



**CELEBRATING
16 Years** **TWIN CITY TIMES**

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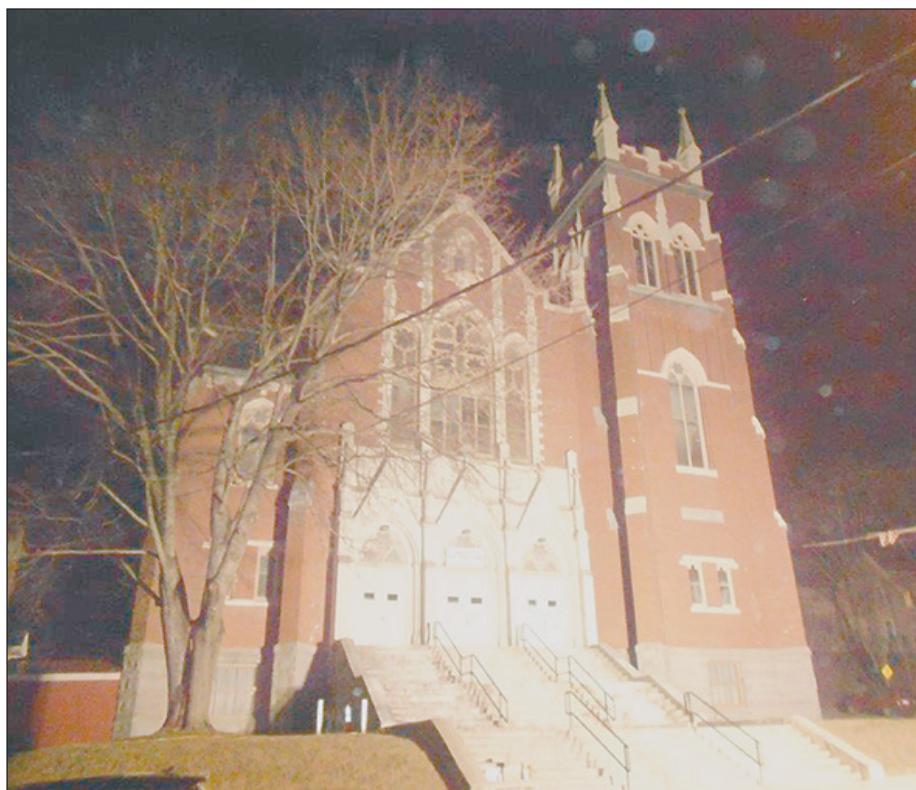
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New Year's Eve lighting marks new era for St. Louis Church



The former St. Louis Church was lit up on New Year's Eve to mark a new beginning for the 100-year-old community landmark (photo by Rachel Morin).

On New Year's Eve, the façade of the former St. Louis Church in New Auburn was bathed in light, signaling a new beginning for the now vacant building that served as the heart of the neighborhood's Catholic community for nearly 100 years.

The symbolic event

was arranged by the building's new ownership group, Pilotage, consisting of Mary Callahan, Daniel Dube, Christine Holden, Donna LeBrun and Noel Smith. The group, which bought the building for \$75 from the Diocese of Portland, plans to engage local residents in an effort

to repurpose the structure to play an active, ongoing role in the life of the community.

The lights were donated by Kennebec Rental, with transportation and setup donated by Sundown Construction. From 5 to 8 p.m., Pilotage members and local officials

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Meals on Wheels to include library borrowing

SeniorsPlus, Western Maine's designated agency on aging, has partnered with libraries in Oxford County to launch Books on Wheels, a free program that piggybacks on the organization's food deliveries to lend books, movies and music to homebound recipients of Meals on Wheels.

"Books on Wheels allows those who find it

difficult to get around to enjoy the library experience without leaving home," said Betsy Sawyer-Manter, executive director of SeniorsPlus. "Since we were already going into homes to deliver meals, Books on Wheels seemed like a natural fit."

Participants will select library choices from a survey to gauge their inter-

ests and preferences. Using the survey as a guide, local librarians will select specific titles to send back to the participants, who will each be provided with their own book bag for deliveries and returns. The Meals on Wheels delivery people will drop off and pick up library materials at the participants' homes on a monthly basis.

Since 1972, SeniorsPlus

has provided Meals on Wheels for Franklin, Oxford and Androscoggin Counties, delivering more than 100,000 meals to 600 older adults and adults with disabilities annually.

The overall program goal of SeniorsPlus, which is headquartered in Lewiston, is to assist older adults and adults with disabilities in its tri-county territory to remain safely at home for as long as possible. The majority of older adults (greater than 95 percent in an AARP survey) wish to remain at home until they die. The provision of Meals on Wheels can make the difference between staying at home and going to a nursing home or other facility. Each meal provides one third of the recommended daily allowance of nutrition, along with a safety check and a friendly visit to a vulnerable adult. The ma-

See Meals, page 3

also made donations.

The Girl Scouts of Maine provided cans of honey roasted nuts, which will be distributed to Meals On Wheels participants in all three counties. Bags of treats were donated by the Oxford County Elder Abuse Task Force, a community partnership dedicated to ending elder abuse and generating resources, educating the community and advocating to meet the needs of elder abuse victims. The bags were decorated by children at Rowe Elementary School in Norway and Harris House in Livermore. Employees of Liberty Mutual Insurance

with intellectual disabilities, made and donated more than 100 ornaments. Residents of Harris House volunteer regularly, packing meals in the SeniorsPlus Meals On Wheels distribution center in Livermore. Employees of Liberty Mutual Insurance donated gifts to selected participants in Androscoggin County.

"This time of year especially, it means so much to see the community rally," said Betsy Sawyer-Manter, executive director of SeniorsPlus. "We are grateful for the support of these friends of ours in the community."

Governor seeks judicial candidates

Governor Paul R. LePage recently announced that his Judicial Selection Committee will accept applications for expected vacancies on Maine's Supreme, Superior and District Judicial Courts. Applications will be accepted until January 28.

"I take great pride in the process to select outstanding members of the Maine Bar and Maine Bench who are expected to fill these important roles within our justice system," said Governor LePage. "I have great respect for the judicial branch of government and look forward to selecting candidates of the highest ethical, legal and intellectual caliber to fill these positions on the bench."

The governor's Judicial

Selection Committee will accept applications until January 28. All inquiries and applications materials are to be directed to Carlisle McLean, chief counsel. Interested individuals who have submitted an application from July 1, 2014 to the present need not reapply to be considered for these vacancies. Individuals who may have submitted applications prior to July 1, 2014 and who wish to be considered for the current opening should send a letter of interest or other transmittal indicating their continued interest in the position.

Application materials are available online at www.maine.gov/governor/lepage/administration/appointments/process.shtml.

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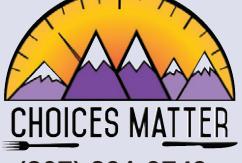
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Newsmakers, Names & Faces

SeniorsPlus welcomes new employees

SeniorsPlus has recently welcomed several new employees.

Brianne Genschel has been hired as a care coordinator for the EIM division. She is a licensed social worker with 10 years of experience in social services. For the past six years she has worked in a nursing facility as the facility social worker.



Brianne Genschel

Kate Rose has been hired as an aging and disability resource center specialist. She has relocated to Maine from Massachusetts, where she had a long career in Emergency Medical Services for a private ambulance company.

Jaclyn O'Donnell has been hired as a care coordinator for the EIM division. She is a registered nurse with experience in

home health, skilled nursing facilities, community health and assisted living. She was the prior owner of a staffing and personal care agency.

Rene Ouellette has



Jaclyn O'Donnell

been hired as an Aging and Disability Resource Center Specialist and as the coordinator for the Veteran's Independence Program and MS Home Links Program.



Rene Ouellette

He is a licensed social worker with 40 years of experience in the field. He is retired from DHHS, where he was a supervisor for the Division of Child and Family Services.

Richard Dorian



Richard Dorian

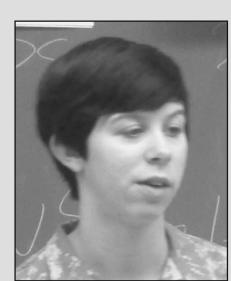
has been hired as a Care Coordinator for the EIM division. He has more than 25 years of professional experience in community social services, primarily in long-term care for people with cognitive and intellectual disabilities.

Dorian also serves as a part-time local pastor at Centenary United Methodist Church in Skowhegan. He holds a Master in Management of Human Services from the Heller School at Brandeis University and a Bachelor's in Human Studies from Bradford College. He will complete his Masters in Divinity from ILIFF School of Theology in June of 2015.

SeniorsPlus is a private nonprofit, 501(c)(3) corporation that serves as the local area agency on aging and as the aging and disability resource center for Androscoggin, Franklin and Oxford Counties. Its mission is to support independent living and healthy aging for older adults and adults with disabilities and their families through a network of support, information, services and resources. For more information, call 795-4010 or 1-800-427-1241 or see www.seniorsplus.org.

Lisbon H.S. alums discuss career paths

Three Lisbon High School alumni were invited back to campus recently to discuss their respective career paths with current students. Paula Caron (Class of 2014) discussed her service with the United States Army Reserves, Brittany Roldan (Class of 2014) discussed life as a student at Central Maine Community College and Jeremy Judd



Paula Caron, Class of 2014



Brittany Roldan, Class of 2014

(Class of 1996) discussed his work as a Maine Forest Warden. A common theme expressed by the speakers was the important role a strong commitment to academics, along with involvement in athletics, other clubs or community service programs had been to achieving their goals.

The program was part of an ongoing

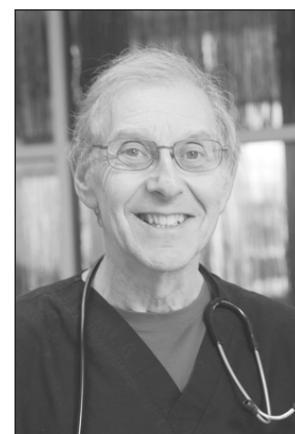
effort, in partnership with the MELMAC Education Foundation, to demonstrate the connection between current academic achievement and later life aspirations and to inspire the school's students to plan for and pursue higher education. Aspiration sessions with former graduates will continue at the school as alumni availability allows.



