesses in Androscoggin, York, Cumberland, Sagadahoc, Lincoln, Kennebec, Oxford, and Franklin counties. For more information, see cascobayvending.com.

CMCC

Continued from page 2

A. Courtemanche, Christopher L. Cummins, Zachary A. Danforth, Jasline M. Dient, Ashley M. Dionne, Misty L. Edgecomb, Kristen R. Fantozzi, Faisal M. Farah, Kelly A. Freitas, Darlene L. Gardner, Rita A. Hamel, Jennifer L. Hatch, Leonardo J. Jimenez-Ubilus, Jennifer M. King, Sean J. Michaud, Amanda L. Monaghan, Ouseiny Ousmane, Kenneth C. Parker, BreAnne M. Penley-Theis, Kassie K. Schmidt, Cecilia J. Storkson, Michael A. Thurlow, Fanie M. Wabwende.

Danville - Yana D. Keene.

Durham - Barbara A. Olson.

East Poland - Rebecca L. Levesque.

Greene - Jared M. Buckingham, Amanda L. Hebert, Adam Nickerson, Adam D. Sawyer, Denise S. Sensenig.

Leeds - Angel L. Gendron.

Lewiston - Nicole K. Belanger, Jordan T. Bergeron, Kathleen T. Bergeron, Kristina K. Blais, David N. Burgess, Court-

ney R. Campbell, Emily I. Cloutier, Rahima A. Deqow, Amanda L. Fenderson, Jonathan M. Gagne, Nancy J. Gove, Abdi M. Hassan, Christopher M. Hodgkins, John N. Jordan, Ekoko Louise, Joleen Mitaly, Joshua D. Morin, Laurie S. Morin, Chelsea B. Mullen, Marianne G. Ouellette, Melissa A. Potter, Jena L. Ringer, Kimberly M. Rundstrom, Andrew C. Starkey, Amber J. Turcotte, Mikayla G. VanHamlin, Bethany H. Wooster, Mohamed A. Yarrow.

Lisbon - Heidi F. Coulombe, Patrick M. Dextler, Lynn M. Gross, Reilly K. Johnson, Valerie L. St. Pierre.

Lisbon Falls - Jeremy J. Byers, Adam D. Clukey, Daniele L. Fraser, Nancy J. Guay, Dustin C. Hill.

Livermore - Chad M. Bamford.

Livermore Falls - Richard D. Leach, Anthony P. Reardon, Chad M. Richards.

Mechanic Falls - Jazzmyne J. Hunt.

Minot - Mary Elizabeth P. Cyr, Jessie A. Emery, Jody A. Fraser, Alisha C. Klar, Samuel J. Negron.

Poland - Bridgett M. Ames, Callie O. Gallant, Angelica B. Getchell.

Sabattus - Alexis G. Banks, Melissa A. Cyr, Lydia G. Derosier, Autumn T. Frechette, Elyse Galles, Dominic R. Jamieson, Amy G. Therrien.

Turner - Megan L. Hayes, Julia N. Smith, Desiree N. Tweedie, Heath W. Viger.

Wales - Nicole E. Barker, Michael T. Redman.

Honors:

Auburn - Asha A. Ali, Lajaal O. Anguba, Jessica A. Bernier, Jessica B. Brown, Jared Q. Cloutier, Emily A. Cobb, Steven D. Farrington, James P. Fitzgerald, Zaccary L. Gauthier, Jeffrey P. Hilton, Aimee E. Hopkins, Fatuma A. Ismael, Deion X. Jenkins, Cristiana D. Johnson, Jonathan I. Keene, Millie K. Kidd, Breanna J. Lemieux, Michael F. MacPeck, Conor C. Moreau, Kelsey M. Morin, Kaitlyn

Paradis, Noah D. Pelletier, Raymond R. Spencer, Tri-saint L. Wabwende, Brittany R. Yeaton, Kevin D. Young. Durham - Noah T. Butler, Josie C. Desjardins.

Greene - Alivia P. Bubier, Amanda R. Johnson, Danielle M. Larrabee, Courtney R. Robarge, Leeds: Alexander B. Doyle, Kyle A. Knight.

Lewiston - Sahra Abdi, Caylie J. Anderson, Karlye A. Baker, Mariam S. Baraka, John R. Beaulieu, Ashley V. Bisson, Jonathan R. Boucher, Mary S. Crockett, Brady M. Cusson, Jhovert P. Dearroz, Mahatho I. Dekow, Ruqaya A. Farah, Jordan E. Flynn, Dominique A. Givans, Hassan A. Hassan, Devin M. Hodgkins, Brandon J. Langlois, Rebecca A. Mitchell, Nurto M. Mohamed, Shelly L. Mountain, Adam G. Ouellette, Richard R. Patrie, Brianna L. Pease, Michael L. Perry, Rebecca A. Pineau, Kassandra-Lyn J. Reynolds, James R. Saucier, Josiane Uwaridaraje, Noah B. Withee, Gabriella Y. Worcester, Amanda R. York.

Lisbon - Wiliam C. Garrison.

Lisbon Falls - Louise M. Hamner.

Livermore - Stephen N. Sylvester.

Livermore Falls - Nicholas A. Billings, Alyssa LaMontagne.

Mechanic Falls - Gabrielle Comeau, Danielle W. Everett, Nichole E. Foster, Pamela S. Greenwald, Shari L. Smith.

Minot - Chelsey E. King, Seth A. Moulton, Mikayla N. Spinney,

Poland - Alex C. Biron, Alyssa L. Coolidge, Noah P. Grenier-Farwell, Joshua Majors, Silvana Todeschini.

Sabattus - Iris M. Abbott, Nathan W. Dandridge, Keith R. Keyes, Gage T. Pessant, Christopher E. Tardif.

Turner - Joshua R. Faunce, Cierra A. Holbrook, Michelle L. Kruegar, Hailey J. Lebel, Colin M. Mannon, Priscilla I. Pierre, Joshua M. Therrien.

Baked Bean and Casserole Supper

The Knights of Columbus will present a Baked Bean and Casserole Supper on Saturday, January 14 from 4:45 to 6 p.m. at

the Holy Trinity Church parish hall, located at 67 Frost Hill Avenue in Lisbon Falls. Dessert and beverage will be included with the meal.

The cost will be \$8 for adults, \$4 for children under 12, or \$18 for a family with children under 12.

For more information call 241-0639.

Check TCT every week for updated Calendar listings!



facebook.com/twincitytimes

Lewiston-Auburn & Bridgton

United Ambulance Service

Serving Central and Southern Maine

Emergencies & Medical Transfers:

777-6000

Auburn 215 Rodman Rd.	Locations: Bridgton 32 Hospital Dr.	Lewiston 192 Russell St.
---------------------------------	---	------------------------------------

The Central Maine Medical Family

- Emergency & Community Paramedic Care
- 17 GPS Dispatched Ambulances
- Internationally Accredited Communications Center
- Hospital Owned & Operated
- State Licensed Training Center
- CPR & First Aid Training

Maine's Only Accredited Ambulance Service

www.unitedambulance.com

Proudly Serving Communities Since 1981

INTRODUCING

Forward + Reverse is a Formula for Success

They will take you places you never could go.

USA Made Product

Native Slayer 10 & 13 Propel Pedaling Kayak

Many Fishing Kayaks & Brands to Choose From!

271 Maine Street, Route 26, Poland

www.shakerhilloutdoors.com

Open 7 Days a week

Monday - Friday 8am - 5:30pm,
Saturday 8am to 4pm
Sunday 9am to 3pm

998-5390

Chamber presents entrepreneurship program

The next seminar in the LA Metro Chamber of Commerce's continuing Mind Your Business series will be "Entrepreneurship: Look Before You Leap!" on Tuesday, January 17 from 8:15 to 9:45 a.m.

This workshop will benefit anyone who is ready to begin their entrepreneurial journey. While many of us dream about going into business, have a business plan in our head, or are convinced we could "do it better," will we be truly ready when reality sets in? Talk is cheap, but would-be entrepreneurs should tread carefully. This workshop will review what to consider before putting down your money to start a business. Facilitator Tim Cyr has

started and owned several successful businesses, as well as a couple of not-so-successful ventures, but has devoted a lifetime to "being on his own" as a business person. As the founder of the Aspiring Entrepreneurs' Guild and of Advanced Computing Techniques, he is eager to share what he has learned in working with closely held businesses and through his own entrepreneurial ventures.

The workshop will take place in the Chamber's conference room at 415 Lisbon Street in Lewiston. The cost is \$25 for members and \$50 for non-members. For more information, call 783-2249. To register, see www.LAMetroChamber.com.

