

Public meeting tonight on New Auburn Greenway project

New Auburn, which has been the focus of multiple planning efforts over the years, is about to embark upon a new phase of development featuring the design and implementation of a new, signature Greenway and Village Center.

A project kick-off meeting will take place on Thursday, January 7 at 6:30 p.m. at the Boys and Girls Club in New Auburn, where city staff and representatives from VHB Consultants will present information on the project and seek ideas and

input from the residents of New Auburn.

The most recent project outline, drafted in 2014 as the "New Auburn Village Center and Transportation Plan," recommends constructing a Greenway Park and trail area along the Little Androscoggin River and redesigning Second Street to become a pedestrian-friendly thoroughfare lined with buildings on one side that could contain shops, restaurants and new housing. The goals of the plan are to increase property values, attract new residents

and investment, and create a walkable urban village center.

"The purpose of the public meeting is to re-acquaint folks with what's been planned, what's proposed and, most importantly, to get people's ideas on what they'd like to see New Auburn become," says Doug Greene, City Planner and project manager. "We're excited to start the collaboration between the neighborhood, city staff and VHB Consultants."

See **Meeting**, page 3

Warden Service urges snowmobilers to ride responsibly

The Maine Warden Service and the Maine Snowmobile Association are reminding snowmobilers to operate their snowmobiles safely and responsibly this winter. The most common contributing factors associated with snowmobile incidents in Maine are operating too fast for conditions, driving beyond the effectiveness of headlights, driving beyond operator abilities, and operating on unfamiliar bodies of water. Also, they encourage oper-

ators to be especially aware of thin ice, trip preparation, and landowner relations.

Thin Ice: Be mindful of early season and mild weather hazards, specifically thin ice and open water, especially when operating on unfamiliar rivers, ponds, or lakes. Be sure to respect warning signs, especially near hydropower facilities.

Trip Preparation: Search and rescue operations, which can involve significant resources and be hazardous to conduct, can

often be avoided by using good sense. When possible, carry a mobile phone and dial 911 in an emergency. Also, leave a trip plan, and if you deviate from it significantly, notify a family member.

Landowner Relations: Most of Maine's 14,000 miles of groomed trails are available through the generosity and goodwill of private landowners. To help ensure continuing access to private lands, stay on designated trails and refrain from using modified exhaust systems.

Mayor Macdonald Inaugurated in Lewiston



Mayor Robert E. Macdonald (far right), was inaugurated Monday night at The Franco Center in Lewiston. He is pictured with his uncle, William Lawrence and wife Ginny Macdonald. (Photo by Dottie Perham-Whittier.)

MainStreet announces fourth quarter grants

Androscoggin Bank's MainStreet Foundation has announced the recipients of its quarterly awards for the fourth quarter of 2015. Recognizing a need for at-risk kids in Maine to be safe, healthy, active, happy, educated and nourished, the MainStreet Foundation awards impact grants four times each year to organizations actively working to help kids thrive. The

grants vary based upon the need and are awarded in amounts of up to \$5,000. In November, a total of \$12,500 was awarded to the following four nonprofit organizations.

Junior Achievement of Maine. \$5,000 was awarded to this Portland-based organization focused on reaching and educating Maine school children about entrepreneurship, work readiness and

financial literacy. The funds will allow JAME to bring Education, Career & Financial Skills programming to 160 Lewiston-Auburn third and fourth graders. The teachers and schools provide access to their classroom while businesses and professionals volunteer as presenters.

Woodfords Family Services. \$2,500 was awarded to this Portland-based organization that supports people with disabilities and their families. The grant will partially fund a Pathways to Transition Project to prepare youth with disabilities to achieve the highest level of independence possible as they become adults.

Safe Voices. \$2,500 was awarded to this Auburn-based nonprofit focused on supporting and empowering those affected by domestic violence in Androscoggin, Oxford and Franklin Counties. The grant will enable Safe Voices to continue the advocacy services of its child advocate position to at-risk children ages 0 to 18 exposed to domestic violence.

See **Grants**, page 4

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Newsmakers, Names & Faces

Morin joins Better Homes & Gardens - The Masiello Group

Better Homes & Gardens - The Masiello Group has welcomed long time Maine resident Deb Morin to their Auburn office. Morin has been a full-time real estate specialist certified to work with both buyers and sellers since 2002. Her background as a professional musician and vocal coach has taught her the importance of building long term, trusting relationships.

Throughout her real estate career, Morin has been a consistent top producing agent, serving the needs of numerous home buyers and sellers. Years of experience and customer service have provided her with the opportunity to gain and enhance valuable skills, including her ability to serve as a strong negotiator to better meet her clients personal and financial needs. She continues to place importance on education and knowledge of the ever changing real estate market.

In addition to performing in the real estate sales business, Morin continues to perform musically and lives locally with her husband of 37 years. She is a mother of two and has two grandchildren. She is a sev-



Deb Morin

en-year member of Business Networking International, where she utilizes her skills and connections to enhance business referrals. She served for seven years as Chairman of the Board for the Great Falls Balloon Festival entertainment committee.

With headquarters in Keene, New Hampshire, and 33 offices in New Hampshire, Maine, Massachusetts, and Vermont, Better Homes and Gardens Real Estate - The Masiello Group is the only real estate company in northern New England to offer complementary home services, including mortgage, title, home warranty, homeowner's insurance, relocation and land planning. For more information, see www.masiello.com.

Local lawyers sworn in as District Judges

Governor Paul R. LePage recently administered the oath to two magistrates and two lawyers as District Court Judges and to a Superior Court Justice as an Active Retired Justice for the Maine Superior Court. Two of the new judges are from the local area.

The Hon. Maria A. Woodman, Esq. and the Hon. Paul D. Mathews, Esq. will serve as District Court Judges, as will Jed J. French, Esq., a managing law partner in a private firm, and Michael P. Roberts, Esq., a deputy district attorney. Superior Court Justice Paul A. Fritzsche will serve as an Active Retired Justice for the Superior Court.

"As Governor, I have the utmost respect for those serving in the Judicial Branch," said Governor LePage. "In choosing judges, my focus is on the qualifications, demeanor and integrity of the candidates. These respected professionals reflect those priorities. I am confident they will live up to the high standards we expect from Maine judges."

The Governor's nominees represent diverse geographic areas of Maine. They come from Monmouth, Yarmouth, Kennebunk, New Castle and Bangor.

The Hon. Maria A. Woodman, Esq., of Monmouth, a family law magistrate in the Maine District Court since 2012, served as an Assistant District Attorney from 2003 to 2010 in the Division of Child Support and Maine Care Crimes Unit. From 1999 to 2003, she was an Assistant District Attorney for the Manhattan District Attorney's Office in New York, prosecuting cases ranging from murder to felony drugs. She is a graduate of The George Washington University and American University, Washington College of Law, in Washington, D.C.

