

Norway Savings donates \$10,000 to Community Concepts

Norway Savings Bank recently presented a \$10,000 donation to Community Concepts to help Maine families access home ownership and stay in their homes. With the funds, Community Concepts will provide one-on-one financial counseling to families seeking a home of their own and to those who are facing financial difficulties as home owners.

"We are excited to partner with Community Concepts in their efforts to support and educate Maine families preparing for home ownership" said Janice deLima, CRA Officer of Norway Savings Bank.

Community Concepts' counseling sessions provide budgeting tips as well as credit and financing solutions to help prepare prospective buyers

for home ownership. The agency's support continues post-purchase with counseling to ensure that the home owner successfully manages the responsibilities and opportunities that come with owning a home.

These free and confidential programs have been built to support and help low- to moderate-income families through tough times.



Janice deLima (2nd from l.), VP and CRA Officer of Norway Savings Bank, presents a donation check to (from l.) Glenn Holmes, Melissa Green, and Dennis Lajoie of Community Concepts Finance Corp.

Governor LePage and First Lady have weight-loss surgery at CMMC

"I really feel like I'm getting my life back." —First Lady Ann LePage



Governor Paul R. LePage, First Lady Ann LePage and Dr. Jamie Loggins share a laugh in the kitchen of the historic Blaine House, the Governor's residence. Keeping the weight off was a challenge, as the Blaine House staff makes mouth-watering pastries, scrumptious baked goods and freshly prepared meals almost on a daily basis for the many events held there. (TCT photo by Laurie A. Steele)

By PETER A. STEELE

Governor Paul R. LePage made news last week when he announced he had undergone bariatric surgery to lose weight and improve his health, but he was not alone. His wife, First Lady Ann LePage, also had the weight-loss surgery.

The Maine media and people at public events had been speculating for months about the Governor's noticeable weight loss. Was he on some kind of crash diet? Had he turned into a triathlete?

Did he put a treadmill in his office to use while poring over legislation, budgets and vetoes? More importantly, was he sick?

Quite the contrary. In fact, thanks to bariatric surgery, the Governor—and the First Lady—are healthier now more than ever. At 68 and weighing in at a svelte 200 pounds with a 34-inch waist, the Governor hasn't been this slim since his college days. He's lost 53 pounds so far and may continue to lose more.

Preparing to travel to the 58th Presidential Inauguration, the Governor reached into his closet and pulled out a tuxedo that is nearly 25 years old. It fit perfectly, no alterations needed—just a good dry cleaning. He also has an Italian suit that fits perfectly; this one he got at Levine's, a family-owned clothing store and local

landmark in Waterville, which was founded in 1891 and closed in 1996.

"I really get the biggest chuckle out of it," said the Governor. "I'm wearing a suit from a store that closed 20 years ago."

The Governor and First Lady each had a minimally invasive weight-loss procedure called a sleeve gastrectomy at the renowned Central Maine Bariatric Surgery at Central Maine Medical Center in Lewiston. Jamie Loggins, M.D., medical director of Central Maine Bariatric Surgery and an expert at robotic and laparoscopic surgery, performed the procedures on the Governor and the First Lady.

"Both the Governor and the First Lady met the National Institute of Health guidelines for this kind of surgery," he said.

See LePage, page 6

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Newsmakers, Names & Faces

Mary Mayhew to address Rotary Club Jan. 26

Maine Department of Health and Human Services Commissioner Mary Mayhew will be the guest speaker at the next meeting of the Lewiston Auburn Rotary Club on Thursday, January 26, from noon to 1 p.m. at Rolandeau's Restaurant, 775 Washington Street in Auburn. The public is invited to attend. Reservations are recommended for the general public and visiting Rotarians. To make a reservation, call 753-9040.

Commissioner Mayhew was appointed in 2011 by Governor Paul R. LePage. She provides leadership, guidance and policy direction to the largest agency in state government,



Mayhew has served as Commissioner of Maine Department of Health and Human Services since 2011.

with approximately 3,000 employees and accounting for more than one-third of the state's budget. Her leadership has focused on

reforming the state's welfare programs to encourage self-sufficiency and long-term employment, establishing effective prioritization and financial management practices, halting more than a decade of multi-million-dollar budget shortfalls and strengthening support for at-risk families. Prior to her appointment, Mayhew was the Senior Health Policy Advisor for the LePage Administration. She also served for 11 years as Vice President of the Maine Hospital Association.

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

Museum L-A takes step toward AMA accreditation

Museum L-A recently received a "Pledge of Excellence" certificate from the American Alliance of Museums in affirmation that the Museum pledges "to operate according to national standards and best practices to the best of [its] abilities and in accordance with [its] resources."

Taken on behalf of the museum by Executive Director Rachel Desgrosseilliers and Board Chair John Cleveland, the pledge demonstrates the Museum's allegiance to the Code of Ethics for Museums and its commitment to meeting AAM standards, which establish guidelines for best practice in the following areas: Public Trust and Accountability, Mission and Planning, Leadership and Organizational Structure, Collections Stewardship, Education and Interpretation, Financial Stability, and Facilities and Risk Management.

The Pledge of Excellence certificate is the first step toward accreditation status under the American Alliance of Museums, which has been the recognized mark of distinction within the museum field since 1971. Accreditation confers peer-based validation of a museum's operations and impact, while increasing its credibility and value to funders, policy makers, insurers, peers and community. Accreditation status is an important tool for leveraging change and facilitating artifact loans between institutions. Once accreditation is achieved, Museum L-A will become



Taking the pledge on behalf of the museum were Board Chair John Cleveland and Executive Director Rachel Desgrosseilliers.

eligible to apply to become a Smithsonian Affiliate.

The American Alliance of Museums has been bringing museums together since 1906 by gathering and sharing knowledge, helping to develop standards and best practices, and providing advocacy on issues of concern to the museum community. Representing more than 30,000 individual museum professionals and volunteers, institutions, and corporate partners serving the museum field, the Alliance stands for the broad scope of the museum community. For more information on the American Alliance of Museums, see aam-us.org.

Opening to the public in 2004, Museum L-A has evolved from a single-focus museum dedicated to the history of the region's textile industry to a broader community and cultural museum. Serving as a place

to exhibit and document history, it also functions as an extended classroom, community resource, and showcase of various industries, workers and products. Continual efforts are being made to preserve the historical legacy represented by the mills and the industries of the past. Museum L-A works to encourage collaboration and foster innovation with the goal of honoring the past to inspire the future.

Located in the Bates Mill Complex at 35 Canal Street in Lewiston, Museum L-A is currently showing the exhibit "Covering the Nation: The Art of The Bates Bedspread." The museum is open Tuesdays and Thursdays from 10 a.m. to 4 p.m. or by appointment. For more information or to set up a tour, contact Museum L-A by calling 333-3881 or visiting their Facebook page.

Auburn Ski Association presents scholarships



Brooke Lever and Anna Hathaway receive their scholarships recently at Lost Valley.

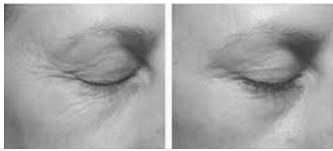
Congratulations to 2016 Edward Little High School graduates Brooke Lever and Anna Hathaway, who each received a \$500 Auburn Ski Association Scholarship at Lost Valley recently.

Brooke Lever is a nursing major at the University of Maine at Orono. An avid alpine racer, she was a four-year member of the ELHS Alpine Ski Team and its captain in 2016. She was the Class A State Champion for Slalom in 2016 and earned second place in the Class A Giant Slalom competition.

Anna Hathaway is an Elementary Education major at St. Michael's College in Colchester, Vermont. A four-year member of the Alpine Ski Team at Edward Little High School, she is a reliable and diligent student who always demonstrates kindness to others.

The annual ASA Scholarships are announced at the June graduation, and are awarded after the recipients successfully complete their first semester of college. The Auburn Ski Association provides financial support for Alpine and Nordic race programs at Edward Little High School and the Auburn Middle School, as well as organizations such as the Lost Valley Racing Club and the Merrick Chadbourne after school learn-to-ski program at Lost Valley. To learn more about the Auburn Ski Association, see auburnskiassociation.com.

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Holiday giving at Poland Spring



Poland Spring employees deliver toys to local children in need.

Poland Spring employees ended the year by

giving back to Maine communities in Hollis, Kingfield, and Poland. In the spirit of being a good neighbor, throughout the month of December employees participated in various charitable giving efforts to support their local communities and help families in need have a brighter holiday.

In Poland, employees collected non-perishable food items, blankets and gloves for the Mannafed

Backpack Program. The facility also fulfilled the Christmas wishes of eight children from their local RSU through their Giving Tree program. The Hollis facility helped five local Hollis families through their own Giving Tree program with employee-driven contributions. And at the central Maine facility in Kingfield, the company donated gifts for seven families from Kingfield Elementary School.

Dr. Loggins brings expertise, awareness to America's obesity epidemic

BY PETER A. STEELE

When administrators at Central Maine Medical Center decided to create the Maine's premier weight-loss program, they searched for the best bariatric surgeon in the country. They chose Jamie Loggins, M.D.

A former U.S. Army surgeon who is an expert at robotic and laparoscopic surgery, Dr. Loggins is a graduate of Illinois Wesleyan University who earned his medical degree at Northwestern University Medical School in Chicago.

He had been working on a fellowship in minimally invasive and robotic surgery at University of California at Davis in Sacramento, Calif. when he got the call from CMMC.

Although he had never considered coming to Maine, Dr. Loggins jumped at the tremendous opportunity to create a bariatric program from the ground up. He hired the staff, designed the facilities and purchased state-of-the-art equipment. "I would do a surgery, then put on a hard hat and go supervise the construction," he said.