Land Trust presents winter gardening workshops

The Brunswick-Topsham Land Trust will present a series of Winter Gardening Workshop on Sundays from 2 to 3:30 p.m. at St. Paul's Episcopal Church, on the corner of Pleasant and Union Streets in Brunswick. The suggested donation for all events is \$5, except for the March 12 fundraiser, which has a \$10 ticket price.

For more information, contact Linton Studdiford at 798-5899 or see www.btl.org/garden-workshops.

January 15: Soil Management, with Linton Studdiford, Master Gardener. A discussion of organic soil management soil testing, composting, organic supplements, mulching, and more.

January 29: Permaculture, with Jesse Watson of Midcoast Permaculture Design, and Board President of the Permaculture Association of the Northeast. An introduction to Permaculture, which looks at patterns in healthy ecosystems for how to replicate these for designing edible and ecologically healthy

gardens and farms.

February 12: Pest and Disease Control, with Eric Sideman, Crop Specialist, Maine Organic Farmers and Gardeners Association. Learn about the common vegetable diseases and pests in your garden, and some organic options for their management and control.

March 5: Using Native Perennials in the Garden, with Heather McCargo, Executive Director, Wild Seed Project and Kathleen McNerney, UMaine Extension Educator. Consider how and why to use native plants in the home garden and landscape. Topics will include using natives to conserve biodiversity and benefit wildlife, native seed propagation, and recommended plants and their use for beautiful designs.

March 12: Fundraiser - "Dialogue with Garden Experts Extraordinaire," featuring Bill Cullina, Executive Director, Coastal Maine Botanical Gardens, and Barbara Murphy, Gardeners Growing Healthy Communities. \$10. Two of Maine's premier gar-

What's Going On

AHCH offers grief support groups for adults

Androscoggin Home Care & Hospice is offering free support groups for adults grieving the loss of a loved one. The "Guidance Through Grief" program brings together those coping with the many emotions that come with the loss of someone special.

In Lewiston, the group begins Tuesday, January 17, from 6 to 7:30 p.m. at AHCH's office at 15 Strawberry Avenue. In Auburn, the group begins Wednesday, January 18, from 1 to 2:30 p.m. at the Hospice House at 236 Stetson Road. Each group will meet once a week for eight weeks.

The groups will be led by a highly trained expert who will help participants better understand the grief

process and share their feelings and experiences with others who are grieving. Activities are designed to help participants find their way to a place of hope and comfort. While pre-registration is required, there is no cost to participate. For more information or to register, call 795-9468 or email Amy.Dulac@ahch.org.

Over the past 50 years, Androscoggin Home Care & Hospice has grown to become one of Maine's most respected home health and hospice care agencies. To learn more about AHCH, including employment and volunteer opportunities, call the Marketing and Development Office at 777-7740, ext. 1407 or see www.ahch.org.

Nar-Anon hosts local meetings

Addiction is a serious problem facing families across the country and right here in Androscoggin County. The Central Maine Nar-Anon Group wants you to know that there is support for families affected by addiction. The group hosts a weekly meeting for those coping with the addiction of a family

dening experts share their gardening tips and answer questions. This workshop will be similar in format to MPBN's Maine Calling episodes. Bring a notebook!

March 26: Basic Pruning Techniques, with Tim Vail, Arborist. This will be a hands-on workshop, weather permitting. There will be demonstrations of various types of pruning cuts and discussion of how and when to prune herbaceous and woody plants.

member, friend, or co-worker every Thursday from 6 to 7 p.m. at St. Phillips Church, 2365 Turner Road in Auburn.

Winter classes at RSU 16 Adult Ed

RSU 16 Adult Education of Mechanic Falls is offering the following learning opportunities, as well as Career Planning and High School Completion classes, this winter. For more information or to access other payment options, call 345-3217. For a complete listing of available classes, or to register online, see <http://mechanicfalls.maine-adulted.org>.

Exercise Classes. Get moving! Join Dance Fitness, P90X Live!, Rockin' Boxin' and/or Yoga classes. Afternoon and evening options are available. Six-week sessions start at \$40.

College Transitions. Thinking about college? This free 12-week program will help prepare you for success by using both face-to-face and online interaction in the spirit of current college trends. Face-to-face classes meet on Mondays from 1 to 4 p.m. beginning February 6.

Real Estate Sales Agent. Call for more information on this 55-hour sales

agent course provided by the Arthur Gary School of Real Estate. Wednesdays, February 1 through May 17, from 5 to 9 p.m. \$500 fee includes books and materials.

Road-Wise Driver. This interactive AAA course uses videos, activities and lecture to help those 55 and older understand and adjust to age-related changes. Participants may also qualify for an insurance premium discount. Tuesday, February 14, from 9 a.m. to 1:30 p.m. \$25, includes lunch.

Medical Professions. Learn about earning national certifications in various health care fields, such as Billing, Coding, Dental Assisting, Pharmacy Tech, and more! A free information session will be broadcast on Tuesday, February 7 at 6 p.m. Must RSVP by February 6.



WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jeff Carleton
Licensed Agent

"I listen to my clients so that I can find each customer competitive and comprehensive insurance solutions in a timely fashion. That's how I deliver on the promise."



CHAMPOUX INSURANCE
DELIVERING ON THE PROMISE

150 East Avenue - Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com



Community Credit Union

Poker Run

SATURDAY, FEBRUARY 11, 2017

10:00AM—EVENT BEGINS • 4:00PM-6:00PM—POKER HANDS BEING DEALT/DINNER • 6:00PM—FIREWORKS DISPLAY
TRAILS RUNNING THROUGH SABATTUS, LEWISTON, GREENE, LEEDS AND TURNER MAINE. EVENT TO CONCLUDE AT REGGIE'S KAWASAKI SKI-DOO IN LEEDS

REGISTER AT TINYURL.COM/POKERRUN2017 \$1,500 IN CASH PRIZES

\$20 PER POKER HAND FOR SNOWMOBILE CLUB MEMBERS
\$25 FOR NON SNOWMOBILE CLUB MEMBERS
REGISTRATION FEE INCLUDES A POKER HAND, A BEANS & FRANKS SUPPER AND FIREWORKS DISPLAY.

FOR MORE INFORMATION, CONTACT
Community Credit Union
WWW.COMMUNITYCREDITUNION.COM

MUST BE 18 OR OLDER TO HAVE A POKER HAND. RESTRICTIONS APPLY. VISIT WEBSITE FOR FULL DETAILS.

EVENT SPONSORS: Centier Street Dental, Tricorp Federal Credit Union, REGGIE'S Kawasaki Shop, SYNERGENT, NAPA, TWIN CITY TIMES

the Y RESOLVE TO BE RESOLUTE IN 2017

Let us help you reach your fitness goals

- Personal Training & Nutrition Counseling
- Individual and group packages available
- Nationally certified trainers
- Body composition readings using Tanita and Fit3D technology

Any member who refers a new Monthly EFT membership will receive 50% OFF any personal training package.

YMCA of Auburn-Lewiston | 207-795-4095 | www.aymca.org

What's Going On

SeniorsPlus Network Manager to address Rotary Club

SeniorsPlus Network Services & Facilities Manager Tim Verrill will be the guest speaker at the next meeting of the Lewiston-Auburn Rotary Club on Thursday, January 19, from noon to 1 p.m. at the Ramada Inn of Lewiston. Lunch will be available in the Ramada's Fusion Restaurant for \$10. Guests are welcome to attend; no reservation is required.



Tim Verrill

A Rotarian since 2014, Tim Verrill started pro-

gramming as a teenager in high school, submit-

ting games to Compute magazine for extra income and eventually creating an animal judging program for the University of NH. At his first major job at Watts Fluidair in Kittery, he learned the business until he became production planner, and then computerizing the department to increase efficiencies. Moving on to work with the Maine Technical College System, he was instrumental in bringing the internet to the college system, linking the campus business offices together on a Wide Area Network while supporting the needs

of seven MTCS colleges across the state. For the next 17 years, he worked with Evergreen Insurance in Lewiston as Information Systems Manager. Now at Seniors Plus, he oversees a department of four skilled professionals who work to advance the agency's technology and ensure that the staff of 130 always have the resources they need to perform their jobs.

For more information about this or other Rotary programs, contact Monica Millhime at 753-9040 or monica.milhime@maine.gov.

In Milo, a Way Forward in the Fight Against Addiction

By Senator Angus King
Milo is a lot like other Maine towns - a close-knit, rural community where people know each other, care about each other, and try to work together to make their

community better. Known as the "Town of Three Rivers," Milo represents much of what makes rural Maine such a special place to live, not only in how its citizens treat each other, but how

they come together in the face of adversity.