Jed J. French, Esq., of Yarmouth, a managing law partner at Powers & French, P.A. since 1994, has handled cases ranging from unemployment compensation, business dissolution and real estate disputes to felony criminal charges, personal injury and family matters. He is a Judge Advocate in the U.S. Air Force/Air National Guard and has been appointed as arbitrator, referee and special master for 14 courts. From 1988 to 1991, he worked for U.S. Senator William S. Cohen. He is a graduate of the University

Huang joins Fontaine Team

Fontaine Family - The Real Estate Leader has announced the addition of Lilly Huang to its real estate team in their Auburn location. Huang grew up in Xiamen, China, and currently resides in Auburn. She has two daughters and, in her free time, enjoys reading.

Huang has spent seventeen years in the restaurant business and is the owner of Wei Li Restaurant in Auburn. She has also spent three years as a certified food safety instructor. She is fluent in four languages: English, Mandarin, Cantonese, and Taiwanese. She looks forward to working with buyers and seller, including those of the Asian community. She can be reached at 393-0085 or lilly@fontaineteam.com.

Fontaine Family - The



Lilly Huang

Real Estate Leader is located at 336 Center Street in Auburn (784-3800) and at 432 U.S. Route 1 in Scarborough (289-3830). This top performing team has been recognized by Wall Street Journal and Real Trends in their list of the Top 250 Real Estate Professionals, ranking in the top 99.5 percent of the nation's realtors. Visit them at www.brendafontaine.com.

of Southern Maine and the University of Maine School of Law.

Justice Paul A. Fritzsche, of Kennebunk, has served as a Superior Court Justice for 29 years. He was also a Public Advocate from 1983 to 1986, representing consumers before the Public Utilities Commission, courts, the Legislature and federal agencies. He also served from 1975 to 1981 as staff attorney and directing attorney for Pine Tree Legal Assistance in Lewiston and Portland. A graduate of Worcester Polytechnic Institute, he earned his law

degree at the University of Maine Law School.

The Hon. Paul D. Mathews, Esq., of New Castle, a family law magistrate in the Maine District Court since 1998, served from 1979 to 1981 as Deputy District Attorney in Augusta and from 1981 to 1983 as Assistant District Attorney in Bath. In his private practice, he handled family law matters, criminal defense and trial work in District and Superior Court. He is a graduate of St. Anselm College in Manchester, N.H., attended St. John's College in Santa Fe, N.M. for graduate studies in liberal arts and earned his law degree at Gonzaga University School of Law in Spokane, Washington.

Michael P. Roberts, Esq., of Bangor, a deputy district attorney, is a prosecutor with more than 30 years of experience. An experienced drug court prosecutor, he has been with the

See Judges, page 5



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Governor's Address: We will continue to root out corruption in Augusta

As the second session of the 127th Legislature opens, you can be sure it will be more political than last session. That's because 2016 is an election year.

Dear Maine Taxpayer,

Politicians know how to provide lip service, and that's exactly what they will be doing for the next few months as they use the session for their campaign soapbox.

I did not come to Augusta to provide lip service. I came to work for the Maine people. I also came to Augusta to root out crooked politicians and government corruption. I've upset their apple

cart, and they don't like it. They could not defeat me at the ballot box, so they are trying to destroy me any way they can. But, as the saying goes, when you point a finger at me, three fingers are pointing back at you. These politicians are the same people who are guilty of deceiving the Maine people.

They wasted six months of the taxpayers' time and money on a political witch hunt, only to find no wrongdoing. They convened a kangaroo court, but shut it down as soon as the truth started to come out. They blundered on the budget. In June 2015, they orchestrated a secretive,



Governor Paul R. LePage

back-room deal on the budget, which included wasteful spending of millions of taxpayer dollars. They rejected real tax reform. We put up a bill to amend the Maine Constitution to

eliminate the income tax. These politicians rejected the bill, denying Mainers a chance to vote on how much tax the government should take out of their paychecks.

They refuse to be transparent. Maine Public Broadcasting Network has offered to broadcast the legislative session for years so Maine people can see what these politicians are doing. They have repeatedly denied funding to MPBN, so they can keep hiding their business from you, the Maine people.

Now they are playing politics with the drug crisis. They finally agreed to pay for some Maine Drug Enforcement Agency agents.

However, like Washington D.C., politicians, they included money and special favors for their friends. The bill sends money for drug treatment to a hand-picked organization whose programs have been ineffective.

These electioneering politicians will continue to attack me because they think it will win them votes back home. They will keep making shady back-room deals so they can say they are working in a bipartisan fashion.

Three independent legislators came to me in 2013 to say they would support my bills if I support theirs. They call it "quid pro quo." I call it corruption. I

threw them out of my office. Now they are leading the charge to impeach me. I say, "Bring it on." I will continue to publicly denounce politicians who put themselves ahead of the Maine people.

If we really want accountability and transparency in government, we must let the Maine people know what is really happening in Augusta. The media won't expose their favorite politicians for the dishonest and deceptive games they play with the taxpayers' money, but my Administration will.

Thank You,
Paul R. LePage
Governor

Veterans Post 31 Held Installation of Officers



Left to right, Paul Emond, Officer of the Day: Don Dube, Chaplain: Ed Samson, Trustee: Terry Waite, Quartermaster: Norm Bussiere, Jr. Vice Commander: Jerry Dewitt, Commander: Armand Bussiere, & Don Gosselin, Trustees: Installation of Officers was done by National Commander from Connecticut, George Castle: & Bert Dutil, Judge Advocate. Absent when the photo was taken, Sr. Vice Commander, Ray Boulet; and Adjutant, Cecile Burgoyne.

The Franco American Veterans Post 31 of Lewiston, recently held their Installation of Officers for 2016.

The Post meets the 2nd Tuesday of every month at the Armory at 6:30 pm. Any Veteran interested in joining the Post,

should attend one of our meetings. The first year's dues are free, but you do need a copy of your DD214. All meetings are in English.

For more information, call Bert Dutil 786-2305 or the Commander Jerry Dewitt at 576-0376.

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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.

Meeting

Continued from page 1

Based on the plans in place and public input, VHB will create construction plans, secure permits and deliver cost estimates for the new Greenway and redesigned Second Street, called "The Riverway" in the 2014 plan.

Mayor Jonathan LaBonte is encouraged to see the long-discussed goal of redeveloping New Auburn poised to become a reality. "Auburn will attract investment and families by focusing on being a city of distinct neighbor-

hoods built around assets like the riverfront, open spaces and walkable business districts," he says. "New Auburn has patiently waded through the planning.

