

Concerts for a Cause celebrates MLK Day with Novel Jazz Septet



The event will feature the music of Duke Ellington and Billy Strayhorn, along with stories about their relationships with Dr. King, their experiences with racism and homophobia, and their efforts to promote civil rights.

The UUCB Concerts for a Cause series will celebrate MLK Day with a concert by the Novel Jazz Septet on Saturday, January 13 at 7:30 p.m. at the Unitarian Universalist Church of Brunswick. The event will feature the music of Duke Ellington and Billy Strayhorn - civil rights activists, friends and favorite musicians of Mar-

tin Luther King, Jr - along with interesting stories about their relationship with Dr. King, their experiences with racism and homophobia, and how this affected their music and forged their promotion of civil rights.

Tickets are \$15 in advance, \$18 at the door, or \$8 for students and children. They can be

purchased by calling the church office at 729-8515, at Gulf of Maine Books in Brunswick, or online at <http://noveljazz.brown-papertickets.com>.

Proceeds from the Concerts for a Cause series support church programming and local charities. In the past two years, the series has raised over \$18,000 for local charities.

Youth Council hosts Lewiston "Success Story Forum" tonight

The Lewiston Youth Advisory Council will present "Lewiston Is a Place Where People Can Reach

Their Dreams... A Success Story Forum" on Thursday, January 11, from 6 to 7:30 p.m. This free event will

take place in the City Council Chambers at Lewiston City Hall, 27 Pine Street.

See LYAC, page 4

Gendrons present \$50,000 donation to Museum L-A



Dollard (Del) and Priscilla Gendron present a donation check to Museum L-A Executive Director Rachel Desgrosseilliers in support of the museum's future home.

Dollard (Del) and Priscilla Gendron recently presented a \$50,000 donation to Museum L-A, the second installment of their \$100,000 pledge toward a new museum. The Gendrons are a local family whose business has played a significant role in the community as contractors, real estate developers, and through their ownership of several convenience store-gas stations.

"We feel that Museum L-A is very important for our community," said Mr. Gendron. "My family is fortunate to have the financial ability to make contributions

like this one to Museum L-A because of our hard work and dedication over many years. We do this because we believe in giving back to our communities, and we hope to inspire others to make a difference by investing in their communities too."

"The Gendron Family has been a major supporter of Museum L-A for many years," said Museum L-A executive director Rachel Desgrosseilliers. "It is because of their generosity, along with the contributions of many other individuals and businesses, that Museum L-A has become a

destination that serves as an experience of community and tourism in Lewiston-Auburn. We are honored that they choose to support us and want to encourage others to give back to their community."

Museum L-A is located in the Bates Mill Complex at 35 Canal Street in Lewiston. Its hours of operation are Tuesday through Friday from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m. Special and large group tours are available outside of these hours by appointment. For more information, call 333-3881 or email info@museumla.org.

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Newsmakers, Names & Faces

Following letter from Congressional Delegation, President issues Disaster Declaration for State of Maine

U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) and Representatives Chellie Pingree (D-ME) and Bruce Poliquin (R-ME) welcomed the recent announcement that President Trump has approved a federal Major Disaster Declaration for the State of Maine to recover from the severe storm that affected the state in October. Last month, Maine's Congressional Delegation sent a letter to the president in support of Maine's request.

"The intense storm system that affected Maine in late October resulted in power outages for approximately 90 percent of the population and caused extensive damage throughout the state," said Senators

Collins and King and Representatives Pingree and Poliquin. "The release of disaster relief funds to help repair damage caused by the storm is good news for the State of Maine and residents who were affected by this severe weather."

In their letter to President Trump in early December, Maine's Congressional Delegation commended emergency responders and volunteers who "worked around-the-clock for days to restore power, clear debris, establish shelters, and ensure the availability of life-saving services for the people of Maine." They also noted, however, that the response effort "greatly strained the financial resources of local and state

governments," necessitating federal disaster assistance.

As a result of the disaster declaration, 13 Maine counties (Cumberland, Franklin, Hancock, Kennebec, Knox, Lincoln, Oxford, Penobscot, Piscataquis, Sagadahoc, Somerset, Waldo, and York) are eligible for FEMA's Public Assistance Program, which provides assistance for debris removal, emergency protective measures, and permanent restoration of infrastructure.