I was fortunate to recently visit Milo, where I had the opportunity to learn about how the community is coming together to support one another in the face of a problem that is confronting cities and towns across the

state - the opioid and heroin epidemic. To be frank, of all the challenges I've seen facing Maine over the years, this problem is certainly one of the most difficult. And it's a problem that has been particularly painful in rural areas, where critical treatment options can be fewer and more difficult to reach for those who need them. Maine saw a record number of overdose deaths last year, more than one a day, and over the past several years, the town of Milo has felt that pain too. Since 2011, this small town has seen more than a dozen heroin overdoses.

These tragic numbers are the driving reason why, for the last two years, I've been working so hard to understand this crisis and identify potential solutions, and that search for answers has taken me across the state and allowed me to meet with hundreds of people - from law enforcement officials and first responders, to people in recovery, to people struggling with addiction, to medical professionals who assist those fighting addiction. Last week, it brought me to the Police Department office in Milo, where I spoke with Police Chief and Interim Town Manager Damien Pickel, along with local volunteers and health care providers, about their innovative approach to deal with addiction at the local level.

SAPARS offers free yoga group for survivors

Sexual Assault Prevention and Response Services offers various types of support groups to help survivors of sexual violence. These groups offer opportunities for individuals to come together to share experiences, discuss information and exchange resources. The group process also helps diminish isolation, enhance self-determination, and assist in the healing process.

SAPARS is currently working with Trauma Sensitive Yoga Instructor Beth

Jones to offer a Trauma Sensitive Yoga Group in Lewiston. The group will begin meeting at the end of January and will run through mid-March. Membership is free and yoga mats and other equipment will be provided. Prospective members must attend a screening interview prior to joining to help ensure that the group will be the right experience for them. For more information or to schedule an interview, call 784-5272 and ask to speak with Kayce.

Senator encourages local students to serve as pages

With the Maine State Legislature set to reconvene in January, Sen. Nate Libby, D-Lewiston, who serves as Asst. Senate Democratic Leader, would like to remind local schools and students about the Senate Honorary Page program at the State House in Augusta. The daylong program gives students a unique opportunity not only to observe the state's legislative process, but to be a part of it. All students from third grade through high school are encouraged to participate.

"The Honorary Page program is a great opportunity for students to see what happens in the State House every day," said Sen. Libby. "I hope getting to see the

legislative process up close inspires our young people to get or stay involved in public service." Honorary pages help deliver messages, distribute documents within the Senate Chamber, interact with the senators and, most importantly, take part in a real-world, interactive legislative learning experience.

The Legislature, which began meeting on January 4, is expected to run through June 2017. Honorary pages are needed throughout the session, so scheduling is flexible.

For more information or to schedule a visit, contact Sen. Libby at (207) 287-1515 or nathan.libby@gmail.com.

Because Milo, like so many Maine towns, has faced these challenges firsthand, they have had to come together as a community to respond. And that inspiring response is something we can learn from across the state. To combat the opioid crisis, Chief Pickel has helped institute a program that pairs community volunteers with treatment facilities and rehabilitation programs to help those struggling with addiction obtain the support they need. Community-based support groups help people struggling with addiction get information about treatment options in a judgment-free zone, and the donation program based out of the police department that provides supplies - like blankets, hats and mittens - sends a message that the department is there to help.

The innovative and impressive initiative led by the Milo Police Department is a positive step forward in the battle of addiction that helps support people who are struggling, and keeps

members of the community informed and engaged. I hope its success can serve as a model for other Maine towns to replicate, because this type of collaboration between law enforcement and health care professionals is exactly what we need to turn the tide and help communities deal with addiction.

Ultimately, it's the on-the-ground efforts like those I saw in Milo that are helping to save lives. Never have these efforts been more important. While this problem is of a scope that we have never seen before, it's programs like these - driven by people like Chief Pickel and others throughout the community - that help give me hope that, together, we can beat this epidemic and save lives.

I will continue to do all I can in the Senate to fight for the resources that will help do so. In the meantime, let's continue to support one another and work together, neighbor to neighbor and town to town; that's the Maine way, and I'm proud to be a part of it.

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

WHAT'S NEW AT MARDEN'S surplus & salvage

21" Fashion Sports Duffel
Multiple pockets, carry handle and adjustable shoulder strap
MARDEN'S PRICE \$9.99 Each
Department store retail \$19.99

Deluxe Multi-Purpose Sports Duffel
Choose from 2 sizes.
36" x 14" x 14" **MARDEN'S PRICE \$14.99**
42" x 15" x 15" **MARDEN'S PRICE \$17.99**

Are you ready for snow covered hills? 48" & 45" Long Foam Snow Sleds
• Lightweight • New sled design
• Molded grip handles
• Slick fast bottom

MARDEN'S PRICE \$14.99 each
Department store retails \$29.99 & \$39.99

Brain teasers with wallet pleaser prices!
A great variety of wooden & metal brain teaser puzzles

MARDEN'S PRICES \$1.99 \$7.99
to
Department store retails \$6.49 to \$29.99

www.mardens.com Hours vary- check our website
750 Main St., Lewiston
REMEMBER OUR 30 DAY NO FUSS MONEY BACK GUARANTEE with RECEIPT

Your comfort is our top priority and your satisfaction is our goal.

Herbert FAMILY DENTISTRY

Dr. James Herbert, DMD
22 Strawberry Ave.
Lewiston, ME 04240

Call Today!
207-782-0670

Contact Us Today!

OFFICE HOURS ~ Monday thru Thursday 8:00am-5:00pm, Friday 7:00am-12:00pm

Helping the animals



Evan Greaton

Evan Greaton, a sixth-grade student at Geiger Elementary School in Lewiston, recently presented the Greater Androscoggin Humane Society with special holiday donations for the animals, which he asked for this year in lieu of Christmas gifts. Friends and family members generously do-

nated pet food, treats and toys, all of which will help care for the thousands of unwanted animals the Humane Society helps each year. For more information about volunteering at the shelter or adopting an animal call, 783-2311 or see www.SavingPetsInMaine.org.

Youth cooking group shares culinary skills



Teens in the program share a healthy meal with community members.

The Youth-Powered Cooking group at St. Mary's Nutrition Center recently prepared spinach salad with walnuts and

dried cherries and walnut-cherry oatmeal cookies for guests of the center's food pantry.

The event was a way

Find Flavorful Combos to Reinvent Snacking

(Family Features) Peanut butter and jelly. Salted caramel. Basil and tomato. There was a time when these deliciously layered flavor combinations didn't exist. Bold snackers of the past reinvented snacking by exploring new flavor combinations that are now common favorites.

Trying something new means making mindful decisions about what cracker is paired with which cheese or drizzled with what sauce, and whether to sprinkle with chocolate, crushed red pepper, kale – or even all three. Get started on trying something new and going outside the box to discover crave-worthy and

unique snack pairings with these tips:

Look for ways to combine your favorites. An easy place to start exploring is with flavors you already know and love. Think about your favorite foods and consider new ways to enjoy *See Snaking, page 12*

What's Going On

FREE Community Seminar: Carpal Tunnel in Portland and Lewiston

Carpal Tunnel Syndrome is the subject of a special presentation, offered by Central Maine Orthopaedics and OA Centers for Orthopaedics, both divisions of Spectrum Medical Group, in two convenient locations.

Orthopaedic surgeon, Sacha Matthews, M.D. of OA Centers for Orthopaedics will discuss Carpal Tunnel Syndrome on Thursday, January 26, 2017 in Portland; what it is, symptoms to look for, causes, conservative treatments, surgery and what to expect from it, and when to call your physician.

Orthopaedic surgeon Lauren Adey, M.D. of Central Maine Orthopaedics and the Orthopaedic In-



Dr. Sacha Matthews, of OA Centers for Orthopaedics, will host the Carpal Tunnel Seminar in Portland.



Dr. Lauren Adey, of Central Maine Orthopaedics, will host the Carpal Tunnel Seminar in Lewiston.

stitute of Central Maine, will host the discussion in Lewiston on Thursday, February 2, 2017.

Adey is a board-certified; fellowship trained orthopaedic surgeon who practices with Central Maine Orthopaedics (CMO) in Auburn, performing surgeries at Central Maine Medical Center (CMMC) at the Orthopaedic Institute of Central Maine (OICM). Her practice specializes in surgery of the hand, wrist and elbow.