Now it's time to engineer, permit and seek other public and private partners for the implementation."

The Boys and Girls Club is located at 43 Second Street. For more information about the New Auburn redevelopment plans, see <http://www.auburnmaine.gov/pages/government/new-auburn-village-center-study-auburn-maine>.

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Over the coming months, I hope all of you will engage with us and support the move to bring the policy making and direction setting in our form of government back to where it belongs, the citizens and their elected representatives.

For more information about the Main-Street Foundation, click on "Community" at www.androscogginbank.com.

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Enough is Enough

Media, Legislature vilify anyone who threatens status quo

By Robert E. Macdonald
MAYOR OF LEWISTON

If it were not for newspapers, the history of America might have been quite different than what children currently study in school.

Back before radio, television and computers, the printed word was sought and relished by those who wanted to keep abreast of what was happening in the world, the country and their own backyards.

Newspapers printed the current happenings. They also printed uncensored, dueling letters in which both sides of an issue were presented. This back-and-forth free flow of ideas and opinions allowed readers to make educated decisions on the issues of the day.

In the 1770s it was an

educated newspaper reading public that steeled the spines of our Founding Fathers when they had second thoughts about declaring independence from Great Britain.

But as time went by, newspapers evolved. They saturated news with sensationalism and untruths designed to keep the readers' interest, raise their emotions and, most importantly, sell papers.

Times change. Today people get their news from television, radio, the Internet and the old standbys, beauty salons, barber shops and coffee shops. Exercising your brain via the written word seems to be going the way of the dinosaur.

Stories in today's newspapers that were once exclusive to the editorial



Mayor Bob Macdonald

and opinion pages are found throughout the paper—lots of opinions and very little fact. These stories seem to be crafted to fit the ideology of certain leaders. These stories are designed to either destroy or enhance the person being written about.

Today we reap the results of this folly. Many

good, qualified people who have the ability to restore our country and society shy away from what once was looked upon as a required civil duty.

An example of media bias is the Good Will-Hinckley affair, which seeks to and has to some extent portrayed Governor Paul R. LePage as Snidely Whiplash persecuting poor little Nel (Speaker of the House Mark Eves). The affair as reported by the media would bring even the most ardent supporter of the Governor to the conclusion that he had overstepped his bounds.

Left out of the equation have been the actions of Bill Brown. Brown chairs the board of the Charter School run by Good Will-Hinckley. Not surprisingly, he is also a member of Speaker Eves'

paid staff at the State House.

Brown was quite involved in the selection process that concluded Eves was the most qualified for the position. (Brown had also been a paid staffer for former House Speaker Glenn Cummings, who took over as president of the Good Will-Hinckley upon leaving the Legislature.)

During a hearing on November 12, 2015 before the Government Oversight Committee, Brown admitted he was more involved in the search to find a school president and the board's consideration of Eves than previously disclosed. He admitted he encouraged Eves to apply for the job. Even though Eves is his boss, creating a clear conflict of interest, Brown failed to recuse himself from the search process and took

an active role in it.

Brown admitted he reviewed the resumes of all the candidates, sat in on their interviews, then assisted Eves through the process by suggesting how to improve his application.

When questions by Republican members of the Government Oversight Committee attempted to turn Brown's smoking gun into a red hot pistol, Republican Sen. Roger Katz, the committee chair, ruled the questioning not relevant and was joined by Democratic members in ceasing any further questioning of Brown's role.

This is your news media and Legislature banding together to vilify anyone who puts the public interest above their entrenched, status quo system.

CNA grads complete state exam



Here on Aloha Day at Clover Manor with "Santa Bones" and course instructor Evawn Young, R.N., B.S.N. (r.) are MCHP Nursing Assistant course graduates (l. to r.) Jennifer Blais, Lindsay Monaghan, Bernadette Burks and Casey Trip.

Four recent graduates of the Maine College of Health Professions Nursing Assistant course have passed the Maine competency examination. Completing the training program were Jennifer Blais of Winthrop, Bernadette Burks of Saco,

and Lindsay Monaghan and Casey Trip, both of Auburn.

This recent group of graduates were accepted into Central Maine Healthcare's "Earn While You Learn" program. The cost of the program was paid for by CMH and the students were paid to attend the program. They will work at Central Maine Medical Center, Rumford Hospital, or Bridgton Hospital for at least two years.

The nursing assistant class consists of 90 hours of classroom instruction, 20 hours of laboratory experiences and 70 hours of clinical experiences at Central Maine Medical Center and Clover Manor in Auburn. Upon successful completion of the 180 hours of course work, students

are eligible to take the state certification exam. After successful completion of this exam, students are placed on the Maine Registry of Certified Nursing Assistants and may be employed as certified nursing assistants in Maine.

The Maine College of Health Professions offers associate degree programs in nuclear medicine technology, nursing, and radiologic technology. Certificate programs are available in computed tomography, reiki, and nursing assistance. General education courses are offered each semester and are open to the public. For more information about classes and programs at the College, see www.MCHP.edu.

City plans public meeting on Bartlett St. project

The City of Lewiston is encouraging residents and business owners interested in the Bartlett Street and Sidewalk Improvements Project to attend a public meeting on Tuesday, January 26 to learn more information about the project and to ask questions.

The meeting will take place from 6 to 7:30 p.m. in the Lewiston Council Chambers, located in the City Hall building at 27 Pine Street in Lewiston.

The work will occur on Bartlett Street, between East Avenue and College Street, and will include milling the existing asphalt in the road and replacing it with a new asphalt overlay.

Sidewalks will be repaved with pedestrian bump-outs at the intersections, and new granite curbing will be installed on both sides of the street. A bike lane will be added between East Avenue and Adams Avenue, and parking will be provided as between Adams Avenue

and College Street.

The work is intended to be performed during the 2017 construction season, with bid advertising anticipated to occur in the fall or winter of 2016.

All inquiries concerning this project should be directed to Justin Early, PE, Project Engineer, at Lewiston Public Works, 103 Adams Avenue, Lewiston; (207) 513-3003, ext. 3421; e-mail: early@lewistonmaine.gov.

Judges

Continued from page 2

District Attorney's Office in Bangor since 1983 and is responsible for the case evaluation of all Penobscot County felonies, including arson, manslaughter, robbery, gross sexual assaults, attempted murder and white collar crimes. He is a graduate of the University of Maine and Western New England College, School of Law.