He credits his decision



Dr. Jamie Loggins, hoists Governor LePage's dog, Veto, in the kitchen of the Blaine House. (TCT photo by Laurie A. Steele)

to do bariatric surgery to a "phenomenal mentor" he had during his fellowship in Sacramento. His mentor told him that if he could do bariatric surgery laparoscopically, he could do any surgery.

Dr. Loggins, 46, also has another talent. He became somewhat of a local celebrity when he first moved to Auburn after he turned his home and large yard on Vista Drive into an elaborate Christmas display with thousands of lights set to music. Traffic backed up so much every night with families eager to see the dis-

play that some neighbors were displeased. But he was determined to share the magic of Christmas with the city.

Although some surgeons suffer from what is called the "God complex," an arrogance and clinical coldness with their patients, Dr. Loggins is soft-spoken and genuinely compassionate. He immediately puts his patients at ease as they are considering this life-changing procedure. Governor Paul R. LePage and his wife, First Lady Ann LePage See **Loggins**, page 7

Varney retires from Bennett Breast Care Center

Kathryn "Kathi" Varney, longtime Nurse Practitioner at the Sam & Jennie Bennett Breast Care Center at Central Maine Medical Center, officially retired in early December 2016. Varney, who stepped into her role at the center's inception, left a legacy of delivering top-notch care by professional staff in a calm and welcoming environment.

"I am very honored to have been a part of the inception and advancement of the Bennett Breast Care Center," said Varney. "It is a center of excellence which reflects greatly on the staff who work there and the center's mission to provide the highest quality of breast healthcare to our community."

Varney is considered by staff to be a "utility player" who was always willing to leave her title at the door to help check in patients for their appoint-



Kathi Varney

ments, answer phones, take patients to change, and assist other providers with procedures. She has been instrumental in acquiring membership status for the center with the National Accreditation Program for Breast Centers; developing key breast health specific policies; working with providers to develop best practice protocols; and providing community outreach. Above all, she always put the needs of the patient first, regardless of what might be

happening around her.

Varney will be succeeded as Nurse Practitioner by Stacie Kunas, who Varney has mentored to seamlessly step into the role. "I will miss my patients, but am confident that I leave them in very capable hands," said Varney. "Stacie Kunas is a great addition to the team and is already making a difference in her role as Nurse Practitioner."

The Bennett Breast Care Center, located in Suite 103 at 12 High Street in the medical complex connected to CMMC, offers mammography, breast ultrasound, and ultrasound guided and stereotactic core breast biopsies. Providers are available daily for consultation regarding benign and malignant breast health concerns. The Bennett Center coordinates treatments and services for patients coping with breast

Poliquin joins Veterans' Affairs Committee

Congressman Bruce Poliquin has joined the House Committee on Veterans' Affairs, the congressional body charged with all legislative matters pertaining to improving care and services for veterans, including congressional oversight specific to the Department of Veterans Affairs and its operations. He will serve on the Subcommittee on Oversight & Investigation.

"I am tremendously proud and excited to join the Veterans Affairs Committee, where I can serve as an instrumental force on behalf of our more than 60,000 veterans in Maine's

2nd District," said Poliquin. "The character of our country is defined by how we treat our veterans after their service. Maine veterans now have a direct seat at the table in Congress on some of the biggest issues facing them and their services at the VA."

Poliquin's local offices in Maine provide a variety of services for veterans, including help in the following areas: signing up for VA benefits; problems with VA health care; claims for

compensation or pensions; replacement of medals; receipt of discharge papers; and other federal issues, including with Social Security. For help with any of these issues or others, veterans are encouraged to contact any of Congressman Poliquin's offices, including those in Lewiston (784-0768) and Washington, D.C (202-225-6306). To find more information and additional resources, see <https://poliquin.house.gov>.

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Only Steps Forward

Get out and enjoy Auburn during Annual Winter Festival

By Jonathan P. LaBonte
MAYOR OF AUBURN

It's winter. We are in Maine. And despite the thaw that came through the last couple of weeks, we still have a couple more months of cold and snow.

Luckily, here in Auburn there are things to do all winter to get outside and stay active. And, one weekend each winter, the city partners with dozens of groups in the community for the Annual Winter Festival. You won't want to

miss it this year. The last weekend of January is packed full of activities that can keep you outside and active or inside staying warm with music and hot chocolate. The beauty of this event is it truly does offer a little something for each resident, or visitor, to experience.

If you have kids and want them to burn some energy, you'll want to come down to Main Street where city staff will be building a massive



Mayor Jonathan P. LaBonté

playground out of snow for the weekend. It will be open all day and is free for kids. With so many

other activities in walking distance from there, park in the garage and make the playground your first stop. A short walk up Main Street on Saturday and you and your family can take in a free movie hosted by the Auburn Public Library and then make your way back to Festival Plaza for a grilled cheese and hot chocolate at an event hosted by Relay for Life.

And what would a Winter Festival in Auburn be without lots of activities

up at Lost Valley? Baxter Outdoors hosts a 10K duathlon for those of you feeling ambitious on a Saturday morning, or you can just take advantage of a great deal on lift tickets and spend the day skiing and checking out the continued improvements being made to this local ski hill under its new ownership.

LA Arts is hosting a series of events all weekend out of One Great Falls Plaza, or the old Key Bank building as many locals know it. These will include live music, an ice-carving display, a fashion show hosted by youth from the Root Cellar and metal-forging demonstrations from students of the New England School of Met-

alwork. While the summer months are filled with live music at Festival Plaza in downtown along the river, there's no reason not to get out and listen to live music when the temperatures drop below freezing. Just dress warm!

City staff have lined up bands to play and an ice bar is being hosted by two local breweries, Gritty McDuff's and Baxter. The events Saturday conclude with fireworks shot over the river with viewing from Main Street.

Ever been to a horse farm? The Sanctuary at Maple Hill Farms is sponsoring a "Pet a Pony" on Sunday

afternoon of the festival at the Brickwell Barn on North River Road. Why not take the family on a drive into rural Auburn and learn more about these rescued horses while feeding them carrots and enjoy a cup of hot chocolate.

Demonstrating that this event is a chance to all residents to get involved, our friends at the Auburn Housing Authority are hosting an open house at the Roak Block with the residents there. The open house will include a bake sale and free hot chocolate, if you need to warm up from playing at the outdoor snow playground across the street.

Perhaps you've always wanted to see the historic Foss Mansion of the Women's Literary Union, perched up off Elm Street. Sunday afternoon of the festival will feature a cabaret-style performance by long time New Auburn resident Larry Gowell.

I could go on and on about the many other events I didn't get to highlight, but hopefully you've read enough to catch your interest.

For a full schedule, go to www.auburnmaine.gov or search for Winter Festival, City of Auburn, Maine on Facebook. While staff help with some of the promotion, volunteer groups and local businesses make much of this weekend possible.

Please be sure to thank them when you stop by!



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Enough is Enough

Legislature should direct resources toward citizens, not illegal guests

By Robert E. Macdonald
Mayor of Lewiston

Enough is really enough!

It's time for those sitting on the sidelines--who are continually at war with themselves, trying to justify why a problem facing them is not their problem --to gain some intestinal fortitude.

It's time for our local politicians, whether they label themselves progressive or conservative, to start representing those who elected them. Put aside your fear of being ostracized and labeled, grow a spine and start representing the people who elected you--those you swore to represent and protect.

Last Saturday, January 14, an Immigration Unity

Rally was held at the Franco Center in Lewiston for the purpose of "creating an unbreakable line of love and resilience against potential deportations, criminalization and hate."

This was organized by groups such as the progressive/socialist Maine People's Alliance to fight for compassion for illegal underdogs. Apparently, they are still in denial that their candidate was crushed in the national election. Their goal is to continue to support our illegal guests using state taxpayers' money. If you live in Lewiston, hold onto your wallet.

Over the past decade, Lewiston has experienced an influx of legal refugees from Somalia. Many fled for their lives with nothing



Mayor Bob Macdonald

but the clothes on their backs. They spent years languishing in refugee camps--camps whose conditions make Maine State Prison seem like a five-star resort.

Today they are Lewistonians and contributing members of our commu-

nity. They own businesses, homes, hold jobs and have brought up our high school graduation rate. Most are American citizens and pose little or no strain on our budget.

But our current illegal interlopers are not coming from dangerous refugee camps. They have not had to wait for years in resettlement camps prior to coming to the United States. No, they are coming on commercial airline flights carrying a visa and a suitcase containing neatly folded clothes packed as they were supposedly fleeing for their lives.

Once they completed their harrowing journey consisting of in-flight music and movies, a comfortable seat, tasty meals and a flush

toilet, they found their way to the Promised Land--yes, Lewiston. Here they were informed by a General Assistance staff that Lewiston's benevolent property taxpayers will be giving them money for rent, food, clothing and will take care of their medical needs.

At this point, you're probably asking yourself why are we, those living and working in Lewiston, supporting these illegal interlopers? Well, this is what happens when lazy legislators fail to do their due diligence and seek advice from organizations like the progressive/socialist Maine People's Alliance whose words they look upon as coming from the Burning Bush.

Last year the Legisla-

ture, after intense lobbying by groups like the Maine People's Alliance, passed a law forcing Maine cities and towns to provide support for those seeking asylum for a period of up to two years. Since the passage of this law, word has spread overseas, which has resulted in Lewiston bracing for a tsunami-like wave of illegal immigrants.

Instead of holding rallies to fund people that are here illegally, we should start concentrating on our elderly, our veterans and Maine's opioid problem. Money is badly needed for these programs.

It's time to redirect our compassion and our resources to where they belong: United States citizens.

City Clerk reminds owners to license dogs

The Lewiston City Clerk's Department would like to remind all Lewiston dog owners that the one-month grace period for licensing their pets will expire on January 31. Per state law, a dog's license expires December 31 of each year, and a \$25 late fine will be added to each license for all dogs licensed after Tuesday, January 31, 2017.