Matthews is a board-certified; fellowship trained orthopaedic surgeon who specializes in hand, upper extremity and microsurgery. He was voted Downeast Magazine's best hand surgeon in 2014-2015 and has been practicing with OA since 2003.

This free community seminar will be offered on January 26, 2017 from 6:00 - 7:00pm at OA Centers for Orthopaedics at 33 Sewall Street, Portland; and will also be offered on February

2, 2017 from 6:00 - 7:00pm at CMMC in Conference Room ABC on the lower level of the 12 High Street medical office building in Lewiston. Light refreshments will be served at both locations.

Though there is no cost for the presentation, we do request that you reserve your spot in advance. For more information or to reserve your spot now, call 835-2860 or email amy.jose@spectrummmg.com.

for group members to share their culinary skills with the community while highlighting different uses for some of the ingredients regularly included in the center's food pantry boxes.

The YPC program is a group of eight Lewiston-Auburn teens ages 14 through 17 who receive hands-on training in planning, cooking and sharing healthy meals while also learning about their local food system. Program activities include working with guest chef Tom Poulin of the Auburn PAL Center, visiting the Bates College Dining Commons, taking a walking tour of some Lisbon Street restaurants, and hosting monthly community dinners at the Nutrition Center.

The Center's youth programs create healthy environments for young people to develop their voices within their community as they learn in urban and school gardens, kitchens, social justice workshops, and nation-wide youth networks. Job skills training happens in the field as youth provide a crucial service to the community by working to make healthy food more accessible.

To learn more, see www.stmarysnutrition-center.org.

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

If I can't find what you're looking for, it doesn't exist.

Foreclosure Specialist 754-7300 795-9640

DAVE DEPOT

davedepot@masiello.com • 155 Center St., Auburn, ME 04210

TWIN CITY NIGHTS

Weekly Arts & Entertainment

Program to explore holidays in Francophone countries



Rita Dubé will discuss Maine and Québec, Jean-Claude Redonnet will discuss France, and Injonge Blandine will discuss Central Africa.

The Franco-American Collection at USM's Lewiston-Auburn campus will present a discussion of holiday traditions and customs from French-speaking regions on three continents on Tuesday, January 17 from 4 to 5 p.m. Jean-Claude Redonnet will speak on traditions in France; Rita Dubé will discuss Québec and Franco-American traditions; and Injonge Blandine will speak on holiday customs in Central Africa. The talk, which will be in French, is free and open to the pub-

lic. Refreshments will be served. Those interested will have an opportunity to visit the Collection beforehand.

Jean-Claude Redonnet is an author, a university professor specializing in Francophonie topics in North America, and served as head of the French school of Middlebury College from 1996-2003. Rita Dubé is well-known to Lewiston audiences as the person who spearheaded the transformation of St. Mary's Church into the Franco-American Heritage Center, now the

Gendron Franco Center. Injonge Blandine moved her family to Lewiston from Rwanda in 2012. She studied at the University of Vuhovi, speaks numerous African languages as well as French, volunteers with the Gendron Franco Center, and moderates a free French club at the Hillview Resource Center.

Located at USM's Lewiston-Auburn campus at 51 Westminster Street in Lewiston, the Franco-American Collection preserves the past and promotes the study of Franco-American culture and history. For more information, call 753-6545, email janet.roberts@maine.edu, or see www.usm.maine.edu/franco.

Harlow Gallery plans 2017 workshops



Painter Ingrid Ellison will lead "Jump Start your Journaling Practice" on Sunday, January 29.

The Harlow Gallery in Hallowell is starting off the new year with plans to present an exciting schedule of art-related workshops and classes throughout the year. These will include events in a Professional Development Series, as well as various hands-on art workshops proposed and lead by individual artists.

Leading off the 2017 lineup will be an information session lead by Kerstin Gilg of the Maine Arts Commission and a visual journaling workshop lead by artist Ingrid Ellison.

On Sunday, January 15, from 2 to 3 p.m., Kerstin Gilg of the Maine

Arts Commission will kick off the 2017 Professional Development Series with a discussion about the many support services the Maine Arts Commission offers to artists. Her 30- to 40-minute presentation will be followed by a Q&A. Bring your notebook and your questions about services, grants and opportunities. This event is free for Harlow Gallery members and is \$5 for non-members.

On Sunday, January 29, from 11 a.m. to 3 p.m., painter and arts educator Ingrid Ellison will lead a workshop called "Jump Start your Journaling Practice." This class is for any-

one, experienced or not, who wants to begin or continue working in a visual journal. Tuition is \$75 per student (paid to Harlow Gallery), plus a \$10 supplies fee (paid directly to the instructor on the day of the event). Advance registration and payment are required.

The Harlow Gallery, home of the Kennebec Valley Art Association, is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in downtown historic Hallowell since 1963.

For more information, see www.harlowgallery.org.

L-A's Best Source for Arts, Music and Theater

Twin City TIMES

Your Hometown Paper!

\$3 off 2 LUNCH BUFFETS
Monday thru Friday
11am - 1:30pm
*No other discounts may apply - Expires 01-31-2017.

BLON APETITO
MARCO'S
AN ITALIAN EXPERIENCE
An Italian experience since 1978
783-0336
12 Mollison Way, Lewiston
www.marcositalian.com
Find us on Facebook - Marcos Lewiston

ENJOY 1/2 PRICE APPETIZER
with any dinner purchase
valid Mon. - Thurs.
exp 1.31.17

MAC'S GRILL

1052 Minot Ave., Auburn
783-6885 • www.macsgrill.com

Lunch Specials \$4.⁹⁹ and up

Try our Sizzling Fajitas!

Entertainment

Mon: Open Mic Night
\$2 Bud Light Pints & 1/2 Off Apps

Tues: Trivia Night Starting at 7 PM
\$2 per person • Beer Specials

Wed: Police/Fire/Military & EMT's eat for half price every Wednesday!

Your Neighborhood Pub & Mexican Cantina
Open 7 Days Lunch & Dinner

PEDRO O' HARA'S
134 Main St, Lewiston • 783-6200 www.pedrooharas.me

CLT Announces Auditions for Gypsy



CLT is proud to announce auditions for Gypsy, written by Arthur Laurents, with music by Jule Styne and lyrics by Stephen Sondheim. The show will be directed by Paul G. Caron who will have Asst. Director Brandon Chaloux, Music Director Rebecca Caron and Producer Kay Warren.

Set during the vaudeville era, Gypsy is about a relentless stage mother, Rose, who travels the country with her two daughters, June and Louise, and their manager, Herbie. While June and Louise wish their mother would settle down and marry Herbie, Rose continues to pursue dreams of stardom for her girls. When June deserts the act, Rose turns her attention to the shy Louise, whom she hopes to fashion into a star. When the act is booked into a burlesque house by mistake,

Louise is forced into the spotlight and Gypsy Rose Lee is born. Suggested by the memoirs of Gypsy Rose Lee, this legendary musical features "Let Me Entertain You," "Some People," "You'll Never Get Away from Me," "If Momma Was Married," "All I Need Is the Girl," "Everything's Coming Up Roses," "You Gotta Get A Gimmick" and "Together Wherever We Go". Gypsy is considered by many to have the best book and score of any American Musical!

You must participate in all three units (vocal, choreography, dialogue) in order to be considered for a role.

Prepare a brief song showing range from Gypsy or a similar show. An accompanist will be provided. Please bring sheet music clearly marked if you are not singing from the show. No prerecorded music may be

used. No singing a cappella. If you are auditioning for Momma Rose please email the producer, Kay Warren @ KayLyrics0529@gmail.com for the vocal selections to learn.

Auditions will require a dance audition. There will be time allotted for adults to change clothes and shoes prior to the beginning of dance auditions. Bring character or jazz shoes and water.

If you are auditioning for Baby June or Dainty June please come prepared to do cartwheels, splits, if you can baton twirl. If you have any other special talents put them on your audition sheet.

Auditions will be held at CLT on 30 Academy Street in Auburn.

Audition Dates: Sunday, January 15, 2017 @ 2:00 for the young actors (17 younger), Sunday, January 15, 2017 @ 6:00 for the adults, Monday, January 16, 2017 @ 6:00 for the adults

Show Dates: March 31st, April 1st & 2nd, April 6th, 7th, 8th, and 9th

For more information regarding the characters, visit www.lact.com.

Questions concerning auditions please contact the Producer, Kay Warren at 207-754-7805 or email her KayLyrics0529@gmail.com.

Twin City Nights

New TV series on veterans set in Maine

A new, first-of-its-kind, 30-minute television program has begun airing in Maine this month. The documentary series "Growing Home" is the first to tell the stories of U.S. veterans who have transitioned to a life of agriculture and outdoor-related careers. The program airs Sundays at 11 a.m. on NBC affiliates WLBZ2 in Bangor and WCSH6 in Portland.