In addition, all areas in the state are eligible for assistance under the Hazard Mitigation Assistance Grant Programs, which support measures to reduce the risk of loss of life and property from future disasters.

President approves Major Disaster Declaration for state

The Federal Emergency Management Agency (FEMA) has announced that federal disaster assistance has been made available to the State of Maine to supplement state and local recovery efforts in the areas affected by a severe storm and flooding from October 29 to November 1, 2017.

Federal funding is available to state and eligible local governments and certain private non-profit organizations on a cost-sharing basis for emergency work and the repair or replacement of facilities damaged by the severe storm and flooding in Cumberland, Franklin, Hancock, Kennebec, Knox, Lincoln, Oxford, Penobscot, Piscataquis, Sagadahoc, Somerset, Waldo, and York Counties. In addition, federal funding is available on a cost-sharing basis for hazard mitigation measures statewide.

James N. Russo has been named as the Federal Coordinating Officer for federal recovery operations in the affected area. Russo said additional designations may be made later if warranted by the results of damage assessments.

Approved public repair projects are paid through the state from funding provided by FEMA and other participating federal agencies. Application procedures for state and local governments will be explained at a series of federal/state applicant briefings at locations in the affected area to be announced by recovery officials.

Here below is a summary of key federal disaster aid programs that can be made available as needed and warranted under the Major Disaster Declaration:

Payment of not less than 75 percent of the eligible costs for debris removal

and emergency protective measures taken to save lives and protect property and public health. Emergency protective measures assistance is available to state and eligible local governments on a cost-sharing basis.

Payment of not less than 75 percent of the eligible costs for repairing or replacing damaged public facilities, such as roads, bridges, utilities, buildings, schools, recreational areas, and similar publicly owned property, as well as certain private non-profit organizations engaged in community service activities.

Payment of not more than 75 percent of the approved costs for hazard mitigation projects undertaken by state and local governments to prevent or reduce long-term risk to life and property from natural or technological disasters.

New doctor at Hematology-Oncology Associates



Milaim Mustafa, M.D.

Milaim Mustafa, M.D., has joined the staff at Hematology-Oncology Associates, located at 12 High Street, Suite 205 in Lewiston.

in Coolidge, Antigua. He completed his internal medicine residency at Richmond University Medical Center in Staten Island, NY and fellowships in hematology and oncology at Westchester Medical Center, New York Medical College in Valhalla, NY. He is certified by the American Board of Internal Medicine.

"I have a family history of cancers, which has helped me understand what cancer patients go through," said Mustafa of his chosen specialty. "To be able to create great bonds with my patients and help them through their most difficult time is the best feeling that can be experienced. I enjoy showing my patients that they are not alone and that we will fight together," he continued.

Part of Central Maine Healthcare, Hematology-Oncology Associates treat patients with blood disorders and cancer. They can be reached by calling 795-2935.

Community Concepts receives \$500k grant for heating assistance

Community Concepts has received additional funding for its heating improvement program in Androscoggin and Oxford counties, including a \$500,000 grant from the Maine State Housing Authority, plus a donation of \$5,000 from Atlantic National Trust founder Ted West to help cover the cost of distributing the grant.

The additional funding will allow for an expansion of the Central Heating Improvement Program (CHIP), which provides state-funded grants to repair or replace central heating systems for low-income households, with priority given to households that do not currently have heat.

"The additional funds mean that the most vulnerable people will not suffer in the intense cold we are experiencing this winter, as we will be able to perform repairs and replacements of heating systems as needed for those who would otherwise not be able to

afford them," said Sandy Albert, Director of Housing Improvement Services at Community Concepts.

CHIP is administered across the state by a network of local community action agencies, including Community Concepts, and the administration of the new grant is estimated to cost the agency an additional \$25,000.

"The additional funds coming from Maine Housing to expand the CHIP program will be extremely beneficial to our area," said Community Concepts CEO Shawn Yardley. "However, we still need funds to cover the critical administrative costs associated with this additional CHIP money, so we are very grateful to Ted West and Atlantic National Trust for helping our effort to expand the CHIP program in this area to keep our neighbors warm."

"We are strong advocates of the work Community Concepts does and the impact they have on the

Lewiston community," said Ted West of Atlantic National Trust. "Naturally, we jumped at the opportunity to help them keep Mainers warm in the winter."