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Human Trafficking Awareness Month in Auburn

In conjunction with this effort, Mayor Jonathan P. LaBonte has signed

“The City of Auburn recognizes human trafficking cannot be ended by any lone agency or organization,” says LaBonte. “Instead, combatting trafficking requires a multi-disciplinary community and statewide effort. I am therefore calling upon both citizens and leaders in our community, as well as our state and federal partners, to recognize the responsibility each of us has in combatting human trafficking and exploitation in all forms, while concurrently protecting the vulnerable and caring for the victimized.”

CareerCenter offers January programs

Job Search Skills/Criminal History. January 11, 2 to 4 p.m. The first hour, open to everyone, will give you the tools you need to be successful in your job search. We will discuss strategies you can use to highlight your skills and set yourself apart from other candidates - it's all about marketing yourself! The second hour will be for those with a criminal history

Interview Skills/Mock Job Interviews. January 21, 2:30 to 4:30 p.m. Attend this workshop to learn the basics about interviewing and to get the tools you need to feel comfortable in an interview. Session will include a brief overview and mock interviews so that you can practice, get feedback and observe other participants!

Essentials of College Planning for Adults. Basic steps for successful college enrollment: learn about college and trade schools, entrance requirements, readiness and transitional issues of adult

The CareerCenter is open Monday through Friday from 7:30 a.m. to 5 p.m. All services are free of charge. Auxiliary aids and services for individuals with disabilities are available upon request. For more information, see www.mainecareercenter.com.

CMCC
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The workshop will be facilitated by Mary Anne Peabody, Ed.D., a licensed clinical social worker and registered play therapist supervisor. Dr. Peabody has served as president of the National Association for Play Therapy, is co-founder of the play therapy certificate program at Plymouth State University, and is a founding member of the Maine Association for Play Therapy. She has provided social and emotional training throughout the United States and Canada. The deadline to register is January 15 and the cost is \$29. For more information, contact Corporate & Community Services at 755-5280 or training@cmcc.edu. To register online, see www.cmcc.edu/ccs.

The Corporate and Community Services Division of Central Maine Community College works to support community and promote economic development by providing customized training programs, along with non-credit classes and certification programs, on a wide range of subjects to local businesses, government agencies, and nonprofit and other organizations throughout Androscoggin, Oxford, Franklin and Lincoln counties.

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Chamber finance series launches with Social Security workshop

The Androscoggin County Chamber of Commerce will launch a new series of Finance Matters workshops on Wednesday, January 13 from noon to 1:30 p.m., when Edward Jones financial advisor Thomas Carr will present “Social Security: Your Questions Answered.” Taking place in the Chamber’s conference room at 415 Lisbon Street, the program will look at ways to maximize Social Security benefits based upon the recipient’s age, life expectancy, employment history and needs.

Thomas Carr has been providing financial guidance to families in Central and Coastal Maine since 2012. A third generation Mainer and a graduate of Lewiston High School, he received the Wall Street Journal Award from the Maine Business School in 2010 while attending the University of Maine. He is an active member of both the Androscoggin and Midcoast Chambers of Commerce. In November, he opened the 42nd Edward Jones office in the state of Maine in Brunswick, where he lives with his fiancée, Jenn, and their pug, Frankie.

The Commerce will host Finance Matters seminars from January through December of 2016. All seminars will take place at the Chamber at 415 Lisbon Street in Lewiston and will cost \$25 for members or \$50 for non members. For more information, call the Chamber at 783-2249. To register, see www.androscoggincounty.com.

The next seminar in the series will take place on January 27, when Herbert Daroff, J.D., CFP, and Sal Bonetti, ChFC, CRPS, AIF, of Baystate Financial will discuss “The True Risk Management of Retirement Assets, Business Succession Plans and Estate Assets (vs. What “Wall Street” Preaches).”

Chamber presents “Legacy Planning for the Sandwich Generation”

The next workshop in the Chamber’s ongoing “L-A LAW” Legal Advisory Workshop Series, “Legacy Planning for the Sandwich Generation: How to Help Your Parents and Adult Children with Their Estate Plans, After You Take Care of Your Own,” will take place on Tuesday, January 12 from noon to 1:30 p.m.

Led by attorneys Martha “Meg” Greene and Kenleigh Nicoletta of Brann & Isaacson, the program is designed for those nearing retirement who are caring for aging parents while mentoring young adult children. The goal is to provide a checklist of items which should be considered by maturing families when planning the transfer of assets from one generation to the next. That checklist addresses the areas of care in the event of incapacity; identification, protection, and transfer of assets and liabilities; and, documents, including wills and trusts, beneficiary designations and joint ownership, governing the transfer of assets upon death.

A partner at Brann & Isaacson, Kenleigh Nicoletta focuses her legal practice in the areas of estate planning, probate and trust administration. She works with individuals, families and business owners to develop comprehensive estate plans appropriate for each client’s specific situation and needs, while providing advice on matters related to minimizing income, estate and gift taxes, insurance, long-term care and special needs planning. She is a graduate of Elmira College and the University of Maine School of Law.

Martha (“Meg”) Greene is a partner at Brann & Isaacson who practices in the areas of sophisticated estate planning, charitable giving, estate and trust administration and associated litigation. She has developed an expertise in business suc-

CMMC program spotlights stress-heart connection

“HeartMath... Mitigating the Effects of Stress” will be the topic of an Accenting Your Health program that will be presented twice on Thursday, January 14 at Central Maine Medical Center. Free and open to the public, the program will take place at 1:30 p.m. and again at 6 p.m. in the Chairmen’s Rooms, located on the lower level of the 12 High Street medical office building on the CMMC campus in Lewiston.

Monica Dawe, a certified clinical exercise physiologist and member of the cardiac rehabilitation staff at the Central Maine Heart and Vascular Institute, will lead those attending on a “journey of the heart” that will present research, technology and tools that engage “heart intelligence” as a way to proactively mitigate the effects of stress on the body.

The program will include the science behind heart intelligence; how the heart and brain communicate and why this communication is important for reducing stress, managing emotions, and improving the immune system, cognitive function, and creativity; the difference between the impacts of “negative” versus “positive” feelings on the heart’s “coherence”; and simple but powerful tools to help shift emotions in the moment.

Dawe is certified as an exercise specialist by the American College of Sports

The cost will be \$25 for members and \$50 for non-members. For more information, call the Chamber at 783-2249. To register for the program, see www.androscoggincounty.com.

The next workshops in this series will be “Advising Employers on I-9 Compliance and Audits,” presented by Michael Malloy of Brann & Isaacson, on January 26 and “Mental Health in the Workplace,” presented by Elliott Epstein of Andrucki & King, on February 4.

cession planning, including the use of limited liability companies, buy-sell agreements and ESOPs to accomplish client objectives, and is a recognized specialist in the areas of charitable giving and non-profit governance. She is a graduate of Bowdoin College and the University of Maine School of Law.