The 13-episode series was filmed mostly across the state of Maine at 15 locations, including home-stead farms, deer farms, potato farms, a winery and more. Growing Home is hosted by Clint Bruce, a former Special Opera-

tions Officer and former college and NFL football player. Bruce provides insight and encouragement to the viewers based on his own experiences. The show's website is at GrowingHomeTV.com.

Maine's beautiful landscapes, strong agricultural communities, and one of the highest percentages of veterans per-capita made the state a natural location for the series. Along with much current national attention on the veterans' community, the movement of veterans into agriculture is an emerging trend that the USDA and the VA have worked to promote. The producers hope the show's

relevance and timeliness will help it find its way to a national audience after its initial run in Maine.

The series is produced by Up Country Productions Inc., which has offices in Hermon, Maine and Houston, Texas. The company was formed by Maine natives Deborah Gould and cousins Kit and Lane McCall. Deborah provides the sales and marketing expertise, while Kit graduated from the New England School of Communications and Lane graduated from the New York Film Academy. Together, they bring a combined 30 years of production experience to the company.

Chocolate Church hosts Shakespeare auditions

The Chocolate Church Arts Center will host auditions for William Shakespeare's "The Taming of the Shrew" on Friday, January 20 at 6 p.m. and Saturday, January 21 at 1 p.m. in the Community Room of the Plant Memorial Home at 1 Washington Street in Bath.

Auditions will consist of prepared monologues of no longer than two minutes or cold readings from the script. Actors with all levels of experience, including those new to Shakespeare, are encouraged to audition. While a prepared monologue is not required, those auditioning are expected to

have read the play beforehand.

Director John Wiley will cast men and women ages 16 to 70+. The roles of Tranio, Grumio, and Biondello, as well as various ensemble members who will play multiple roles, may be filled by either a man or woman. See *Shakespeare*, page 12

5 Tips for Financial Fitness in 2017

If a commitment to improving finances is among your resolutions for 2017, you're not alone.

A survey from the National Endowment for Financial Education (NEFE) shows that more than two-thirds of U.S. adults will make a financial resolution this year.

However, one out of three Americans said their financial quality of life is worse than they expect, as saving money and debt concerns top the list of stressors. Additionally, almost two-thirds of respondents experienced a financial setback in 2016, with transportation issues, housing repairs and medical care cited as the leading causes. For the nearly 50 percent of those who admit they're living paycheck to paycheck, significant unplanned expenses can add up.

"To be successful with your financial resolutions in 2017, set thoughtful, realistic goals," said Paul Golden, spokesperson for NEFE. "If your goal is to build an emergency savings, start with a small amount like \$500 dollars to show yourself you actually can achieve that mark then set the bar higher. It's not uncommon to be hit with an unexpected expense, so be prepared."

These five tips can help get you on the path

toward tackling your financial goals:

1. Get debt under control. Take a hard look at what you owe. If there are warning signs of too much debt, take action. Set a goal to reduce your debt next year by 5-10 percent. That might mean reducing impulse shopping, which six out of 10 people admit to doing, and 80 percent regret the purchases later. When you face temptation, walk away for at least 30 minutes to make sure you still want the item.

2. Start saving now. Ideally, you should have six to nine months of income set aside, but achieving a

small goal can provide a sense of security and reduce stress. The rules of retirement have changed: Review your long-term savings and ensure they are appropriate and on target.

3. Shop for better services. Make a game out of shopping providers to find the best value in the services you use. How long has it been since you shopped your insurance policies? Is there any chance you can save money on your cell phone, internet or utilities? Visit current providers and ask, "What's the best deal?" Be sure to understand your policies and services so that

See *Finances*, page 12



Corey Sumner, Owner
Ph. (207) 743-2532 • Fax. (207) 743-5810

GENDRON

FRANCO CENTER EVENTS

207 783-1585

Thread Theater

Thursday, January 19 at 6:30 p.m.

PIANO CONCERT SERIES

Christopher Staknys

FRIDAY
JAN 20, 7 P.M.

BANDSTAND TO BILLBOARD

Saturday, Feb. 25, 7:30 p.m.

MARDI GRAS PARTY

Tuesday, Feb. 28, 7 p.m.

Celebrate - Experience - Discover

Central Maine's Premier Events

FrancoCenter.org

Corporate Parties
Weddings/Receptions
Celebrations of Life
Family Gatherings
Fundraising Events
... and more!

Conferences
Class Reunions
Banquets
Concerts
Dances
Proms

COMPLETE CATERING & BAR SERVICES!

(207) 783-1585 • FRANCOCENTER.ORG • 46 CEDAR ST., LEWISTON

UNDERWRITERS: CENTER STREET DENTAL • TURNER PUBLISHING • TWIN CITY TIMES • TV5MONDE
 SPONSORS: ANDROSCOGGIN BANK • SUN JOURNAL • PENMOR • ROOPERS • UNCLE ANDY'S DIGEST
 MAINE'S BIG Z • NEXT LEVEL BUSINESS COACHING • CITY OF LEWISTON • OXFORD CASINO
 SCHOONER ESTATES • FEDERAL DISTRIBUTORS • PLATZ ASSOCIATES

Snacking

Continued from page 9
 them together. For example, fruit pairs well with many different foods, such as peanut butter or cheese. Don't be afraid to get more adventurous by piling on additional flavors, textures and colors for another delicious dimension.

Put a tangy spin on a sweet treat. When your taste buds scream for a sweet indulgence, deliver big with a savory blend. Drizzle dark chocolate and sprinkles of orange peel over a generous spread of The Laughing Cow®'s White Cheddar Flavor on graham



Photo courtesy of Getty Images

crackers. The distinctive tang of this smooth and savory cheese lends a ri

Mix flavor profiles. Playing to different tastes can create an explosion of flavor. Experiment with

snacks that blend two or more of the primary tastes: sweet, sour, salty, bitter and savory. There are no rules, so go with what sounds appetizing. If you're not sure where to start, note

that many pairings include a sweet attribute to offset the contrasting taste, so go for sweet and sour, sweet and salty, or sweet and savory. Then look at other combinations that make your mouth water.

Mimic traditional dishes with a mini makeover. Enjoy some of your favorite full-size dishes on a bite-size scale by pairing unexpected ingredients. For example, you can achieve the rich taste of sweet potato casserole with a slice of sweet potato topped with The Laughing Cow Creamy Original Swiss Cheese, a sprinkle of brown sugar and some crushed pecans. For a spicy snack, top tortilla chips with the rich, smoky flavor of The Laughing Cow Queso Fresco Chipotle

cheese and a smattering of your favorite toppings, like diced avocado and chopped red pepper.

Season it up. Remember that supporting ingredients can play a big role. A little spice or seasoning can go a long way to transforming a snack. A dash of hot sauce, a squeeze of citrus or a pinch of freshly chopped herbs are all easy ways to bring big flavor changes.

Explore more bold snacking suggestions at the-laughingcow.com.

Finances

Continued from page 11

you are comparing fairly and accurately.

4. Understand what's

behind your financial decisions. If you've ever wondered why you feel good about spending money on vacations but avoid saving for retirement, the answer may lie in your unique values and how they influence your financial decision-making. Take the LifeValues Quiz at SmartAboutMoney.org.

5. Don't be afraid to ask for help. Recruit a "financial buddy" and share your resolutions with a trusted family member or friend who can provide support in helping you meet your financial goals. Find someone who will hold you accountable and set a good example for you to follow.

For more help getting your finances in order, visit SmartAboutMoney.org.

(Family Features)

**L/A Community Little Theatre
 Presents February 3RD-12TH, 2017**

the CRUCIBLE

Book by **Arthur Miller**
 Directed by **Kay Warren**

CLT COMMUNITY LITTLE THEATRE
 Great Falls Performing Arts Center
 30 Academy St., Auburn, ME

Fri. & Sat. February 3, 4, 10 & 11 at 7:30 p.m.
Thur., February 9 at 7:30 p.m. • Sunday, February 5 & 12 at 2 p.m.
Tickets \$18 • Seniors (60+) \$15 • Children (12 and under) \$12
For tickets or information call 783-0958 or visit www.LACLT.com

77th Season Sponsors: DuBois REALTY GROUP, Androscoggin Bank, Center Street Dental, Spectrum MEDICAL GROUP, Gleason Media Services Sun Journal • Twin City Times Kip Elliott

What to do when a senior loved one wanders



Virtually all parents have experienced the terror of looking up from what they were doing only to realize their child has wandered off. Your pulse races, your heart pounds and you can't relax until your child is back in sight. As children grow up, they learn to stay put - or at least let you know where they're going - and your fears fade.