According to the City Clerk's Office, only about seventy percent of the dogs that were licensed in 2016 have been re-licensed for the new year. "We do not want our residents to have to pay the \$25 late fine, but it is a state requirement. In December, we sent letters to all owners of dogs licensed in 2016 to remind them that the licenses expire December 31 and the late fine is effective February 1," said City Clerk Kathy Montejo. Dog license fees are \$11 for a male or female dog and \$6 for a spayed or neutered animal, which means the late fine is more than the cost of the license itself.

"We have almost 700 dogs that still need to be re-licensed," according to Montejo, "which means that we will be doing a lot of dog licensing before the January

31 late fine begins, or many of our residents will have to pay the state-mandated late fee." Per state requirements, the late fine is assessed per dog and not per household.

Many dog owners may not have re-licensed their pet because they may have misplaced the animal's rabies certificate, which must be shown at the time of licensing. Pet owners should contact their veterinarian's office to request a duplicate copy of the rabies certificate if they cannot locate their copy.

As a convenience, dog owners may mail in their license renewal information, and the tag for the new year will be mailed back to the owner. The dog owner should mail a copy of the rabies certificate, along with the dog's name, the owner's name, address and phone number, and a check, payable to the City of Lewiston, for the correct amount. Residents may also register their dog's license on line at the City's website.

Rabies is a serious problem in the state. Residents are urged to take

the time to protect their pet against this deadly virus. If an animal is suspected of having rabies, they are quarantined. If, during this time, the signs of rabies still appear, the only way to test an animal for rabies is to euthanize the animal. Dog licensing ensures rabies vaccination, which protects the health of your pet.

The City Clerk's Department has office hours Monday through Friday, from 8:30 a.m. to 4 p.m. Questions can be directed to them at 513-3124.

Modern Woodmen support Lewiston H.S. teams



Art Chamberlain, representing Modern Woodmen, presents a donation check for \$1250 to the Lewiston High School Track and Cross Country Teams. The teams received the matching grant by raising over \$1400 in their fall bottle drive.

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LePage

Continued from page 1

Many still believe bariatric surgery is a radical procedure reserved for people who are hundreds of pounds overweight. But today, with the obesity epidemic growing across the country, the NIH considers people who either have a Body Mass Index greater than 40 or who are more than 100 pounds overweight good candidates for bariatric surgery.

People who have a BMI of 35 or greater also qualify if they have at least two obesity-related risk factors, called “co-morbidities,” including Type II diabetes, hypertension, sleep apnea, non-alcoholic fatty liver disease, osteoarthritis, gastrointestinal disorders or heart disease.

That means even people with less than 100 pounds to lose, but who have co-morbidities, can be good candidates for the surgery. Candidates for bariatric surgery also must have shown an inability to lose weight and keep it off for a sustained period.

Dr. Loggins said most private insurance companies, as well as Medicare and Medicaid, now accept bariatric surgery as a safe, reasonable and effective treatment of obesity because



First Lady Ann LePage and Governor Paul R. LePage decided as a couple to get weight-loss surgery at CMMC. (TCT photo by Laurie A. Steele)

it resolves the co-morbidities associated with it.

“Severe obesity is a disease, plain and simple,” he said. “There’s a reason they call it morbid obesity. Someone with severe obesity has a 60 percent greater chance of getting cancer than another individual who is not obese. It can kill you.”

The cost savings to insurance companies is considerable because bariatric surgery prevents much more expensive health problems, such as heart attacks, some forms of cancer, liver disease and diabetes—and it averts a lifetime of dependency on expensive medications.

Although Dr. Loggins has performed over 2,000 bariatric surgeries, the LePages were certainly his most high-profile patients. The Governor had the surgery in September, while the First Lady had it in December.

The sleeve gastrectomy leaves a smaller, banana-shaped stomach with a reduced capacity. Patients who have the sleeve procedure eat less, which decreases their caloric intake while helping them feel satiated.

Another more commonly known procedure, often used for patients with more weight to lose, is gastric bypass, in which a surgeon re-routes the digestive system, leaving a very small, egg-size stomach.

Since the sleeve procedure is done laparoscopically, the surgery is minimally invasive and recovery is remarkably fast. It’s possible for patients to walk out of the hospital on the same day of surgery, but doctors recommend an overnight stay. In fact, Dr. Loggins said patients recover so quickly, they may start to resume normal activity too fast.

The Governor points to the First Lady. “I saw her picking up a heavy box the other day and said, ‘Ann! You can’t do that!’” The First Lady, well known as a dynamo who is constantly in motion, just laughs and waves him off.

Nor did the Governor, often accused of being a workaholic, miss a beat. He was back working the next day. “Yeah, but I was just sitting down reading,” he said.

Some people assumed Governor LePage had the same kind of surgery another high-profile patient had: New Jersey Governor Chris Christie. However, Governor Christie had a lap-band procedure, which consists of an adjustable band placed around the stomach to restrict food intake.

That procedure is much different than a sleeve gastrectomy. In his experience, Dr. Loggins said the lap-band is not as effective as other surgeries. When he overheard a patient at the hospital say he wanted to get the same lap-band surgery the Governor had, Dr. Loggins wanted to speak up. Unable to break patient confidentiality, he simply smiled and said nothing.

So what convinced the Governor to have this life-altering surgery? “I didn’t want to lose my feet,” he said.

His mother was born a Type I diabetic and suffered from it her entire life, even losing her feet to the disease. Diabetes runs among many of his family members, and the Governor was diagnosed with pre-diabetes. A former smoker, he also had high blood pressure and sleep apnea.

As for eating habits, the Governor confesses to always eating too fast. He is not unlike many people in his generation who were taught to eat more than they needed to. “When I was growing up, you were told to finish your plate or you would be punished,” he said. “That was a major factor.”

In addition to the more common risk factors, the Governor also learned years ago he had a dysfunctional thyroid. Bariatric surgery has already lowered his blood pressure, improved his cholesterol levels, relieved pressure on his knees and alleviated his back pain. It will most likely reduce the amount of thyroid medication he takes.

Although some patients are apprehensive about bariatric surgery, Governor LePage was determined to do it. “Obesity is a killer. If you have high blood pressure or diabetes, this surgery will save your life,” he said. “Once I make a decision, I do it and move on.”

Nor did First Lady Ann LePage hesitate. Her father was obese and had diabetes, suffering 13 strokes during his lifetime. She too was diagnosed as pre-diabetic and had sleep apnea.

Now 58, “I’ve been struggling with my weight since I was 10-years-old,” she said. “I was not apprehensive at all. We decided to do it as a couple.”

Like most Americans, the LePages had tried different diets and exercise regimens in the past. “We’ve tried it all,” the First Lady said. “Cabbage soup, low-carb diets, everything. But as soon as you eat carbs, it

comes right back.”

The Governor, who would intensify his workouts to lose weight, said he was once able to get down to 217 pounds. But then the weight came back. “It never stays off,” he said. “You can’t work out six hours a day. It won’t stay off until you change your lifestyle and change the way you eat.”

The First Lady said getting enough exercise was never a problem for her. “I am an avid exerciser,” she said. “It was the food I put in my mouth afterward.”

Patients go through an extensive process at Central Maine Bariatric, which begins months before the surgery and requires a life-long commitment to healthy eating, dietary changes and exercise after the procedure.

“This is a program, not just a procedure,” said Dr. Loggins. “It is not an easy fix. There is nothing easy about this process. The procedure is just a tool. If they don’t use the tool properly, it won’t work.”

Patients often must learn to eat again. The surgery can sometimes alter what they like to consume, even if it was their favorite food or beverage before the surgery. Both LePages have lost their taste for coffee, but it will most likely return in time. Most patients can no longer eat overly greasy or sweet foods; if they do, it can make them feel nauseous.

The Governor has lost his taste for prepared foods. “The more I look at it and see the ingredients in it—I just have no desire for it,” he said.

“It forces you to make the right choices because you can’t eat as much,” said the First Lady.

Both LePages say they have more energy and haven’t felt this good in years. The Governor’s favorite hobby is woodworking, but with his exhausting schedule and extra weight, he wasn’t able to enjoy it over the past couple of years. “I did two chairs and a bookcase this weekend,” he said. “There’s no question, you will have a lot more energy.”

See LePage, page 7

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Loggins

Continued from page 3

were highly complementary about Dr. Loggins and his program.

“I was very comfortable with him,” said the First Lady. “I would absolutely recommend it.”

Somewhat baffled the media seemed fixated on how Governor LePage’s procedure was paid for (his health insurance covered it), Dr. Loggins said the story should be nothing but positive. The Governor and the First Lady are an inspiration to anyone who has struggled for years to fight obesity, he said.

Having been obese as a young man, Dr. Loggins understands on a deeply personal level the struggles that come with being overweight. In college, “I was a 350-pound defensive lineman,” he said. That may have been an advantage in sports, but not so much for other activities.

Since he could not afford to go to the prestigious Northwestern University Medical School in Chicago, Dr. Loggins joined the military to pay his way through school. He first tried to join the Air Force, but because of his large stature, he failed to meet their height-weight ratio. The Army used a different formula, so he was allowed to join. He soon realized he needed to lose some weight if he was going to get through the Army’s physical training.

“I lost 75 pounds in my

LePage

Continued from page 6

“It will give you back 10 years of your life,” Ann said. “I really feel like I’m getting my life back.”

Since many people are still reluctant to tackle their weight problem, “it’s great that the Governor and the First Lady are creating awareness,” Dr. Loggins said. Both LePages are very satisfied with the results of their surgeries and highly recommend it to anyone who is considered obese.

“We’re doing our part for obesity,” Governor LePage said. “Once you’re healthy, why would you give it up? You want to stay healthy. And,” he says with a laugh, “there’s 50 pounds less of me to hate.”

Peter A. Steele is the communications director for the Office of Governor Paul R. LePage. He and his wife, Laurie, are founders and owners of Twin City TIMES.

senior year of college,” he said, noting that keeping the weight off is still a challenge. “I fight with it every day.”