The program will take place at the Chamber at 415 Lisbon Street in Lewiston.

Take Out-Only Bean Supper January 9

Due to New Year’s Day weekend, the Holy Cross Knights of Columbus Council 12652 will present its monthly Take Out-Only Bean Supper on the second Saturday of this month rather than the first. The event will take place on Saturday, January 9 from 3 to 5:30 p.m. in the Holy Cross Church hall, located

at 1080 Lisbon Street in Lewiston. The Council will serve its famous baked beans with cole slaw, buns, ham, bologna and deserts. Food may be purchased in various package specials, ranging in price from \$8 to \$10, or “a la carte.” Orders may be phoned in ahead to 212-5163 starting at noon.

Chamber will host Blood Drive

In conjunction with the American Red Cross, the Chamber of Commerce will conduct a blood drive at their office at 415 Lisbon Street in Lewiston on Monday, January 11, from 9 a.m. to 2 p.m. Each unit of blood collected can be used to help save three lives. The goal of this drive is to collect 32 units. In order to reach this goal, over forty appointments need to be scheduled.

If you would like to

be part of this effort, visit RedCrossBlood.org, go to “Find a Drive” and, where it says “Zip or Sponsor Code,” enter “ACCC.” Then select your appointment time. Appointments will be scheduled every 15 minutes. All presenting donors will receive a free \$5 Dunkin’ Donuts Gift Card. For more information about this event, call 783-2249 or see www.androscoggin-county.com.

Medicine and has worked in cardiac rehabilitation for more than 25 years. She teaches exercise guidelines for cardiac patients, motivation and behavioral change, and stress management, including breathing techniques and

meditation. Interpreter services are available upon advance request. For more information, including information about postponement due to inclement weather, call 795-8448 or email prevention@cmhc.org.

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 22nd 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 Megguier 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 bathhouse 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 bathhouse 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, and as 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

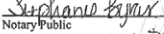
By:  Its Vice President

Printed name: LUCAS TRUITT

December 21, 2015

STATE OF MAINE
County of KENNEBEC, ss.

Personally appeared before me the above named Lucas Truitt 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.

 Stephanie Byrnes

Notary Public
Printed name: STEPHANIE BYRNES
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My Commission Expires March 6, 2020

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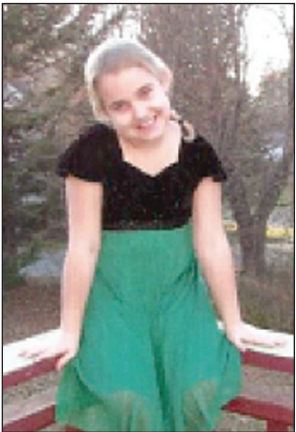
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Spaghetti Supper & Raffle for Shayna Newton

Family members are organizing a Spaghetti Supper & Raffle to benefit Shayna Newton on Saturday, January 23. Shayna is battling Rasmussen encephalitis, a rare disorder of the central nervous system; proceeds from the event will assist with her medical expenses and monthly travel to the Boston Children's Hospital.



Shayna is battling Rasmussen encephalitis, a rare disorder of the central nervous system; proceeds from the event will assist with her medical expenses and monthly travel to Boston Children's Hospital.

The supper will be served from 4:30 to 6 p.m. and the raffle will be drawn at 6:30; you need not be present to win. The meal will include spaghetti & meatballs, macaroni & cheese, casseroles, salad, sides, dessert and beverages. A cash bar and take-out will be available. Tickets are \$7 for adults and \$4 for children. They may be purchased at the door. The event will take place at VFW Post 1603 at 588 Minot Avenue in Auburn.

Rasmussen encephalitis, which occurs mostly in children between the ages of two and ten years, is often at its most severe during the first 8 to 12 months. The patient experiences frequent episodes of disturbances in the brain that cause epileptic seizures and permanent neurologi-

cal deficits. Symptoms include progressive weakness on one side of the body and language and intellectual disabilities. The exact cause of the disorder is not known. Shayna will need brain surgery in the future to keep the disease from spreading and causing more damage to her brain.

For more information, contact Donna Cote at 345-3124 or Debra Cote at 784-5284. Donations are also welcome and may be mailed to Donna Cote at 432 South Main Street, Mechanic Falls, 04256.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Comedy Fix XXVII set for January 8

Tyler Morrow, one of Boston's fastest rising young comedians, will highlight the lineup for Comedy Fix XXVII on Friday, January 8 at 7:30 p.m. at Sapphire Nightclub and Event Center (formerly Club Texas), 150 Center Street in Auburn. Comedy Fix founder and host Mark Turcotte will also welcome Dan Gilbert, Mike Levinsky, Mark Reilly and Katie Ferreira. All net proceeds from the show will benefit Greater Androscoggin Humane Society, which uses its resources to provide the best possible care for



Tyler Morrow

stray, abandoned and abused animals.

Tyler Morrow has been performing throughout New England and at New York City's Greenwich Village Comedy Club for the past couple of years.

He's made the rounds at the Comedy Studio, Laugh Boston and Dick Doherty's Comedy Den and runs the weekly Laugh Free or Die show in Manchester, NH.

Dan Gilbert featured at Super Megafest Comic Con, Northeast Con and has opened for nationally touring comedians Dan Soder, Myq Kaplan and Ben Kronberg. Mike Levinsky founded Maine's longest running weekly show, the Portland Comedy Showcase, in 2012 and has left 'em laughing at Comix at Foxwoods and the Comedy Studio.

Mark Reilly, who moonlights as a U.S. mail carrier, was a finalist in Portland's Got Talent and a semi-finalist in Portland's Funniest Professional contest. Katie Ferreira, who will be making her Comedy Fix debut, has quickly become a familiar face in the Portland scene and regularly performs at Blue, Bull Feeney's and the Laugh Shack.

The show is for those ages 21 and older and will contain adult language and See **Jam**, page 11

Figures of Speech premieres "little match girl passion" at Bates

Figures of Speech Theatre will premiere "the little match girl passion," a theatrical setting of contemporary American composer David Lang's Pulitzer Prize-winning composition, in performances taking place Saturday through Monday, January 9 through 11, at 7:30 p.m. in Bates College's Schaeffer Theatre, located at 329 College Street in Lewiston.

Lang's piece interweaves the text of Hans Christian Andersen's well-known story, about an impoverished child selling matches in the streets on New Year's Eve, with selected texts from Bach's "St. Matthew's Passion."

Admission is \$15 for the general public and \$10 for Bates College faculty and staff. Bates College students are eligible for free admission, but reservations are suggested. To purchase tickets, see www.brownpapertickets.com/event/2465473.