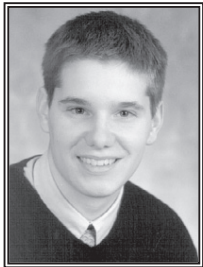
To learn more about CHIP and other available heating assistance resources in Oxford and Androscoggin counties, visit www.community-concepts.org.

Community Concepts is a nonprofit organization supporting residents in Androscoggin, Oxford, and Franklin counties with a dynamic range of programs in the areas of children and family services, transportation, heating and utility assistance, affordable housing, and financing for housing and businesses.

Atlantic National Trust is a private equity firm founded in 1995 by Theodore "Ted" West. Atlantic prides itself as an entrepreneurial company that combines expertise in finance and real estate to maximize the value of its

See \$500k, page 5

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Governor's Address:

Taking conservation land off tax rolls increases the burden on homeowners

Too many Maine families are facing skyrocketing property taxes that strain household budgets. Our elderly on fixed incomes are particularly vulnerable to these increases.

Dear Maine Taxpayer,

School budgets are often blamed for annual increases in property taxes. But there's another reason. A tremendous amount of land and property value has been taken off the tax rolls, leaving homeowners to pick up the tab.

At the state level, my administration is actively working to put long-held, unused property back on the tax rolls.

The new DHHS building in Augusta is a prime example. We sold the property to a private owner who will now pay taxes to the City of Augusta. DHHS will lease the office space in the new building and save money over the life of the lease—a win for the state, the city and taxpayers. But too many communities don't benefit from this kind of partnership.

As of 2016, towns and cities owned land and buildings valued at nearly \$5.5 billion statewide. Large and wealthy non-profit organizations, such as hospitals and colleges, often escape paying property taxes on their vast real estate hold-



Governor Paul R. LePage

ings—totaling more than \$5.1 billion statewide.

Even worse, the balance between economic growth and conservation is lopsided. In Maine alone, 2.2 million acres of land

have been set aside for conservation by the federal and state governments and non-profit organizations, including land trusts. When combined with easements, nearly 20 percent of our state is conserved from development at a time when we should be promoting growth and economic development.

The total estimated value of land that has been either removed from the tax rolls or prohibited from development is \$1.8 billion.

Municipalities are losing out on property taxes on all that land value. The cost of municipal services has shifted to local homeowners, who subsidize the loss

of all that value by paying higher property taxes.

It's time to recognize the results of taking property off the tax rolls and identify solutions to reduce the burden on our homeowners.

Our administration has proposed allowing municipalities to collect property taxes or fees from large non-profit entities, and we've tried to require land trusts to contribute to the tax rolls. We've been met with staunch resistance.

Now we established an online registry for all non-profits that own conservation land. So far, 84 organizations have met their obligations and submitted over 1,700 entries. The data

is stunning.

In 1996, about 35,000 acres of land were documented as land-trust owned. That number has increased by an astonishing 1,200 percent. Land trusts now control over 422,000 acres with an estimated value of \$344 million.

We must restore the balance. We will be working this session to ensure all land owners are contributing to the local tax base.

It's time for them to pay their fair share.

Thank You,
Paul R. LePage
Governor

Farnham promoted to major general



Douglas A. Farnham commands 3,000 Air and Army National Guardsmen as Maine's Adjutant General.

Gov. LePage presided over the promotion of Brig. Gen. Douglas A. Farnham to the rank of major general at a pinning ceremony held recently in the Maine State House's Hall of Flags. Farnham, who

commands 3,000 Air and Army National Guardsmen as Maine's Adjutant General, was joined by

elected leaders, military members, veterans, friends, and family members at the ceremony.

"I am pleased to recognize General Farnham during this promotion ceremony," said Gov. LeP-

age. "Having earned his well-deserved second star as major general, he is Maine's highest-ranking reserve component officer."

Farnham was appointed Adjutant General on December 29, 2015 and unanimously confirmed by the senate on January 17, 2016. He was promoted to brigadier general on January 21, 2016.

General Farnham graduated from the United States Air Force Academy in 1984. As an instructor pilot and flight examiner in the C-21A Learjet, he served as the primary pilot for Commander, United States Space Command and later taught at the C-21 formal training school.

Farnham joined the Maine Air National Guard in 1991. He has served in various operations and command positions in the 101st Air Refueling Wing. He also deployed as United States Central Command Deputy Director of Mobility Forces.