Jeremy Judd, Class of 1996

Perlman returns to CMMC Neonatal Care Unit

Marc B. Perlman, M.D., a neonatologist and pediatrics hospitalist, has been appointed to the Central Maine Medical Center staff. He will serve as medical director of the CMMC Neonatal Intermediate Care Unit, a service dedicated to the inpatient care of babies with special medical needs.



Marc B. Perlman, M.D.

CMMC's Neonatal Intermediate Care Unit specializes in caring for premature babies and infants with developmental problems or medical complications, including infections, breathing disorders, traumatic injuries and metabolic and neurologic disorders. The CMMC NICU also evaluates and stabilizes babies for the treatment of cardiac and surgical problems at other medical facilities.

Perlman practiced medicine previously at CMMC from 1997 to 2008. He was the medical director of the NICU from 1999 to 2008 and the unit's associate medical director from 1997 to 1999. He served as director of CMMC's pediatric hospitalist program from 2004 to 2007.

Before returning to

CMMC, Perlman worked as a pediatrics emergency and urgent care hospitalist at the Children's Hospital of Philadelphia's Care Network at Chester County Hospital in West Chester, Pennsylvania. Prior to that, he was a pediatrics hospitalist at several campuses of AtlantiCare Regional Medical Center, based in Atlantic City, New Jersey. He also worked as a pediatrics hospitalist and hospitalist medical director for the Lehigh Valley Health Network at Pottstown Memorial Medical Center in Pottstown, Pennsylvania and at Nemours/AIDHC Pediatric Partners at Lancaster General Hospital in Lancaster, Pennsylvania, where he served as chief of hospitalist service.

Prior to joining CMMC in 1997, Perlman worked as an attending neonatologist at Albany Medical Center and St. Peter's Hospital, both in Albany, New York. He also held the position of director of Newborn Services at Berkshire Medical Center in Pittsfield, Massachusetts. A graduate of Union College in Schenectady, New York, he earned his medical degree from Albany Medical College of Union University in Albany, New York. His specialized medical training includes a pediatrics residency, a neonatal fellowship and a postdoctoral fellowship in physiology at Albany Medical Center Hospital in Albany, New York. He is certified in neonatal-perinatal medicine by the American Board of Pediatrics.

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Church

Continued from page 1

greeted local residents drawn to the site by the spectacular lighting that was visible from both sides of the Androscoggin River.

Noel Smith welcomed the onlookers, thanking them for their interest in the project and wishing St. Louis Church a happy new year and 100th birthday. Father Robert LaRiviere recalled the history of the church and spoke of his gratitude that the building, while no longer a religious institution, would remain a vital part of the community. Auburn Mayor Jonathan Labonte expressed his pleasure that the Pilotage group had stepped forward and his feeling that the fate of the building rests in good hands.

Mary Callahan and Donna LeBrun thanked those in attendance for their support and enthusiasm for the work ahead. Christine Holden, City Councilors Tizz Crowley, Belinda Gerry and Leroy Walker, and State Senator Eric L. Brakey greeted participants and shared memories of St. Louis Church and New Auburn. Those still in attendance at 8 p.m. closed the event with a chorus of "Auld Lang Syne" and a toast to a new beginning for the Auburn landmark.

Pilotage is gratefully accepting donations to help pay for the building's utility costs, especially oil, during this winter heating season. Contributions should be mailed to Pilotage, 179 Lisbon Street, Suite 202, Lewiston ME 04240 or directly to the Pilotage account at Great Falls Federal Credit Union, 34 Bates Street, Lewiston ME 04240.

Meals

Continued from page 1

jority of these consumers are lower-income or on a fixed income.

SeniorsPlus works with many nonprofit service agencies in the community through informal agreements of collaboration to maintain a strong service network for the community. More than 14,000 volunteer hours were provided to Meals on Wheels in 2014.

Brakey named Chair of key Standing Committee



Sen. Eric Brakey

State Senator Eric Brakey (R-Androscoggin) will serve as the chair of the Joint Standing Committee on Health and Human Services for the 127th Maine State Legislature.

"I am honored to serve as chair for the Health and Human Services Committee," said Brakey. "I am excited to get to work and begin addressing the great challenges ahead of us. My highest priorities as chair will be enacting common sense welfare reform and prioritizing our limited resources for Maine's most vulnerable populations."

Ostrander joins CMMC Medical Staff



James R. Ostrander, D.O.

Maine's people have spoken, and now it is time for action."

The Health and Human Services Committee has some of the most demanding oversight responsibilities in the Legislature, as the large Department of Health and Human Services and the programs it administers fall under the committee's jurisdiction.

Senate Majority Leader Garrett Mason (R-Androscoggin) applauded Brakey's appointment. "As we look to reform Maine's welfare system and improve the efficiency of the Department of Health and Human Services, Sen. Brakey will provide a fresh perspective on these government programs and will not shy away from the tough work of making reforms," he said.

In addition to his post as chair of Health and Human Services, Sen. Brakey will also serve as a member of the Joint Standing Committee on Environment and Natural Resources.

James R. Ostrander, D.O., a family medicine physician, has been appointed to the Central Maine Medical Center Medical staff. He is practicing at Minot Avenue Family Medicine in Auburn.

Ostrander most recently worked for eight years as a family

medicine physician at Winthrop Family Practice in Winthrop. For the past seven years, he also served as medical director for Heritage Rehabilitation and Living Center in Winthrop, a facility that provides geriatric and long-term care. His experience includes two years as a family medicine physician at St. Mary's Regional Medical Center in Lewiston and some 25 years as a paramedic and firefighter on Cape Cod in Massachusetts.

Ostrander earned his doctor of osteopathy from the University of New England College of Osteopathic Medicine in

Biddeford. He completed his residency training at the Central Maine Medical Center Family Medicine Residency in Lewiston. He holds a bachelor's degree in biology from the University of Massachusetts in Boston, an associate degree in nursing from Cape Cod Community College in West Barnstable, Massachusetts, and a bachelor's degree in liberal arts from Amherst College in Amherst, Massachusetts. He was a brother in the Community of Jesus in Orleans, Massachusetts, for 27 years.

Ostrander is certified

by the American Board of Family Medicine and is a member of the American Academy of Family Physicians. He is practicing in association with Dana W. Little, M.D., Carolyn R. Pece, D.O. and Gerald G. Lachance, D.O. Minot Avenue Family Medicine is located at 789 Minot Avenue in Auburn. The practice can be reached at 795-8475.

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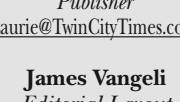
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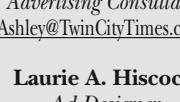
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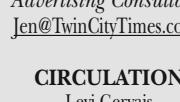
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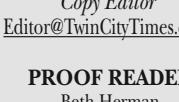
James Vangeli
Editorial Layout
Ads@TwinCityTimes.com



Laurie A. Hiscock
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What's Going On

CMCC offers new computer tech. certificate programs

Central Maine Community College is now offering advanced certificate programs in network administration, network security and server administration. These certificates are designed for students who have completed an associate degree in criminal justice, accounting or computer technology. Each certificate gives students an opportunity to advance their skills and technical knowledge in specific areas.

The certificates are offered in response to the growing need for IT professionals who possess industry certifications

and the advanced training needed by many employers. Certificate holders will develop the advanced skills needed to qualify for a variety of job options in these three fields, as well as in penetration testing and computer forensics.

The following three-credit, advanced certificate courses will be offered this semester: advanced networking concepts (Wednesdays, 6 to 8:55 p.m.); computer forensics I (Mondays, 8 to 10:55 a.m.); intro to network security (Wednesdays, 8 to 10:55 a.m.); and MS exchange/IIS (Wednesdays, 11 a.m. to 1:55 p.m.). computer

forensics II, penetration testing, and virtual machines will also be offered.

The spring semester begins on January 20. Registration for these courses is open through the first week of classes. Students may enroll full- or part-time and take courses in the day, evening, or both, depending upon availability. For full program requirements, consult the academic catalog, available at www.cmcc.edu.

These advanced certificate programs are pending MCCS board of trustees approval. For

more information, contact Emily Butterfield at 755-5375 or ebutterfield@cmcc.edu.

A \$13 million grant from the U.S. Department of Labor is funding new programs, certificates, courses and short-term training in information technology at Maine's seven community colleges. This "Maine is IT!" initiative expects to serve nearly 2,100 participants over the next three years, from displaced workers seeking to gain marketable new skills to established IT professionals working on additional industry certifications.

People's United supports Boys & Girls Clubs

The People's United Community Foundation, the philanthropic arm of People's United Bank, recently awarded \$5,000 to Boys & Girls Clubs of Southern Maine. The funding will support the organization's Junior Staff Program, which provides approximately 60 teen and pre-teen members with job skills and work experience to prepare them for career success.

"Boys & Girls Clubs are grateful for the ongoing support of People's United Community Foundation for helping to ensure that more teen members are building great futures at our clubs," said Executive Director Robert Clark.

"With so many young people looking for jobs in a competitive market, job skills and experience are critical for teens," said

Dan Thornton, officer of People's United Community Foundation and southern Maine president for People's United Bank. "The Junior Staff Program offers young adults a chance for a bright future."

Boys & Girls Clubs of Southern Maine, an affiliate of the Boys & Girls Clubs of America, serves more than 2,700 members annually at its clubhouses in Auburn, Portland and South Portland, as well as on-site in Portland's Riverton Park and Sagamore Village public housing communities.

Founded in 1842 and serving customers from New York to Maine through a network of more than 400 branches, People's United Bank is the largest independent bank headquartered in New England. People's United
See People's, page 5

APL program to outline pet First Aid



In an emergency situation, a pet oxygen mask like this one could save your pet's life.