Figures of Speech Theatre rehearses a scene from "the little match girl passion." Performances take place January 9 through 11. (Photo by Phyllis Graber Jensen/Bates College)

A four-time recipient of the coveted UNIMA Citation of Excellence, the highest distinction in American puppet theatre, Figures of Speech Theatre is known for its psychologically rich, visually stunning adaptations of folk tales, classical myths and original works for adults. Co-founded in 1982 by John Farrell and his wife, Carol Farrell, to explore the interplay of puppets, actors, shadows, movement and masks, the company has since toured the world with original works created at the intersection of drama, poetry, sculpture and dance.

"The first time I heard 'the little match girl passion,' I felt a deep connection to the kind of visual theater that Figures of Speech has practiced

from its beginnings," says artistic director John Farrell. The production fuses music, dance, puppetry, masks and projected imagery in a theatrical event that defies categorization, but "takes the audience on a journey... [that] elevates the suffering and death of the match girl to a spiritual plane and asks us to consider our relationship to the suffering of children everywhere."

The "the little match girl passion" is supported in part by grants from the National Endowment for the Arts, the Davis Family Foundation, the Maine Theater Fund of the Maine Community Foundation and the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts.

Park Avenue Pickers plan Jam Session

The Park Avenue Pickers will host an open Jam Session for all interested musicians on Tuesday, January 12 at 6:15 p.m. at the Auburn United Methodist Church. The event is open to all levels of acoustic musicians, from beginner to

advanced. Bring your instrument, singing voice, family, friends and whatever lyrics and/or music - Bluegrass, Gospel, Blues, etc. - you want to play. The church is located at 439 Park Avenue. For more information, call 783-5269 or 782-3972.

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Jan. 15th, Shady Lady
Jan. 29th, Ron Bergeron

Sat: Jan. 9th, Toby McCalister
Jan. 16th, Dumb Bums
Jan. 23rd, Pat Pepin
Jan. 30th, Rick Graham

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Pleasant Note Coffeehouse hosts Open Mic



Trevor Laliberte plays his original songs at a recent event.

The Pleasant Note Coffeehouse will present Open Mic on Friday, January 8 at 7:30 p.m. at First Universalist Church of Auburn. For nearly 10 years, this free

monthly forum for all ages has celebrated the spirituality of music and spoken word. Refreshments and a children's room will be available. Located at 169 Pleas-

ant Street, across from Dairy Joy, the church is wheelchair accessible and has ample free parking. For more information, call 783-0461 or see www.auburnuu.org.

Registration underway Memorial Swish-Out

Registration is now underway for Maine's longest, continuously running three-on-three benefit basketball tournament. The Maine Credit Union League will present its 22nd annual Dr. Noel Paradise Memorial C-U Swish-Out Childhood Cancer Challenge on Sunday, January 17 at the University of Southern Maine in Gorham. Teams representing businesses, friends and families, classes or any other groups are encouraged to participate in the event, which benefits the Maine Children's Cancer Program.

The tournament is a three-on-three, co-ed, double-elimination event with three adult and three junior divisions. The adult divisions are Elite (12 team

limit); Just for Fun (36 team limit); and Forever Young (8 team limit), where all but one player must be age 40 or older. The minimum age for adult team participation is 17. The junior divisions are Middle School (students in grades 6 through 8), along with new divisions this year for High School (students in grades 9 through 12) and 5/6 Grade (students in grades 5 or 6).

Teams in all divisions may include any number of substitutes, with the only stipulation being that at least one member of the opposite sex must be on the court at all times. Space in each division is limited.

The entry fees are \$125 for an adult team and \$75 for a junior team. All

participants will receive a water bottle and a t-shirt. Plaques will be awarded to the top four teams. A Silent Auction will take place in conjunction with the event.

All funds raised will go directly to the Maine Children's Cancer Program. In its first year, the tournament started with seven teams and raised \$575; last year, the tournament fielded 53 teams and raised a record-setting \$32,200. Since it began in 1994, the event has raised a total of more than \$320,000.

For more information or an entry form, contact Jon Paradise at the Maine Credit Union League at 773-5671, ext. 273 or jparadise@mainecul.org. Entry forms may also be downloaded at www.mainecul.org.

Winter concert series kicks off at Chocolate Church

The Chocolate Church Arts Center will launch a Kill the Chill Winter Concert Series with a performance by rock and roll band The Howligans on Friday, January 8. The series will also include performances by The Colwell Brothers (blues) on February 6, Tim Rice with Chris LeVancher (jazz/folk fusion) on February 19, Hilton Park (American folk) on March 5, Ted DeMille (bluegrass) on March 12, and Lauren Crosby (songstress)

and Golden Oak (folk) on March 19.

Each show in the series will begin at 7:30 p.m. and tickets will be \$10. Shows will take place in the Curtis Room of the Chocolate Church Annex. Some concerts will have a dance floor and cash bar for adult beverages.

"As a community arts center, we are dedicated to showcasing local talent," says CCAC executive director Jennifer DeChant.

"This series will reinforce the connection between the performer and the audience in a house party type of atmosphere."

The Howligans are a four-piece rock and roll band from Mid-Coast Maine. Their music features driving rhythms and bass, soulful guitars and heart-felt lyrics by songwriter Michael Ab-

Twin City Nights

"Art of Being Human" at Shambhala Meditation Center

Aspiring and experienced meditators are invited to a weekend event at the Brunswick Shambhala Meditation Center, beginning on the evening of Friday, January 8 with an opening talk that is free and open to the public.

The weekend program, "The Art of Being Human," will introduce

Jam

Continued from page 10

content. Doors will open at 7 p.m. General admission tickets are \$10 and may be purchased at maineeventcomedy.com. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com.

bott, whose songs have been used by Nashville recording artists and included in a major film score.

The Chocolate Church Arts Center is located at 804 Washington Street in Bath. Tickets may be purchased online or by calling 442-8455.

meditation practice and the principles of the Shambhala path of warriorship. Under the guidance of senior teacher Mary Lang, participants will learn how meditation can lead to the development of genuine confidence, humor and personal dignity within the complexity of daily life. The Shambhala teachings were introduced in the West by the book "Shambhala: Sacred Path of the Warrior" by Chögyam Trungpa Rinpoche, a Tibetan meditation master. He taught that there is a fundamental goodness present in all experience.

There are no prerequisites and all are welcome. The free talk will take place

on Friday at 7:30 p.m. and the full program will take place on Saturday and Sunday from 8:30 a.m. to 6 p.m. Preregistration is required to attend the full weekend program. To see a full description and to pre-register, see MaineShambhala.org.