He practices what he preaches. Having competed in triathlons, Dr. Loggins knows firsthand how important it is to maintain a healthy lifestyle on a daily basis.

While bariatric procedures, or weight-loss surgery, help obese patients with weight loss, appetite control and long-term dietary modifications, it’s not a panacea, nor is it a quick fix. It’s a long-term process that takes months—or even up to a year—of dedication and medical evaluations to prepare for the surgery, then a lifetime commitment of regular exercise, healthy living and dietary changes.

Once considered an option only for people hundreds of pounds overweight, bariatric surgery is now recognized as a life-saving option for America’s obesity epidemic. The surgeries virtually eliminate high blood pressure, high cholesterol, diabetes, sleep apnea, liver disease, cancer and other risk factors, called “co-morbidities,” that are often caused by obesity.

In 2016, Maine had an obesity rate of 30 percent, putting it 24th in the nation. In 2000, the obesity rate was about 20 percent, and in 1990, it was 10 percent. While Maine’s obesity rate equals the national average, its population is the heaviest in New England. New Hampshire is right behind Maine in its obesity rate.

Many people suffer from feelings of failure, shame or embarrassment because they cannot lose weight and keep it off. They don’t realize severe obesity is a serious disease—it can shave 10 to 15 years off a person’s life. Even primary care physicians are often reluctant to bring up bariatric surgery with their obese patients, for fear of offending them.

“If you had cancer or diabetes, you wouldn’t feel that way,” Dr. Loggins said. “If you had a blocked artery, you wouldn’t feel that way. We shouldn’t be afraid to talk about obesity, and we shouldn’t be afraid to treat it.”

Ten percent of the \$250 billion spent on health care each year is a direct result of obesity. Obesity-related factors result in 300,000 to 400,000 deaths a year in this country. “If you take all the people who die from breast cancer and all who die of colon cancer, it equals 90,000,” Dr. Loggins said. “Severe

obesity kills three times more people, but no one thinks twice about having surgery for breast cancer or colon cancer.”

Part of the problem is the medical profession has always treated obese people with a one-size-fits-all approach. “We always talk about calories in/calories out,” said Dr. Loggins. “But 1,000 calories for one person is not the same as 1,000 calories for another person” because their metabolisms are different.”

“There’s often a belief that obese people are lazy or gluttonous, but sometimes a person with a BMI of 45 is eating salad all day,” Dr. Loggins said. Genetics also plays a role.

Thousands of years ago, humans had to chase and hunt down their food, then they might not eat for three days, creating efficient metabolisms. “Now we don’t need to work or hunt for our food. We are surrounded by energy-dense calories all around us, and they are cheap, too,” said Dr. Loggins. “We can eat three days’ worth of calories in one meal.”

Peter A. Steele is the communications director for the Office of Governor Paul R. LePage. He and his wife, Laurie, are founders and owners of Twin City TIMES.

Lewiston attorney appointed to Ethics Commission

Benjamin Gideon, a lawyer at the Berman & Simmons law firm, has been appointed to the Professional Ethics Commission of the Maine Board of Overseers of the Bar. Gideon’s four-year term on the commission began January 1 and continues through 2020.

A Portland native, Gideon is a graduate of Cornell University and Yale Law School. He represents plaintiffs in medical malpractice, personal injury, wrongful death, and other complex civil litigation matters. Based at Berman & Simmons’ headquarters in Lewiston, he has served as a member of the Board of Overseers of the Bar since 2014.

Established in 1978, the Board of Overseers of the Bar regulates the conduct of lawyers by enforcing the Maine Bar Rules and the Maine Rules of Professional Conduct adopted by the Maine Supreme Judicial Court. The board is responsible for receiving and investigating grievance complaints against attorneys licensed



Benjamin Gideon

in Maine.

Berman & Simmons, P.A. is a law firm of 17 attorneys with offices in Lewiston, Portland, and Bangor. The firm has represented injured Maine people for more than 100 years. Chambers USA has described Berman & Sim-

mons as “the best plaintiffs’ personal injury and medical malpractice firm in Maine.” The firm has also appeared twice in the National Law Journal Top 100 Verdicts, which ranks the largest jury awards in the nation. For more information, see at-
www.bermansimmons.com.



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What's Going On

WLU hosts Bunco games for Auburn Winter Fest

Join the fun as the Women's Literary Union hosts an afternoon of Bunco games on Saturday, January 28 from 2 to 4 p.m. at Foss Mansion, 19 Elm Street in Auburn. Bunco is a popular game played with dice and a whole lot of luck. No knowledge or experience is required.

The game originated in 19th-century England and was imported to San Francisco as a gambling activity in 1855, where it gave its name to gambling or "Bunco" parlors and, more generally, to any swindle. After the Civil War, the game evolved into a pop-

ular parlor game. During the 1920s and Prohibition, Bunco was re-popularized as a gambling game, often associated with speakeasies. Law-enforcement groups raiding these parlors came to be known as "Bunco squads." No raid of this event is expected!

As it is played today, Bunco is a social dice game involving 100% luck, no skill (there are no decisions to be made), scoring, and a simple set of rules. The object of the game is to accumulate points and to roll certain combinations. The winners get prizes for accomplishments such as the highest score, lowest

score, or the most buncos.

Not merely a game, Bunco is a reason to connect with friends for home-made refreshments, laughter and excitement, and just plain fun. Playing Bunco is great way to maintain relationships and make new friends. Doors will open at 1:30 p.m. and the games will start at 2:00. A suggested donation of \$10 per person will go to the Horatio & Ella Foss Mansion Restoration Fund for the restoration of this nationally recognized home in Auburn. The reservation deadline is Friday, January 27. For tickets, call Carol Mashaw at 713-5888.

Food pantry needs staple items

The High Street Food Pantry has on-going needs for the following staple items: peanut butter, dry cereal, baking ingredi-

ents (mixes, sugar, flour), crackers, toilet paper and canned goods (including vegetables, fruits, soups, pastas and meats). Donations should be

dropped off at the Auburn United Methodist Church at 439 Park Avenue. For more information, call the church office at 782-3972.

Norlands to host volunteer info session



Norlands volunteers gather for a "thank you" dinner in the farmer's cottage.

Volunteers play an integral part in keeping the Washburn-Norlands Living History Center of Livermore operating smoothly and bringing history to life for people of all ages. Do you have an interest in history? Or love organizing files or scrapbooking? Or like working with the public? Norlands has several volunteer opportunities available and will host a special volunteer information session on Tuesday, January 31 from 9:30 to 11:30 a.m.

Perhaps you have visited Norlands, encountered one of its historical characters, and wondered how the staff brings these characters to life in a fun, informative, and engaging way. While such program interpreters are an essential part of Norlands educational programs and work with the public, there are plenty of behind-

the-scenes opportunities as well. Volunteers are needed as mansion tour guides and greeters, presenters of educational programs for school children, servers for meals, staffers in the gift shop, and to help out in the areas of event admissions, publicity, office work, light carpentry and repair, and event set-up and clean-up. Positions range from on-going commitments to more seasonal and occasional assignments and are tailored to match the skills and interest of the volunteer.

Want to learn more? If so, attend the session on January 31, where you will meet current volunteers, hear more about the various volunteer opportunities and become better acquainted with the non-profit living history center. Coffee and light refreshments will be served. A tour of the 1867

Washburn mansion will be included.

Norlands is located at 290 Norlands Road in Livermore. Please register by January 26 by calling 897-4366 or emailing norlands@norlands.org. In case of inclement weather, the session will be rescheduled to Thursday, February 2.

The Washburn-Norlands Living History Center is a multifaceted museum providing visitors with in-depth experiences from 19th-century rural life. Its mission is to preserve the heritage and traditions of rural life in Maine's past, to celebrate the achievements of Livermore's Washburn Family, and to use living history methods to make values, activities, and issues of the past relevant to present and future generations. For more information, see www.norlands.org.



Volunteers help out during Norlands Civil War Reenactment Weekend.

www.TwinCityTimes.com

Legislative delegation to host public office hours

Lewiston's legislative delegation will hold constituent office hours Saturday, January 21, from 11 a.m. to 12:30 p.m. in the Couture

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

Room at Lewiston Public Library. Sen. Nate Libby will convene the public session, along with Reps. Heidi Brooks, Roger Fuller, Jared Golden, and Jim Handy. The office hours provide a chance for Lewiston residents to meet with their elected officials and discuss state government matters. The delegation will

also give updates on their work on various policy areas, including the state budget, property taxes, student debt, public education, health care, labor and business issues, and veterans' affairs. The office hours will be held regularly at Lewiston Public Library on the third Saturday of the month while the Legislature is in session.

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Collins forms Federal Appointments Advisory Committee

U.S. Senator Susan Collins recently established a committee known as the “Federal Appointments Advisory Committee” to evaluate candidates for Senate-confirmed positions in Maine. As the senior Republican member of Maine’s congressional delegation, Collins will advise the Trump Administration as it selects candidates for federal positions in the state. The Committee’s recommendations will be an integral part of that process.

The eight-member committee is chaired by Josh Tardy of Newport, a practicing attorney who chaired the Trump-Pence campaign in Maine and who is the former Minority Leader of the Maine House of Representatives. Steve Abbott, Senator Collins’ Chief of Staff, is serving as her liaison

to the Committee. The rest of the Committee is comprised of community leaders and experienced attorneys from across the state. The Committee is currently assessing the qualifications of dozens of interested applicants for U.S. Attorney and U.S. Marshal for Maine. It will also consider nominations for the USDA Farm Service Agency State Director and the USDA Rural Development State Director, as well as any federal judicial vacancies in the state.

