



## Bishop opens Holy Door in Lewiston

To inaugurate the Holy Year of Mercy declared by Pope Francis, Bishop Robert P. Deeley opened the fourth and final holy door in the Diocese of Portland when he celebrated Mass at the Basilica of Saints Peter and Paul in Lewiston on December 20, the fourth Sunday of Advent.

"This jubilee year invites all believers to contemplate the mystery of mercy, to receive the grace of mercy through sacramental reconciliation, and to live the corporal and spiritual works of mercy," said Bishop Deeley to the large gathering that convened for the event.

Earlier in the month, Bishop Deeley opened holy doors at the Cathedral of the Immaculate Conception in Portland, St. John Church in Bangor and St. Luce Church in Frenchville. The bishop decided to open doors at four churches so



Once designated as "holy" for a jubilee year, the door allows the graces and indulgences of the holy year to pilgrims who pass through it.

that more people would have the opportunity to make a pilgrimage and pass through a holy door, a significant part of the celebration of a jubilee year.

The purpose of the Holy Year of Mercy is to help all believers have a genuine experience of God's mercy: both mercy received and mercy given. The holy

See **Bishop**, page 2

## Poland Spring employees spread holiday cheer



Delivering gifts to Poland Community School guidance counselor Lexie Triggiani and school nurse Louise Robinson were Poland Spring employees (in Santa hats) Adam Keach, Keith Proteau, Clint Bivens, Shelly Pittman and Jessica Tanguay.

Employees from the Poland Spring bottling plant donned Santa hats and went out into the community recently to make two special

holiday deliveries. Their first stop was at the Poland Community Church Food Bank, where they presented a check for \$1,800 to Rose Frost,

director of the Mannafed program, which provides backpacks of food to RSU 16 students to bring home

See **Cheer**, page 3

## Students complete College Transition program

Students in Lewiston Adult Education's College Transition Program held a small celebration recently to commemorate the successful completion of their classes. Jim Bradley, a student services coordinator at University College, which is part of the University of Maine System, was the guest speaker at the event. The festivities also included a panel of previous program graduates who spoke to the group about their first year in college.



Celebrating the completion of the program are (l. to r., from front) Jo M. Joaquim, Meredith Crawford, Chris Cummins, Amanda Pike and Christina Monahan. Todd Chase was unable to attend.

The College Transition Program, which meets at the B Street Community Center on Birch Street in Lewiston, helps students prepare for and succeed in college by helping them improve their reading and math skills and navigate the application and financial aid processes. Anyone interested in going back to college can find out more about the program by calling Lewiston Adult Education at 795-4141.

Set to be released at the end of December, the adult education brochure will also include information about the College Transition Program and the Bridge to College Transitions Program.

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# Newsmakers, Names & Faces

## YMCA board adds new members



Audrey Chapman

The YMCA of Auburn-Lewiston has added Audrey Chapman, Joseph Perryman and Karen White to its board of directors. “We have ambitious goals for the Y, so we need a leadership team that can take us to the next level,” said board chair and president John Emerson. “These three individuals bring a diversity of talent that will help us do that.”

Audrey Chapman is an independent consultant who currently works on special projects with the U.S. Biathlon Association, part of the Olympic movement, and the Margaret Chase Smith Policy Center. In the past, she has served as Executive Director of the Maine 4-H



Joseph Perryman

Foundation and was a major gifts officer at the University of Maine. She graduated from the University of Maine and currently lives in Lewiston with her husband, Michael E. Carey, and their two young children.

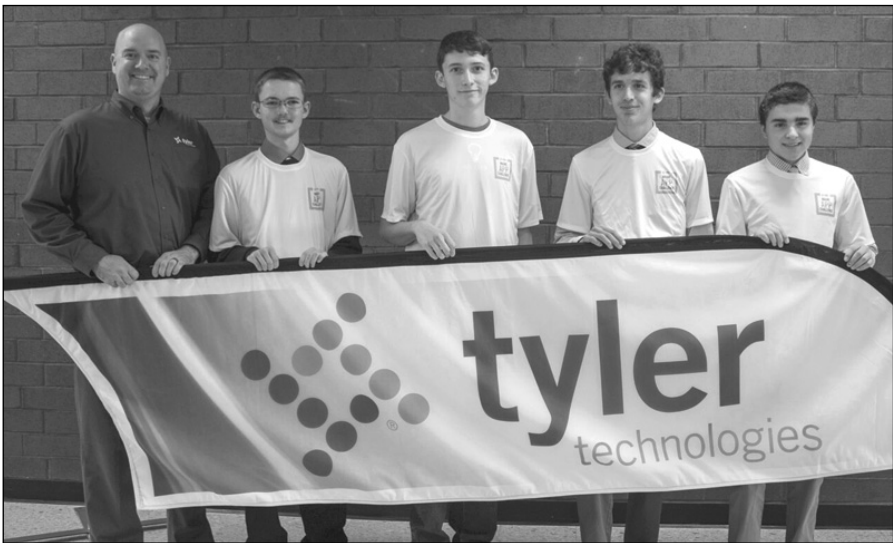
Joseph Perryman is Facilities Director for the Lewiston School Department, where he manages all manner of facility and construction projects. He also has prior experience as an estimator and project manager for St. Laurent & Son Excavating. He is an active YMCA member and enjoys volunteering with his children’s athletics. He is currently working with Tree Street Youth on a facilities master plan.



Karen White

Karen White of Gray is a full-time instructor in the Education Department at Central Maine Community College. She has held a variety of positions in the education field, including teaching at public schools and Head Start, and as Maine’s Infant Toddler Specialist. She spent two years in a position funded through the Center for Disease Control aimed at increasing physical activity and healthy nutrition in early childhood settings, schools and communities. She earned her bachelor’s degree in elementary and special education from the University of Maine at Farmington and her master’s degree from Wheelock College.

## Oak Hill student places in Maine App Challenge



Collin Clark (2nd from l.) took second for the app he designed to allow students and teachers to organize assignments by course, alerting them when an assignment is due.

A local student was one of the winners in the the Tyler Technologies Maine App Challenge, announced recently during the opening ceremony of the Maine Robotics EXPO held at the Augusta Civic Center. Junior Collin Clark of Oak Hill High School in Wales was awarded second place for “Clark Planner,” a resource that allows students and teachers to organize assignments by course, alerting them when an assignment is due.

In partnership with

Educate Maine’s Pro-ject>Login, the Maine App Challenge provides high school students with an opportunity to develop mobile technology that addresses a need within their school or community. The challenge aims to advance Educate Maine’s goal of encouraging the next generation of professionals to pursue future careers in STEM-related disciplines. Clark was one of four finalists who received scholarships totaling \$10,000 as part of a college savings fund.

“Tyler Technologies is extremely excited about the success of the first Maine App Challenge, which is designed to introduce and promote technical skills to high school students who, perhaps, haven’t considered technical careers as a potential career path,” said Chris Hepburn, senior vice president of Tyler’s ERP & School Division. “We plan to hire 500 new employees over the next 10 years, and we join many Maine companies who rely on our future generations for continued success.”

## JAC’s Firewood expands



John Clairmont, owner of JAC’s Firewood, with Community Concepts Finance Corp. Loan Officer Zakk Maher

JAC’s Firewood, a veteran-owned business on Route 4 in Turner, started as a backyard hobby in 2001 when John Clairmont and his father-in-law, Donald Chamberlain, Sr., needed a way to pass the time. That hobby eventually became a business in 2012, when Clairmont and his wife, Diane, decided to incorporate.

In their first few years in business, Clairmont and Chamberlain averaged 75 to 150 cords of firewood per year. With help from Community Concepts Finance Corporation to finance the acquisition of additional equipment and a massive indoor storage facility, they

were able to expand production to over 1,000 cords per year. They expect to continue this growth into the foreseeable future.

“By running all of our processed wood through our tumbler, which removes most of the dirt and debris, customers are left with minimal mess to clean up or get tracked into their homes,” says Clairmont of some of their keys to success. “In addition, running the processed wood through the tumbler and storing it undercover helps keep it drier, which makes us very popular!”

“Customer service is our number one concern, and all of our processed

firewood is custom cut to meet the specifications of the customer,” he added. “We will process wood in any length required from 12 to 24 inches.”

The company is on track this year to grow their operation beyond 1,300 cords of firewood cut, split and delivered to area families from their facility at 2279 Auburn Road in Turner. You can also find their firewood for sale by the bundle at numerous local businesses in Turner, Buckfield, Livermore and Wayne.

with the jubilee.

“In the spirit of this jubilee, I have designated this magnificent basilica as a place of pilgrimage,” the bishop said at the event. “I invite all the faithful to enter through its holy doors so as to encounter the Lord Jesus, Mercy himself, Mercy incarnate, on whom we depend for our salvation, by whom we are loved despite our sinfulness, and through whom we learn to serve our brothers and sisters.”

The holy doors will remain open through the Holy Year of Mercy, which began on December 8, the Solemnity of the Immaculate Conception, and will continue until November 20, 2016, the Solemnity of Christ the King. Monsignor Caron said the Prince of Peace Parish is putting together a pilgrimage schedule, so that the parish is prepared to warmly welcome groups that come.

## Bishop

Continued from page 1

door represents the passage to salvation which was opened to humanity by Jesus. The doors, once designated as “holy” for a jubilee year, then permit pilgrims entering through them to gain the plenary indulgence that is connected

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# Governor's Address: Medicaid expansion: Here we go again

Medicaid expansion has been disastrous for many states around the nation—just as it was for Maine. Now Augusta politicians are trying to expand Medicaid again because it is an election year.

Dear Maine Taxpayer,

I vetoed Medicaid expansion five times because we knew it would not be free. It would cost Maine taxpayers hundreds of millions of dollars over the next decade.