Prior to assuming responsibilities as the Adjutant General, Farnham commanded the Bangor-based 101st Air Refueling Wing. See **Farnham**, page 6

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Next time, fail better.

By Laura Campbell

I had a great discussion with a client the other day. We talked about how exercise is boring. You may think isn't that the opposite of what a personal trainer is supposed to tell clients? Shouldn't I be touting the benefits of exercise, that it releases "happy hormones," that it make us feel great and on top of the world etc. etc. Most of us know that exercise does make us happier, yet many don't stick with a consistent exercise program for the long term. Why?

Think back to the last time you got on a treadmill or elliptical machine. Did you step off and think, 'Wow, that was so much fun, I can't wait to do that again!'" Probably not. Many adults get trapped into the 'exercise means going to the gym' mentality and then beat themselves up when they stop going because they would rather watch paint dry. Forgive your-

selves. It is, actually, boring. There, I said it. I often hear clients blame themselves for a lack of willpower or commitment. They hire me thinking if someone is expecting them to show up they will have better adherence and therefore be successful in achieving greater health. This is very true, but only in the short term.

The client I was speaking to was detailing what she always wanted to try but didn't because she felt she was too 'out of shape' and feared embarrassment. This type of discussion is a necessary part of being successful with a health initiative. At the Big Room, folks fill out a "goal sheet" that covers both long and short-term goals. We discuss their goals and I incorporate learning something new into their training plan. This gets me and the client excited about embarking on a new adventure toward greater health. It puts a goal on the horizon that is hopefully fun and



Laura Campbell

enjoyable. Exercise and health become an outcome of the fun and the rest is history. One of the best things about my job is when someone decides to learn a new skill that involves healthy living and really becomes passionate about it.

If it is fear of embarrassment or failure that is holding you back, let me share a funny personal story with you.

I started riding a road bike about four years ago. I knew how to ride a bike on a flat road but that was about it. Because I had done plenty of running races, I thought why not try a

race on a bike? I concocted this idea late at night and signed up for Critérium race the next day in Fitchburg, Massachusetts. I didn't know what a 'Crit' race even was. I didn't know that you start unclipped from the bike and a gun goes off and everyone shoots out of the start line like rockets exploding. I didn't know that Crit racing involves short loops with tight turns and plenty of strategy. I didn't know what drafting was or a peloton—If you don't, look it up, it's very cool. We drove down at 5 am in pouring, pelting, rain. The rain didn't let up before the start of the race. I remember the announcer chastising those who didn't have hats on or the proper tire pressure (less in rain). I remember the gun going off and hearing the announcer say, "and Laura Campbell can't quite clip in, she's in trouble" or "Laura Campbell is a moron, why would she try to enter into a sport that she knows nothing

about" or at least that is what it felt like as I watch the entire field of racers ride away from me. For the record, the announcer actually did comment on my awful start. Hilarious looking back on it. Once I was finally clipped in, I fought hard to get back up to the rest of the riders. I did catch them but also was lapped by the lead women. It was a great race and I was hooked.

I didn't finish the race and feel embarrassed, I felt proud of myself for putting it all out there. There have been many, many, more times since that day, that one thing or another has happened during a bike race or group ride and I am alone or "dropped" as they call it, trying to chase the group. Guess what? It doesn't matter. Actually, these hard-fought races have also been some of my favorite race memories. I am happy to say however, that with training and experience (racing a lot) and an awesome local bike

shop--Rainbow Bicycles in Lewiston—I don't find myself being made fun of by the announcers at races anymore.

My point is that if I had never signed up and put my fear of embarrassment and failure aside, I would have missed out on a great sport that has now become a huge part of my life. So today commit to learn something new, set a goal, participate. Get out there and be the person you know you want to be, ask questions and accept advice and help from others. Be and do your best. Every day.

Laura Campbell is the owner of Big Room Personal Training in Auburn. She loves cycling, gardening, cooking, and your questions, which you can email to bigroompersonaltraining@gmail.com. For more information, see www.bigroompersonaltraining.com.

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UMaine Extension's "Growing Maine" video series wins regional award

The University of Maine Cooperative Extension's video series, "Growing Maine," received a first-place, Eastern Region award from the National Extension Association of Family and Consumer Sciences in the area of Television-Video Communications. The series includes six short-form documentary stories about farmers and food producers in Maine. New stories are added to the collection on a quarterly basis.