The members of the Federal Appointments Advisory Committee are: Josh Tardy, Committee Chair (Newport) - Attorney, Irwin, Tardy & Morris, Former Minority Leader of the Maine House of Representatives, Chair of Trump Campaign in Maine; Mark

Brooks (Hartland) - Lieutenant, Maine State Police (23 years of service), Colonel in the U.S. Army reserve (more than 30 years of combined service in US Army and U.S. Army Reserve); Cathy Goodwin (Eliot) - Former State Office Representative in Collins’ York County Office, Former Director of the York County Chamber of Commerce; Sarah Newell (Winterport) - Attorney, Eaton Peabody; Matt Manahan (Cumberland) - Attorney, Pierce Atwood; Melissa Simones (Greene) - Policy Director, Maine State Senate President’s Office; Rick Solman (Caribou) - Attorney, Solman and Hunter; and Steve Abbott (Portland) - Chief of Staff, Office of U.S. Senator Susan Collins.

UMCA needs children’s books

Do you have children’s books you can donate for needy families with young children? Books

are needed for children of all ages, from infants to teenagers. Please drop-off donations at the United

Methodist Church of Auburn, 439 Park Avenue, or call the Church Office at 782-3972.

YWCA offers American Red Cross swim classes



YWCA swim classes begin in February. Drowning is the leading cause of accidental death for children ages 1 to 4 and the second leading cause for kids under the age of 14. Stay safe and sign up for swim lessons today! For more information about class times and levels (1 to 6), call the YWCA at 795-4050 or see www.ywcamaine.org.

Parent and Child Level A (ages 6 to 36 months). This class is designed for children who either have no water experience or who are not swimming on their own with flotation.

Parent and Child Level B (ages 18 to 36 months). Parents participate with children to learn water adjustment and safety skills. This class is designed for children who swim independently with flotation.

Parent and Child Level C (ages 3 to 7 years). This class is designed for children who have no water experience or are fearful of entering the water without a parent.

Preschool Swim (ages 3 to 5 years). Preschool Level 1, 2 & 3 swim lessons, which focus on the developmental skills of pre-school aged children. No parent in the water.

Beginner Swim (ages 6 years and up). Beginner Level 1 & 2 swim lessons, which focus on the developmental skills of a non-swimmer and or a swimmer with little to no prior swim lessons. A combination of both levels will be taught for this lesson.

Advanced Beginner Swim (ages 6 years and up Level 3). Completion of Level 2 or the student must be able to float on their front and back independently for five seconds and swim unassisted for five body lengths.

Intermediate Swim (ages 6 and up Level 4, 5 & 6). Completion of Level 3 or the student must be able to enter water head first and jump into deep water, swim 15 yards front crawl with rhythmic breathing, tread or float for 30 seconds and swim 15 yards

elementary backstroke.

Adult Swim Lesson (ages 15 and older). Designed for non-swimmers who will learn basic water skills, including water adjustment, floating and basic safety precautions, as well as swimmers who have mastered floating, prone glide, beginning crawl stroke, back float, and basic backstroke. Private swim lessons are also available by appointment.

Space is limited in each of the classes; don’t wait - sign up today!

What’s Going On

Deadline extended for Master Gardener program

The deadline to apply for the University of Maine Cooperative Extension Master Gardener Volunteers program training in Androscoggin and Sagadahoc counties has been extended to January 28.

The 14-week training will take place on Tuesdays from February 28 to May 30 from 12:30 to 4 p.m. at Topsham Public Library, 25 Foreside Road. The program provides participants with at least 40 hours of in-depth training in the art and science of horticulture.

Trainees receive current, research-based information from Extension educators and industry experts. In return, trained Master Gardeners volunteer their time and expertise for related activities in their communities.

The fee for the course and materials is \$220. Information and applications

are online at the Extension Service website. Accepted applicants will be notified by February 1. For more information, or to request a disability accommodation, contact Lynne Holland at 353-5550 or lynne.holland@maine.edu. To access an application, see <http://extension.umaine.edu/forms>.



FRANCO CENTER EVENTS

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.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

"Under the Skin" opens at Public Theatre Jan. 27



Doug Rees as "Lou Ziegler" and Annie Grier as "Raina Lamott" in a rehearsal from "Under the Skin"

The Public Theatre will present the New England premiere of "Under the Skin," a powerful, provocative and funny new play that explores the complicated connection between parents and their children, in performances January 27 through February 5.

Raina's ailing father needs her kidney. But he's been a lousy dad, so she's not too convinced he's "kidney worthy." How can we get to a place of generosity with the people who have let us down? What is our responsibility to our parents and theirs to us? Why is it so hard to

act like an adult when our parents are in the room? The road to understanding is paved with surprises in this insightful new play that asks, "What does it really mean to be connected to someone else?"

Deftly combining humor, big surprises, and wisdom, the script was written by Michael Hollinger, whose play "Red Herring" was a huge hit several seasons ago for The Public Theatre. "This play will hit home with just about every living, breathing human being who has ever been or had a parent," says Director Janet Mitchko. "It's not about a kidney. It's about

another organ - the human heart."

The professional cast features New York actors Doug Rees as the kidney-needing father, Lou, Annie Grier as his daughter, Raina, and Melissa Maxwell in three roles as a loving mother named Marlene, a transplant physician, and the world's most passive-aggressive coffee barista. Washington, D.C.-based actor Jon Hudson Odom plays both Marlene's son, Jarrell, and Lou's nurse, Hector. The set is designed by Kit Mayer, with lighting by Bart Garvey and costumes by Jonna Klaiber.

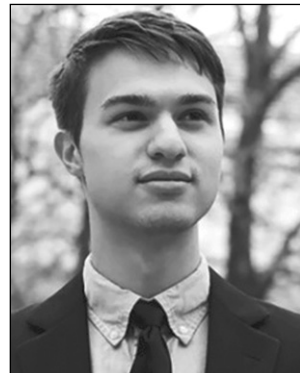
A free pre-show wine-tasting presented by Rails Restaurant will take place at 6:30 p.m. in the lobby prior to the Thursday, February 2 show. Performances will take place January 27 through February 5, Thursdays through Saturdays at 7:30 p.m. and Sundays at 2 p.m., with an added matinee on Saturday, February 4 at 3 p.m. Tickets are \$20 for adults, \$17 per person in groups, and \$5 for those ages 18 and under. The Theatre is located at 31 Maple Street in Lewiston. For tickets, call 782-3200 or see thepublictheatre.org.

Composer-pianist returns to Franco Center

Aspiring concert artist and composer Christopher Staknys, age 20, will return to the Gendron Franco Center on Friday, January 20 at 7 p.m. to present the third program of the Center's Piano Series season. His recital will feature works by Mozart, Chopin, Ravel, Staknys, Schubert and Scriabin.

A 2014 graduate of Falmouth High School, Staknys is now a third-year student at the Juilliard School in New York City. He learned to read music and began composing almost before he learned to read and began formal piano lessons at age 6. He studied for two years at the Walnut Hill School for the Arts and participated in the Preparatory Program at the New England Conservatory, where he studied piano with Roberto Poli and composition with Howard Frazin. At Juilliard, his principal teacher has been Hung-Kuan Chen.

He has participated in several festivals, including Tanglewood, Bowdoin, Summit, Killington, and Greenwood, and is the recipient of numerous prizes, including the Ocy L. Downs Piano Prize and the Bay Chamber Concerts' Young Stars of Maine A.H. Chatfield Piano Prize. He was the winner of the Rivers School Conservatory Concerto Competition and the New England Conservatory's Prep Concerto Competition. In 2013, he received first prize in the senior division of the Steinway Society Piano Competition.



Christopher Staknys

In 2015, he performed with pianist Antonio Pompa-Baldi as part of the Rivers Conservatory's Chopin Symposium. Chosen as a YoungArts Winner, he traveled to Miami to participate in National YoungArts Week. He has won prizes in the Maine Music Educators Association's Composers Competition, Music without Limits (Lithuania), the Boston Trio Competition, and the Bagaduce Young Composer's Festival (Blue Hill, Maine).

A composer since an early age, Staknys' debut performance at the Franco Center in June 2006 was part of the Portland Conservatory's Piano Festival. Having broken his right arm shortly before that event, he promptly composed a piece for left hand, which he performed in the Center's Performance Hall. In 2010, his composition "Congo" was given its premiere by the Portland Symphony Orchestra, and his "Summer Evening in Maine" was featured in the 2011 Fourth of July Pops Festival at Blue Hill. In November of that year, he returned to Performance Hall to present a Piano Series program, including a performance of his "Tryptich." Last year, the Oratorio Chorale and the Maine Chamber Ensemble premiered "The Window," his composition for choir and string orchestra, to text by Conrad Aiken. His works are regularly heard on WRUV Radio and he has appeared on NPR's "From the Top."

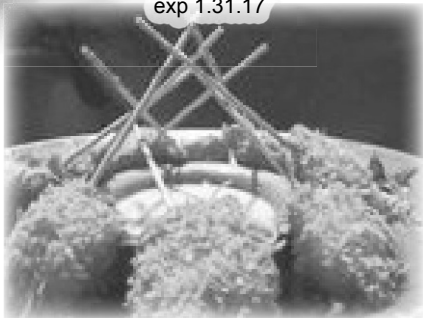
Last summer, Staknys received a full scholarship to study composition and analysis at La Schola Cantorum in Paris. In addition to his studies, he attended a performance of his string quartet, held in the same hall where Debussy and Satie had seen their works performed. Last month, he played American composer Steve Reich's piece "City Life" on the sampler keyboard in an Alice Tully Hall program celebrating the 80th birthday of Reich, who was present for the honor. Earlier this month, he participated in Juilliard's ChamberFest, where he performed Schoenberg's Suite Op. 29 for Septet in the school's Paul Recital Hall at Lincoln Center.

Admission is \$15, \$10 for seniors and free for students. The Franco Center is wheelchair accessible and parking is included in the price of the ticket. For tickets, call 783-1585 or see francocenter.org.