However, if you become a caregiver for a parent, grandparent or other loved one with dementia, you may find yourself having the same fear if your loved one begins to exhibit a concerning symptom of dementia - getting lost or wandering.

The Alzheimer's Association says six out of 10 people with Alzheimer's experience episodes of wandering. The behavior can take many forms, from leaving the house without telling

anyone to leaving and then becoming too disoriented to find their way home. Wandering can also occur at night, when a person with Alzheimer's gets out of bed and wanders inside the house - or more concerning, goes outdoors - in the dark.

"Wandering is one of the potentially most dangerous symptoms of dementia," says Juliet Holt Klinger, senior director of dementia care for Brookdale Senior Living. "The Alzheimer's Association notes that up to half of those who wander will suffer serious injury, or even die, if not found within 24 hours. It's important for caregivers to understand why and how wandering happens, when it occurs and what they can do to prevent or minimize occurrences."

Why wandering occurs To understand why your loved one may be wandering, look for a pattern, Holt Klinger advises. Does he wander at a particular time of day or night? Is she trying to communicate with you? Do they have an unmet physical or psychological need, like being hungry or thirsty, or feeling lonely? Is an undiagnosed medical problem, such as a urinary tract infection, prompting the person to get out of bed at night?

Sleep patterns change as we age, and those changes can be pronounced and concerning for people with dementia. Your loved one may get up during the night because he or she has trouble sleeping. People with Alzheimer's may wake in the middle of the night and

get confused, thinking that it is time to get up and go somewhere, such as work or running errands.

Wandering safety tips Observing when and why your loved one wanders can help you take steps to keep him or her safe. Common coping strategies for night-time wandering include:

Help people with Alzheimer's differentiate between day and night by making sure they're exposed to plenty of natural light during the day. This can help circadian rhythms that dementia disrupts and age-related changes in sleep patterns.

Encourage at least 30 minutes of exercise every day, but not within four hours of bedtime. Exercise can keep people more awake and alert during the day, and promote better sleep at night.

Discourage daytime sleeping by keeping people with Alzheimer's engaged in meaningful activity. Allow a good balance between activities and rest.

Avoid serving alcohol, caffeine or large meals as bedtime approaches.

Encourage a bathroom visit right before bedtime.

Avoid screen time (white light) directly prior to bedtime and use amber colored night lights which do not disrupt REM sleep patterns.

Practice relaxation methods like a short, light massage, warm bath, hot milk or herb tea, or reading aloud. These activities are *See Seniors, page 15*

Shakespeare

Continued from page 11

woman. Rehearsals will generally take place on Tuesday and Thursday evenings and Sunday afternoons. Performances will take place on the main stage of the Chocolate Church on May 5, 6, 12 and 13 at 7 p.m. and May 7 and 13 at 2 p.m. For more information, contact John Willey at johnwilley1@comcast.net.

Hot & Cold Buffet-Style Catering

Wedding Catering

Call Diana or Larry for more info and pricing!

We can accommodate any size party small, large or enormous!!
 Professional service at an affordable price

There's NO PLACE like... **Dad's Place**
 Catering Division • 345-9009 • www.dadsplace.info

Thursday, January 12

Chamber Breakfast. 7 a.m. Ramada Inn Conf. Center, 490 Pleasant St., Lewiston. USM L-A president Glenn Cummings discusses "USM: Where We Are, Where We're Going, and How L-A Can Help Us Get There." \$30 (members \$20). Register at www.LAMetroChamber.com.

Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. The guest speaker is licensed massage therapist Wendy Jordan. Lunch at Fusion restaurant avail. for \$10. Guests welcome, no reservation required. 753-9040; monica.millhime@maine.gov.

Friday, January 13

Food for Thought Luncheon. Noon. Room 170, Lewiston-Auburn College. Retired Army officer Alan Gregory discusses his work as CFO of Arlington National Cemetery and the American Battle Monuments Commission. \$7/8, incl. lunch. For adv. price, register by noon on 01/11 at 753-6510.

Concert: The Hadacol Bouncers. 7:30 p.m. Phippsburg Congr. Church, 10 Church Ln., Phippsburg. These accomplished musicians play New Orleans and Chicago-style jazz. \$15/8 at door; \$12 in adv.; kids ages 8- free. 389-1770; BrownPaperTickets.com.

Saturday, January 14

Bean Supper. 4:45 p.m. Calvary United Methodist Church of Lewiston (pls. use garden entrance on Bartlett St.). Baked beans, hot dogs, salad, casseroles (including vegetarian), biscuits, and homemade pies. Adults \$7.50, children \$3. Baked Bean and Casserole Supper. 4:45 to 6 p.m. Holy Trinity Church parish hall, 67 Frost Hill Ave., Lisbon Falls. Incl. dessert and beverage. \$8 adults, \$4 kids ages 11-, or \$18 for family w. kids ages 11-. 241-0639.

Concert: Midcoast Symphony Orchestra. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. "Summer Music for a Winter's Eve," includes works by Smetana, Rachmaninoff and Beethoven. \$20 (college students, those 18- free).

Cash or check at door; 846-5378, www.midcoast-symphony.org.

Sunday, January 15

Calendar

See more Calendar at www.TwinCityTimes.com

Winter Gardening Workshop. 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Master Gardener Linton Studdiford discusses "Soil Management"; pres. by Brunswick-Topsham Land Trust. \$5 sugg. donation. 798-5899; www.btl.org/gardening-workshops.

Artist Program. 2 to 3 p.m. Harlow Gallery, 160 Water St., Hallowell. Kerstin Gilg of the Maine Arts Commission discusses support services, grants, and other opportunities avail. to Maine artists; a Q-and-A follows. \$5 (free to Harlow Gallery members). 622-3813; www.harlowgallery.org.

Tuesday, January 17

Mind Your Business Workshop. 8:15 to 9:45 a.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Tim Cyr of the Aspiring Entrepreneurs' Guild presents "Entrepreneurship: Look Before You Leap!" \$50 (members \$25). 783-2249. Register at www.LAMetroChamber.com.

"Hands Off Medicare." 2 p.m. Franco Center, 46 Cedar St., Lewiston. Jon "Bowzer" Bauman, formerly of the '50s tribute band Sha Na Na, speaks on behalf of Senior Votes Count and poses for photos with at-

tendees. Free. 783-1585; www.francocenter.org.

Francophone Holiday Traditions. 4 to 5 p.m. Franco American Collection, L-A College, 51 Westminster St., Lewiston. Rita Dubé, Jean-Claude Redonet and Injonge Blandine discuss the holiday customs of Francophone Maine and Quebec, France, and Central Africa; in French. Free. 753-6545.

Thursday, January 19

Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. The guest speaker is SeniorsPlus' Network Services & Facilities Manager Tim Verrill. Guests welcome; no reservation required. Lunch avail. at Fusion restaurant for \$10. 753-9040; monica.millhime@maine.gov.

Friday, January 20

Celtic Music Series. 7:30 p.m. Chocolate Church Arts Center 804 Washington St., Bath. This winter concert series kicks off with Prince Edward Island fiddler Richard Wood and guitarist-vocalist Gordon Belsher. \$15. 442-8455; www.chocolatechurcharts.org.

Sunday, January 29

Winter Gardening Workshop. 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Jesse Watson

of Midcoast Permaculture Design discusses "Permaculture"; pres. by Brunswick-Topsham Land Trust. \$5 sugg. donation. 798-5899; www.btl.org/gardening-workshops.

"Jump Start your Journaling Practice." 11 a.m. to 3 p.m. Harlow Gallery, 160 Water St., Hallowell. Artist Ingrid Ellison leads this hands-on workshop; no experience required. \$75 tuition, plus \$10 supplies. Adv. registration, payment required. 622-3813; www.harlowgallery.org.

Thursday, February 2

Health Program. 6 to 7 p.m. Conf. Room ABC, lower level, medical office building, 12 High St., Lewiston. Orthopaedic surgeon Lauren Adey of Central Maine Orthopaedics discusses the causes, symptoms, and treatments of Carpal Tunnel Syndrome. Free. Register at 835-2860; amy.jose@spec-trumm.com.

Tuesday, February 7

Multi-Faith Roundtable Discussion. 12:30 p.m. Auburn Public Library. A panel of area clergy discuss various topics from the perspectives of different faith traditions. Free. For topics, call 333-6640, ext. 4.