The "Growing Maine" videos help consumers get to know their food sources better, as farmers and producers share their behind-the-scenes perspectives on how decisions are made. For those aspiring to farm, the videos are a way to hear directly from farmers and producers about what is most important to them.

The series can be viewed online. Viewers also have the opportunity to suggest future story ideas for new videos that will be released throughout the year. For more information, contact Leslie Forstadt at 581-3487 or leslie.forstadt@maine.edu. To view the series, see <https://extension.umaine.edu/growing-maine>.

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Farnham

Continued from page 3

eling Wing in the Maine Air National Guard as a command pilot.

"The majority of my remarks today can be summarized as one big thank you," said Farnham. "Thank you Gov. LePage for your trust and confidence. Thank you to my mentors, so many of you who are responsible for my being here today; and thank you to my family. We probably don't say thank you to our families enough; we couldn't do our mission without our families' support."

Red Cross blood shortage prompts urgent call for blood and platelet donations during National Blood Donor Month

This January, National Blood Donor Month, the American Red Cross has an urgent need for blood and platelet donors of all blood types. Please make an appointment to give now and help address a winter blood donation shortage.

Severe winter weather has had a tremendous impact on blood donations already this year, with more than 150 blood drives forced to cancel, causing over 5,500 blood and platelet donations to go uncollected. This is in addition to seasonal illnesses, such as the flu, and hectic holiday schedules collectively contributing to more than 28,000 fewer donations than what was needed in November and December.

“Even temporary disruptions to blood and platelet donations can diminish the availability for hospital patients,” said Mary Brant, external communications manager of the Northern New England Red Cross Blood Services Region. “It’s the blood on the shelves that helps save lives in an emergency, and that’s why we’re asking eligible individuals to make an appointment to give blood or platelets today.”

While serving local hospitals is the first priority, the Red Cross can move blood products to where they're needed most. This allows generous donors throughout the country to contribute to the national blood supply and potentially help patients locally and in storm-affected areas.

All blood types are urgently needed, but the most critical need is for the following blood and donation types: Platelets - the clotting portion of blood primarily given to cancer patients during treatment and always in great demand; Type O negative - the blood type that can be transfused to almost everyone and is what doctors reach for in trauma situations; Type B negative - the blood type that can be transfused to type B Rh-positive and negative patients; Type AB - the plasma type that can be transfused to almost everyone and can be donated through a platelet or plasma donation, where available, or during a regular blood donation.

Eligible donors can find a blood or platelet donation opportunity and schedule an appointment to donate by using the free Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767). Donation appointments

and completion of a Rapid-Pass are encouraged to help speed up the donation process. RapidPass lets donors complete the pre-donation reading and answer the health history questionnaire online, on the day of their donation, by visiting redcrossblood.org/rapidpass from the convenience of a mobile device or computer, or through the Blood Donor App.

Here below is a list of area blood donation opportunities in January:

Auburn: 1/13, 8 a.m. to 1 p.m., Edward Little High School, 77 Harris Street; 1/26, 11 a.m. to 4 p.m., Flagship Cinemas Auburn, 730 Center Street.

Augusta: 1/11, 1 to 6 p.m., Litchgow Public Library, 45 Winthrop Street; 1/23, 9:30 a.m. to 2:30 p.m., Kennebec Valley YMCA, 31 Union Street; 1/25, 10 a.m. to 3 p.m., Kennebec Savings Bank Augusta, 150 State Street.

Bath: 1/9, 12 to 6 p.m., YMCA, 303 Centre Street.

Brunswick: 1/17, 1 to 6 p.m., Saint Charles Brunswick, 132 McKeen Street; 1/24, 2:30 to 7:30 p.m., Mid Coast Hospital, 123 Medical Center Drive.

Farmingdale: 1/12,
12 to 5 p.m., DNK Select
Cars & Trucks, 530 Maine
Avenue.

Freeport: 1/16, 11 a.m. to 5 p.m., L.L. Bean Retail Store Freeport, 95 Main Street.

Lewiston: 1/11, 10 a.m. to 3 p.m., Lewiston Career Center, 5 Mollison Way; 1/27, 9 a.m. to 2 p.m., Lewiston-Auburn Harley-Davidson, 839 Main Street.

Mechanic Falls: 1/26,
1 to 6 p.m., Mechanic Falls
Town Hall, 108 Lewiston
Street.