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January's Art & Ale artist

Abstract Expressionist artist Donnie Roane is the current exhibitor in L/A Arts' Art & Ale window at Gritty's for the month of January. A Lewiston resident, Roane has been painting since 2001. Initially inspired by Bob Ross, he began to explore the works of other famous artists, such as Vincent Van Gogh and Jackson Pollack. Now his work stems from random



Donnie Roane

thoughts and emotions that he allows to come out in the paint. His work has been displayed in the Lewiston Auburn Artwalk. "Art should be shared, he says. "I'll start with an idea and see where the paint wants to go. So whatever you see is what you see. I hope you enjoy my work." For those who would like to purchase or commission a custom work, he can be contacted on Facebook at DMRArt-works.

John Martin guests today at Great Falls Forum

Maine State Representative John Martin (D-Eagle Lake) will be the guest at the next Great Falls Forum on Thursday, January 19 from noon to 1 p.m. in Lewiston Public Library's Callahan Hall. The programs are free, open to all and no reservations are required. Bring a bag lunch. Coffee, tea and bottled water are provided for a donation at the event.



Martin has served in both the Maine House and Senate over the past 52 years.

Whether you love him or hate him, there is no denying that Martin has been a key player in Maine politics since his initial election to the Legislature in 1964. For the last 52 years, he has served in both the Maine House and Senate. He held the post of

Speaker of the House from 1975 until 1994. Over those five decades, he has seen fads, political movements, and Governors come and go, but one constant has been the dedication of citizen-legislators who work hard to improve the lives of all Mainers.

Martin is also a member of the adjunct faculty at the University of Maine at Fort Kent and has a firm grasp on the complete range of Maine's history. At the forum, he will discuss pivotal points in Maine's history, changes that he has observed over the years, and share anecdotes from the numerous statewide campaigns that he has worked on.

The Great Falls Forum is a monthly brown-bag speaker series featuring statewide and regional leaders in public policy, business, academia and the arts. For more information, contact LPL Adult & Teen Services at 513-3135 or LPLReference@Gmail.com.

CSCE to stage "Globallocal" Show Jan. 27



Local dancers Koley True, Sasha Richardson, Karianna Merrill, Debi Irons, Erika Lindstrom, Tegan Bullard and Mackenzie Jordan after a recent show at Oxford Hills Comprehensive High School.

Cottage Street Creative Exchange will present its second "Globallocal" Show on Friday, January 27 at 7 p.m. in the auditorium of Oxford Hills Comprehensive High School in South Paris. Free tickets are available at Books N Things in Norway.

"Globallocal" is a term created by the Debi Irons, artistic director of CSCE, as a simple way to express the agency's mission to connect people and cultures on local and international levels. Several local Maine teen and adult dance groups will be performing, including Art Moves Dance Ensemble, Collective Motion, The Moving Company and Portland Youth Dance. Global acts are still

being sought and will be announced closer to the performance.

Simple Brazilian and Jamaican dances will be taught in local schools and studios, at 6:30 p.m. on stage before the show, and as a tutorial on CSCE's Facebook page. For more information or to schedule

a free half hour class for your group, email debi@artmovesdance.com.

Cottage Street Creative Exchange, Inc. is a publicly-supported, non-profit corporation with a mission to spark integration into dance and the arts, locally and globally.... one step at a time. Programs include free classes for kids, collaborative opportunities for Maine dancers, and cultural exchange programs with dancers from other countries.

To become involved in programs or the CSCE mission, contact artistic director Debi Irons at 743-5569. You may also connect to the CSCE through Art Moves Dance Ensemble members Sasha Richardson, Tegan Bullard, Karianna Merrill, and Erika Lindstrom, or through CSCE board members Aranka Matolcsy, Mickie Shibles, Amanda Daniels, Shellie Leger, and Michael Myreck. For more information, click on "Project" at www.artmovesdance.com.

Twin City Nights

Thread Theatre tonight at Franco Center



Theater enthusiasts perform a previously un-read scene at the Franco Center's last Thread Theatre in December. The 23rd installment of the event will take place on Thursday, January 19. Doors open at 6:30 p.m. and the entrance fee is \$5. For more information, see www.franco-center.org. (Photo by Danielle Eaton)

Concerts for a Cause presents David Mallet

The UUCB Concerts for a Cause series will present singer-songwriter David Mallet on Saturday, January 28 at 7:30 p.m. at the Unitarian Universalist Church of Brunswick, located at 1 Middle Street.

In a career spanning four decades, Mallett has recorded 14 albums, had several hundred of his songs covered by other artists (including the American folk classic "Garden Song," performed across the U.S., Canada and Europe, and appeared on numerous broadcasts, including National

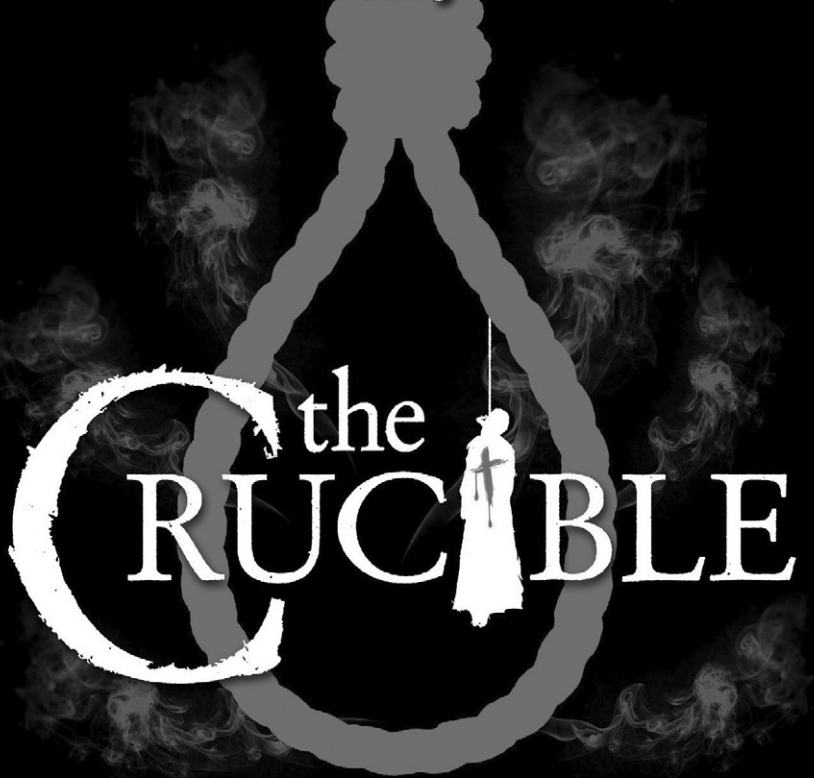
Public Radio's "A Prairie Home Companion." Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and the Muppets. The Orlando Sentinel has written: "Few people could be called the living embodiment of the state where they live. But what Garrison Keillor is to Minnesota, Mallett is to Maine."

Monies raised from the concert will benefit the

programming of the church and local charities. Last year, the UU Church Fundraising Committee raised \$10,000, providing a gift of \$2,000 to each of the following charities: Midcoast Hunger Prevention, Tedford Housing, The Gathering Place, Habitat for Humanity/7 Rivers Maine, and Boys to Men.

Tickets are \$22 in advance or \$25 at the door. They are available at the church office (729-8515), Gulf of Maine Books, or online at www.davidmallett.brownpapertickets.com.

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Twin City Nights

Bailey Library to host “Superstorm” author Kathryn Miles

The Bailey Public Library in Winthrop will host journalist, writer and environmentalist Kathryn Miles on Tuesday, January 24 at 6:30 p.m. The event is part of the ongoing Winthrop Lakes Region Forum and is sponsored by the Winthrop Public Library Foundation.

Miles grew up in the Midwestern United States, where she worked as a journalist for the Journal Star in Illinois. She earned a B.A. in Philosophy from Saint Louis University in 1996 and received her PhD in English from the University of Delaware in 2001.

Miles is the author of “All Standing,” which details the true tale of a celebrated “coffin ship” that ran between Ireland and America in the 1840s, and “Adventures with Ari,” a memoir recounting four seasons as a canine naturalist. Her newest book “Superstorm”



Miles' latest book is the first complete moment-by-moment account of Hurricane Sandy.

is the first complete moment-by-moment account of Hurricane Sandy, the second-costliest hurricane in United States history that affected 24 states, including the entire eastern seaboard. The Washington Post described the book as “... what you might expect from Stephen King if he wrote nonfiction: a gripping plot with flashes of pure terror.”

Miles has also written about subjects that include Puerto Rican street food, eel poachers, homing pigeons, and lifesavers. Her work has appeared in dozens of publications, including Best American Essays, Popular Mechanics, and The New York Times. She previously served as professor of environmental writing at Unity College and is part of the faculty for the Chatham University MFA low-residency program. She was founding editor-in-chief of Hawk & Handsaw: The Journal of Creative Sustainability, and is a scholar-in-residence for the Maine Humanities Council. She lives with her family in Portland, Maine. The event is free and open to the public and will take place in the lower level King Event Room of the library at 39 Bowdoin Street in downtown Winthrop.

French Sing-Along Jan. 20



Community members are invited to participate in the first French sing-along session of the new year on Friday, January 20 at 1:30 p.m. at the University of Southern Maine's Lewiston-Auburn College. Admission is free and song books are provided so those who are not familiar with the songs or are less than fluent in French can follow along. The session will take place in Room 170. For more information, call 576-4109. Pictured here are song leaders Mary LeClerc, Rita Gosselin, Jeannette Gregoire, Aliette Couturier, Gail Lawrence, and Madeleine LeBlanc.

Early music concert to celebrate new year



The VoXX: Voice of Twenty choral ensemble has built a strong following while generally performing only twice a year.

The choral ensemble VoXX: Voice of Twenty will perform a wide-ranging program called “Music for the New Year” on Sunday, January 22 at 2 p.m. at Phippsburg Congregational Church. The program will feature songs spanning the centuries and ranging from serene to upbeat, sacred to secular.