Bobby Silcott of the Maine Pet Oxygen Masks Project will demonstrate how to administer first aid and CPR to your pet in case of a medical emergency on Saturday, January 10 from 10 a.m. to noon at Auburn Public Library. An Animal

Control Officer and Harvest Hills Animal Shelter board member, Silcott has led the effort to equip local rescue organizations across the state with pet oxygen masks designed to fit most companion animals. As part of this mission, Silcott has received training to teach Red Cross-certified

classes on animal first aid and CPR. There is no cost to attend the program, but donations to the project will be accepted. Please do not bring your pets to this event. For more information, call 333-6640 ext. 4.

Libby named to Taxation, State and Local Gov't. Committees

State Sen. Nate Libby (D-Androscoggin) has been selected to serve as the ranking Democratic member on the Legislature's Taxation Committee. He will also serve as a member on the State and Local Government Committee. Legislative committees are decided by the President of the Senate and Speaker of the House.

The bipartisan 13-member Taxation Committee oversees matters related to the Bureau of Revenue Services; taxes; and tax relief programs like the Maine Property Tax Fairness Credit. Libby previously served on the Taxation Committee from 2012-14. During his time on the committee, he worked to protect municipal revenue sharing, passed an expansion of the historic preservation tax credit and raised the maximum benefit for the property tax fairness credit.



Sen. Nate Libby

"I look forward to continuing to work on the Taxation Committee," said Libby. "Ensuring the state stretches every tax dollar is a top priority for most Mainers and I am ready to do what I can to help provide relief for working people and seniors."

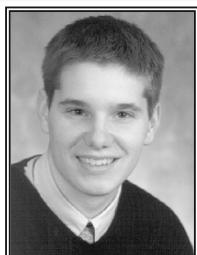
In addition to his assignment to the Taxation Committee, Libby will also serve on the State and Local Government Committee. The committee deals with state contracts and fiscal procedures; state

government organization and oversight of state officials, employees and property; administrative procedures; boards and commissions; county and regional government and budget process; the Legislature; municipal and local government; and public services.

"As a city councilor in Lewiston, I understand and appreciate the value of local government and its direct representation to the people," said Libby. "And it is always important to ensure that our government is working for us."

Members of the 127th Legislature had been busy gearing up for the start of the first regular session on January 7. Throughout the month of December, legislators were sworn in to office, nominated leadership positions, submitted bill titles for the upcoming legislature and assigned committee responsibilities.

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Enough is Enough

Lewiston is on the move; definition of "good will"

By Robert E. Macdonald

MAYOR OF LEWISTON
Happy New Year!

In Lewiston, the year begins with a bright future set to kick off in the coming months. Unlike Augusta or Washington D.C., the mayor, city council, city administrator and staff, and our state delegation are all on the same page.

In the upcoming days, we will work diligently to eradicate lead paint from our downtown housing. We are also working to bring a train to L-A.

We will work with local landlords, developers, individuals, and civic organizations to upgrade our local housing.

Downtown Lisbon Street continues to grow with the addition of new businesses. Our riverfront area on Lincoln Street is taking shape.

Walking trails are being added throughout the city to provide recreation for families and individuals. We have also upgraded and added parks throughout the city. In short, we're on the move.

I hope everyone had a happy new year. For me, New Year's Day was going along nicely when my wife handed me last week's *TCT*. She pointed out a letter, "A person who shows no hostility towards others," by Jim Bossie. Upon reading it, my happiness went from joy to jubilation.

Being a caring person, my thoughts turned to the letter writer. I realized the joy that the majority of *TCT* readers have experienced since November's election has not been felt by him. He and his liberal friends will now lament until the next election in 2016.

This letter is a classic



Mayor Bob Macdonald

example how liberals twist and take out of context the words of people whom they deem a threat to their nanny-state ideology. If you are able, compare his letter to my December 25, 2014 *TCT* column and come to your own conclusion. The letter provides great insight into the progressive liberal playbook.

The letter writer states: "If you are a practicing

Christian, this time of year is special to you. It is a time of peace, hope and good will, brought to men and women of good will by the Christ Child." This is clearly referring to Christians.

Jewish men and women of good will celebrate Hanukkah at this time of year. To the men and women of good will that practice other faiths, such as Islam, Shinto and Buddhism, etc., this time of year has little or no significance.

I find it curious the letter writer attacks me using religion. Most liberals want to eliminate religion from everyday society, and they continually bash Christians. The only time they quote religious verse is when they are trying to pick your pocket.

This letter was written to paint me as insensitive towards certain cultures. The culture described in my article

is one disdained by all law-abiding citizens of all colors and creeds, but it is celebrated by liberals.

I don't condone the assassination of police officers.

I don't condone the destruction of property.

I don't condone the arson and looting of businesses, especially when those involved appear more like they're participating in Mardi Gras than embittered by some perceived social injustice.

I find it appalling that thugs destroy neighborhoods, businesses and the livelihood of decent people both black and white. I find it extremely appalling when these actions are justified by the liberal left.

If these beliefs make me culturally insensitive—I plead guilty!

Liberals may also feel followers of this column lack the character to meet the

liberal definition of "good will." But in our current society, their actions define good will.

By the way, I form my opinions on my daily experiences, not by reading liberal prattle.

People's

Continued from page 4

Community Foundation was formed in 2007 to help support programs and activities that enhance the quality of life for citizens in the communities that the bank serves. The Foundation places special emphasis on programs designed to promote economic self-sufficiency, education and improved conditions for low-income families and neighborhoods. The funding priorities of the Foundation include affordable housing, community development and youth development.

Stemming the Tide of Phone Scams

by Senator Susan

Collins

As the ranking member of the Senate Special Committee on Aging, it has been among my top priorities to shed light on and help put a stop to telephone scams, particularly those targeting our nation's seniors. Working alongside the Committee's current chairman, Bill Nelson (D-FL), over the past two years, we have held eight hearings to examine these scams that have victimized far too many Americans.

Our work on this topic began with our examination of the notorious "Jamaican Phone Scam," run by sophisticated criminal gangs operating out of boiler rooms in Jamaica. Before the Aging Committee's hearing, these con artists placed an estimated 30,000 phone calls every day to victims in the United States, and stole an estimated \$300 million each year from tens of thousands of American seniors. As a result of our hearing, the Jamaican government finally reformed its laws to target these scammers, and federal prosecutors have since indicted dozens of individuals on conspiracy charges.

Another scam we

examined is the so-called "grandparent scam" whereby a criminal calls his or her victim claiming to be a grandchild who is in trouble and in need of money. Last year alone, the Federal Trade Commission received reports of more than 127,000 similar "impostor scams."

A common theme that has emerged from our Committee's work is the role played by prepaid debit cards. It is difficult to say exactly how much money Americans lose through scams involving prepaid debit cards, since many victims do not report their losses. The FTC, however, says that Americans reported losing nearly \$43 million through prepaid debit card scams.

Prepaid debit cards can be a convenient and accessible tool for many Americans, particularly those who do not have access to traditional bank accounts. But these reloadable cards, unfortunately, have also become far too attractive to con artists because they are widely available and convenient to use. More important, money transferred using them is often untraceable.

These reloadable cards are assigned a unique PIN number that customers can use to transfer funds. In the typical scam, the con artist will pressure the victim into purchasing reloadable cards,

putting money on the card, and then sharing the card's PIN number with the scammer. Armed with the PIN, the scammer can transfer money to his or her own prepaid debit card account and then access those funds from an ATM or through PayPal.

The Senate Aging Committee recently held a hearing to look more closely into the role that prepaid debit cards have played in phone scams, as well as what the companies that offer these cards are doing to reduce instances of fraud and to educate consumers about risks.

We heard from officials of the nation's three largest prepaid debit card companies. These officials described efforts their companies are making to try to reduce fraud, including requiring that customers reload their debit cards in person at participating retailers' locations and discontinuing the PIN method for reloading prepaid cards.

The witnesses also described efforts to educate retailers about how to identify potential fraud as well as efforts to educate consumers. Many cards now come with literature warning consumers about how to avoid fraud.

If someone suspects fraud or theft related to their prepaid debit card, it is critical that they immediately contact the company that issued the

card. There are some instances, for example, where a company can track funds once alerted that fraud has taken place and block cash withdrawals from that account.

These are some positive steps that can protect consumers. But given the ongoing prevalence of phone scams, many of which target seniors, more must be done.

I am encouraged that the Consumer Financial Protection Bureau is considering a proposal that would limit consumers' liability if their prepaid card is lost, stolen, or fraudulently used, similar to the protections provided to those individuals who have credit cards and

debit cards associated with a bank account.

In addition, Sen. Nelson and I have introduced the "Phone Scam Prevention Act of 2014," which would, among other provisions, direct the government to develop better ways to combat Caller-ID spoofing. A far too common method for criminals to reach potential victims is to spoof Caller-ID so that these individuals believe they are receiving a call from someone else. Our bill would also extend the current law that prohibits spoofing on domestic phone calls to apply also to callers outside of the United States.

Some phone companies

now offer "whitelist services," which enable customers to designate a list of approved phone numbers that can ring through to their phones. All other numbers are forwarded to a voicemail or re-routed to a different number. Our proposal would ensure that all Americans, particularly seniors, have access to such services where technically feasible.

As we look ahead to a new Congress, I look forward to leading the Senate Aging Committee and will continue our Committee's important work in protecting our nation's seniors from fraud.

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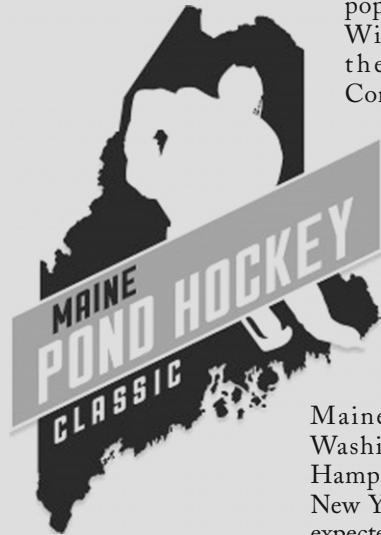
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What's Going On

Teams lace up for Pond Hockey Classic



popular winter events. With the support of the Maine Sports Commission, the 2015 tournament will take place Friday through Sunday, February 6 through 8, at the Snow Pond Center for the Arts in Sidney. More than 50 teams from Maine, Massachusetts, Washington D.C., New Hampshire, Connecticut, New York and Canada are expected to compete in this year's tournament.