Poland: 1/13, 8 a.m. to 1 p.m., Poland Town Hall, 1223 Maine Street, Route 26.

South Paris: 1/18, 1 to 6 p.m., Paris Fire Department, 137 Western Avenue.

Topsham: 1/13, 11 a.m. to 4 p.m., Smitty's Cinema, 65 Topsham Fair Road; 1/30, 1 to 6 p.m., ARC Mid Coast Chapter, 16 Community Way.

Windham: 1/24, 12 to 5 p.m., North Windham Veterans Center, 35 Veterans Memorial Drive.

For the 11th year, the American Red Cross and Dunkin' Donuts are partnering in January to help increase donations and reward generous donors. Through the Dunkin' Donors Make a Difference campaign, those who give blood or platelets in January at Red Cross blood drives in Connecti-

cut, Maine, Massachusetts, New Hampshire, Vermont and parts of New York will

receive a \$5 DD Card to be used toward the purchase of any item at participat-

ing Dunkin' Donuts. In addition, the DD Card features a Red Cross logo, is

reloadable, and can also be enrolled in the DD Perks Rewards program.

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Buy your 2018 hunting or fishing license online



Nearly as large as all the other New England states combined, Maine offers abundant outdoor recreational opportunities on its over 17 million acres of forested land, 6,000 lakes and ponds, and 32,000 miles of rivers and streams.

Maine hunting and fishing licenses for 2018 are now available for purchase online or at any of the more than 800 licensing agents statewide. The state offers a wide range of hunting and fishing opportunities. Maine is nearly as large as all the other New England states combined, with over 17 million acres of forested land, 6,000 lakes and ponds, and 32,000 miles of rivers and streams. The department’s online licensing system offers the convenience of purchasing from home, camp, or office and allows the opportunity to print out multiple copies of licenses. All proceeds from the sale of hunting and fishing licenses stay at the Maine

Department of Inland Fisheries and Wildlife. To purchase your 2018 hunting or fishing license, visit mefishwildlife.com. Lifetime licenses are also available for children under the age of 15 and adults ages 65 and older. Lifetime licenses make an excellent gift and allow the bearer to fish, trap, and/or hunt for their lifetime, regardless of where they live in the future. Revenues generated by these licenses are deposited in a special trust fund that provides long-term financial support for Maine’s fish and wildlife. To learn more about lifetime licenses or to download an application, see mefishwildlife.com.

MDIFW also offers additional gift items in their online shop, such as MDIFW logo apparel, “The Maine Way” cookbook, season passes to the Maine Wildlife Park, and the opportunity to support conservation efforts with the purchase of a Maine Birder Band or Heron Sticker. To learn more about MDIFW programs or to visit their online shop, see mefishwildlife.com. Send all items for **Names & Faces** to **Editor@TwinCityTimes.com**. Deadline is **Friday by five**.

Propane Gas Association provides winter tips for propane users

With cold and stormy weather upon us, the Propane Gas Association of New England reminds those who use propane to generate heat or run appliances in their homes or businesses to take the following steps to keep everyone safe and warm this winter: Mark the location of your tank with a flag, pole, or stake. The marker should be higher than the average snow cover depth for your location. It will help you avoid plowing or shoveling rooftop snow on top of your tank. Should your tank become covered with snow, use a broom to clear it. Alert snow plow and construction contractors. Make sure the company hired to perform snow removal or any construction is advised of the presence and location of both above ground and underground tanks. Accidental contact of snow removal or construction equipment with tanks could cause a serious safety hazard. Keep paths to propane tanks clear. Ensure that there is always a clear path to your tank for deliveries, including your filler pipe. Remember, fuel delivery trucks are TWICE as wide as cars, so make sure that your driveway is cleared to a width of 12 feet. Make sure you have an adequate propane supply. During and after a winter storm, roads may be inaccessible for delivery. Establishing a regular delivery schedule with your