AP reports at least 14 states with Medicaid expansion are being crushed by enrollments that are blowing past original projections. These states will have to pay hundreds of millions of dollars when the federal government's promise of "free money" is cut back in 2017.

- In Kentucky, enrollment in 2014 more than doubled what they projected. Cost estimates could skyrocket to more than \$360 million.
- In Michigan, cost estimates for Medicaid expansion jumped 50 percent because of exploding enrollment.
- In Ohio, projected costs of expanding Medicaid have more than doubled.
- In California, 2.3 million people enrolled in Medicaid—almost three times what they projected.
- In Washington, enrollment more than doubled.



Governor Paul R. LePage

- In Oregon, enrollments exceeded projections by 73 percent. In 2017, Oregon will lose nearly \$2 billion of federal funding for Medicaid.
- In New Mexico, enrollment jumped 44 percent over projections. They may have to take money from other state agencies to fill

the budget gap.

- In Arkansas, cost overruns for Medicaid expansion were projected at \$45 million in 2014. The state's Medicaid director resigned, and they had to seek a bailout from the feds.
- Rhode Island expanded Medicaid in a way that was similar to what Democrats wanted for Maine. Enrollments of able-bodied Rhode Islanders immediately doubled, and the state faced a \$52 million budget shortfall.

As Yogi Berra said, "It's déjà vu all over again." Unlike other states, Maine expanded Medicaid in 2002. It resulted in welfare debt of \$750 million to Maine's hospitals, and it squeezed out funding for our elderly, our disabled, our mentally ill and our nursing homes.

Maine's media has ignored it, but DHHS has done a tremendous job of containing the Medicaid shortfalls that used to blow holes in the budget every year. Medicaid spending is now essentially flat.

But two liberal politicians want to expand Medicaid again, shamelessly tying it to more treatment programs for addicts. We already spend \$76 million a year on substance abuse programs, but only \$3 million a year chasing drug traffickers from out-of-state gangs.

If these so-called politicians want to increase spending to treat addicts, they should try doing it without deception. They don't have

to expand welfare—they just have to set priorities.

Don't be fooled by this latest attempt to expand welfare. The results were disastrous for Maine, and it is now devastating states around the country. ObamaCare is crumbling, and promises of "free money" are drying up.

We have vetoed Medicaid expansion five times, and we will veto it every time electioneering politicians try to bring it up. It was the wrong thing to do then, and it's the wrong thing to do now.

It's time to send dishonest and deceptive politicians home for good.

Thank You,  
Paul R. LePage  
Governor

## Cheer

Continued from page 1

on weekends and during school vacations. Their second visit was to Poland Community School, where



Mannafed program director Rose Frost shows Poland Spring Plant Manager Chris McKenna how to pack a backpack with food that will go home with an RSU 16 student. McKenna and other Poland Spring employees presented Frost with a donation of \$1,800 to support the program.

they unloaded gifts of toys, books and clothing to benefit three local families in need.

For several years, the company's original plant in Poland has worked closely with the Poland Commu-

nity School and the Town of Poland to identify students whose parents may be struggling to provide gifts. Based on a list of the families' needs, tags are created for various items and placed on a "Giving Tree" at the bottling plant. Employees then choose a tag and purchase the corresponding item. This year, employees also decided to designate a portion of funds awarded to the plant for operational excellence by parent company Nestlé Waters North America (NWA) to augment the effort.

"We are grateful to our neighbors at Poland Spring for supporting the holiday Giving Tree," said Melanie Chasse, Assistant Superintendent of Schools for RSU 16. "The families who received the gifts were overwhelmed at the generosity and are very grateful."

Poland Spring employees also voted to give a portion of the NWA

award funds to the Mannafed program, which provides RSU 16 students with backpacks of food to bring home on weekends and during school vacations, when they won't have access to school meals. The

\$1,800 donation will be used to purchase food for the 60 families that benefit from the food distribution program.

"Mannafed is a community service that supports our neediest school families,

and Poland Spring's contribution will help keep the program going strong," said Assistant Superintendent Chasse. "We are so thankful to the employees at Poland Spring for making food insecurity a priority."

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As we start 2016, the newly sworn-in Auburn City Councilors and School Committee members will be jumping deep into their work of setting direction for our city and its educational system. Fortunately, we still have a couple of months before the budget process begins, and this gives us time to try to engage as a community differently than we have in a long time.

For anyone who watches meetings in person or on TV, the process has been reduced to each side talking about what their limits are for spending and taxes and very little about priorities and how to build a budget to invest in what's most important to grow our city. At times, I wonder if we are building a budget to set a direction for one community or simply authorizing taxes to be raised to fund a dozen or more individual departments or organizations.



So before each department director begins their pitch for taxpayer resources

and new programs or projects, I've proposed a series of neighborhood meetings throughout Auburn in January and February to hear directly from you as citizens, but also from the various organizations involved in our neighborhoods and from parents and educators on the ground.

In the past, many of you may have attended a “ward meeting” set up by City Hall to present to you what’s happening with city

services and development and answer your questions, or perhaps a community conversation held a couple years ago to do the same.

The hope with these neighborhood conversations is to do something we haven't done before; talk at the neighborhood level about the community and all its aspects. This means it's about quality of life, neighborhood watch, community services, education and any other topic you want to bring to the table about moving Auburn, and your little piece of it, forward.

A flyer will soon be mailed out that provides the dates and times for these meetings, and you are welcome to attend any or all, though I do hope you will consider attending the one closest to you. Auburn has maintained its commitment to a neighborhood school model, and each area of the city and its school face different opportunities and challenges.

I anticipate this will also be a chance to learn more about these issues and ask questions about your local elementary school, but also education more broadly. These are not just municipal service conversations.

Want to learn about the new Neighborhood Watch group in the Martindale area and give input about safety near your home? Curious about the activities of the Lake Auburn Neighborhood Association and how you might volunteer on a project? Hoping to understand what about East Auburn School helps it perform so well or what another neighborhood school might need to improve outcomes?

Or maybe you just have an idea for how the city might do something different to make us more attractive to families or small business growth.

There is truly a limit to what any government can do, especially at the local level, where resources and tools are limited. That being said, learning more about what volunteers and other organizations are doing in Auburn and how to get involved as a citizen in a neighborhood watch or a PTO is a major focus of having these gatherings.

If you take anything from this week's report to all of you, it's that you find the time on Thursday evening in January or February to at-

*See LaBonté, page 5*

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## **NOTICE TO CONTACTORS, LABORER UNIONS AND PRIVATE INDIVIDUALS**

The YMCA of Auburn-Lewiston intends to solicit assistance from the Maine Army National Guard concerning the creation of vehicle access and a parking lot on the River Road side of the Y's 93-acre wooded property in Auburn. Local contractors, labor unions and private individuals with questions, or who oppose the Maine Army National Guard's assistance may contact the YMCA no later than March 31, 2016. Persons not filing comments within the time frame will be considered to have waived their objections to the Maine Army National Guard creating vehicle access and a lot.



Enough is Enough

A New Year's list for Lewiston

By Robert E. Macdonald  
MAYOR OF LEWISTON

I hope all the readers of this column had a very Merry Christmas and a Happy Hanukkah. With the New Year fast approaching, I have comprised a list of things I would like to see happen in the New Year.

1. That former Lewiston mayor Larry Gilbert will be reimbursed for the gas costs he most likely incurred shuttling Bates students to the voting poll.
2. A crying towel for

the Maine People's Alliance.

3. A humanitarian award to Joe Dunn for providing housing to those who otherwise would be sleeping on the cold streets.
4. A course in community relations for Tim Horton Corporate executives.
5. Bates College gets their own polling station.
6. Sell-out crowds at the Fighting Spirit Hockey games.
7. A real job in the



Mayor Bob Macdonald  
"dreaded private sector" for House Speaker Mark

Eaves.

8. A sincere thanks to First Lady Ann LePage from Maine veterans and their families for her undying support.
9. For Richard Grandmaison: a commuter train to the new Bates Street railway station.
10. To Ben Chin: a participant trophy for running in this year's mayoral race.
11. To Lewiston property taxpayers: relief.
12. A gift certificate to Senator Justin Alfond for a facial hair consultant.
13. A three-year supply of Tim Horton's coffee to keep Governor LePage from being grumpy in the morning.
14. A parking garage for Bates College.
15. A Nobel Peace Prize to Lewiston's mayor and incoming city council.
16. A copy of Doug Hodgkin's new book, "Lewiston Politics, Then and Now" to Lewiston Sun Journal Editor Rex

Rhoades.

17. To Rachel Baillargeon, the start of construction on the new Museum LA.
18. Welfare reform for Maine's over-taxed taxpayers.
19. Decent housing for the people that make Lewiston run: the working poor.
20. And for all my progressive distractors: the knowledge that in two years I'll be gone. Have a happy and safe new year.

LaBonté

Continued from page 4

tend one of these neighborhood conversations. Bring with you an open mind and your ideas for how we can improve Auburn together, with all of us as active participants, including elected officials, city staff, our educational leaders and teachers, community volunteers and partner organizations.

The start of a new year is the perfect time to embrace optimism, and a belief that the energy and ideas we need to move Auburn forward are already present in the community in the minds of each of you. Now we just need you to come together with others to share them.

January events at YMCA

The YMCA of Auburn-Lewiston will present the following January programs for children and adults. With the exception of gymnastics, all programs, will take place at 62 Turner Street in Auburn. Pre-registration is required for most events and programs. Some fees apply, and financial assistance is available for qualifying individuals and families. For more information, call 795-4095 or see [www.alympca.org](http://www.alympca.org).

Skills & Drills Basketball. The beloved pre-K and Kindergarten basketball program returns January 4 through February 10. Registration is now open. Sessions

run Mondays, Tuesdays and Wednesdays from 4:15 to 5 p.m. Members \$30; non-members \$50.

Total Body Conditioning. This intermediate-level class is great for exercisers who aren't quite ready for higher intensity classes like Group Power and Boot Camp. Coming January 4.