Friday, February 10

Celtic Music Series. 7:30 p.m. Chocolate Church Arts Center 804 Washington St., Bath. This winter

FLAGSHIP CINEMAS

JANUARY 13TH THROUGH JANUARY 18TH

DOORS OPEN AT:
11:30am

AUBURN

746 Center Street

Auburn Movie Hotline — 786-8605

Patriots Day (R).....	12:50	3:50	6:45	9:40
La La Land (PG-13).....	12:40	3:40	6:35	9:25
Live By Night (R).....	1:00	4:00	7:00	9:50
Sleepless (R).....	1:20	4:20	7:10	9:55
Hidden Figures (PG).....	12:20	3:20	6:50	9:35
Sing (PG).....	11:45	2:15		
		4:45	7:15	9:45
Rogue One: A Star Wars Story (PG-13)	12:30	3:30	6:40	9:35
Monster Trucks (PG).....	12:00	2:25	7:20	
Monster Trucks 3D (PG).....		4:50		9:45
Underworld: Blood Wars (R).....	12:10	2:30		7:30
Underworld: Blood Wars 3D (R).....		4:40		9:55
Passengers (PG-13).....	1:10		6:55	9:30
Saturday 1/14 Passengers will not play at 6:55 and 9:30				
A Monster Calls (PG-13).....		4:10		

concert series continues with Cape Breton Island guitarist Scott MacMillan, accompanied by fiddler Colin Grant. \$15. 442-8455; www.chocolatechurcharts.org.

Sunday, February 12

Winter Gardening Workshop. 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Eric Sideman, Crop Specialist, Maine Organic Farmers and Gardeners Assoc., discusses "Pest and Disease Control"; pres. by Brunswick-Topsham Land Trust. \$5 sugg. donation. 798-5899; www.btl.org/gardening-workshops.

Sunday, March 5

Winter Gardening Workshop. 2 to 3:30 p.m.

St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Heather McCargo of the Wild Seed Project and Kathleen McNerney of the UMaine Extension Service discuss "Using Native Perennials in the Garden"; pres. by Brunswick-Topsham Land Trust. \$5 sugg. donation. 798-5899; www.btl.org/gardening-workshops.

Friday, March 10

Celtic Music Series. 7:30 p.m. Chocolate Church Arts Center 804 Washington St., Bath. This winter concert series concludes with Prince Edward Island guitarist Lennie Gallant. \$20. 442-8455; www.chocolatechurcharts.org.

Blanchard's Cash Fuel

#2 Heating Oil and K-1 Off Road Diesel (Dyed) On Road Diesel (Clear)

225-3588

3 Conant Road, Turner (on the Auburn/Turner Line)

Don't Shiver...We Deliver!

www.blanchardscashfuel.com

WINTER IS HERE!

SNOWMOBILE & ICE FISHING STORE



WE NOW HAVE

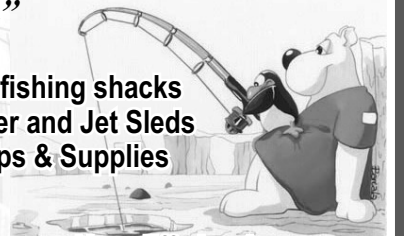
FXR

"Well worth the 15 minute drive from Lewiston"



- **Jackets**
- **Bibs**
- **Helmets**
- **Boots**
- **Gloves**
- **Accessories**

Ice fishing shacks
Otter and Jet Sleds
Traps & Supplies



New Jiffy Ice Augers
parts and accessories

Pre-owned snowmobiles
2 up and 1 up

FULLY STOCKED PARTS ROOM



LIVE BAIT



Servicing all brands of snowmobiles.

SNOWMOBILE SALES
• SERVICE • PARTS & ACCESSORIES

998-5390

271 Maine Street



JOIN US AT MAINE CASA'S SPRING TRAINING MARCH 7-10, 2017

APPLY AT
WWW.CASAOFMAINE.ORG

BUSINESS DIRECTORY

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

207-783-9111
www.austinpa.com

Your Financial Team

EMBROIDERY

A STITCH IN TIME
CUSTOMIZED EMBROIDERY

RACHEL JALBERT-PALIAN
Owner

RACHEL1@EARTHLINK.NET
207-713-1008

PHOTOGRAPHY



Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

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

FLOWER SHOPPE



Sweet Pea Designs FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PRINTING

FULL SERVICE PRINTER

Copy & Fax Service
UPS Shipping Daily

Bus. Cards • Resumes
Labels & Tags
Envelopes • Letterhead
Forms • Raffle Tickets
Postcards • Mailings
Newsletters • Invitations:
Graduation, Wedding •
and Much More!!!

10% OFF*

evergreen inc
custom printing

63 BROAD STREET • NEW AUBURN, ME 04210 • 782-0525
www.evergreencustomprinting.com

*Not to be combined with other offers.

CD'S

Discover The Truth About CDs!

CD Interest Rates Are At An All Time Low.
There IS A Safe, Guaranteed Alternative To
Increase Your Income.

Call now for a **FREE Guide:**

**"10 Secrets Your Banker Doesn't
Want You To Know"**

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES Marine Service

Power by **MERCURY** MerCruiser
VOLVO PENTA
YANMAR Velvet Drive
OMC Perkins

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.familychiro.me.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



• 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 207-500-8100
For **FREE Estimates**

Call Tyler
500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines PHOTOGRAPHY

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

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006

MAINE HOSTING SOLUTIONS

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

FUNERALS CAN BE VERY EXPENSIVE. Can your loved ones afford it? Protect them with Final Expense Insurance. Call today to learn more. 800-758-0417

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!

STOP PAYING FOR EXPENSIVE AUTO REPAIRS! Get discounted warranty coverage from the wholesale source, and don't pay for expensive covered repairs! Start saving now! 800-955-5339

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.

VACATIONS

Year Round Travel Hawaii to Maine, Alaska to Florida. Peak Season accommodations sleeping 6+ \$2,800. Also all inclusive golf vacation Palace Resorts Cancun, Mexico. Enjoy unlimited free golf, tours and more. Unbeatable at \$5,700. D.O. No hidden fees. Email smiley04282@gmail.com

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. Top Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CARS/TRUCKS WANTED!!! All Makes/Models 2000-2016! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

BUSINESS OPPORTUNITIES

Start Your Own Online Business Absolutely Free. Unlimited Income Potential. No Credit Card Required. Short Video Explains Everything.

www.Watch4MinuteVideo.com or call 1-860-882-1113

EDUCATION/ CAREER TRAINING

DRIVER TRAINEES NEEDED! Learn to drive for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn \$900+ per week! PAID CDL TRAINING! Stevens covers all costs! 1-888-734-6714 drive4stevens.com

AIRLINE MECHANIC TRAINING - Get FAA certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 888-686-1704

AIRLINE MECHANIC TRAINING - Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204

EMPLOYMENT

Make \$1,000 Weekly! Paid in Advance! Mailing Brochures at Home. Easy Pleasant work. Begin Immediately. Age Unimportant. www.HomeMoney77.com

HEALTH & FITNESS

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

VIAGRA 100MG and CIALIS 20mg! 50 Pills \$99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-866-312-6061 Hablamos Espanol

INTERNET

DISH NETWORK 2017 SPECIAL OFFER! \$39.99/mo. 2 Year Price Lock. Free Installation. Free HD/ DVR. Plus \$100 Gift Card. Call 1-855-746-2424

MEDICAL

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

MEDICAL/ MISCELLANEOUS

OXYGEN - Anytime. Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-558-7482

Lung Cancer? And 60+ Years Old? If So, You And Your Family May

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

WE'RE RECRUITING FOR:

DUNKIN DONUTS
(CUSTOMER SERVICE)

BROOKS AND BROOKS ACCOUNTING FIRM
(PUBLIC ACCOUNTANT)

CASCO BAY STEEL
(EXPERIENCED FLUX-CORE WELDERS)



Please call us at 207.761.9933 or email: tabatha.verney@expresspros.com

Be Entitled To A Significant Cash Award. Call 877-648-6308 To Learn More. No Risk. No Money Out Of Pocket.

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 1-800-217-3942

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.

DIGITAL HEARING AIDS - Now offering a 45-Day Risk Free Offer! FREE BATTERIES for Life! Call to start your free trial! 888-675-5116

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

SWITCH TO DIRECTV. From \$50/Month, includes FREE Genie HD/DVR & 3 months HBO, SHOWTIME, CINEMAX, STARZ. Get a \$50 Gift Card. Call 888-672-1159

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+.
Lung Cancer? And Age 60+? You And Your Family May Be Entitled To Significant Cash Award. Call 866-428-1639 for Information. No Risk. No Money Out Of Pocket.