Located at 19 Mason Street in Brunswick, the Brunswick Shambhala Meditation Center is a nonprofit organization affiliated with Shambhala International, a worldwide nonprofit association of meditation centers founded by Chögyam Trungpa Rinpoche. For more information, contact Liz Korabek-Emerson at TheArtofBeingHuman@MaineShambhala.org.

Paris F.D. Auxiliary presents Public Supper

The Paris Fire Department Auxiliary will present a Public Supper on Saturday, January 9 at 5 p.m. at the Paris Fire Department on Western Avenue in South Paris. The meal

will include ham, potatoes, veggies, macaroni & cheese, salads, bread and homemade desserts. The cost will be \$8 for adults, \$4 for kids ages four to twelve, and free for those ages three and under.



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Thursday, January 7
Public Meeting. 6:30 p.m. Boys and Girls Club, 43 Second St., Auburn. City staff and reps from VHB Consultants discuss and seek local input on plans to construct a Greenway Park and pedestrian-friendly thoroughfare in New Auburn. 333-6601 ext. 1156.

Friday, January 8
Food for Thought Luncheon. 11:30 a.m. Room 170, L-A College, 51 Westminster St., Lewiston. Outdoorsman and naturalist Duane Prugh presents “An Armchair Tour of Maine’s Local Giants.” \$8/7 (incl. lunch). For advance 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.

Open Mic. 7:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. This monthly forum for all ages celebrates the spirituality of music and spoken word. Refreshments, children’s room. Free. 783-0461; www.auburnu.org.

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

“The Art of Being Human.” 7:30 p.m. Shambhala Meditation Center, 19 Mason St., Brunswick. This presentation will introduce meditation practice and the Shambhala path of warriorship. Free. Maine-Shambhala.org.

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

Calendar

See more Calendar at www.TwinCityTimes.com

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 taken after noon; pick-up from 3 to 5 p.m. 212-5163.

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

Bean Supper at Calvary, Lewiston. The Calvary United Methodist Church will hold it’s monthly baked bean and casserole supper Sat. Jan. 9th. Serving will be at 4:45pm at the Bartlett St. Garden entrance. Cost of the meal is \$7.50 for adults and \$3.00 for children. The menu will be assorted baked beans, hot dogs, biscuits, casseroles (including vegetarian), salads and homemade pies.

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.btl.org/gardeing-workshops.

Nature Journaling Workshop. 2 to 4 p.m. Harlow Gallery, 160 Water St., Hallowell. In this Second

Sunday workshop, Andrea Lani leads participants in creating a family nature journal. All ages welcome; supplies provided. Free. 622-3813; kvaa@harlow-gallery.org.

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.

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.

Open Jam Session. 6:15 p.m. United Methodist Church, 439 Park Ave., Auburn. Open to all levels of acoustic musicians; bring your instrument, singing voice and whatever lyrics and/or music you want to play. Free. 782-3972.

“Re-Careering after Midlife.” 6:30 p.m. Bailey Library, 39 Bowdoin St., Winthrop. Career development expert Bill Stone discusses how experienced workers can articulate their job skills and create new markets for their talents. Free. 377-8673.

Wednesday, January 13
“Social Security: Your Questions Answered.”

Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Edward Jones financial advisor Thomas Carr discusses ways to maximize Social Security benefits. \$25/50. 783-2249; www.androscoggincounty.com.

Thursday, January 14
“HeartMath... Mitigating the Effects of Stress.” 1:30 p.m. Chairmen’s Rooms, lower level, 12 High Street, CMMC campus, Lewiston. Certified clinical exercise physiologist Monica Dawe discusses the effects of stress on heart health. Again at 6 p.m. Free. 795-8448.

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.

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
“But Wait, I’m Not a Therapist.” 9 to 11:00

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The Hateful Eight (R)	12:40	4:10	7:40	xxx
Daddy's Home (PG-13)	12:00	2:20		
		4:40	7:15	9:30
Joy (PG-13)	12:10	3:20	6:55	9:40
Sisters (R)	1:10	4:00	7:05	9:45
Star Wars: The Force Awakens (PG-13)	12:30	1:20		
	3:30	4:20	9:50	
		6:50	7:20	9:50
Concussion (PG-13)	10:15			
Alvin And The Chipmunks: The Road Chip (PG)	12:50	3:10	7:00	
Point Break (PG-13)				9:10

a.m. Central Maine Community College, Turner St., Auburn. Mary Anne Peabody, Ed.D., L.C.S.W., discusses therapeutic techniques for supporting the social and emotional health of young children. \$29. 755-5280; www.cmcc.edu/ccs.

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.

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.btl.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.

Public Meeting. 6 to 7:30 p.m. Council Chambers, City Hall, 27 Pine St., Lewiston. Residents and business owners interested in the Bartlett Street and Sidewalk Improvements Project are invited to attend. 513-3003, ext. 3421; yearly@lewistonmaine.gov.

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Keep Those Messages from Maine Coming

By Senator Angus King

I sometimes find it hard to believe that, for three years now, I have had the privilege of representing you and the state of Maine in the U.S. Senate. But even more astounding - and something that strikes me every time I see it - is the number of communications I have with people in Maine each year. This year, as of December 11, I have received almost 100,000 messages from more than 30,000 people in the state. This is a high level of public engagement that is not only a testament to Maine people, but is also incredibly valuable to me. With the help of my staff, I place great emphasis on making sure each message I receive is reviewed, responded to, and used to inform my work in Washington.

Hearing from you helps me know, firsthand, the priorities of people in Maine so that I can clear obstacles and promote prosperity in our state and around the nation. On issues where we agree, your message helps me continue to pursue the issue and advance its consideration on the national stage. In cases where we do not see eye-to-eye, I feel a deep obligation to explain why I disagree and share the information that has shaped my position.

I receive an average

of 2,000 personal messages each week - hundreds per day - that come in via e-mail, phone call, written letter, and face-to-face interactions at my staff's "Your Government, Your Neighborhood" outreach events in Maine. On top of that, my four offices track and tally an average of 650 opinions each week which folks in Maine share without wanting a response. This volume can be daunting, but with the help and diligence of my staff and interns, the mail is sorted into meaningful categories. Each message receives the attention of relevant staff within a day and is brought to my attention shortly thereafter, with my response going out within a couple weeks. Because this effort is intricate and not always visible to people in Maine, I think it is important to give everyone some insight into how it works.

Messages pertaining to certain policy issues - such as immigration or student loans - are sorted by topic. Messages from folks who get in touch with me for help interacting with a federal agency - referred to as constituent service inquiries - are directed to a constituent service representative in one of my three Maine offices. These members of my staff have close relationships with

federal agencies and, while keeping me apprised of their progress, work to relay information and secure solutions to individuals' concerns.