The theme of the winter program “O Great Mystery” revolves around the Missa O Magnum Mysterium by Tomás Luis de Victoria (1592), which the group will sing in its entirety. Also featured will be

unaccompanied works from the mid-fifteenth to the twenty-first centuries, chosen to explore the mysteries of the season and to bring light to the turning of the year. A highlight will be the world premiere of Laudate Dominum, an uplifting carol composed in 2015 by the group's Music Director, John Mehrmann. The program will also include pieces by Herbert Howells, Anton Bruckner, J.S. Bach, Vaughan Williams, and Anonymous.

Now in its second decade, VoXX has sung up and down the Maine coast and generally performs two

scheduled concert sets per year, in January and mid-summer. Based in mid-coast Maine, this highly regarded ensemble of twenty performers likes the challenges of unusual vocal music, yet more familiar works by such renowned composers as Britten, Dufay, Holst, and Josquin are also central to their repertoire. The group mainly performs a cappella, but appropriate instrumentation (recorders, percussion, strings) is occasionally added.

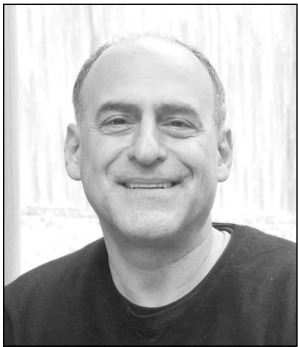
VoXX has built a strong following and has performed at Merrill Auditorium, Camden Opera House, Rockport Opera House and many other Maine venues. The group recently released its first CD, “Favorites Old and New.”

The concert will take place at Phippsburg Congregational Church, located at 10 Church Lane (at Parker Head Road) in Phippsburg. Doors will open at 1:30 p.m. Admission will be \$15 at the door. Refreshments will be served. For more information call 389-1770.

Site artist to discuss upcoming “Mill Town” project

Acclaimed director-choreographer Stephan Koplowitz will present a video program about his body of site-specific projects, including the summer 2017 Bates Dance Festival project “Mill Town,” on Tuesday, January 24 at 6 p.m. at Lewiston Public Library. The event is open to the public at no cost. For more information, call the library at 513-3004 or the dance festival at 786-6381.

The lecture will afford a unique opportunity to meet Koplowitz, see examples of his work, explore the world of site-specific performance and learn about its community impact. The presentation will focus on “Mill Town,” a performance installation inspired by the history, geography and culture of Lewiston-Auburn to



The director-choreographer will speak about his acclaimed body of site-specific works on January 24 at Lewiston Public Library. (Photo by Lynn Lane)

be presented in and around the Bates Mill Complex in early August. Commissioned by the Bates Dance Festival in partnership with Platz Associates and Museum L-A, the piece will feature dance, original music, video and historical artifacts, and will incorporate more than 60 professional and local performers.

Koplowitz is known for his work on stage and film, and especially for work he has created for specific architectural and natural sites. Since 1984, he has made 87 pieces in the U.S. and abroad. He received the Alpert Award in the Arts, a Guggenheim Fellowship, a Bessie Award and Choreography Fellowships from the National Endowment for the Arts. A longtime educator, he recently completed 10 years as dean of dance at the California Institute of the Arts. He has been a featured artist-teacher at the Bates Dance Festival six times since 1992.

Koplowitz is a visiting artist-scholar at Bates College this month, teaching master classes and presenting lectures about collaborative creative processes, site-specific work and the community impact of place-based art performances. For more information, see <http://stephankoplowitz.com>.

Kennebec Performing Arts Co. seeks singers, musicians

The Kennebec Performing Arts Company is seeking new musicians for their spring season. The Company includes a chorus, a large wind ensemble and a Jazz band.

The chorus needs singers for all parts: Soprano, Alto, Tenor and Bass. Rehearsals are on Mondays from 6:30 to 8:30 p.m. at Hope Baptist Church in Manchester. The ability to read music and a brief audition are required. The first rehearsal will be on Monday, February 6, and new mem-

bers will be accepted until Monday, February 20. Interested singers are invited to attend. New members will also be considered for the wind ensemble and Jazz band. The first rehearsals for these groups will be on Tuesday, February 7 in the band room at Cony High School.

For more information about any of these groups, call Chuck Milazzo at 685-9653. For more information about the company, including concert dates, see www.kennebecperformingarts-company.org.

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.

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Rep. John Martin (D-Eagle Lake) discusses his 52 years serving in either the Maine House or Senate. Free. Bring a bag lunch. 513-3135.

Thread Theatre. 7:30 p.m. Franco Center, 46 Cedar Street, Lewiston. Actors (drawn at random) perform 10-minute scenes (drawn at random) on tonight’s theme, “Bitter.” Adult themes. Happy hour at 6:30. \$5. 783-1585; www.francocenter.org.

Friday, January 20
French Sing-Along. 1:30 p.m. Rm. 170, L-A College, 51 Westminster St., Lewiston. Les Troubadours lead the singing of local Franco favorites at this free monthly event. All welcome; songbooks provided. Free. 576-4109.

Concert: Christopher Staknys. 7 p.m. Franco Center, 46 Cedar St., Lewiston. This aspiring concert artist and composer, age 20, performs works by Mozart, Chopin, Ravel, Staknys, Schubert and Scriabin. \$15/10 (students free). 783-1585; francocenter.org.

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

MDOT releases work plan for bridge, road projects

As it does each year, the Maine Department of Transportation has released its three-year transportation infrastructure work plan, outlining the department’s strategy for road, bridge and other transportation projects throughout the state.

According to the MDOT, the work plan includes more than \$2.3 billion worth of construction and maintenance, of which \$537 million is scheduled for 632 capital projects in 2017. Included are projects for highways and bridges, transit (bus), passenger and freight railroad, aviation, ferries, ports and other marine facilities, and bicycle-pedestrian access.

“Lewiston residents count on having safe and reliable transportation infrastructure every day,” said Sen. Nate Libby of Lewiston. “I’m glad to see the over \$14.3 million in work planned for the next few years in Lewiston

Calendar

See more Calendar at www.TwinCityTimes.com

Saturday, January 21
Office Hours. 11 a.m. to 12:30 p.m. Couture Room, Lewiston Public Library. Lewiston’s legislative delegation answers questions and discusses state government matters with residents.

Sunday, January 22
Concert: VoXX: Voice of Twenty. 2 p.m., Phippsburg Congregational Church, 10 Church Lane (at Parker Head Rd.), Phippsburg. This acclaimed choral ensemble performs a wide-ranging program called “Music for the New Year.” Refreshments. \$15 at door. 389-1770.

Monday, January 23
Healthcare Marketplace Info Session. 6 to 7:30 p.m. DFD Russell Medical Center, 7 So. Main St., Turner. Learn more about enrolling for health insurance through the Healthcare Marketplace. Free. Adv. registration required. 524-4010; dfdrussell.org.

Tuesday, January 24
USCIS Office Hours. 10 a.m. to noon. Lewiston Public Library. Reps. of the U.S. Citizenship and Immigration Services answer questions about the immigration process; no appointment needed. 513-3135; LPLReference@gmail.com.

Artist Visit. 6 p.m. Lewiston Public Library. Director-choreographer Stephan Koplowitz presents a video program about his site-specific projects, including the upcoming 2017 Bates Dance Festival project “Mill Town.” Free. 513-3004; 786-6381.

and will keep supporting investments in maintenance and improvements.” The following is the list of projects planned for the City of Lewiston in 2017:

Bridge Work (Other): work on Veterans Memorial Bridge Ramp W over Maine Central Rail Road; work on Veterans Memorial Bridge Ramp E over Maine Central Rail Road; work on the Vietnam Memorial West Bridge over the west channel of the Androscoggin River at the Auburn-Lewiston city line; work on the Bernard Lown Peace Bridge over the Androscoggin River at the Auburn-Lewiston city line; work on the Vietnam Memorial East Bridge over the Androscoggin River.

Highway Preservation Paving: work on 0.55 miles of Route 196 from Strawberry Patch Road to Chestnut Street; work on 1.31 miles of Route 196 from

Healthcare Marketplace Info Session. 6 to 7:30 p.m. DFD Russell Medical Center, 180 Church Hill Road, Suite 1, Leeds. Learn more about enrolling for health insurance through the Healthcare Marketplace. Free. Adv. registration required. 524-4010; dfdrussell.org.

Author Visit. 6:30 p.m. King Event Room, Bailey Library, 39 Bowdoin St., Winthrop. Journalist and author Kathryn Miles discusses her latest book, “Superstorm,” the first complete moment-by-moment account of Hurricane Sandy. Free. 377-8673.

Wednesday, January 25
Constituent Outreach Hours. 10 a.m. to noon. Lewiston City Hall. Staff reps. of Sen. Angus King meet with area residents about specific problems, legislative issues or concerns about federal govt. agencies. No appt. needed. 1-800-432-1599.

AARP Work for Yourself@50+ Workshop. 10 a.m. to noon. Room 283, Lewiston-Auburn College, 52 Westminster St. Lewiston. Find out if self-employment is right for you through this five-step process; pres. by New Ventures Maine. Free. Register at 888-339-5617.

Thursday, January 26
Rotary Club Meeting. Noon to 1 p.m. Rolandeau’s Restaurant, 775 Washington St., Auburn. The guest speaker is Maine Department of Health and Human Services Commissioner Mary Mayhew. Guests welcome; reservations recommended. 753-9040; monica.millhime@maine.gov.

Randall Road and going east; work on 1.08 miles of Bartlett Street from College Street to East Avenue.

Highway Safety and Spot Improvements: work on 0.66 miles of River Road from Alfred A. Plourde Parkway to Razel Way; work on 0.45 miles of East Avenue from Fairlawn Avenue to Homefield Street.