Tai Chi. This new Group Exercise class starts January 7. Instructor Ruben Cornelius will help clear and sharpen your mind through breath, balance and body awareness. Thursdays from noon to 1 p.m.

Women on Weights. Great for the novice and intermediate exerciser, this

class teaches nutrition, lifting mechanics and how to build an effective workout. Runs Fridays, January 8 through February 26, from 10 to 11 a.m. Registration is required: Members \$35; non-members \$50.

Weigh to Go. The YMCA's supportive weight management program returns, just in time for your New Year's resolution. Registration now open; program runs Wednesdays, January 6 through February 24, 5:30 to 6:30 p.m.

Group Power Release. Celebrate 10 years of Group Power at the Y with the January release of "#letsmove."

Classes are free to members and \$8 for an adult. The complete class schedule is available at [www.alympca.org](http://www.alympca.org).

Gymnastics. For children ages three and a half through teens. Registration now open; session starts January 5.

Watercolors with Debra Trafton. Open to adults and kids. Saturday, January 9 from 10 a.m. to noon. All supplies provided. Members \$15; non-members \$20.

Cross Country Skiing. For youth ages 4 through 13. All ability levels welcome. Registration is now open. Program runs January 3 through February 14.

Youth Swim Lessons. This 7-week session is for infants through 12 years. Multiple class times available. Registration is now open; session begins January 4.

Homeschool Exercise. Homeschooling families can stay active while making new friends. For those ages 4 through 15. Mondays and Wednesdays, January 4 through February 24.

Lunch & Learn. "Taxes and You" with Philip Doucette, CPA from Austin Associates. \$5 registration fee required, includes lunch. Tuesday, January 19, from 11:30 a.m. to 12:30 p.m.

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# What's Going On

## YMCA to present briefing on Stetson Rd. property

On Wednesday, January 6 at 6 p.m., the YMCA of Auburn-Lewiston will present a community briefing regarding new developments to its wooded, 93-acre property on Stetson Road in Auburn. The briefing will

take place in the third floor classroom at the YMCA at 62 Turner Street in Auburn. The event is free and open to the public.

The event will be led by CEO Steve Wallace and Project Manager Wil Libby

of the YMCA and Christopher Branch of Sebago Technics. Topics discussed will include the latest master plan for an Outdoor Education & Learning Center, to include community trail systems, recreational spaces, a YMCA summer camp and conservation education programs; a recent commitment from the Maine

Army National Guard to assist in the development of the property; current and future partnerships between the YMCA and other non-profits, grant makers and businesses; and feedback from YMCA members, nearby residents and community leaders.

## High Street Food Pantry seeks children's books

The High Street Food Pantry is seeking donations of children's books that it can distribute to needy families. Books are needed for all ages, from preschoolers through youth. The pantry also has ongoing needs for various staple items, such as peanut butter, dry cereal, baking ingredients (mixes,

sugar, flour), crackers, canned goods (including vegetables, fruits, soups, pastas and meats) and toilet paper. Donations should be dropped off at the United Methodist Church at 439 Park Avenue in Auburn. For more information, call the church office at 782-3972.

## Winter-spring Teen Life Skills Series at APL

For the third year, Auburn Public Library will offer a Teen Life Skills Series, with activities offered each month from January through April on various topics of particular interest to teens.

On Tuesday, January 5, from 3 to 4 p.m., Healthy Androscoggin will stop by the Teen Space to present a nutrition class called "Teaching 10 Tips." During this interactive class, teens will explore the USDA's "My Plate" to gain knowledge of how to choose and

prepare healthy meals and beverages. Participants will play a game and prepare a healthy, delicious snack together. Handouts, prizes and free gifts will be provided. To assist in planning, advance registration is requested.

On January 12, 19, and 26, from 3:30 to 4:15 p.m., Tisha Bremner of Inner Light Yoga of Maine will present a three-part "Introduction to Yoga for Teens." Poses, breath techniques and mindful attention practices will be taught in a fun and

easy way designed to inspire teens to relieve stress and take good care of themselves. Participants should wear comfortable clothing that allows them to move easily. A healthy snack will be provided at the end of each session. Advance registration is required.

Teens may register for these January programs by calling the library at 333-6640, ext. 4. or by clicking on the "Events" tab at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org).

In keeping with Valentine's Day and Teen Dating Violence Awareness Month, Julia Teitel, a Community Educator from Safe Voices, will visit the Teen Space every Thursday in February from 3 to 4 p.m. to lead conversations and activities related to healthy relationships.

In March, the series will focus on job searching, with programs for teens on the job application process (March 15) and job interviewing (March 29), both presented by Lisa Hartnett of the Career Center. Save the date for the fifth annual Teen Opportunities Fair, co-sponsored by the Auburn and Lewiston public libraries and scheduled for Saturday, April 2, from 11 a.m. to 1 p.m. at Lewiston Public Library.

Finally, to celebrate Money Smart Week, activities scheduled from April 25 through 29 will focus on spending and saving, including a workshop presented by Community Credit Union on Tuesday, April 26.

For more information about the series, call the library at 333-6640, ext. 4, email [dwallace@auburn-publiclibrary.org](mailto:dwallace@auburn-publiclibrary.org), or check the library's events calendar at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org).



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### Notice of Public Sale

Pursuant to 14 M.R.S.A. § 6203-A Et Seq.  
Lots 102 and 103, Beechwoods Subdivision, Oxford, Maine  
Friday, January 22, 2016 at 11:00 A.M.

By virtue of and in execution of the Power of Sale contained in that certain Mortgage given by Jeffrey Nowlan, Successor Trustee of Maine Realty Trust, a Maine trust, to Northeast Bank (the "Bank"), dated September 20, 2010, and recorded in the Oxford County Registry of Deeds in Book 4637, Page 266 (the "Mortgage"), of which mortgage the undersigned is the present holder, for breach of the conditions of the Mortgage, and for the purpose of foreclosing the same, notice is hereby given that there will be sold at public sale at 11:00 A.M. on the 22<sup>nd</sup> day of January, 2016, at 171 Beechwoods Road, Oxford, Maine, all and singular the premises described in the mortgage as follows: all of the Bank's right, title and interest, if any, in and to the following property (the "Property"):

To wit: Also two other certain lots or parcels of land, situated near the easterly side of Thompson Lake in the Town of Oxford, County of Oxford and State of Maine, and being Lots numbered one hundred two (102) and one hundred three (103) according to a plan of "The Beechwoods", Plan #2 owned by L. & B. Realty, Inc., dated August 28, 1963 and recorded in the Oxford County Registry of Deeds, Plan Book G, Page 34 now known as #840. All measurements on said plan are approximate and the precise corners are marked by pipes.

Also a right to use the road or right of way, as now located, from the town road called Megquier Hill Road to the Lake, which is an extension of the road as delineated on the above said plan and the right to use the road delineated on said plan and also a right to use as a right of way or roadway the area between the road on said plan and the easterly sidelines of the lot.

This lot is expressly subject to the following agreements, covenants and restrictions which agreements, covenants and restrictions run with the land and relate to the entire lotted subdivision and provide a uniform plan for the improvement of said entire lotted subdivision known as "The Beechwoods".

(a) That no lot or subdivision thereof shall be used in any way as a place to carry on a trade, occupation, manufacturing operation, business or storage of waste or junk.

(b) That no animals or birds shall be kept on the premises except usual household pets.

(c) That no buildings shall be placed or erected on the granted premises except a single family cottage or dwelling, appurtenant garage and boathouse which buildings shall be constructed on the exterior of masonry (brick, stone or stucco), clapboards, flush boarding, peeled logs, wooden shakes, wooden shingles or asbestos shingle siding to be painted or stained or otherwise covered with its usual and permanent outside finish; except that house trailers shall be permissible on lots twenty-six (26) through fifty-nine (59) exclusive and except that L. & B. Realty, Inc., reserves the right to dedicate and sell any lot or part of a lot as a private or public right of way to the shore and to sell any remaining part of a lot as a lot which is subject to the within restrictions.

(d) That no structure shall be erected or maintained nearer than ten (10) feet to the high water mark on the shore of said Lake except a boathouse shall be permissible within said limits and no structure shall be erected or maintained nearer than five (5) feet from the side line of a lot owned by a person other than the owner of the within premises.

(e) The said lots or lot hereinabove described shall not at any time be subdivided, nor sold except as a whole, but this restriction shall not prevent the grantee from conveying any part of the said real estate hereby conveyed to the owner or owners of lots adjoining the land herein conveyed.

(f) L. & B. Realty, Inc., its successors and assigns, reserve the right to place poles, pipes or wire upon any part of the rear of any lot and in said rights of way for public utility purposes and shall always have the right for itself, its successors and assigns, as and when may be most convenient to it or them to enter upon the premises for the purposes of erecting, fixing, building, maintaining, examining, or repairing such pipes, conduits, electric lights, telephone posts and wire and other public service and to cut and trim such trees and limbs as in its or their opinion may be desirable or necessary.

(g) All disposal of sewerage and drains shall be built into a septic tank or Pof the Department of Health and Welfare.

Being parcel two in the Warranty Deed from James H. Powell and Hazel J. Powell to Linda M. Baer, Trustee of Maine Realty Trust dated January 2, 1991 and recorded in the Oxford County Registry of Deeds in Book 1783, Page 94.

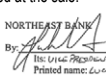
Further information regarding the Property can be obtained by contacting James R. St. Jean Auctioneers at 603-734-4348.