The Maine Pond Hockey Classic has quickly become one of Central Maine's most

Six divisions (Open A, Open B, Recreational, Heather, College and 40+)



A division champion is crowned (photo by Maine Pond Hockey Classic).

will accommodate various age groups and ability levels. The tournament is structured with three pool play games followed by playoffs. Teams will play 4 vs. 4 with no goalies and a maximum roster of 7 players.

Open A, for college and advanced high school-level players, is the most competitive division. Open B is a competitive division for experienced and/or skilled players. Recreational is for players seeking

lighter competition. Heather is open to women ages 18 and older and 40+ is for players ages 40 and older. All division winners will receive a coveted Maine Pond Hockey Classic Champion trophy, handmade in Maine of recycled hockey sticks, and each player will receive a Champion sweatshirt.

Registration fees are \$495 for all divisions except Open A, which is \$395. For more information or to register online, see www.MainePondHockey.org.



The Maine Pond Hockey Classic features divisions for various ages and ability levels (photo by ben Wheeler Photography).

Voice of Twenty to perform at Basilica

The Camden based vocal ensemble VoXX: Voice of Twenty will present its annual winter concert on Sunday, January 11 at 2 p.m. at the Basilica of Saints Peter and Paul in Lewiston.

An auditioned, a cappella choir that per-

forms early choral music, VoXX also enjoys delving into the sounds of more contemporary composers, such as Britten and

Tavener.

The Basilica is located on Ash Street in Lewiston.

For more information, call 662-9364.

Auburn Winter Festival

Auburn's Winter Festival is a celebration of everything winter, so why not plan to get out and enjoy it? The 2015 Winter Festival will run from Friday, February 6 to Sunday, February 8 and will include activities and events at a variety of locales. Activities and attractions will include sledding, snowmobile rides, skiing, snowboarding, snowshoeing, skating, ice sculptures, a torchlight

parade and music.

Individuals or organizations interested in offering a public activity during the Festival are encouraged to forward information or questions to Ravi Sharma, Recreation Operations Manager, at 333-6601 ext. 2102 or rsharma@auburnmaine.gov. For more information, including a schedule of activities and locations, see www.auburnmaine.gov.

Pot Luck Supper & Game Night

Person to Person will present a Pot Luck Supper & Game Night at Ricker Memorial Library on Sunday, January 11 from 5:30 to 7:30 p.m. The event is free and all are welcome.

Those attending

should bring a casserole or other food dish to share, a favorite game to play and friends to join in the fun.

The Library is located on Maine Street (Route 26) in Poland.

For more information, call 998-4390.

Grants available for energy audits, efficiency improvements

Grants to Green Maine, a partnership of the Maine Community Foundation, Maine Development Foundation, and Efficiency Maine, is accepting assessment applications to help fund energy audits in preparation for larger energy projects.

The three-year program provides Maine nonprofit organizations funding and technical assistance for energy audits and efficiency investments in historic downtown buildings used for cultural, civic, educational or residential activities.

Assessment grants provide up to \$2,000 with a one-to-one match. Application deadlines are January 16, 2015; June 12, 2015; and December 11, 2015. Applications are also being accepted for implementation grants in amounts of \$10,000 to \$100,000 with a one-to-one match. Deadlines are March 13, 2015; September 11, 2015; and March 4, 2016.

For eligibility and application information, contact Anne Ball of the Maine Development Foundation at 512-4906 or see www.mdf.org.

Youth-Powered Cooking to serve brunch at Market Café

Youth-Powered Cooking, a new initiative of St. Mary's Nutrition Center, will offer homemade brunch items for sale at the Lewiston Winter Farmers' Market Café beginning on Sunday, January 18. Menus will include a variety of warm dishes, made from ingredients sourced from market vendors and other local producers whenever possible. The Market is located at 208 Bates Street in Lewiston and takes place from 10 a.m. to 1 p.m. on the first and third Sunday of each month through April 19.

Youth-Powered Cooking is an opportunity for a small group of Lewiston-Auburn youth, ages 14 through 20, to receive hands-on training in cooking and

serving nutritious foods while deepening their connection to their local food system. Participants complete a series of skills based workshops covering such topics as safe knife handling and how to follow and scale recipes. They then put these skills into practice by preparing foods for the Café.

Proceeds support this and other youth training programs of the Nutrition Center, which seek to create healthy environments for young people to develop their voices while participating in urban and school gardening projects, social justice workshops and nation-wide youth networks. For more information, see www.stmarysnutritioncenter.com.

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Smoke Detectors Save Lives

By Governor Paul LePage

Sixty percent of residential fire deaths result from fires in homes without working smoke alarms. As we head into the heating season, I would like to take a moment to discuss fire safety and what our administration is doing to keep people safe.

As you have likely heard, we have had too many fire deaths in Maine. Eleven lives were lost in recent weeks in three separate fires in Portland, St. Francis and Caribou. My heart goes out to the families who are affected.

Our administration is helping to increase awareness in our communities through a partnership between the state fire marshal's office and the American Red Cross.

As part of their national disaster preparedness program, the Red Cross is adding smoke detectors to its effort to save lives.

I'm pleased to announce that the state fire marshal's office, the Maine chapters of the Red Cross and local fire departments are working to provide smoke detectors to those who do not have them. That is why our administration is committed to the full five-year strategy of the American Red Cross in this effort.

If you are interested in learning more about this program or donating to cover the costs of the detectors, please call the fire marshal's office at 626-3870 or the Portland Chapter of the Red Cross at 874-1192.

As your governor, a father and a husband, I do not want to see another life lost as a result of a fire.

Maine Community Health Options awards \$500,000 to nonprofits

Maine Community Health Options, a leading nonprofit health insurance consumer operated and oriented plan, recently awarded a total of \$500,000 in community benefit grants to eight nonprofit organizations that are advancing community health improvement and reducing barriers to accessing health care services throughout Maine.

"The MCHO board of directors is pleased to make these awards and contribute to the efforts of these great organizations in addressing barriers to accessing health services," said Jim Davis, president of the board. "These awards are designed to bulwark systems building and facilitate the

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More than one-third (37 percent) of home fire deaths result from fires in homes without working smoke alarms. The risk of dying in a home fire is cut in half in homes with working smoke alarms.

State Fire Marshal Joe Thomas has been able to get 1,000 smoke detectors, at no cost, to get the program started. Ongoing donations of smoke detector supplies are being worked out with the American Red Cross and Kidde smoke detector manufacturer. We are also training Red Cross volunteers who will be going door to door with local fire department personnel to install the detectors where needed.

I would be remiss if I did not emphasize the importance of making sure your alarms always have working batteries. Don't take them out, and, if you do so for any reason, replace them immediately.

Smoke alarms truly save lives. That is why our administration is committed to the full five-year strategy of the American Red Cross in this effort.

If you are interested in learning more about this program or donating to cover the costs of the detectors, please call the fire marshal's office at 626-3870 or the Portland Chapter of the Red Cross at 874-1192.

improvement of health outcomes throughout the state. They are wholly consistent with MCHO's mission of promoting better health outcomes throughout our service area."

Grants were awarded to the following organizations: Amistad (\$50,000), Area Agencies on Aging (\$75,000), CarePartners (\$25,000), Center for Tobacco Independence (\$100,000), Consum-

ers for Affordable Health Care - Consumer Assistance Program (\$50,000), Maine Cancer Foundation (\$50,000), Maine Migrant Health Program (\$50,000), NAMI-Maine (\$100,000).

"MCHO is in a position to make these awards at the close of its first year of operations given our success in 2014," said Kevin Lewis, chief executive officer. "This success is largely a function of our higher than expected en-

rollment and our lean administrative costs. Giving back to the community in this way not only demonstrates our commitment to partnership, but also strengthens the very fabric of our combined efforts to improve population health while reducing total costs of care."

Maine Community Health Options is a Consumer Operated and Oriented Plan providing comprehensive, member-fac-

cused and member-led health insurance benefits for individuals, families and businesses. Licensed in both Maine and New Hampshire, MCHO is dedicated to providing affordable, high-quality health benefits through productive partnerships with members and a broad network of providers throughout its service areas. For more information about MCHO, see www.maineoptions.org.

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What's Going On

Blues Society presents Winter Blues Bash

The Maine Blues Society will host a Winter Blues Bash on Sunday, January 11 from noon to 6 p.m. in the main ballroom of Lewiston's Ramada Inn. Proceeds from the event will support the MBS and help pay expenses for Maine blues musicians Eric French (solo) and The Blood Orange Martinis (group) to travel to Memphis, Tennessee, from January 20 through 24 to compete in the 31st annual International Blues Challenge. Hosted by the Blues Foundation, the IBC will feature



about 250 acts in what is considered to be the largest and most prestigious blues competition in the world.

A native of Providence, Rhode Island, IBC contestant Eric French of Auburn has been playing blues for more than 20 years. "As soon as I moved to Maine and discovered the Maine Blues Society, I knew I was supposed to enter their

preliminary Road to Memphis competition and charge full steam ahead to the finals in Memphis," he said. "I was brought up on Freddie King and Stevie Ray Vaughan records, and as a teenager, blues music carried me through a battle with cancer. Now I sing, play and write for a living, so I'm extremely excited about this opportunity. There will be a lot of industry professionals in attendance, so who knows what could happen?"

For Lauren Williams, vocalist and harp (harmonica) player for ICB



Eric French

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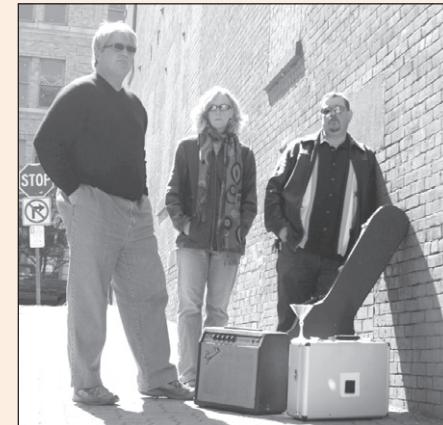
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"After residing for a time in New Orleans, he now lives in Bloomington, Indiana, and has assembled a new band, Approved By Snakes, with guitarist John Lisi.