It takes a coordinated effort to handle all of these incoming questions and opinions, starting with my staff and interns, who answer calls to the front desk, and moving down the line to my correspondence, policy, and senior staff, who organize it all and help draft my responses. While my other responsibilities keep me from drafting all of my response from the start, I scrutinize each one to make sure that it is no different than if I had. You might be interested to know that it is exceedingly rare for me to not edit or add to a response before I approve it for use.

Over the past three years, I have worked to take input from staff and constituents and use it to improve the process. In doing so, the process has become more comprehensive, efficient, and streamlined - all of which means I can be more responsive to the people of Maine.

I like to think of Maine as a big small town - and in a small town, the leaders are accessible and eager to listen. In that spirit, I've made it a priority here in the Senate to stay connected with people from all over Maine who e-mail, write, and call me with suggestions or questions. If I am ever able to assist in your interaction with a federal agency, or you have thoughts, concerns, or personal input on a matter that is currently before Congress - or should be - I hope that you will contact me, let me know where you stand, and engage in this critical part of democracy.

Website seeks to attract talent to Maine employers

Maine is well known as a top vacation destination, but it is less recognized as an excellent place to launch or continue one's career. LiveandWorkin-Maine.com is a new website designed to engage job seekers from outside Maine, providing information about employment opportunities and Maine's unsurpassed quality of life. The site will serve as the cornerstone of a community-based marketing and awareness effort designed to promote the Maine employment brand to the national talent market.

"The competition for talent is global - and high demand talent has the ability to work and live where they choose," said Ed McKersie, President of Pro Search, Inc., who conceived of the Live + Work in Maine program. "Maine's quality of life should be marketed as a competitive advantage."

The program's tagline, "Visit for a Week, Stay for a Lifetime," encourages visitors to consider job opportunities in Maine. Out-of-state job seekers may be eligible to receive reimbursement for their Maine vacation as a signing bonus if they are hired within a year by an employer in the Live + Work in Maine network.

"Our company recognizes that the competition for quality talent isn't with other Maine employers, but with employers from outside the state," said Giovanni Twigge, Chief Human Resource Officer at IDEXX, one of the first employers to join the Live + Work in Maine network. "This cooperative effort to promote all the great career opportunities among top companies here in Maine

is very compelling to employers, and something we have needed for a long time."

In addition to IDEXX, the site launched with close to 90 employers from Maine, including LL Bean, WEX, Tyler Technologies, Eastern Maine Health Systems, Woodard & Curran and MMG Insurance. Each of these employers created Employer Profiles in the weeks leading into the formal launch of the website.

"This is a much needed tool in Maine's arsenal of talent attraction resources," said Dana Connors, president of the Maine State Chamber of Commerce. "Maine is a very special place, and that's been a well-kept secret for far too long. As we seek to remedy our state's declining population, and in turn our declining workforce, initiatives like Live + Work in Maine will serve as a clearinghouse for connecting employers with the talented workers they need."

The site also intends to showcase Maine employers who offer internships and post-graduate career opportunities, creating a marketplace for Maine-based college students to identify and apply for opportunities that exist here in Maine.

Liveandworkin-Maine.com features dozens of video testimonials from individuals who have successfully relocated to Maine from around the country, including Quincy Hentzel, who relocated from Chicago and is now Director of Community Outreach for Portland-based advertising agency Industrium.

"One of the biggest surprises I have seen since I moved to Portland is how fulfilled I've been professionally," says Hentzel. "I really was under the impression that there wasn't going to be a lot of opportunity here, and it turned out not to be the case at all."

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**.
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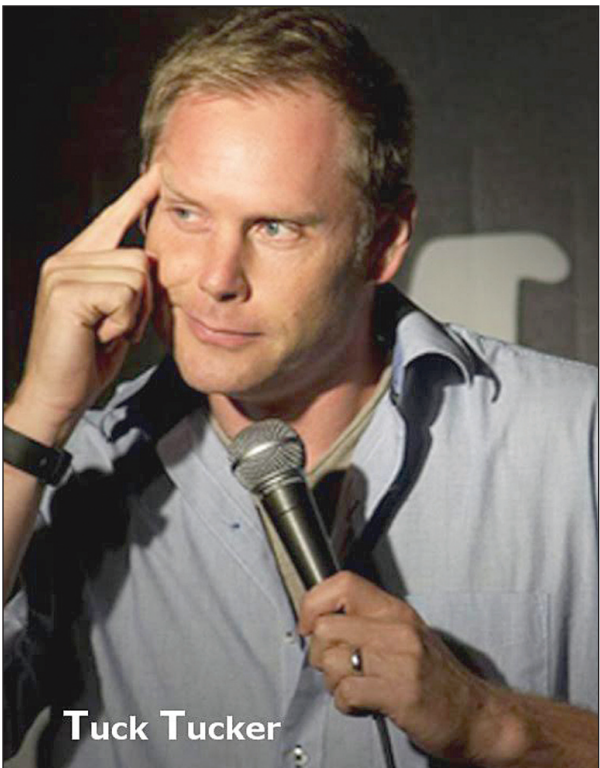
Lewiston Adult Ed. offers Standup Comedy, Mandarin Chinese

The Winter-Spring semester at Lewiston Adult Education will feature more than 100 courses, including a “Standup Comedy” workshop, “Introduction to Mandarin Chinese,” and “Math Prep for College and Careers.”

Registration is now available by calling 795-4141 or online at www.lewistonadulted.org.

Teaching the Standup Comedy Workshop will be comedian Harold “Tuck” Tucker of Topsham. While the class’s final exam will require each member to tell their jokes in front of a crowd at Guthrie’s Restaurant and Café at 115 Middle St. in Lewiston, the workshop is not meant just for aspiring performers. Tucker says it can also help students looking for ways to improve their public speaking skills.

Those who want to gain in-demand job skills can take classes in Lewiston Adult Education’s workforce training certificate program. These include Welding I and Welding II, an Accounting Assistant course and a Certified Nursing Assistant course.



Comedian Harold “Tuck” Tucker of Topsham will share the ins and outs of standup comedy.

The College Transition Program is a free class that allows adults interested in pursuing a college degree to prepare for future challenges. Academic and college prerequisite classes will be available for those interested in earning their high school diploma or high school equivalency credential. English courses for speakers of other languages will

be offered, along with a free citizenship preparation course. Enrichment classes for the Winter-Spring semester will include workshops in “Franco Cooking,” “Soft Pretzels” and “Wood-Fired Pizza.” Those with an eye on springtime may take “Backyard Birding Basics” and the “Get Ready to Ride” motorcycle class.

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