TERMS OF SALE: All bids will be accepted beginning at 11:00 A.M. on January 22, 2016. All bidders will be required to deposit \$5,000.00 in cash or certified U.S. funds made payable to the Auctioneer in order to register to bid (the "Deposit"). The Property will be sold to the highest bidder who shall leave the Deposit as a nonrefundable down payment. The highest bidder will also be required to sign a purchase and sale agreement calling for a closing within 28 days of the public sale at which time the balance of the bid price will be due in immediately available U.S. funds, and the Bank, as foreclosing mortgagee, will deliver a duly executed Quitclaim Deed Without Covenant conveying whatever right, title and interest the Bank has in the Property. Additional terms of sale are available from the Auctioneer and you may obtain a copy of the purchase and sale agreement from the Auctioneer prior to the auction. The Bank, as foreclosing mortgagee, and its nominees and assigns, reserve the right to bid without making the required Deposit and, if the Bank, or its nominee or assign, is the high bidder, to pay for the Property with a credit against the debt owed.

Other terms to be announced at the sale.

Dated: December 2, 2015


NORTHEAST BANK

By:   
The Vice President  
Printed name: Stephanie A. Byrnes

STATE OF MAINE  
County of: Kennebec

December 2, 2015

Personally appeared before me the above named Stephanie A. Byrnes in his/her capacity as the duly authorized Vice President of Northeast Bank and acknowledged the foregoing instrument to be his/ her free act and deed and the free act and deed of Northeast Bank.

  
Notary Public  
Printed name: STEPHANIE A. BYRNES  
Notary Public, Maine  
Commission Expires March 6, 2018



January program highlights at SeniorsPlus

Listed below is a selection of some of the programs SeniorsPlus will offer in January. Unless otherwise noted, all classes are free and those interested should register by calling 795-4010 or 1-800-427-1241. Located at 8 Falcon Road in Lewiston, SeniorsPlus Education Center is fully accessible and hearing assistive equipment is available. For more information, including a full program schedule, call SeniorsPlus or see www.seniorsplus.org.

“Victoria Wyeth: Great Stories of Her Grandfather, Andrew.” Monday, January 4, from 1 to 2:30 p.m. Bates College Visiting Scholar Victoria Wyeth shares fun family stories while discussing the work of her grandfather through paintings covering his entire career.

“Jazzed on Java: Roasting and Brewing Coffee.” Friday, January 8, from 10 to 11:30 a.m. Coffee Lover John Chick presents samples of freshly brewed coffee from around the world while discussing the history of this remarkable commodity.

New Series: “Living Well ‘til the End.” Monday, January 11, from 1 to 2:30 p.m. Death is a difficult topic for many of us, but can you imagine a card game that helps us talk about death and dying? It’s designed to help us prepare ourselves (and those close to us) for life’s endings and to live our lives with greater grace and resilience. Dr. Elizabeth Keene of St. Mary’s will explain.

“Integrative Medicine: What Is It? Thursday, January 14, from 10 a.m. to 11:30 a.m. Internist Dr. Anne Brown of St. Mary’s Regional Medical Center discusses the exciting new field of integrative medicine. What are its principles and how is it different from traditional medicine?

“Sleep Issues as We Age.” Tuesday, January 19, from 10 to 11:30 a.m. Sleep – how do people do it? Pulmonologist Dr. Richard Kahn of St. Mary’s Regional Medical Center, an expert in the field of Sleep Medicine, shares his knowledge and answers questions on the subject.

“Do Seniors Need Courage?” Wednesday, January 20, from 1 to 3 p.m. Instructor: Marguerite Stapleton of Wisdom Works. Cost: \$3 for supplies. Life requires courage! Sometimes it helps to recognize what we have already learned and perhaps build on that. One of the instructor’s favorite quotes is: “Every horizon upon being reached reveals another.”

Maine Author Series: “Father Fell Down the Well,” with Kendall Morse. Thursday, January 28, from

1 to 2:30 p.m. The author, folksinger, and former public television host discusses and reads from his collection of traditional Downeast stories. (This class is also offered at the West Paris Public Library and Western Maine Community Action in Wilton via Web-Ex. Please register with SeniorsPlus at 795-4010.)

“Travel: Mt. Sinai and Petra.” Friday, January 29, from 10 to 11:30 a.m. Journey through time and space with instructor Alan Elze via a slide presentation to visit two landmarks of the Middle East that have intriguing histories.

St. Hilaire Brothers Realty receives REAP grant

USDA Rural Development has announced that St. Hilaire Brothers Realty in Lewiston will receive a Rural Energy for America Program (REAP) grant in the amount of \$18,810 to install a solar photovoltaic system at its commercial warehouse in Lewiston. St. Hilaire Brothers will use the grant to install a new 26.4kW solar PV roof-mounted array to

its facility at 9 Ferry Road, which it leases to Industrial Roofing Companies. The solar system will displace over 59% of its annual usage.

“This is another example of a Maine business investing in the potential of a renewable energy system through our REAP Program,” said USDA Rural Development Maine State Director Virginia Manuel. “By investing in renewable

energy, St. Hilaire Brothers Realty will be able to significantly reduce operating costs and contribute to the long-term sustainability of the business and Lewiston’s economy.”

USDA Rural Development is accepting applications for future REAP funding. For application deadlines and details on how to apply, contact Brian Wilson at 990-9168 or brian.wilson@me.usda.gov.

What’s Going On

Dirigo Acetylene wins safety award



Maine Oxy President and CEO Dan Guerin (middle) displays the SHARP banner with members of the Dirigo Acetylene Manufacturing Plant team.

The Dirigo Acetylene Manufacturing Plant of Maine Oxy in Auburn has received a Safety and Health Achievement Recognition Program (SHARP) award from the Occupational Safety and Health Administration for its rigorous safety achievement program. Acceptance into SHARP by OSHA recognizes a worksite as a model for safety and health standards.

“Employers earn SHARP recognition by operating their facility under strict safety and health management standards,” said Governor Paul R. LePage. “We congratulate Maine Oxy for earning SHARP certification. They demonstrate to their industry that making safety a priority pays off.”

A banner and certifi-

cate was presented by the Bureau of Labor Standards in a ceremony on December 11. “SHARP companies know that a safer facility is not only good for Maine workers, but also good for their businesses,” said Commissioner of Labor Jeanne Paquette at the event. “Better safety means less lost time due to injury and illness as well as lower workers’ comp costs.”

Fewer than 2,000 worksites in the United States have earned SHARP certification. Maine currently has 68 SHARP worksites. To qualify for SHARP, companies must undergo a comprehensive audit, correct all hazards identified during an onsite health and safety consultation, demonstrate that

See Dirigo, page 11

NOTICE OF PUBLIC SALE

Pursuant to 14 M.R.S.A. § 6203-A Et Seq.

171 Beechwoods Road, Oxford, Maine  
Friday, January 22, 2016, at 11:00 A.M.

By virtue of and in execution of the Power of Sale contained in that certain Mortgage given by 171 Beechwoods Road, LLC, a Maine limited liability company to Northeast Bank (the “Bank”), dated September 20, 2010, and recorded in the Oxford County Registry of Deeds in Book 4637, Page 246 (the “Mortgage”), of which mortgage the undersigned is the present holder, for breach of the conditions of the Mortgage, and for the purpose of foreclosing the same, notice is hereby given that there will be sold at public sale at 11:00 A.M. on the 22<sup>nd</sup> day of January, 2016, at 171 Beechwoods Road, Oxford, Maine, all and singular the premises described in the mortgage as follows: all of the Bank’s right, title and interest, if any, in and to the following property (the “Property”):

To wit: A certain lot or parcel of land, with the buildings thereon, situated on the easterly side of Thompson Lake in the Town of Oxford, County of Oxford and State of Maine, and being Lot numbered fifty-five (55) according to a plan of “The Beechwoods”, owned by L. & B. Realty, Inc., made by Aliberti, Larochelle & Hodson Eng. Corp., Inc., dated June 8, 1957 and recorded in the Oxford County Registry of Deeds, Book of Plans Volume F, Page 35 now known as Plan #669; together with the parcel of land between the westerly end of said lot and the shore of said Lake extending the side lines of the said lot in their same course to the shore of the lake.

Also a right to use the road or right of way, as now located, from the town road called Megquier Hill Road to the Lake, which is an extension of the road as delineated on the above said plan and the right to use the road delineated on said plan and also a right to use as a right of way or roadway the area between the road on said plan and the easterly side lines of the lot.

This lot is expressly subject to the following agreements, covenants and restrictions which agreements, covenants and restrictions run with the land and relate to the entire lotted subdivision and provide a uniform plan for the improvement of said entire lotted subdivision known as “The Beechwoods”.

- (a) That no lot or subdivision thereof shall be used in any way as a place to carry on a trade, occupation, manufacturing operation, business or storage of waste or junk.
- (b) That no animals or birds shall be kept on the premises except usual household pets.
- (c) That no buildings shall be placed or erected on the granted premises except a single family cottage or dwelling, appurtenant garage and boathouse which buildings shall be constructed on the exterior of masonry (brick, stone or stucco), clapboards, flush boarding, peeled logs, wooden shakes, wooden shingles or asbestos shingle siding to be painted or stained or otherwise covered with its usual and permanent outside finish; except that house trailers shall be permissible on lots twenty-six (26) through fifty-nine (59) exclusive and except that L. & B. Realty, Inc., reserves the right to dedicate and sell any lot or part of a lot as a private or public right of way to the shore and to sell any remaining part of a lot as a lot which is subject to the within restrictions.
- (d) That no structure shall be erected or maintained nearer than ten (10) feet to the high water mark on the shore of said Lake except a boathouse shall be permissible within said limits and no structure shall be erected or maintained nearer than five (5) feet from the side line of a lot owned by a person other than the owner of the within premises.
- (e) The said lots or lot hereinabove described shall not at any time be subdivided, nor sold except as a whole, but this restriction shall not prevent the grantee from conveying any part of the said real estate hereby conveyed to the owner or owners of lots adjoining the land herein conveyed.
- (f) L. & B. Realty, Inc., its successors and assigns, reserve the right to place poles, pipes or wire upon any part of the rear of any lot and in said rights of way for public utility purposes and shall always have the right for itself, its successors and assigns, as and when may be most convenient to it or them to enter upon the premises for the purposes of erecting, fixing, building, maintaining, examining, or repairing such pipes, conduits, electric lights, telephone posts and wire and other public service and to cut and trim such trees and limbs as in its or their opinion may be desirable or necessary.
- (g) All disposal of sewerage and drains shall be built into a septic tank or reservoir according to the laws of the State of Maine and the specifications of the Department of Health and Welfare.