Ricci, who will present a tribute to the late Biddeford blues artist Nick Curran – who succumbed to oral cancer in 2012 at the age of 35 – attributes much of his success to the generous support he received from

"The Maine blues community has been somewhat fragmented in recent years" said MBS's Ron Gill. "We see this show as an opportunity to bring folks together. After all, part of the mission of the Maine Blues Society is to do just that. And in Jason Ricci, we have a sort of 'prodigal son' that we all respect and admire who is returning to Maine



The Blood Orange Martinis

fellow musicians during his formative years in Maine.

"I had incredible guidance along the way from people like Mark Miller, DW Gill, Per Hanson, Andy Argondizza, Pete Masterson, Dave Thibodeau, Mike Hayworth, David Wakefield and Mike Curran," he says. "It was a great scene when I was growing up. Not many other places have players that nice and good, clubs as cool as the old Big Easy and Raoul's. Even my first harmonica teacher, Dave Daniels, who taught at Waynflete, was really good, very informed and very cool. Maine is an amazing place, and I'm excited to be coming home."

Ricci has played with such renowned artists as Walter Trout, Junior Kimbrough and the late Johnny Winter. Although he started out at 14 by playing in punk bands, he soon discovered a love of harmonica and the blues.

to perform. There's no better blues story than that."

Tickets are \$15 per person. (For \$25, one will receive a ticket to the



Jason Ricci

show plus a membership to the Maine Blues Society.) Tickets may be purchased online at www.mbswinterbluesbash.eventbrite.com.

The Ramada Inn is located at 490 Pleasant Street in Lewiston. For more information about the event, contact Ron Gill at 602-6708 or r0n7719@yahoo.com. For more information about the Maine Blues Society, see mainebluessociety.com.

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Seven Ways to Get Out of a Bad Mood

By Pam Young

One of my New Year's Resolutions was to stay in a good mood as much as I can, and what I've noticed is that first you've got to catch yourself in a bad mood and then you have to want to get out of it.

I discovered that sometimes it's just plain fun to wallow. But wallowing never helps the reason for the wallow in the first place. Sooner or later, like the line in that old song says, you have to just "pick yourself up, dust yourself off and start all over again."

Would you agree that happy feelings run at a higher frequency than, say, guilty or angry feelings do? Have you ever noticed that when you're happy you're kinder to others, more compassionate and understanding, and you have way more energy?

Staying in a good mood takes living in the moment and watching how you feel and being selfish about how you feel. So here are seven ways to get out of that bad mood as soon as you find yourself in one.

1. Pick out a happy feeling and feel it

When you're in a really bad mood, take a minute and think of a happy time. Hopefully you have many to choose from. Once you've picked one, dig it up. Remember the people and the circumstance.

Hear the laughter and feel the love. Most of us have such a grand ability to pull into our mind's eye any occasion we wish to re-experience.

2. Smile all the time

I read a delightful article about Lisa Kudrow, the zany Phoebe on the television sitcom "Friends" who is now in a new Internet television series "The Comeback."

In the article, she told the interviewer that she has been challenged by people

for always having a smile on her face and she responds, "If I let my face go, I look pissed off!"

At 50, Lisa has discovered that, as we age, gravity has its way with our normal, neutral face and we can look sad or mad when we're not. A chronic smile counteracts gravity and there really is substantial evidence that a smile, even if it's pretend, lifts your energy.

3. Stop the ripple

Everything you do when you're in a bad mood perpetuates that negative energy and sends out negative ripples. I read some good advice from one of my readers the other day. "When you're not happy, keep your mouth shut. Wait until you can get your happy self back before you speak."

That also goes for posting on Face Book, sending emails, and texting and phoning negative thoughts.

4. Get around positive people and stay away from the negative ones

If you have to be around negative people, like maybe you're married to one or your boss is one, simply ignore the negativity as best you can. But when you're in a bad mood yourself, stay away from them and seek out those who are always positive. Once you're back to the real you (which is happy), it's easier to be nonresponsive to the negativity in others.

If you've ever had someone in a bad mood

pull you right down into the dumps with him or her, you know it takes a little adjustment work to get back to being happy, so it's prudent to limit those encounters.

5. Eat fat and drink water

If you're not getting enough fat in your diet because you've been scared off by those who have erroneously told you how horrible fat is for you and you're into eating low-fat this and low-fat that, I'm here to tell you that your brain needs fat and your whole body needs water.

A quick mood fix can be some steamed broccoli smothered in real butter or a deviled egg, a couple strips of bacon dipped in mayonnaise, or a tablespoon of peanut butter - not a Snickers Bar or a bag of potato chips.

6. Take a walk

Our bodies need movement, and walking is the best movement, especially when you're dealing with a bad mood. Just 15 minutes out in the fresh air can pop you right back into Happy You.

7. Take a nap

Mexico has it right! I wish we, here in America, honored and celebrated the nap like Mexicans do. I take a nap almost every day and when I wake up I feel as though I've been given another day!

Thank you for reading

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What's Going On

Maine Community Health Options teams with Hannaford Pharmacies

Maine Community Health Options has announced a partnership with Maine-based Hannaford Pharmacies to provide MCHO members with a \$0 copay for all generic medications.

Hannaford, which is headquartered in Scarborough, operates stores in the Northeast, including Maine and New Hampshire. Most Hannaford stores have full-service pharmacies.

"Starting immediately, a member in Maine or New Hampshire can save money by filling their medications at their local Hannaford with a \$0 copay

on generic prescription medications listed on the MCHO formulary," said Dr. John Yindra, chief medical officer at MCHO.

"Hannaford is excited to partner with MCHO to provide its members with even more savings," said Wendy Boynton, Hannaford's director of pharmacy operations. "At their local Hannaford, MCHO members will find professional expertise and convenient services, such as in-store vaccinations, online ordering and nutritional information from on-site dietitians."

"We are pleased to combine our innovative, value-based insurance design and this strengthened relationship with Hannaford Pharmacies to help eliminate financial barriers to improving the health and well-being of our members in Maine and New Hampshire," said Kevin Lewis, chief executive officer at MCHO.

Maine Community Health Options is a consumer operated and orient-

ed plan providing comprehensive, member-focused and member-led health insurance benefits for individuals, families and businesses.

Licensed in both Maine and New Hampshire, MCHO is dedicated to providing affordable, high-quality health benefits through productive partnerships with members and a broad, network of providers throughout its service areas. For more information, see www.maineoptions.org.

Based in Scarborough, Hannaford Supermarkets operates 187 stores in Maine, New York, Massachusetts, New Hampshire and Vermont.

All Hannaford stores feature Guiding Stars, America's first storewide nutrition navigation system, and most stores have full service pharmacies.

Hannaford employs more than 27,000 associates. For more information, see www.hannaford.com.

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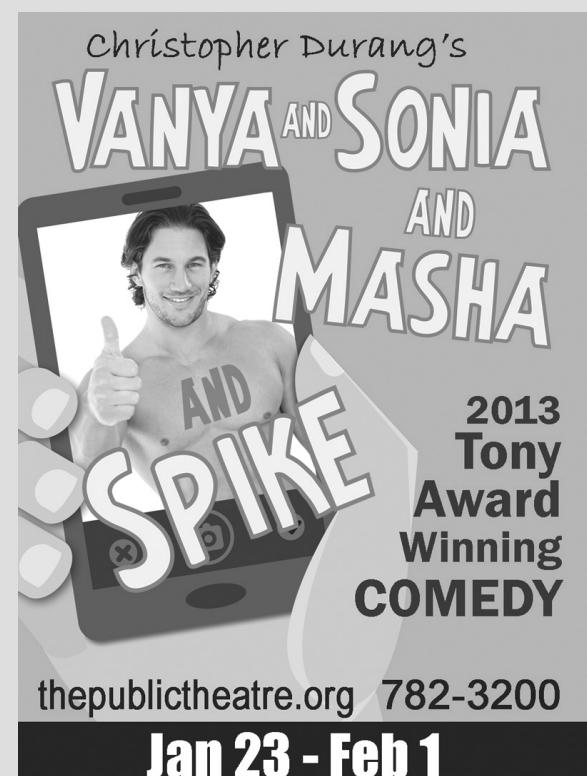
TWIN CITY NIGHTS

Weekly Arts & Entertainment

Public Theatre presents "Vanya and Sonia and Masha and Spike"

Next up for the Public Theatre's 2014-15 season is the company's production of Christopher Durang's hilarious and endearing comedy, "Vanya and Sonia and Masha and Spike," running January 23 through February 1.

Winner of the 2013 Tony Award for Best Play, this hit Broadway comedy was hailed as "hugely entertaining" by USA Today and "deliriously funny" by the New York Times. Middle aged siblings Vanya and Sonia (named by their hyper-educated parents after two characters from Chekhov) live uneventful lives until their self-absorbed movie star sister, Masha, returns home with her 20-something boy-toy Spike. Add to the shake up a young wannabe actress, a housekeeper who sees into the future, and a delightful rant about the joy of life before cell phones and you get one family reunion you'll want to attend. The play contains some adult



thepublictheatre.org 782-3200
Jan 23 - Feb 1

language, plus one hot guy in his underwear.

Named "Best Theatre in Maine" for the second year in a row by the Down East Magazine readers' poll, the Public Theatre stays true to

its history of producing high quality professional theater with this stellar cast, led by Jonathan Hadley as Vanya. Hadley most recently appeared on Broadway as Bob Crewe in "Jersey Boys," a role he then played for six years on the play's original national tour. Other national tour appearances have included "Into The Woods" with Cleo Laine, "Joseph and the Amazing Technicolor Dreamcoat" with Donny Osmond and "Fiddler on the Roof" with Theo Bikel.

Movie star sister

Next Comedy Fix set for January 9

Brian Brinegar returns to Auburn to lead a stellar lineup of stand-up comedians for Comedy Fix XVIII on Friday, January 9 at 8 p.m. at the Auburn Fireside Inn. Comedy Fix founder Mark Turcotte will also welcome Brian Plumb, Anna Conathan, John Randall and Brett Groh. Net proceeds from the show will benefit Good Shepherd Food Bank.