propane retailer is recommended. Your dealer will be able to explain your options in one simple phone call. Make sure your heating system and appliances are running efficiently. Have a qualified service technician inspect and service your appliances and propane system each year. This will ensure that your appliances are running as efficiently as possible, conserving fuel and saving dollars. Use extreme caution when operating portable generators. Never use a portable generator (gasoline, diesel, or propane) indoors or in enclosed areas. This can result in carbon monoxide poisoning or death. Never use a cook stove for space heating and never use outdoor propane appliances indoors or in enclosed areas. Proper ventilation is necessary for their safe operation, and carbon monoxide fumes emitted can be lethal. Only use appliances indoors that are designed and approved for indoor use. After a storm: Check your chimneys, flue pipes, vent connectors, and propane tank for damage, blockage, or debris caused by snow and ice. Use a broom rather than a shovel to clear these areas frequently. This will help reduce the possibility of carbon monoxide poisoning due to blocked or damaged chimneys, flues, and vents. If you smell gas inside or outside of your home or business, follow these

instructions: No flames or sparks! Immediately put out all smoking materials and other open flames. Do not operate or turn on or off lights, appliances, telephones, or cell phones. Leave the area immediately. Get everyone out of the building or area where you suspect gas is leaking. Shut off the gas. Turn off the main gas supply valve on your propane tank if it is safe to do so. To close the valve, turn it to the right (clockwise). Report the leak. From a neighbor’s home or other building away from the gas leak, call your propane retailer right away. If you can’t reach your propane retailer, call 911 or your local fire department. Do not return to the building or area until your propane retailer, emergency responder, or qualified service technician determines that it is safe to do so. Get your system checked. Before you attempt to use any of your propane appliances, your propane retailer or a qualified service technician must check your entire system to ensure that it is leak-free. These simple measures can help to ensure that everyone has a safe and comfortable winter season. The efficiency of propane also makes it an ideal fuel for water heaters, fireplaces, clothes dryers, and cooking appliances. For more information, see www.pgane.org.

Smart Home Savvy: 6 Ways to Add Technology to Your Living Spaces

A smart, connected home is what’s in style. In fact, since 2014, research shows smart technology has increased in priority during renovations, especially for first-time home buyers. Wondering what options are out there? Here

are six ways to add tech to your space. 1. Stay Cool and Comfortable. Certain smart thermostats on the market today intuitively understand when to turn on heating or cooling equipment based on your home’s unique energy

profile, the weather outside and thousands of other data points -- making sure you’re comfortable 24/7. Some units even claim to save homeowners enough energy to pay for themselves. 2. Design the Perfect Shower. The first Wi-Fi/cloud-based digital shower on the market, U by Moen shower, allows users to precisely set shower temperature and flow with an in-shower digital controller or from their smartphone, thanks to a helpful app. Need extra snooze time? Power on the shower from bed and it will alert you when it’s ready. Picky about your shower preferences? The ability to set up to 12 custom pre-sets in the app ensures you get your perfect shower every time. 3. Keep Your Eye on Fido. Ever wonder what your dog is up to while you’re away at work? Now, there are fun, tech-based ways to check in on furry friends. HD pet cameras

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Quality Craftsmanship

Snowlion Repertory Company plans New England premiere of “Conquest of the South Pole”



In the play, four unemployed Rumford Maine mill workers (portrayed by Ashanti Williams, Ian Carlsen, Eric Darrow Worthley, and Cullen Burke) combat boredom and despair by reenacting Amundsen’s successful conquest of the South Pole - in their attic. (Photo by Craig Robinson)

Snowlion Repertory Company will present the New England premier of Manfred Karge’s “The Conquest of the South Pole” in performances January 26 through February 4 at the Portland Ballet Studio Theater in Portland.

When Snowlion Rep founders Al D’Andrea and Margit Ahlin saw the show years ago at the Edinburgh International Theater Festival (starring a then unknown Alan Cumming in the lead role), they vowed to one day produce it. For this production, they have been granted the rights to present a version set in Rumford, Maine.

Translated from the German by Calvin

Maclean, Caron Cadle, and Ralf Remshardt, this buoyant, energetic and highly stylized play explores the lives of young men without work and without purpose, facing a future filled only with the pinball machine and beer. By going on a journey of the imagination, however, the four friends challenge their own strengths and expose their own weaknesses, ultimately emerging from their expedition forever changed.

In the play, four unemployed Rumford Maine mill workers at the very edge of despair concoct an innovative way to empower themselves amidst the hardships of their

lives. Led by their magnetic leader Slupianek (Ian Carlsen), they reenact, in an attic crowded with discarded furniture and hanging sheets, Amundsen’s successful conquest of the South Pole, in order to face, and hopefully conquer, their own demons.