Being the same premises as described in a Warranty Joint Tenancy Deed from L. & B. Realty, Inc. to George E. Arsenault and Lillian P. Arsenault dated June 12, 1959, recorded May 1, 1964 in the Oxford County Registry of Deeds in Book 631, Page 209. George E. Arsenault died May 7, 2002 and Lillian P. Arsenault died June 14, 2010.

Reference is made to a Deed of Sale by Daniel A. Arsenault, Personal Representative of the Estate of Lillian P. Arsenault, to 171 Beechwoods Road, LLC, which said deed is to be recorded in the Oxford County Registry of Deeds.

Further information regarding the Property can be obtained by contacting James R. St. Jean Auctioneers at 603-734-4348.

TERMS OF SALE: All bids will be accepted beginning at 11:00 A.M. on January 22, 2016. All bidders will be required to deposit \$10,000 in cash or certified U.S. funds made payable to the Auctioneer in order to register to bid (the “Deposit”). The Property will be sold to the highest bidder who shall leave the Deposit as a nonrefundable down payment. The highest bidder will also be required to sign a purchase and sale agreement calling for a closing within 28 days of the public sale at which time the balance of the bid price will be due in immediately available U.S. funds, and the Bank, as foreclosing mortgagee, will deliver a duly executed Quitclaim Deed Without Covenant conveying whatever right, title and interest the Bank has in the Property. Additional terms of sale are available from the Auctioneer and you may obtain a copy of the purchase and sale agreement from the Auctioneer prior to the auction. The Bank, as foreclosing mortgagee, and its nominees and assigns, reserve the right to bid without making the required Deposit and, if the Bank, or its nominee or assign, is the high bidder, to pay for the Property with a credit against the debt owed.

Dated: December 21, 2015

NORTHEAST BANK

By: 

Its Vice President

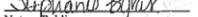
Printed name: LUCAS WALSH

December 21<sup>st</sup>, 2015

STATE OF MAINE

County of KENNEBEC, ss.

Personally appeared before me the above named Lucas Wals in his/her capacity as the duly authorized Officer of Northeast Bank and acknowledged the foregoing instrument to be his/ her free act and deed and the free act and deed of Northeast Bank.



Notary Public

Printed name: STEPHANIE A. BYRNS

STEPHANIE A. BYRNS

Notary Public, Maine

My Commission Expires March 6, 2020



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FOR HEALTHY LIVING  
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YMCA of Auburn-Lewiston • 795-4095 • www.alyymca.org





Out & About with Rachel Morin

An Edwardian Christmas Tea at Auburn Public Library

Story and photos by

Rachel Morin

Rita Parisi, in the persona of Mrs. Gordon, ever the gracious hostess, was delighted to welcome the sole man at her Edwardian Christmas Tea held in early December at the Auburn Public Library. I craned my neck, along with the women in front, to see man about town, Don Robitaille, seated in the back. We were not surprised as Don comes to most of the Library's events.

We all settled in to hear about Mrs. Gordon's trip to Boston with her husband in December, 1908. Coming from Amesbury, the couple travelled by train to North Station, but upon arrival, Mrs. Gordon confided she preferred to "discover the city on her own" while Mr. Gordon would take a stroll down Commonwealth Avenue to "check things out." They would meet later. "Besides," Mrs. Gordon continued in her friendly conversational tone, "I had Christmas shopping



Rita Parisi, in the persona of Mrs. Gordon, is delighted to greet and welcome the sole man who came to her Edwardian Christmas Tea.

to do and a husband would just delay my shopping expedition to Jordan Marsh, Filene's and other "lady's clothing stores." She told us of the latest ready-made dresses going for \$6 to \$20 in the finer stores. She informed us of the trend that young women nowadays were going to college. Some were out in the work force earning and managing their own money. These women were more practical in what they were buying. She had a mind to buy her granddaughter in college a type-

writer, maybe a Royal Standard going for \$65 or an Underwood priced at \$100. She decided on the Underwood, charged it to her husband's account and had it delivered to her granddaughter's home. On our imaginary visit around Boston, we visualized the lavish Christmas decorations on the brownstone homes, delivery men dropping off packages, and hearing an irate homeowner through an open door, scolding a servant for allowing a package to be delivered to the front door. Mrs. Gordon was quick to explain delivery items in those times were always delivered to the back door. Mrs. Gordon described her leisurely walk, seeing a young man and his lady friend dressed in stylish winter gear as it was chilly out and the wind had her hat askew. The hostess, herself, was impeccably dressed in the latest fashion, wearing a floor length maroon print dress with matching white lace collar and cuffs and long white gloves and black pumps. A hat adorned with red and white feathers and red holly berries amidst green leaves completed her outfit. She told us of hats being two feet wide decorated with birds and some in a gilded cage as well. Continuing on her walk, she noticed there was not much traffic as cars were placed on blocks for the winter in those days. She noted the price of cars as \$850. Another fashion opportunity was seeing skaters gliding and twirling on a pond in nearby Boston Common and also fashionably dressed in the latest skating togs. She cautioned us when buying fur muffs. A friend of hers had bought a fox fur muff which turned out to be that of a Pomeranian dog! She was especially pleased with her purchase of a Christmas card for 25 cents which depicted several scenes of snowy Moscow in its winter months-snow shoeing, skating, cross-country skiing and sledding. It had a lovely panoramic

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For more information or to schedule an appointment, call the CMMC Vein Center at 753-3916.



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Diane Nadeau, Lucille Tetreault and Lorette Morin compared the cuisine of today's Christmas celebrations with those of over a century ago.



Becky Morgan and Linda DeSantis enjoyed hearing the Christmas traditions of 1908 Boston.

view of Moscow. Her husband thought it was a waste of 25 cents! While describing the Christmas traditions and cuisine that would take place in the Gordon

household and neighborhood, she invited the audience to tell of their traditions as well. They all proved to be familiar and true to the Spirit of Christmas, perhaps not to the food itself, but the traditions still held true. At the conclusion of

the Tea, Mrs. Gordon held up her 1908 Sears & Roebuck catalog and invited the guests to stay and peruse the catalog with her to compare prices with today's Christmas sales. Everyone enjoyed seeing the long-ago and still

missed catalog. Rita Parisi of Waterfall Productions has been entertaining New England

audiences for close to 20 years. She has performed in musical, dramatic, and improvisational theatre as

well as historical reenactments. FMI, please access [www.waterfallproductions.com](http://www.waterfallproductions.com).



Carol Seward, Grace Keene and Bonnie Ross remained after the Tea to compare today's prices with the 1908 Sears & Roebuck catalog brought by hostess Mrs. Gordon (Rita Parisi)

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# TWIN CITY NIGHTS

## Weekly Arts & Entertainment

### Bates Museum exhibits Occupy posters, digital montages



"Ephemera," a 2014 digital montage by Jeffery Becton. (Photo courtesy of the artist.)

An exhibition of Maine photographer Jeffery Becton's digital montages, which merge seascape and interior views in dreamlike ways, and a show of posters from the worldwide Occupy movement are now on display at the Bates College Museum of Art.

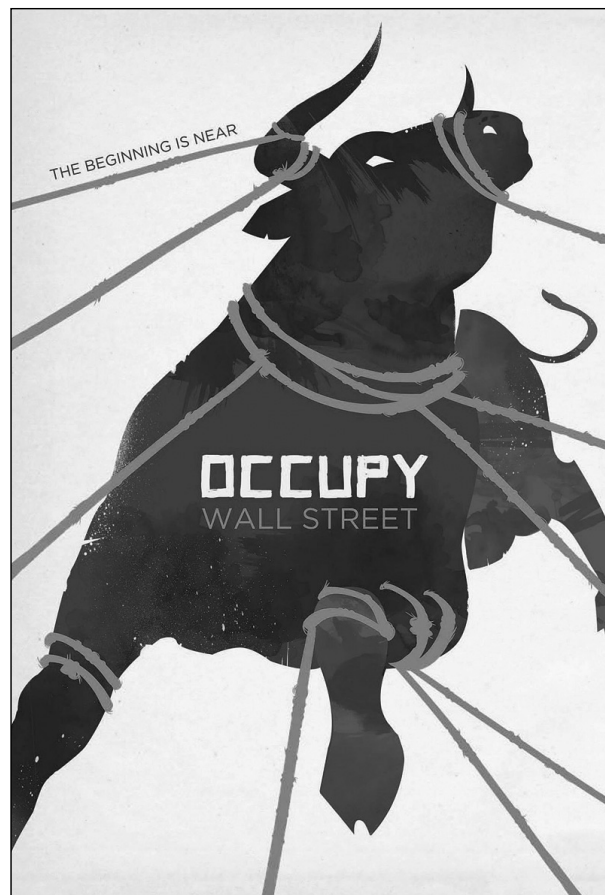
The museum's winter exhibitions, titled "The

View Out His Window (and in his mind's eye): Photographs by Jeffery Becton" and "The Art of Occupy: The Occuprint Portfolio," run through March 26. Showing at the museum through the same period is "Maine Collected: Contemporary Selections from the Permanent Collection," an exhibition of images from the museum's holdings by living artists with a Maine connection.

Located in Olin Arts Center at 75 Russell Street, the museum is always open to the public at no cost. Regular hours are 10 a.m. to 5 p.m. Monday through Saturday (Wednesdays until 7 p.m. while Bates is in session). For more information, call 786-6158 or email [museum@bates.edu](mailto:museum@bates.edu).