Brinegar, who can be seen sleeping at his desk during the day, is originally from Los Angeles and has worked with Last Comic Standing winner Iliza Shlesinger. He was featured on the Comedy Time Network and has performed at the Comedy Store in Los Angeles and the Ice House in Pasadena. Brinegar has thrice been named Maine's Best Comedian by the Portland Phoenix.

Plumb is from Massachusetts and performs throughout the



Brian Brinegar will headline Comedy Fix XVIII on Friday, January 9 at the Auburn Fireside Inn.

Northeast. He's opened for nationally touring comedian Paul Mercurio and played New York City's Greenwich Village Comedy Club, Helium Comedy Club in Buffalo and the Comedy Connection in Providence, RI. Screenwriter Anna Cranage Conathan tore it up in comedy clubs in New York and Los Angeles in her pre-parenting days. After a

lengthy maternity leave, she makes her return to the stage in Maine.

Randall is a newcomer on the Portland scene and recently competed in the Funniest Comic on the East Coast Contest at Mohegan Sun. He also wrote, produced and acted in the comedy short "Christmas Craig." Groh is the founder and host of Local Laughs, a monthly showcase of New England's top talent at the Asylum in Portland.

The show is for those ages 21 and older and contains adult language and content. Those attending are encouraged to bring food donations for Good Shepherd Food Bank. Doors will open at 7 p.m. General admission tickets are \$10 and may be reserved at www.comedyfixlive.com.

The Fireside Inn is located at 1777 Washington Street. For more information, call 513-0742 or email mark@comedyfixlive.com.

actress Jamie Rezanour as the wacky Latina housekeeper, Cassandra, and Maine native Anna Doyle as wannabe actress, Nina. Now a senior at Colby College, Doyle performed last summer with the Theater at Monmouth. The set will be designed by Judy Stacier, the lighting will be designed by Bart Garvey, and the costumes, for characters

See Theater, page 11

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Newell Family to play Room at Trinity

Ballads and fiddle tunes originating from Appalachia to Transylvania will rock Trinity Church when the Room at Trinity presents the Newell Family Band on Saturday, January 10. This three-generation group of musicians, led by Carter and Kaity Newell, have played their unique repertoire of New England, maritime and British Isles music around Maine and beyond for three decades.

Carter is a marine biologist whose work has taken him to both sides of the North Atlantic, always with a fiddle close at hand. Kaity is a native of Nottingham, England, and knows a vast repertoire of American and British folk songs and tunes. Their daughters, Maisy, Megan and Helen, are all fiddlers and singers. Eldest daughter Maisy lends a gypsy influence from her travels in eastern Europe and the Balkan states, as well as southern Appalachia, where she has spent several years. Her husband, Eric Dayan, brings his own guitar and singing skills into the mix. Their children, Elijah and Benton, join in on the fiddling. All of the adult Newells have taught at Maine Fiddle Camp since its inception.

The evening will open with a poetry reading



The Newell Family will bring its vast repertoire of American, British and European folk songs and tunes to the Room at Trinity on Saturday, January 10.

by Susann Pelletier and Stephan Cowperthwaite. A native of Lewiston, Pelletier began writing poems when she was 11 years old. Her work gives voice to her deep connections to family and place in francophone America, as well as her vision of social justice and dignity at home and abroad.

Pelletier's articles and poems have been published in anthologies, literary journals, chapbooks and political and environmental magazines. A series of her poems appeared in 2008's "Voyages: A Maine Franco-American Reader." In 2010, she represented Francophone America as one of eight poets from around the world featured in the Bates International Poetry festi-

val, which streamed Festival readings, along with accompanying text translations, around the globe.

Joining Pelletier will be Stephan Cowperthwaite, who writes: "As a teacher, I was a pretty good storyteller....It is exciting to find a new way to tell a story (through poetry)."

The program will begin at 7 p.m. Trinity Church is located at 247 Bates Street in Lewiston. Admission is free for students and children. For others, a suggested donation of \$10, requested at the door, will support the artists and the many neighborhood ministries of Trinity Church. For more information, call 344-3106 or see www.the-roomtrinity.wordpress.com.

by U.S. officials and brought into the country secretly. These German scientists quickly assumed vital roles in just about every aspect of the space program on both sides.

Elze recently taught a class for Lewiston Auburn Senior College called "That's One Small Step...," which traced the history of the space program, mainly in the United States, from its beginnings to the last Apollo flight. In his presentation at Auburn Public Library, Elze will focus on the evolution of the space program in the United States, including the superpower rivalry with Russia and how the program evolved from a military to

Senior College instructor

to discuss Space Race

We've all heard of the Space Race between the United States and the Soviet Union. But before President Kennedy vowed in 1961 to put a man on the moon before 1970, the military powers of the world had already been vying for ascendancy in space for several decades. Senior College instructor Alan Elze will discuss the history and origins of the Space Race on Tuesday, January 13 at 2 p.m. at Auburn Public Library.

The race actually began in the 1920s, when, in the United States, Robert Goddard was testing liquid

fuel rocket engines; in the USSR, Sergi Korolev and Konstantin Tsiolkovsky were working on a "rocket train" or multi-staging; and, in Germany, Hermann Oberth was designing Europe's first liquid fuel rocket.

With Germany's defeat ending WWII, more than 100 top German scientists came to the United States to work on rockets, while more than 300 of their colleagues went to the USSR. These scientists did not enter the United States through regular channels; instead, they were recruited and hired



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Twin City Nights

L.L. Bean hosts Virtual Archery Competition



L.L. Bean will host a seven-week TechnoHunt Virtual Archery Competition starting on Monday, February 2 at the indoor range of its flagship store in Freeport.

This will be an opportunity to test one's skills with and against fellow archery enthusiasts, for prizes, as one hunts elk, buffalo, deer and other big game species in Bean's advanced virtual archery simulator, a video game-like setting in which

participants use their own arrows.

Participants will compete in seven 20-shot rounds, each consisting of a different hunt that's the same for every competitor. Scores will be tallied for every round, and the competitor with the highest seven-round total will be the winner. In case of a tie, a shootout will determine the champion.

Contest hopefuls will sign up online for the first round and will

then schedule the next six rounds at the store. Three people will compete at a time. Contestants must bring their own equipment; arrow blunts will be provided.

Prizes will be awarded to the top three finishers in two age categories: 8 to 14 and 15 to adult.

Please plan to arrive 15 minutes before scheduled time.

Registration opens on January 9 at www.llbean.com/adventure.

Theater

Continued from page 10

including Snow White, two dwarves, Prince Charming and Maggie Smith on Oscar night, will be designed by

Jonna Klaiber.

The Public Theatre continues its new Play Pal program for those who love going to the theatre but can't always find someone to go with. The program connects solo theatergoers who attend 3 p.m. Saturday matinee performances. Play Pals are identified to each other and seated together, making it easy to make new theater going friends. Play Pal members also receive a coupon for a free concession item and a "getting to know you" game card offering a chance to win fun prizes. The program is free and open to all solo theatergoers, who may choose to see any or all of the season's plays.

Performances of "Vanya

a civilian one. He will also discuss how early unmanned space missions contributed to the subsequent manned space program and how the military gained valuable information from these flights.

Elze has had a lifelong interest in the U.S. space program. Growing up in Southern California in the early 1960s, he attended several NASA seminars designed to encourage school students to enter scientific fields.

Supplemental reading on Russia in the form of library materials and collection development funding has been provided to Auburn Public Library by the Camden Conference, a nonprofit organization that works to foster informed conversations on world issues.

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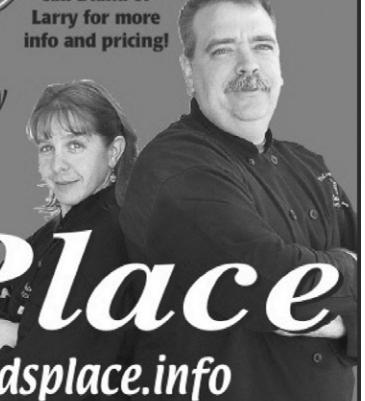


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Twin City Nights

"Pigs Can't Swim" author visits Winthrop library



Author-photographer Helen Peppe visits Bailey Public Library in Winthrop on Tuesday, January 13.

The Bailey Public Library will host award-winning writer and photographer Helen Peppe on Tuesday, January 13 at 6:30 p.m. All BPL events are now taking place at the library's temporary location on the first floor of the Winthrop Commerce Center at 149 Main Street during construction of the addition to the library's historic Bowdoin Street building.

Peppe's new memoir, "Pigs Can't Swim," is a

2014 Indie Next List title. She is currently working on a teen novel and her second memoir, "Chasing the Light," which focuses on photography. Her written work and photography have received numerous awards and recognition, placing first in the 2009 Word Worth Essay and Fiction Contest and twice placing first in the Starving Writer Literary Contest. She was one of seven finalists for the 2011 Annie Dillard Creative Nonfic-

tion Award and has been a repeat finalist for the Maine Literary Award. She has an MFA in creative writing from the Stonecoast Low Residency MFA program at the University of Southern Maine, where she returns as an alumna to teach and photograph.

The event is free and open to the public. Apple Valley Books will have copies of Peppe's new biography for sale at the event. For more information, call the library at 377-8673.

How to Be a Better Communicator

From the American Counseling Association

We're all aware that communicating plays an important role in the relationships we have with others. Regardless of the type of relationship, from romantic to family to job-related, the better you are at communicating, the more successful that relationship is likely to be.

So how do you become a better communicator? The first step is to become a better listener. Too often, especially in trying to talk about something emotional or argumentative, we tend to think more about what we're going to say while ignoring what the other person is trying to express. We may assume we know what the other person will say and, without taking the time to really hear and understand their words, begin our own response. Listening is an active and difficult skill.

Beyond listening,

there are other factors that make for better communication. One important item is making eye contact with the person you're talking with and listening to. You also want to be aware of nonverbal communication, such as body language and voice tone. A mocking tone, rolling eyes, hands on hips or crossed arms are all negative communications that can cause whomever you're speaking with to withdraw and become defensive.