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

WANTED TO BUY

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

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.

Seniors

Continued from page 12 soothing and can help a person calm down for better sleep.

For extreme wandering concerns, consider investing in a monitoring system that will alert you when a loved one gets out of bed at night.

For daytime episodes of wandering, try:

Hiding car keys. This can prevent loved ones from leaving the house, getting in the car and losing their way. If your loved one's car operates with a key fob, removing the battery or distributor cap may be another option.

Keeping doors locked. Some people with Alzheimer's are unable to operate locked doors. At the

See Seniors, page 16

AIRLINE MECHANIC TRAINING
Get FAA Technician certification. Approved for military benefits. Financial Aid if qualified. Job placement assistance.
Call Aviation Institute of Maintenance
866-453-6204

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

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

Seven graduate from Office Certificate program



Pictured here (l. to r., from front) are Abdou Moussa, Dannielle Ingram, Martina Hardy, (standing) Jen Tiner of Lewiston Adult Education, Amy Michaud, Cher Tyra of the Lewiston Career Center, Carla Maddocks, Deb Heroux, Roxana Torres, Greg Yates of Lewiston Adult Education and Tracey Chase of Bonney Staffing.

Seven students celebrated their graduation from Lewiston Adult Education's Office Certificate program in December. In partnership with Western Maine Community Action, the program took place at the Lewiston CareerCenter and Bonney Staffing. Students in the program learned data entry, Excel, Microsoft Office and communication skills, with a focus on customer service. The goal of the program was to help stu-

dents find entry-level office positions. Those receiving the certificate were Amy Michaud, Carla Maddocks, Deb Heroux, Roxana Torres, Abdou Moussa, Dannielle Ingram and Martina Hardy.

As they reflected on the past semester, students and teacher emphasized the importance of persistence. "It wasn't always easy, but through the support of classmates, family, friends, and key community partners, we persevered and

became the change we envisioned," said instructor Greg Yates. "From this class, seven courageous graduates have launched into a new future."

"This class helped me regain confidence and assured me that if I persevere, I can obtain employment that will be satisfying and rewarding," said student Carla Maddox. "The skills that I have gained and the encouragement from you and my classmates have been keys."

Parenting a Teenager, Made (Somewhat) Easier

By the American Counseling Association

Yes, being the parent of a teen can be made "easier," but sorry, it's probably never going to be "easy." The teenage years are a difficult time in the life of a young person and, unfortunately, that usually makes for a difficult time in the life of the parents.

Teens don't consciously mean to be non-communicative, withdrawn and perhaps even hostile when it comes to a relationship with parents. In reality, teens are more often confused, scared and simply unsure of themselves, but instead of letting others - especially those in charge - see those "weaknesses," the defense mechanism is to try to keep as much information as possible from the parental units.

What makes the teen years so difficult are the personal changes and situations facing your child. School is probably more challenging than it was a few years before.

At the same time, the teen is dealing with a body that is maturing, hormonal changes, and increased pressure about unknowns like college or a career.

Meanwhile, your role is as the authority figure, setting rules and limits. The result is that your teen is more likely to talk and share feelings with friends than with you. Why? Friends are usually less critical, less judgmental and more likely facing the same issues. And friends don't try to parent, but you do.

The cure isn't to give up your parenting role, but simply to soften it a bit. Invest some time in the things that interest your teen - friends, food, TV, video games and other favorite activities. Encourage your teen to invite friends to the house and spend some time listening to your child's favorite music. Your goal isn't to like any of your teen's choices, but rather to demonstrate that you understand and respect

your teen's decisions.

Teen parenting frustration can also be lessened by simply offering communication opportunities. Be available to your teen and learn to ask questions and listen non-critically to any responses. Don't immediately offer advice or criticism. Giving your opinion or suggestion without being asked is a sure-fire way to shut down communication.

Your goal is for your teen to see you not just as a parent, but also as someone who respects him or her and is willing to listen without giving instant advice or judgments. Achieve that, and the teenage years may indeed seem easier, at least from the parent's side. "Counseling Corner" is provided by the American Counseling Association. Comments or questions may be sent to ACAcorner@counseling.org. For more information, visit the ACA website at www.counseling.org.

Seniors

Continued from page 15

very least, a locked door may provide a delay long enough for a caregiver to intervene.

Equipping doors with an alarm to signal when it is opened. This can be as simple as putting a bell on the door.

Staving off wandering impulses by taking your loved one for frequent walks

outdoors.

Occupying your loved one with a relatable, doable task that provides a sense of purpose. For example, if someone worked in an office, give her papers to organize. If he loves animals, have him brush the dog.

Sometimes, despite your best efforts and precautions, wandering can remain

a concern," Holt Klinger says. "If that happens, it may be time to consider a move to a senior living community that specializes in caring for people with Alzheimer's and other dementias. Brookdale's Clare Bridge communities are secured and designed to promote a sense of independence, safety and purpose." (BPT)




U.S. ROUTE 1 at 378 BATH RD, WISCASSET • 882-9431 • 1-800-923-9431 • WIZFORD.COM

QUALITY PRE-OWNED VEHICLES

<p>2013 Ford Explorer XLT AWD #A5030A</p> <ul style="list-style-type: none"> • 3.5 L V6 • 6 Spd Auto • AM/FM/CD • SiriusXM • Bluetooth/SYNC • USB <p>38,000 MILES! \$24,995</p>	<p>2013 Cadillac SRX AWD #W70034A</p> <ul style="list-style-type: none"> • 3.6 V6 Auto • 6 Spd w/ Manual Shift • AM/FM/CD • Dual Moonroof • Bluetooth • USB • Keyless Entry <p>49,000 MILES! \$25,995</p>	<p>2014 GMC Acadia SLE AWD #A5100</p> <ul style="list-style-type: none"> • 3.6L V6 • 6 Spd Auto • AM/FM/CD • Review Monitor in Dash • Power Windows & Locks • Bluetooth <p>30,000 MILES! \$25,995</p>	<p>2014 Toyota Sequoia Limited AWD #W70180A</p> <ul style="list-style-type: none"> • 5.7L V8 Auto w/OD • AM/FM/CD • Remote Keyless Entry • Heated Seats • Touch Screen Display NAV <p>35,000 MILES! \$42,995</p>
<p>2015 Ford Explorer XLT AWD #A5196</p> <ul style="list-style-type: none"> • 3.5L V6 Auto w/OD • Bluetooth • SiriusXM • USB • Cruise • Keyless Entry <p>30,000 MILES! \$27,995</p>	<p>WHY PAY MORE?</p> <p>Doc Fee</p> <p>\$399.00 Westbrook, ME</p> <p>\$399.00 South Portland, ME</p> <p>\$389.00 Bangor, ME</p> <p>\$349.00 Saco, ME</p> <p>\$189.00 York, ME</p> <p>NEVER PAY A DOC FEE AT WISCASSET FORD</p>		<p>2016 Kia Sorento LX AWD #A5176</p> <ul style="list-style-type: none"> • 3.3L V6 • Auto w/OD • AM/FM/CD • Review Camera • Bluetooth • SiriusXM • USB • Keyless Entry <p>14,000 MILES! \$23,995</p>
<p>2015 Ford Flex SEL AWD #A5129</p> <ul style="list-style-type: none"> • 3.5L V6 Auto w/OD • Bluetooth • SYNC • Heated Seats • Cruise • Voice Recognition • Keyless Entry <p>27,000 MILES! \$23,995</p>	<p>2015 Hyundai Tucson #A5127</p> <ul style="list-style-type: none"> • 2.4L 6 Spd Auto w/OD • AM/FM/CD <p>13,000 MILES! \$23,995</p>	<p>2014 Lincoln MKX AWD #A5079</p> <ul style="list-style-type: none"> • 3.7L V6 Auto w/OD • AM/FM/CD • Bluetooth • SiriusXM • Heated Seats • Cruise • Keyless Entry <p>59,000 MILES! \$23,995</p>	<p>2015 GMC Terrain SLE AWD #A5096</p> <ul style="list-style-type: none"> • 2.4L 6 Spd Auto • Rearview Camera • AM/FM/CD • Bluetooth • SiriusXM • Tilt • USB <p>16,000 MILES! \$21,995</p>

Pictures may vary. We reserve the right to correct typographical errors.

ONE STOP TO CHECK OUT PICTURES & VIDEO ON OVER 600 VEHICLES IN STOCK

WWW.WIZFORD.COM

OR CALL 1-800-923-9431