Jeffrey Becton uses graphics technology to create dreamlike, seamless, surprising harmonies between disparate elements, including colors, textures and pictorial components. A resident of Deer Isle, he draws on the state's dramatic coastal environment for his digital montages, especially the long views of sea and sky. "Becton is a pioneer in the field of fine-art photography," writes Carl Little in "The Farthest House." "He was there at the beginning, in the early 1990s, turning the new digital tools to his artistic purposes when almost no one else was using them in that manner. They provided him with a way to create a surreal sense of place that is his alone."

Becton was born in New Jersey in 1947. He



"The Beginning Is Near," a 2011 poster by Alexandra Clotfelter of Savannah, Georgia.

received a bachelor's degree in history from Yale in 1970 and a master's of fine arts in graphic design from the Yale School of Art (now Yale School of Art and Architecture) in 1976. He moved to Deer Isle in 1978.

He has had solo exhibitions in museums and galleries throughout Maine, most recently "A Singularity of Place" at the Maine Museum of Photographic Arts in Portland. His work has been shown in group exhibitions in Maine, New England and New York state and is held in the collections of the Farnsworth Museum of Art, New Orleans Museum of Art, Portland Museum of Art, University of Maine Museum of Art and University of New England.

Becton has created his largest-ever images for the Bates show. "The smallest images are 42 inches wide," says museum director Dan Mills. "Some of the panoramic images are 7 feet long. Visitors will find it exciting to experience these dreamy and dramatic images on this scale." Plans are underway to travel "The View Out His Window" to academic institutions and municipal museums throughout the U.S. through 2018.

"The Art of Occupy:

The Occuprint Portfolio" showcases posters from the worldwide Occupy Movement. Prints and posters have long been vehicles for the dissemination of political views, protest and socially engaged messages. Created in that tradition, "Occuprint" was developed on the spur of the moment, in keeping with many aspects of the Occupy Movement in 2011. As Occupy Wall Street spread around the world, it motivated thousands of people to voice their anger at financial and social inequality. Posters, signs and banners were an integral part of the protests, carrying many messages of participants.

The Occupied Wall Street Journal, an affinity group of Occupy Wall Street, invited a group of designer-activists to guest-curate an issue dedicated to the poster art of the global Occupy movement. The Occuprint Portfolio grew out of this project. The 31 hand-silkscreened prints included in the portfolio were selected from hundreds of submissions from around the world.

Funds raised from the sale of the portfolio support social justice projects. These and other posters are available to be downloaded for non-commercial use at [www.occuprint.org](http://www.occuprint.org).

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Bates Dance Festival receives NEA grant

The Bates Dance Festival announced recently that it has received an Art Works grant of \$40,000 from the National Endowment for the Arts. The NEA's Art Works category supports the creation and presentation of both new and existing work; lifelong learning in the arts; and public engagement with the arts through 13 arts disciplines or fields. The grant will support a project titled "Seeding the Field: Cultivating an Innovative Dance Community."

"We are extremely gratified to be selected once again to receive the prestigious NEA Art Works award," said Laura Faure, director of the dance festival.

"The NEA provides an important stamp of approval and critical core support for our ongoing work as a laboratory for contemporary dance."

The award will help the Bates Dance Festival build upon 32 years of fostering innovation, collaboration and community. In summer 2016, the festival will bring more than 70 leading dance artists, including Michelle Dorrance, Kate Weare Company, and Doug Varone and Dancers, together with more than 320 dance students to learn, create, perform, connect and recharge in a collaborative, supportive environment aimed at fostering vital

artistic exchange and encouraging appreciation for contemporary dance.

Founded in 1982 at Bates College, the Bates Dance Festival brings together an international community of contemporary choreographers, performers, educators and students in a cooperative community to study, perform and create new work. The festival serves as an annual destination for artists, students and audiences to engage in a full range of activities and performances that foster a creative exchange of ideas, encourage exploration of new ground and provide access to a wide spectrum of dance and movement disciplines.

Winthrop-based company named winner in nationwide "Head Health Challenge"

Alba-Technic, LLC of Winthrop is one of five companies to win the nationwide Head Health Challenge III. The challenge is an open innovation competition sponsored by the National Institute of Standards and Technology (NIST), the National Football League, Under Armour, and General Electric (GE) to support the discovery, design and development of advanced materials that better absorb and dissipate impact.

Alba-Technic has developed a patented, shock-absorbent honeycomb material with an outer layer that diverts the energy from a fall or hit. The material is normally soft and compliant, but upon impact, the outer layer changes into a hard shell to spread the energy and protect the user from injury.

As one of the competition winners, the company will receive \$250,000 to advance their work in developing its state-of-the-art material. A panel of leading experts in the field of materials science selected the five winners

from 125 entries because they met the challenge's technical criteria to maximize energy absorption and minimize momentum transfer. One overall Head Health Challenge III winner will be selected from the five awardees to receive an additional \$500,000 grand prize by the end of 2016.

"Alba-Technic has been doing innovative and exciting things in Winthrop to advance head health and safety, and we're thrilled that this Maine company is being recognized so prominently at the national level," said Senators Susan Collins and Angus King in a joint statement. "As we learn more and more about brain injuries and brain trauma, the need for new protective technologies becomes that much clearer, and Alba Technic has an important role to play. We commend the Challenge sponsors for organizing this competition and look forward to following Alba Technic as it continues to compete for additional prize money and, more importantly, develop this potentially

life-saving material."

Head Health Challenge III is part of the larger Head Health Initiative, a four-year, \$60 million collaboration between GE and the NFL that aims to invest resources to accelerate the development of materials that can protect against concussions. It is one of three open innovation challenges to invest up to \$20 million in research and technology development to better understand, identify and protect against brain injury.

Challenge I focused on discovering imaging and methods for diagnosis and prognosis of mild traumatic brain injuries, and in July 2015, six grand prize winners were awarded \$500,000 to further their revolutionary research. Challenge II focused on new technologies to monitor, identify and protect against mild traumatic brain injury, and in December 2015, three grand prize winners were announced. The winners could receive up to \$1 million over the next year to continue to advance their innovations.

Twin City Nights

Dirigo

Continued from page 7

effective safety and health programs are in place and maintain injury rates below the industry average for the last year of completed data.

After awarding the SHARP designation, OSHA removes the worksite from its general scheduled inspection list for two years. If the company continues to meet all conditions of the program, the SHARP designation may be renewed for another two years.

Employers interested in learning more about the SHARP designation should contact SafetyWorks! at 1-877-SAFE 345 (1-877-723-3345) or see [www.safetyworksmaine.com](http://www.safetyworksmaine.com).

SafetyWorks! provides a trained consultant with industry-specific expertise who will review the facility by appointment. The consultation may include such elements as recognizing safety hazards, sampling for air and noise exposures, recommending ways to reduce or to eliminate hazards, developing or improving a safety program, complying with federal OSHA regulations and identifying training needs.

SafetyWorks! is not OSHA and cannot issue fines or citations to private businesses. While SafetyWorks! helps businesses of any size, priority is given to small businesses. The program trains about 8,000 people and consults at nearly 1,000 worksites in Maine each year.

Humane Society announces raffle winners

The Greater Androscoggin Humane Society announced the winners of its annual "Cold Paws, Warm Heart" raffle recently. Winning prizes in the form of heating assistance this year were Joan Levenson of Auburn (\$600), Dana Longway of Turner (\$300), the Evans Family of Bowdoinham (\$200) and Karen Lebrun of Turner (\$100). With \$9,900 in ticket sales, all proceeds from the raffle will directly benefit the Humane Society.

Located at 55 Strawberry Avenue in Lewiston, the Greater Androscoggin Humane Society provides a safe haven for over 4,500 sick, homeless and abused animals in the greater Androscoggin area each year. The primary support for the shelter comes from donations of concerned citizens and fundraising events like this one. To learn more about volunteering at the Shelter or adopting an animal, call 783-2311 or see [www.SavingPetsInMaine.org](http://www.SavingPetsInMaine.org).

Kilee Gibbert supports Humane Society



Kilee Gibbert of Leeds recently presented the Greater Androscoggin Humane Society with donations from her tenth birthday party. A fourth grade student at Leeds Central School, Gibbert asked for donations for the animals at the shelter in lieu of birthday gifts this year. Guests contributed pet food, treats and toys, which will help the shelter care for the thousands of unwanted animals it harbors each year. For more information about supporting the shelter or adopting an animal, call 783-2311 or see [www.SavingPetsInMaine.org](http://www.SavingPetsInMaine.org).

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# Twin City Nights

## Food for Thought spotlights Maine’s giant trees



Duane Prugh, avid outdoorsman and naturalist, will speak on the many giant trees in Maine at the LA Senior College January 8 Food for Thought luncheon.

Duane Prugh, avid outdoorsman and naturalist, will be the presenter at the USM Lewiston-Auburn Senior College “Food for Thought” 11:30 luncheon on Friday, January 8. The public is cordially invited. Prugh will narrate “An Armchair Tour of Maine’s Local Giants.” That would be Maine’s Giant Trees.

There are dozens of

giant trees to learn about in our State--places an individual cannot normally get to or see. Anyone can visit our State Library, but some of these trees are on private property or deep in the woods. Prugh is an instructor at the University of Maine at Augusta Senior College.