You also want to focus on how you are expressing yourself verbally. It helps to make "I" statements rather than "you" accusations. You want to avoid words like "always" or "never," which tend to put a listener automatically on the defensive. Name calling or being overly critical or sarcastic is never productive.

Positive communication happens when you express yourself in small chunks, rather than talking fast and trying to get all your points in at once. You also

want to make sure you're having a conversation, rather than just lecturing. Take turns and let whomever you're talking with have a chance to express an opinion, and listen to him or her without interrupting or finishing the thought being expressed.

Communicating well in any type of relationship takes practice and work, but it can pay off when a major discussion has to take place. Start practicing with simple issues to express yourself honestly, clearly and coolly and to learn to listen to the other side as well. Poor communication is one of the major reasons for work frustrations, family problems and marriage issues. If communication issues are causing you relationship problems, consider consulting a professional counselor for help. *Counseling Corner* is provided by the American Counseling Association. For more information, see www.counseling.org.

Program explores "The Maine Frontier"



Rare photographs form the basis of "The Maine Frontier," a multi-sensory live program exploring life in turn-of-the-century northern Maine.

The Mahoosuc Arts Council will present "The Maine Frontier," an innovative performance piece exploring the history of northern Maine through photographs, films, oral histories, sound and live music, on Monday, January 12 at 7 p.m. in the Lepage Arts Center at Hebron Academy.

Isaac Simpson was a blacksmith, mechanic and carpenter who supported his family of 13 in turn-of-the-century northern Maine by traveling around to the region's various work camps and family farms to ply his trades. As he traveled, he brought with him in his

wagon - along with his tools for work - implements for cutting hair, his handmade violin, woolens knit by his wife to sell, and his large box camera and glass plate negatives.

Everywhere Simpson traveled, he took photographs of the families and workers he encountered. His subjects included the Shack Hill and Little Italy communities of Millinocket, the logging, railroad tie and shoe last camps of the region, and the pioneering families who made a living in this geographically remote corner of Maine. By photographing almost

everything and everyone he encountered, he unwittingly compiled a detailed visual record of a storied region at a pivotal time in its history.

The Maine Frontier combines Simpson's rarely seen photographs with current and archival films, oral histories and a compelling live musical soundtrack to explore life in this bygone era through an innovative multi-sensory presentation. The program is free and open to the public. Hebron Academy is located at 339 Paris Road in Hebron. For more information about the program, call 824-3575 or see www.mahoosucarts.org.

WinterKids announces new Passport partners

The 2015 WinterKids Passport is now available. The Passport is a great way for Maine families to try new winter activities, including downhill and cross-country skiing, snowboarding, ice skating, snow tubing and more.

Every fifth, sixth and seventh grader in Maine is eligible for a Passport, which contains free and discounted tickets, lessons and rentals at more than 50 outdoor recreation areas across the state.

WinterKids has added four new Passport partners for the 2015 season: Big Squaw Mountain in Greenville, featuring downhill skiing; the Outdoor Center in Newry, featuring cross-country skiing; Heywood Kennel Too in Raymond, featuring dog sledding; and North Atlantic Figure Skating in Falmouth, featuring ice skating lessons.

The WinterKids

Passport helps turn winter from a period of indoor confinement for kids into a positive, life changing experience. "My son has grown to love downhill skiing!" said WinterKids Passport parent Sarah Ricker of Pittston. "He is happier, more confident and has higher self-esteem."

WinterKids Passport holders can also take advantage of Passport Perks and WinterKids Days.

Passport Perks include deals and discounts at select Maine retailers and organizations. WinterKids Days are a way for Passport holders and their families to take advantage of deeply discounted tickets on select dates throughout the winter.

The WinterKids Passport began in 1997 as part of the Ski Maine

Association. In 2000, WinterKids became an independent 501(c)(3) nonprofit organization. Since then, the organization has grown in exciting ways to deliver innovative programs that are making a difference in the lives of Maine children. Today, WinterKids offers an array of active outdoor programs for families, schools and communities.

The WinterKids Passport is free, but there is a nonrefundable \$25 processing fee for each Passport. WinterKids offers scholarships to families in need. For more information or to order a Passport, see www.WinterKids.org. To request a scholarship, send an email to info@winterkids.org.

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Thursday, January 8

La Roncontre. 11:30 a.m. Franco Center, Lewiston. The Center serves a baked chicken dinner, followed by traditional French Canadian songs by the Lorraine Ouellette Trio. \$8. All are invited. Reserve by January 6. 783-1585; boxoffice@francocenter.org.

Friday, January 9

Food for Thought Luncheon. 11:30 a.m. Function Rm. 170, Lewiston-Auburn College. Rev. Robert A. Parent and Arthur Allard of the Franco-American Genealogical Soc. discuss Franco-Amer. genealogy research; incl. lunch. \$7 w. reservation, \$8 at door.

Comedy Fix XVIII. 8 p.m. Fireside Inn, 1777 Washington St., Auburn. Tonight's lineup includes Brian Brinegar, Brian Plumb, Anna Conathan, John Randall and Brett Groh. Proceeds benefit Good Shepherd Food Bank. 21+. Doors at 7 p.m. \$10. www.comedyfixlive.com.

Concert: Skosh. 8 to 11:30 p.m. Franco Center, Lewiston. The five-piece funk, classic rock and blues band from Buckfield celebrates the release of its new CD; A Mighty Lion and Zealous Bellus open. \$8 in advance, \$10 at door. 689-2000; www.francocenter.org.

Saturday, January 10

Pet First Aid & CPR. 10 a.m. to noon. Auburn Public Library. Bobby Silcott of the Maine Pet Oxygen Masks Project shows how to apply First Aid and CPR to your pet in a medical emergency. Free, but donations to the project accepted. 333-6640 ext. 4.

Concert: Newell Family Band. 7 p.m. Trinity Church, 247 Bates St., Lewiston. The Newells perform American, British and European folk music and songs; poets Susann Pelletier and Stephan Cowperthwaite open. \$10 sugg. donation; kids, students free. 344-3106.

Sunday, January 11

Winter Blues Bash. Noon to 6 p.m. Ramada Inn, Lewiston. The Maine Blues Society presents blues harp master (and Maine native) Jason Ricci and upcoming Intl. Blues Competition contestants Eric French and The Blood Orange Martinis. \$15. www.mbswinterbluesbash.eventbrite.com.

Concert: VoXX - Voice of Twenty. 2 p.m. Basilica of Saints Peter and Paul, Ash St., Lewiston. The auditioned, a cappella choir that performs early and contemporary choral music presents its annual winter concert. 662-9364.

Pot Luck Supper & Game Night. 5:30 to 7:30 p.m. Ricker Memorial Library, Maine St. (Rte. 26), Poland. Bring a casserole or other food dish to share, a favorite game to play and

Calendar

See more Calendar at www.TwinCityTimes.com

friends to join in the fun; presented by Person to Person. Free. 998-4390.

Monday, January 12

Fiddle-icious First Rehearsal. 7 p.m. Falmouth Congregational Church, Falmouth Rd. (next to Falmouth Town Hall). Maine's largest (80+) fiddle orchestra of traditional Celtic music invites fiddlers, mandolin players, guitarists and harpists of all experience levels to join the group. www.fiddleicious.com.

The Maine Frontier. 7 p.m. Lepage Arts Center, Hebron Academy, 339 Paris Rd., Hebron. This multi-sensory program explores life in turn-of-the-century northern Maine through the photographs of itinerant blacksmith Isaac Simpson. Free. 824-3575. www.mahoosucarts.org.

Tuesday, January 13

History of the Space Race. 2 p.m. Auburn Public Library. Senior College instructor Alan Elze will discuss the origins and development of the Space Race between the U.S. and USSR. Free. 333-6640 ext. 4.

Author Visit. 6:30 p.m. Bailey Public Library, temporary location, Winthrop Commerce Center, 149 Main St., Winthrop. Author-photographer Helen Peppe discusses her work, including her acclaimed new memoir "Pigs Can't Swim." Free. 377-8673.

Wednesday, January 14

"Growing Cooperative Housing in Lewiston." 6 p.m. Callahan Hall, Lewiston Public Library. This public forum will discuss cooperative housing, including the new Raise-Op Housing Cooperative. Free. 513-3135.

Thursday, January 15

Lisbon Community School Winter Concert. 6:30 p.m. Lisbon Community School Gymnasium, 33 Mill St., Lisbon. (Snow date Thursday, January 22.) Presented by the Lisbon Community School Music Department. \$1 per person or \$5 per family. 754-0021.

Friday, January 16

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Economist and former Maine State Senator Dick Woodbury discusses "The Policy and Politics

of Reforming Maine's Tax System." Free. Bring a bag lunch. 513-3135.

Sunday, January 18

Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. 208 Bates Street, Lewiston. Buy locally grown and made products from dozens of local vendors and have brunch at the market café. Every 1st and 3rd Sun. thru April 29. [www.stmarysnutritioncenter.com](http://stmarysnutritioncenter.com).

Wednesday, January 21

Device Workshop. 2 to 3 p.m. U.S. Cellular, 730 Center St., Auburn. Local residents are invited to come in to ask questions about their new smartphones; you need not be a customer to attend. Free. To reserve your spot, call 777-0000.

Friday, January 23

Theater: "Vanya and Sonia and Masha and Spike." 7:30 p.m. The Public Theatre, 31 Maple St., Lewiston. This Broadway hit by Christopher Durang won the 2013 Tony Award for Best Play. Again 1/24-25, 29-31, and 2/1. For show times and ticket info, see www.thepublictheatre.org.

"Long Ridges and Steep Faces: An Alaskan Education." 7 p.m. Lower level, L.L. Bean flagship store, 85 Main St., Freeport. Charlie Townsend discusses his forays up the storied routes of the Alaska Range and his longtime work with the N.H. Mountain Rescue Service. Free.

Saturday, January 24

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

Concert: Midcoast Symphony Orchestra. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. This program of works by American composers includes the "Grand Canyon Suite" by Ferde Grofé. \$20; college students, kids 17- free. www.midcoastsymphony.org.