Maintenance: repairing joints and abutments on Lewiston Interchange Bridge, which carries Lewiston Interchange over Route 196, and MTPK Exit 13/ Maine Central Railroad Bridge, which carries Alfred A. Plourde Parkway over Maine Central Railroad.

Public Transportation: work on operating, capital, Americans with Disabilities Act operating for Citylink; work on urban transit planning.

To view the entire MDOT work plan, see www.maine.gov/mdot/projects/workplan/

Friday, January 27
“Globalocal” Show. 7 p.m. Auditorium, Oxford Hills H.S., So. Paris. Cottage Street Creative Exchange presents a program featuring local Maine teen and adult dance groups. Free. Tix avail. at Books N Things in Norway. 743-5569.

Theater: Under the Skin. 7:30 p.m. Public Theatre, 31 Maple St., Lewiston. Raina’s ailing father needs her kidney, but he’s been a lousy dad, so is he “kidney worthy”? Again Jan. 28-29, Feb. 2-5 (Suns. at 2 p.m.). \$20 (\$5 ages 18-). 782-3200; www.thepublictheatre.org.

Saturday, January 28
Bunco Games. 2 to 4 p.m. Foss Mansion, 19 Elm St., Auburn. The Women’s Literary Union hosts a social afternoon of this historic dice game; no experience required. Suggested donation \$10. Reserve by Jan. 27 at 713-5888.

Concert: David Mallet. 7:30 p.m. Unitarian Universalist Church, 1 Middle St., Brunswick. The acclaimed singer-songwriter performs works from his 14 albums. Pres. by UUCB Concerts for a Cause. \$25 (\$22 in adv.). 729-8515; <http://davidmallett.brownpapertickets.com>.

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 suggested 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 required. 622-3813; www.harlowgallery.org.

Concert: Larry Gowell. 2:15 p.m. Foss Mansion, 19 Elm St., Auburn. The Women’s Literary Union

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		4:50	7:20	9:45
Sleepless (R)	1:20	4:20	6:55	9:20
Hidden Figures (PG)	12:20	3:20	6:50	9:35
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Rogue One: A Star Wars Story (PG-13)	12:30	3:30	6:40	9:35
xXx: The Return Of Xander Cage (PG-13)	1:10	7:00		
xXx: The Return Of Xander Cage 3D (PG-13)	4:10	9:30		
Live By Night (R)	1:00	4:00		
Underworld: Blood Wars (R)		7:30	9:55	
Sing (PG)	11:45	2:15	4:45	7:15
Passengers (PG-13)			9:45	

hosts Gowell and guest singer Linne Perry for a cabaret-style performance of the standards. Suggested donation \$10. Buy tickets at 713-5888.

Tuesday, January 31
Volunteer Info Session. 9:30 to 11:30 a.m. Washburn-Norlands Living History Center, 290 Norlands Rd., Livermore. Learn more about the many volunteer opportunities avail. at Norlands. Register by 1/26 at 897-4366 or norlands@norlands.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@spectrummg.com.

Theater: Under the Skin. 7:30 p.m. Public Theatre, 31 Maple St., Lewiston. Raina’s ailing father needs her kidney, but he’s been a lousy dad, so is he “kidney worthy”? Again Feb. 3-5 (Sun. 2 p.m.). \$20 (\$5 ages 18-). 782-3200; www.thepublictheatre.org.

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 concert series continues with Cape Breton Island guitarist Scott MacMillan, with 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 suggested 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 suggested donation. 798-5899; www.btl.org/gardening-workshops.

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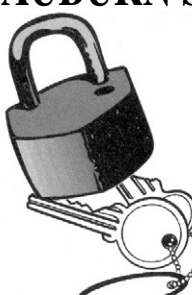
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March 28 Cabane A Pierre Quebec Sugar Shack in Frampton, Quebec lunch, tour, see how maple syrup is made, shopping. Trip includes bus all tips and meals. Must have passport or travel card \$84 pp. April 6-12th Washington D.C. Cherry Blossom trip includes 6 nights

4 consecutive nights in Washington D.C. 10 meals, guided tour of Washington including WWII Memorial, Capitol Hill, Vietnam Memorials, Smithsonian and more, evening guided memorial and monument tours, admission to George Washington's Mt. Vernon estate, \$75pp due upon signing. May 5-9th New York City and the Statue of Liberty, trip includes 4 nights lodging, 8 meals, guided tour also includes a ferry to Ellis and Liberty Island \$75pp deposit due upon signing. Sept 15-22nd America's Cowboy Country, trip includes 8 days, 11 meals. From Jacksonhole Wyoming to South Dakota, highlights grand te tons, Yellow Stone National Park, Deadwood, Crazy Horse Memorial, Mt. Rushmore, Badlands National Park and more. \$250 deposit due upon signing. Oct. 27-Nov6th 2017 New Orleans, trip includes 10 nights lodging, 18 meals, guided tour of Louisiana Plantation, river boat cruise on the Mississippi River, guided tour of New Orleans, visit to National WWII Museum and more, \$75 deposit due upon signing. For more info contact Claire 784-0302 or Cindy 345-9569

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What's Going On

USCIS to hold office hours at LPL

On Tuesday, January 24, from 10 a.m. to noon, Immigration Services Officers from the United States Citizenship and Immigration Services will hold public office hours at Lewiston Public Library. During that time, the officers will be available in a second-floor study room for one-on-one meetings with individuals from the community who have

questions about the United States immigration process, including case status for pending applications, as well as general information about naturalization, citizenship, permanent residence, and

asylum-refugee information. Drop-ins are welcome; no appointments are necessary. For more information, contact the library's Adult Services Desk at 513-3135 or LPLReference@Gmail.com.

DFD Russell offers Healthcare Marketplace info sessions

DFD Russell Medical Centers will continue its series of outreach events to assist the public with questions regarding Healthcare Marketplace coverage and enrollment options. Events will be held this week at the center locations in Turner and Leeds.

These small, informal events are free and open to the public. They will review Marketplace basics and offer answers to questions regarding specific plans or will assist with enrollment. Pre-registration is required. Those interested in attending should call DFD at 524-4010.

"January 31 is the last day of the annual open enrollment for Healthcare Marketplace coverage," said Tia Knapp, Community Health & Outreach Worker at DFD Russell Medical Centers. "It's important that DFD is available to assist any community members who may have questions or need help enrolling."

The events will take place at the center's Turner location at 7 So. Main Street

on Monday, January 23, from 6 to 7:30 p.m. and at its Leeds location at 180 Church Hill Road, Suite 1 on Tuesday, January 24 from 6 to 7:30 p.m. In attendance at each of the events will be outreach representatives from major insurance companies operating within the state, including Community Health Options, Anthem Blue Cross Blue Shield, and Harvard Pilgrim. DFD's own Community Healthcare Outreach Workers will also be on hand to offer appointments for enrollment services, such as helping patients and community members to enroll and analyze plan options.

DFD Russell meets and exceeds the healthcare needs of its patients through innovative, patient-centered primary care services. With three locations in Leeds, Monmouth, and Turner, DFD has been committed to providing personalized patient-centered care for more than 40 years. For more information, see dfdrussell.org.

New Ventures presents Work for Yourself@50+

New Ventures Maine will present an AARP Work for Yourself@50+ workshop on Wednesday, January 25, from 10 a.m. to noon in Room 283 at the University of Southern Maine's Lewiston-Auburn Campus. The decision to start a business can be both exciting and daunting. This workshop will help low- and moderate-income adults ages 50+ gain the knowledge, support, and resources they need to make informed decisions and take the right first steps toward successful self-employment.

AARP's Work for Yourself@50+ breaks the choices down for older adults in an approachable way through five steps: 1) a careful consideration of the potential and perils of working for yourself, 2) exercises to help develop the self-employment idea, 3) a realistic overview of what it takes to pursue a self-employment opportunity, 4) guidance to help avoid pitfalls and scams, and 5) ways

to find trustworthy support and services. Workshop facilitator Karleen Andrews, Microenterprise Specialist for the Western Region of New Ventures Maine, will walk participants through the Work for Yourself@50+ materials and connect them with local resources to help them reach their goals.

Participants should call AARP Foundation at 888-339-5617 to register. Registrations will be accepted on the morning of the event. The snow date will be Wednesday, February 1.

For more information about AARP's Work for Yourself@50+, see aarp-foundation.org/workforyourself. To learn more about the programs and services of New Ventures Maine, see newventuresmaine.org.

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Foss Mansion opens doors for Winter Festival concert



Larry Gowell

As part of Auburn's 2017 Winter Festival, the Women's Literary Union will host talented baritone singer Larry Gowell in concert at the historic Foss Mansion on Sunday, January 29 at 2:15. An Auburn native and exceptional musical talent, Gowell never fails to delight and entertain with his heartfelt delivery and engaging personality.

This Cabaret-style performance will feature songs made famous by Sinatra, Nat King Cole, Elvis and others. For this event, he will be joined by veteran Soul and R&B vocalist Linne Perry, who will perform a few songs by the likes of Sam Cooke and Dinah Washington in her own inimitable style.

Music has always been Larry Gowell's second love, after baseball. Signed as a pitcher to the New York Yankees as a fourth-round draft pick in 1967, he went on to play eight years in the pros, including a short stint with the big club in 1972. He started singing solo when he was 33 years old, and upon turning 61, he decided it was time to devote his life to music.



Linne Perry

He started performing in concerts at nursing homes across the state and was soon singing at major venues and events in Central Maine, including the Franco Center, Sawyer Memorial in Greene, and the Poland Spring Summer Festival.

Doors will open at 1:30 p.m. Refreshments will be served. A suggested donation of \$10 per person will benefit the Restoration Fund of the Horatio & Ella Foss Mansion, located at 19 Elm Street in Auburn. Buy your tickets early by calling Carol at 713-5888.

For more information about the event or the Women's Literary Union, contact Tizz Crowley at tizzcrowley@yahoo.

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