His presentation will describe the Senior College

course he conducted in the fall of 2014. For 10 weeks, Duane led a group of seniors around the State, viewing and measuring 90 of these giant trees. The course was conducted in collaboration with the Maine Forestry Department “Project Canopy” led by Jan Santerre. Several of Maine’s champion trees haven’t been measured since

the 1990’s. The purpose of the course was to help the project bring those measurements up to date. A graduate of the University of New Hampshire with a degree in Electrical Engineering, Prugh is now a semi-retired computer consultant. He loves the outdoors and for many years has been interested in the unusual facets of Maine. He loves to share his observations with others. For the past 14 years he has been teaching at several of Maine’s Senior Colleges, taking local seniors on field trips to explore dozens of these sites. There is so much to see in our own state, and his goal has been to get out

senior citizen students out of their homes for day trips to explore places in Maine that most people don’t know exist. For instance Maine has 68 lighthouses, 12 covered bridges, and over 200 named waterfalls to be explored. Prugh has taught a senior college course on that as well, taking everyone out in the field or on the sea. Maine’s Senior College courses usually consist of six to eight 2-hour classes in the class-room, but Duane’s courses usually start at 7 AM, end at 5 PM, and last for 10 to 20 weeks. Forty to eighty students travel in car caravans around the State using radios to communicate, ensuring that no one gets lost. In addition to the

exploration, there is the social aspect. Students in these classes travel a total of at least 1200 miles in Maine. While travelling to these remote places, the students meet others from their own senior college and those from other locations. Senior College, now in its 18th year, presents the monthly 11:30 luncheon program open to the public, in the Function Room 170 at USM LAC. The cost, which includes lunch, is \$7 with advance reservation or \$8 at the door. Reservations must be made by noon on Wednesday, January 6, by calling 753-6510. Any late callers will be considered «at the door.

## Stanton Bird Club plans January events



Blackburnian Warblers can be seen locally in summer. The photographer, Robin Robinson, will discuss “Nature and Wildlife Photography” at the next Stanton Bird Club meeting on January 4.

The Stanton Bird Club of Lewiston and Auburn will hold its next meeting on Monday, January 4 at 6:30 p.m. in Room 285 at USM’s Lewiston-Auburn College. The subject will be “Nature and Wildlife Photography,” presented by Robin Robinson. A birding field trip to Ogunquit is also planned for Saturday, January 9. Both events are free and open to the public.

Robin Robinson is an enthusiastic and informative public speaker who excites her audiences with humor and a feast of photographs. She is a Maine photographer, writer, birder, gardener and administrator of a Facebook site on Maine birds. Her work has been featured in “Downeast Magazine,” “The Coastal Journal” and numerous newspapers, is regularly displayed in

various galleries and has been selected for the juried Maine Photography Show. Her photographs feature all things Maine: nature, wildlife, birds, flowers, gardens, butterflies and more. The field trip will depart on January 9 at 8 a.m. from the Promenade Mall parking lot, located at 855 Lisbon Street in Lewiston, at the end by Staples and across from Marquis Signs. Car pooling will be arranged. The purpose of the trip, led by Steve Reed, is to find wintering sea ducks, especially Harlequins and maybe a King Eider. Participants should dress warmly and bring a lunch. Some walking will be required, such as along Ogunquit’s Marginal Way, a beautiful spot even in winter that presents opportunities to observe a variety of sea ducks, and possibly Purple Sandpipers or Northern Gannets. The trip will return to Lewiston at about 3 p.m. For more information, call 319-6630. The Stanton Bird Club, a leader in environmental awareness, manages the Thorncrag Nature Sanctuary in Lewiston and the Woodbury Nature Sanctuary in Monmouth and Litchfield.

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**Thursday, December 31**  
Dinner, Dance, Drop and Draw! 7 p.m. Franco Center, 46 Cedar St., Lewiston. Ring in the New Year with a buffet dinner, dancing to live music, a grand prize drawing and a midnight balloon drop. \$40 per person. 689-2000; FrancoCenter.org.

**SNAFU! Comedy Show.** 8 p.m. Buckfield Junior-Senior H.S., 160 Morrill Street, Buckfield. Michael Menes and Leland Faulkner present a fun-for-all-ages evening of sight gags and illusion. \$12/10/8. snafucomedy.com.

**Sunday, January 3**  
Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. St. Mary's Nutrition Center, 208 Bates St., Lewiston. Open first and third Sundays through January 17; Market Café. Credit cards, SNAP accepted. 513-3848.

**Monday, January 4**  
Stanton Bird Club Meeting. 6:30 p.m. Room 285, L-A College, 55 Westminster St. Lewiston. Nature photographer-writer Robin Robinson discusses "Nature and Wildlife Photography." Free.

Lewiston City Inaugural Ceremony. 7 p.m. Franco Center, 46 Cedar St., Lewiston. Taking the Oath of Office are the incoming Mayor, City Council and School Committee. A dessert reception follows. Free. 513-3124.

**Tuesday, January 5**  
Teaching 10 Tips. 3 to 4 p.m. Teen Space, Auburn Public Library. Healthy Androscoggin helps teens explore the USDA's "My Plate" to expand their knowledge of how to choose and prepare healthy meals. Free. Registration requested. 333-6640, ext. 4; www.auburnpubliclibrary.org.

**Wednesday, January 6**  
Community Briefing. 6 p.m. Third floor classroom, YMCA, 62 Turner St., Auburn. YMCA CEO Steve Wallace discusses the agency's plan to develop an Outdoor Education & Learning Center on its wooded, 93-acre property on Stetson Road in Auburn. Free.

# Calendar

See more Calendar at [www.TwinCityTimes.com](http://www.TwinCityTimes.com)

Disney on Ice. 7 p.m. Cross Insurance Arena, Portland. This family program brings to life beloved characters and stories from the animator's film vault. Tix start at \$15. Runs thru 1/10 (Sat. at 11, 3 and 7:00; Sun. at 11 and 3:00). 800-745-3000; www.ticketmaster.com.

**Friday, January 8**  
Food for Thought Luncheon. 11:30 a.m. Room 170, L-A College, 51 Westminster St., Lewiston. Avid outdoorsman and naturalist Duane Prugh presents "An Armchair Tour of Maine's Local Giants." \$8/7 (incl. lunch). For adv. rate, register by noon on 01/06 at 753-6510.

Comedy Fix XXVI. 7:30 p.m. Sapphire Nightclub (formerly Club Texas), 150 Center St., Auburn. Host Mark Turcotte welcomes Tyler Morrow, Dan Gilbert, Mike Levinsky, Mark Reilly and Katie Ferreira. Ages 21+; doors at 7 p.m. \$10. 513-0742; maineventcomedy.com.

Concert: The Howlingans. 7:30 p.m. Curtis Room, Chocolate Church Annex, 804 Washington St., Bath. The Kill the Chill Winter Concert Series kicks off with a show by this Midcoast rock and roll band. \$10. 442-8455.

**Saturday, January 9**  
Birding Field Trip. Steve Reed of the Stanton Bird Club leads a trip to Ogunquit to observe sea ducks. Free. Bring lunch, warm clothes; meet in Promenade Mall parking lot near Staples at 8 a.m. for car pool. Group returns to Lewiston c. 3 p.m. 319-6630.

Take Out-Only Bean Supper. 3 to 5:30 p.m. Holy Cross Church Hall, 1080 Lisbon St., Lewiston. Baked beans, coleslaw, buns, ham, bologna and desserts; purchase in packaged specials (\$8-10) or a la carte. Phone

orders after noon; pick-up from 3 to 5 p.m.

Public Supper. 5 p.m. Paris Fire Department, Western Ave., So. Paris. Ham, potatoes, vegetables, mac & cheese, salads, bread and homemade desserts; pres. by the Dept. Auxiliary. \$8/4; free ages 3-.

Theater: "the little match girl passion." 7:30 p.m. Schaeffer Theatre, Bates College, 329 College St., Lewiston. Figures of Speech Theatre premieres its theatrical setting of composer David Lang's Pulitzer Prize-winning composition. Again 01/10, 11. \$15. www.brownpapertickets.com/event/2465473.

**Sunday, January 10**  
"Growing Vegetables in Maine." 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Master Gardener Linton Studdiford discusses vegetable growing in the Mid-Coast area. Suggested donation \$5. 798-5899; www.btlr.org/gardeing-workshops.

**Monday, January 11**  
Red Cross Blood Drive. 9 a.m. to 2 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. To schedule an appointment, visit RedCrossBlood.org, go to "Find a Drive" and, under "Zip or Sponsor Code," enter "ACCC." 783-2249; www.androscoggincounty.com.

**Tuesday, January 12**  
Legal Advisory Workshop. Noon to 1:30 p.m.

Chamber of Commerce, 415 Lisbon St., Lewiston. Reps. from Brann & Isaacson discuss "Legacy Planning for the Sandwich Generation." \$50 (members \$25). Register at [www.androscoggincounty.com](http://www.androscoggincounty.com).

Yoga for Teens. 3:30 to 4:15 p.m. Tisha Bremner of Inner Light Yoga presents this fun and easy three-part intro to yoga poses, breath techniques and mindful attention practices. Cont. Jan. 19 & 26. Free; registration required. 333-6640, ext. 4; [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org).

**Saturday, January 16**  
Concert: Midcoast Symphony Orchestra. 7:30 p.m. Franco Center, 46 Cedar Street, Lewiston. MSO performs music by Mozart and Spain's Ravel, de Falla and Chabrier. \$20; college students and those 18- free. Cash or check only at door. For adv. tix, call 846-5378 or see [www.midcoastsymphony.org](http://www.midcoastsymphony.org).

**Sunday, January 17**  
Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. St. Mary's Nutrition Center, 208 Bates St., Lewiston. Stock up on local supplies on this last day of the market's winter season; Market Café. Credit cards, SNAP accepted. 513-3848.

**Saturday, January 23**  
Benefit Spaghetti Supper & Raffle. 4:30 to 6 p.m. VFW Post 1603, 588 Minot Ave., Auburn. Spaghetti & meatballs, mac & cheese, casseroles, salad, sides, dessert and beverages; cash bar, take-out. Proceeds benefit Shayna Newton, who is battling a rare disorder of the central nervous system. \$7/4. 345-3124; 784-5284.