Thursday, January 29

Theater: "Vanya and Sonia and Masha and Spike." The Public Theatre, 31 Maple St., Lewiston. This Broadway hit by Christopher Durang won

the 2013 Tony for Best Play. Again 1/30-31, 2/1. For show times and ticket info, see www.thepublictheatre.org.

Friday, January 30

Community Bean Supper. 4:30 to 7 p.m. Sugg Middle School Cafeteria, 4 Sugg Dr., Lisbon Falls. All proceeds support the Lisbon Music Boosters Association Summer Music Camp Scholarship Fund. \$7 adults, \$4 children ages 10-. 754-0021.

Saturday, January 31

Mattress Sale Fundraiser. 10 a.m. to 4 p.m. Lisbon High School Gymnasium, 2 Sugg Dr., Lisbon Falls. New, factory warrantied, brand-name mattresses for sale at 30 to 60% off retail; all sizes available. Benefits the Lisbon School Music Program. 754-0021.

Theater: "Grey Gardens." 7:30 p.m. Cumston Hall, 796 Main St., Monmouth. Monmouth Comm. Players presents the Tony Award-winning musical about a high society mother-daughter pair who become East Hampton's most notorious recluses. Again Feb 1, 6-8 (Suns. at 2 p.m.) \$14/12. www.monmouthcommunityplayers.com.

Sunday, February 1

Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. 208 Bates Street, Lewiston. Buy locally grown and made products from dozens of local vendors and have brunch at the market café. Every 1st and 3rd Sun. thru April 29. [www.stmarysnutritioncenter.com](http://stmarysnutritioncenter.com).

Annual Table Tour. 11 a.m. to 2 p.m. Viles Arboretum, 153 Hospital St., Augusta. Ski or hike the Arboretum's beautiful groomed trails while sampling culinary delicacies from some of the area's best restaurants. \$25 adults, \$10 kids 9-, toddlers free. 626-7989; www.vilesarboretum.org.

Friday, February 6

Auburn Winter Festival. Various times and locations. Activities and attractions include sledding,

FLAGSHIP CINEMAS

JANUARY 9TH THROUGH JANUARY 11TH

DOORS OPEN AT: 12:35pm LEWISTON Promenade Mall, Lisbon Street Lewiston Movie Hotline — 777-5010 www.flagshipcinemas.com

Valid for the days listed Friday, Saturday and Sunday only

Unbroken (PG-13)	12:50	3:40	6:45
Penguins Of Madagascar (PG)	1:50	4:25	7:10
Horrible Bosses 2 (R)	1:10	3:55	7:40
The Hunger Games: Mockingjay Part 1 (PG-13)	1:25	4:10	7:25
Interstellar (PG-13)	1:55	6:40	
Big Hero 6 (PG)	1:05	3:35	7:45
Fury (R)	12:55	3:50	6:55
Annie (PG)	1:40	4:35	7:30
The Hobbit: The Desolation of Smaug (PG-13)	1:20	4:20	7:15
Night At The Museum: Secret of the Tomb (PG)	1:35	4:05	7:00

JANUARY 9TH THROUGH JANUARY 15TH

DOORS OPEN AT: 11:45am AUBURN 746 Center Street Auburn Movie Hotline — 786-8605

Taken 3 (PG-13)	1:00	4:00	7:10	9:40
The Imitation Game (PG-13)	12:40	4:10	7:25	9:50
Big Eyes (PG-13)	1:30	4:20	7:20	9:45
Woman In Black 2: Angel Of Death (PG-13)	1:10	4:30	7:05	9:30
Woman In Black 2: Will Not Show @4:30 & 7:05 on Saturday January 10th				
Unbroken (PG-13)	12:20	3:40	6:45	9:40
Into The Woods (PG)	12:50	3:50	6:50	9:35
The Gambler (R)	1:20	4:05	6:40	9:15
Night At The Museum: Secret Of The Tomb (PG)	12:00			
The Hobbit: Desolation of Smaug (PG-13)	12:10	3:30	7:15	xxx
Wild (R)	12:30			6:55
Annie (PG)	3:20			9:25

Free Patriots Vs. Ravens 1-10 @ 4:25pm 35 Foot Screen Hi-Def *Free*

Free Early Bird Classic Film "On The Waterfront" Tuesday @ 10AM *Free*

snowmobile rides, skiing, snowboarding, snowshoeing, skating, ice sculptures, a torchlight parade and music. Cont. 2/7-8. For schedule, see www.auburn-maine.gov.

Artists' Visit. 6 p.m. Room 104, Olin Arts Center, Bates College campus, 75 Russell St., Lewiston.

Artist Dawn Clements and sculptor Marc Leuthold discuss their collaborative works, now on display at the Bates College Art Museum. Free. 786-6158.

Theater: "Grey Gardens." 7:30 p.m. Cumston Hall, 796 Main St., Monmouth. Monmouth Comm. Players presents the Tony Award-winning musical about a high society mother-daughter pair who become East Hampton's most notorious recluses. Again Feb 7, 8 (Sun. at 2 p.m.) \$14/12. www.monmouth-communityplayers.com.

Sunday, February 15

Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. 208 Bates Street, Lewiston. Buy locally grown and made products from dozens of local vendors and have brunch at the market café. Every 1st and 3rd Sun. thru April 29. www.stmarysnutritioncenter.com.

Sunday, March 1

Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. 208 Bates Street, Lewiston. Buy locally grown and made products from dozens of local vendors and have brunch at the market café. Every 1st and 3rd Sun. thru April 29. www.stmarysnutritioncenter.com.

Sunday, March 15

Lewiston Winter Farmer's Market. 10 a.m. to 1 p.m. 208 Bates Street, Lewiston. Buy locally grown and made products from dozens of local vendors and have brunch at the market café. Every 1st and 3rd Sun. thru April 29. www.stmarysnutritioncenter.com.

Send all submissions for the Calendar listing to Editor@TwinCityTimes.com. Deadline is Friday by five.

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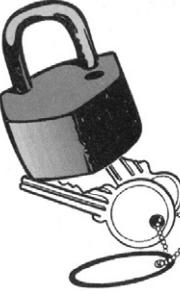
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What's Going On

O'Malley appointed to Deputy Police Chief

Lewiston Police Chief Michael Bussiere has appointed Brian O'Malley to the rank of deputy police chief effective January 1. O'Malley is a 25-year veteran of the Lewiston Police Department who has held a variety of positions within the agency, including patrol officer, detective, patrol sergeant and, most recently, sergeant of detectives in the Criminal Investigations Division.

O'Malley has a B.A. in political science from Providence College and attended

the Command Training Program at Roger Williams University. He has advanced training certifications in crisis negotiation and practical homicide investigations and is a certified civil rights officer. He has received numerous departmental commendations and citations, as well as the Colonel Award from the Maine State Police, the New Hampshire Congressional Law Enforcement Award and the Community Advocate Award from Androscoggin County Sexual Assault Prevention and Response. He has ac-

tively supported Special Olympics of Maine for more than 20 years and was inducted as a volunteer into the Special Olympics Hall of Fame.

"Brian O'Malley is a consummate professional and is well respected both inside and outside of the law enforcement community," said Chief Bussiere. "I have every confidence that he will excel in this new role as he helps lead the dedicated men and women of the Lewiston Police Department in service to our community."

"I am deeply appreciative of the confidence

shown in me by the chief, the members of the Lewiston Police Department and the City of Lewiston," said O'Malley. "Working with Chief Bussiere and the men and women of the department, I know that we will continue to proudly and effectively serve the citizens of Lewiston by providing a professional and caring police department."

Deputy Chief O'Malley replaces James Minkowsky, who is retiring after 25 years of service.

Maine CDC offers food safety tips for power outages

With ice and freezing rain a routine part of winter life in Maine, the Maine Center for Disease Control and Prevention offers the following food safety recommendations in the event of lost power:

Keep an appliance thermometer in the refrigerator and freezer at all times to see if food is being stored at safe temperatures (40 degrees Fahrenheit for the refrigerator; 0 degrees F for the freezer). Most food-borne illness is caused by bacteria that multiply rapidly at temperatures above 40 degrees F.

Leave the freezer door closed. A full freezer

should keep food safe for about two days; a half-full freezer for about one day. Add bags of ice or dry ice to the freezer if it appears that the power will be off for an extended time. You can safely refreeze thawed foods that still contain ice crystals or feel cold and solid to the touch.

Refrigerated items should be safe as long as the power is out no more than four to six hours. Discard any perishable food that has been above 40 degrees F for two hours or more and any food that has an unusual odor, color or texture. The general rule of thumb is:

"When in doubt, throw it out."

Leave the refrigerator door closed as much as possible. Every time you open the door, cold air escapes and the temperature rises. If it appears that the power will be off for more than six hours, transfer refrigerated perishable foods to an insulated cooler filled with ice or frozen gel packs. Keep a thermometer in the cooler to be sure the food stays at 40 degrees F or below.

Never taste food to determine its safety. Some foods may look and smell fine, but if they've been at room temperature longer than two hours, bacteria can

multiply very rapidly. Some types will produce toxins that are not destroyed by cooking and could make you sick.

If using a generator to supply power, be sure to do so safely. One generator produces as much carbon monoxide as 100 cars. If using a generator to keep appliances running, make sure the generator is in open space outside the home and at least 15 feet away from any windows or doors.

For more information about food safety during a power outage or disaster, call the USDA's Meat and Poultry Hotline at 1-800-535-4555, Monday through Friday, 10 a.m. to 4 p.m. For emergency guidance, restaurant owners should visit the Health Inspection Program website at www.main.gov/dhhs/mecdc/environmental-health/el.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to Editor@TwinCityTimes.com.



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Students support Humane Society



Emily Day (r.) with Ava Kimball



Madison Lee with GAHS operations manager Zachary Black

Three students supported the Greater Androscoggin Humane Society this fall by asking their guests to bring donations for the Society in place of birthday gifts to their birthday parties. Emily Day, a third-grade student at Sherwood Heights Elementary School celebrating her 9th birthday, Emily Farrington, a seventh-grade student at Auburn Middle School celebrating her 13th birthday, and Madison Lee,



Emily Farrington

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