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Point Break (PG-13)	1:20	4:10	7:20	9:55
Concussion (PG-13)	1:00	3:50	6:45	9:25
Alvin And The Chipmunks: The Road Chip (PG)	11:50	2:10		
		4:20	7:00	9:15
Sisters (R)	1:10	4:00	7:05	9:45
Star Wars: The Force Awakens (PG-13)	12:30	1:30	2:30	3:30
	4:30	6:50	7:30	9:50
Star Wars: The Force Awakens 3D (PG-13)	11:30	5:30		9:00

**Sunday, January 24**  
"Selecting Native Woody Plants for your Home." 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Justin Nichols, formerly of Coastal Maine Botanical Gardens, discusses native woody landscape plants. Suggested donation \$5. 798-5899; [www.btlr.org/gardeing-workshops](http://www.btlr.org/gardeing-workshops).

**Tuesday, January 26**  
Legal Advisory Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Reps. from Brann & Isaacson discuss "The I-9 Process." \$50 (members \$25). Register at [www.androscoggincounty.com](http://www.androscoggincounty.com).

**Sunday, January 31**  
"Growing Small

Fruits." 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. David Handley of UMaine Cooperative Extension discusses home methods for growing blueberries, strawberries and raspberries. Suggested donation \$5. 798-5899; [www.btlr.org/gardeing-workshops](http://www.btlr.org/gardeing-workshops).

**Thursday, February 11**  
Legal Advisory Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Reps. from Linnell, Choate & Webber discuss "The Small Claims Court Process for Account Collection and Other Business Disputes." \$50 (members \$25). Register at [www.androscoggincounty.com](http://www.androscoggincounty.com).

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Local hygienist finds new way to give thanks this holiday season

Through a partnership with Honduras Hope, Aspen Dental volunteers, including hygienist Katherine Williams of Aspen Dental in Auburn, spent the Thanksgiving holiday away from home this year providing free dental care to Hondurans in desperate need.

The group operated out of three makeshift dental “offices” in some of the most remote and impoverished areas of Honduras to provide desperately needed free dental care to more than 500 Hondurans over the Thanksgiving holiday. From November 21 through 28, dentists, hygienists and dental assistants from Aspen Dental offices across the U.S. took time away from family and friends to provide care in rural Plan Grande, a Tolupan Indian reservation; San Jose, a mountain community of squatters; and a vocational school in the village of Yoro. From extractions to cleanings and fillings, volunteers took part in a mission to alleviate the most urgent dental needs and to improve the oral health of Hondurans.

“It was tough for me, because I like soothing my patients, but I couldn’t really communicate with them because of the language barrier,” said Williams. “I started singing to the kids, because music is the universal language. It made me happy that I was able to



Katherine Williams of Aspen Dental in Auburn spent her Thanksgiving holiday helping provide desperately needed dental care to the residents of remote, impoverished areas of Honduras.

make people feel good.”

Many Hondurans came to the clinics in desperate need of care, with several walking more than three hours along dirt roads. When they arrived, they waited patiently for hours to get themselves out of immediate, sometimes extreme, oral pain. Translators helped determine patients’ needs and the team went to work.

“We were so honored to be able to serve so many people, and it was especially rewarding for our team of volunteers to do this over Thanksgiving,” said Dr. Schatzie Vincent, Director of Community Giving for Aspen Dental Management, Inc., who headed the group. “It really gave us a new perspective on what we’re thankful to have in the United States and, hopefully, it gave the people of

Honduras something to be thankful for as well.”

According to the Pan-American Health Organization, Honduras lacks adequate access to health services, and 83% of Hondurans are without health insurance. Most have never been to a dentist. Lack of dental education and in-home care, combined with non-fluoridated water and a diet consisting of soda and sweet drinks, sugar cane and carbohydrates, which turn into sugar, contributes to major dental problems at very young ages.

The mission trip was done in partnership with New Hampshire-based Honduras Hope, a non-profit working to create stronger, more resilient and self-sufficient communities in rural northern Honduras since 2001.

“The passion and

energy of the entire team was unlike anything I’ve ever seen,” said Bill Briggs, founder of Honduras Hope. “This mission is a tremendous reflection on the commitment of Aspen Dental and its people to help people get the care they need. This is the first time Honduras Hope has been able to pro-

vide dental care and we’ll be forever grateful to Aspen.”

The effort is part of Aspen Dental Management, Inc.’s (ADMI) “Overseas Outreach Program” that helps aid communities around the world in dire need of dental care. The trip was financially supported by ADMI.

Lewiston H.S. student to take third Lobster Dip

Special Olympic Maine athlete Travis Maier plans to kick off 2016 by doing something really “cool” on January 1 in support of Special Olympics. On that day, the Lewiston High School senior will jump into the icy waters of the Atlantic Ocean as he takes part in the 28th annual Lobster Dip.

Maier has been competing in Special Olympic sports his entire life. In 2015, he participated in a new program called Project Unify, which brings Unified Basketball, a form of the sport that brings together on the same team kids who have intellectual disabilities with ones who do not, to Maine schools. This was the first time since first grade that he was able to compete in a team sport alongside mainstream students. He also represented Maine at the national level by attending two U.S. Project Unify conferences, where kids with and without disabilities meet to discuss ways to become more unified in their schools and communities.



Travis Maier

Maier participated in the Lobster Dip for the first time in 2014, when he and his Special Olympic Maine teammates organized a team called the Lewiston Snow Devils that took the plunge as a group. That year, he raised close to \$350. In 2015, he wanted to try it again. For some reason, his teammates were not quite as excited as he was about taking the icy plunge again, but they sponsored him and came to the event to cheer him on and warm him up afterwards. This time he raised over \$600.

Maier’s goal has always been to raise \$1000 for the event, and this year he reached that milestone by raising \$1,100 so far, making him one of the event’s top individual fundraisers. Always eager for a new challenge, he also plans to scratch “Double Dipping” off his list by going in twice this year. His Special Olympics teammates, fellow students and teachers, and even his mom, who lives out of state, will be on hand to watch.

When asked why he likes to take part in the Lobster Dip, Maier says that it’s a good way to “give back to Special Olympics for all of the events, activities, and opportunities” that he has experienced through the program. He loves being part of his Lewiston Special Olympic team, enjoying the competition of the state summer games at Orono, as well as the chance it affords to stay in the dorms, eat in the college cafeteria and have fun with his friends. Special Olympics helps him “feel included and accepted, make new friends, socialize, learn new ideas and life skills and make great memories,” he says, “and to have a lot of fun while doing it.”

To sponsor Travis Maier in the 2016 Lobster Dip, visit his fundraising page at <http://www.firstgiving.com/fundraiser/Travis-Maier/lobster-dip-2016>.

For more information on the Lobster Dip or on Special Olympics Maine, see [www.somaine.org](http://www.somaine.org).

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# What's Going On

## Obstetrics-gynecology practice earns ultrasound accreditation

The American Institute of Ultrasound in Medicine has granted Central Maine Obstetrics-Gynecology accreditation for the high quality of its obstetric ultrasound practice. The accreditation recognizes the Lewiston-based obstetrics-gynecology practice for meeting rigorous voluntary guidelines set by the diagnostic ultrasound profession.

"This recognition demonstrates that families can be assured that we are dedicated

to learning as much as possible about the health of both their unborn child and the mother," says Thomas Page, D.O., an obstetrician-gynecologist who practices with Central Maine Obstetrics-gynecology. "This expertise allows us to diagnose and often treat emerging problems before they become catastrophic. This is truly leading edge medicine."

Ultrasound is particularly useful in assessing pregnancy and fetal health. Unlike x-rays and other imaging



Central Maine Obstetrics-Gynecology obstetrician-gynecologist Thomas Page, D.O., reviews ultrasound images.

technologies that employ small amounts of radiation to capture images, ultrasound has no potential harmful effects on patients. Ultrasound technology is portable, relatively inexpensive, and provides very detailed images. Medical ultrasound uses sound waves to pro-

duce images of internal body structures. The images are obtained by using a probe to send ultrasound pulses into body tissue. Echoes of the sound are recorded and rendered by computer software into 3D images. The images are then interpreted by physicians who specialize in medical imaging. The interpretations are provided to healthcare providers to assist them in diagnosing and treating various conditions.

Obstetric-gynecology care providers may earn accreditation for general obstetric ultrasound, as well as for first, second and third trimester ultrasound services. Central Maine Obstetrics-Gynecology, which has offered obstetric ultrasound services to its patients for many years, earned accreditation for all aspects of its service.

All facets of Central Maine Obstetrics-Gynecology's ultrasound practice were assessed during the AIUM accreditation process, including the training and qualifications of the physician and sonographers; ultrasound equipment maintenance; documentation; storage and record keeping practices; policies and procedures to protect patients and staff; quality assurance methods; and the thoroughness, technical quality and interpretation of the sonograms performed by the practice.

Central Maine Ob-

stetrics-Gynecology obstetrician-gynecologist Thomas Page, D.O., has had a career-long interest in ultrasound imaging. Although all obstetrician-gynecologists have some training in medical imaging, Page had extensive experience with imaging technology as a U.S. Army physician. His interest in imaging continued when he entered civilian practice.

Page says AIUM accreditation is a very painstaking process that essentially requires practitioners to demonstrate superior results in all aspects of an ultrasound program. The benefits offered by such a program frequently speak for themselves.

Page was recently involved in a case in which an unborn child was diagnosed, with the aid of prenatal ultrasound, to have spina bifida, a potentially disabling defect of the spine. Because the condition was diagnosed when the fetus was just 20 weeks along, Page was able to refer the family to a pediatric hospital in another state where surgery to repair the condition could be performed in utero, greatly improving the baby's chances for "normal" development.

Central Maine Obstetrics-Gynecology's ultrasound team, led by Page, is also comprised of registered sonographers Lynn Pickett and Amy Gagne. Together they perform some 3,600 ultrasound scans a year.

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