The Guardian called The Conquest of the South Pole a “vivid, achingly alive play,” while The Chicago Critic described it as “a spirited, often funny journey of desperation with loads of heart... filled with humor, wit and a child-like playfulness.” The British Theatre Guide advised audiences to “get your crampons on and join the expedition!”

The production’s director is Al D’Andrea, the stage manager is Grace Eddy, and the cast members are Cullen Burke, Ian Carlsen, Hal Cohen, Natasha Salvo, Maergen Soliman, Caleb Streadwick, Ashanti Williams, and Eric Darrow Worthley.

Performances will take place Friday through Sunday, January 26 through 28, and Thursday through Sunday, February 1 through 4. Thursday, Friday, and Saturday performances will be at 7:30 p.m. and Sunday performances will be a 2:00. The Portland Ballet Studio Theater is located at 517 Forest Avenue in

Portland. Tickets are \$20 and can be purchased by calling (207) 518-9305 or at www.snowlionrep.org.

Snowlion Repertory Company is a professional theater company affiliated with the Maine Theater Collective and employing Equity actors, non-Equity actors, and SDC union directors. The company was founded by Al D’Andrea and Margit Ahlin with the mission of inspiring and delighting Maine audiences of all ages by creating, developing, and producing new and newly imagined theatrical works of cultural, ethical, and spiritual value in an atmosphere of acceptance,

enthusiasm, and mindfulness.

D’Andrea and Ahlin, who also co-founded New York’s Third Step Theatre Company and WordzWorth Productions in Los Angeles, bring years of dedication and experience to their theatrical mission. For more information about Snowlion Repertory Company, see www.snowlionrep.org.

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

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

***Boeing, Boeing!* opens this weekend at CLT**



Locked in a rehearsal embrace are (from left) cast members Emily Grotz (Gretchen) and Chad Jacobson (Robert) and Christopher Hodgkin (Bernard) and Savannah Irish (Gabriella).

Community Little Theatre's production of the comedy "Boeing, Boeing!" opens this weekend at Great Falls Performing Arts Center in Auburn. Performance dates are January 12, 13, 18, 19, and 20 at 7:30 p.m. and January 14 and 21 at 2 p.m. The production is directed by Eileen Messina.

For more information, call 783-0958, find Community Little Theatre on Facebook, or see www.lact.com.

Written by Marc Camoletti, this high-flying, non-PC farce takes audiences back to the swinging sixties, where Bernard, a free-spirited lothario living in Paris, jugs

three fiancées, each a beautiful stewardess from competing airlines. His hilarious housekeeper Berthe does her best to help him keep his busy schedule in order, but turbulence ensues when friend Robert comes to visit and gets pulled into the ruse.

Chamber announces annual award winners

The LAMetro Chamber of Commerce will present its Annual Dinner & Awards on Thursday, January 25 at 5 p.m. at the Ramada Conference Center of Lewiston. At the event, the chamber will celebrate its annual award winners, announce several new initiatives for the coming year, and debut its Discover LA Maine website. There will

be a social hour from 5 to 6 p.m., followed by the program from 6 to 8:00.

This year's award recipients are Mary Lafontaine (the Ray Geiger Chamber Champion Award); Laura Rinck (the Theresa Samson Women's Business Leadership Award); Chantel Petten-gill (the Ken Additon Small Business Advocacy Award); Jim Marston (the Community Service Award);

Evergreen Subaru (the Business Leadership Award); Scott Knapp (the President's Award); and Nathan Tsukroff (the Outstanding Chamber Investor Award).

Individual tickets are \$50; table sponsorships are available for \$800. For more information, call 783-2249; to purchase tickets, see www.LAMetroChamber.com.

Martin Luther King Day events at Bates College



Psychologist and Spencer Foundation president Na'ilah Suad Nasir will deliver the keynote address on January 15.

Bates College will observe Martin Luther King, Jr. Day with a full day of events on the theme "Power, Politics, and Privilege: Resistance to/through Education." The observance will kick off on Sunday, January 14 with the college's annual interfaith service, this year

with historian of religion Jamil Drake.

Monday, January 15 will see a keynote address envisioning new approaches to public education by Na'ilah Nasir, president of the Spencer Foundation; a debate between students from Bates and Morehouse

Colleges; and an evening performance by the student group Sankofa.

The events are free and open to the public. For more information, call 786-6400. To see the complete schedule, including event times and locations, see bates.edu/mlk.

HR Thursdays workshop looks at "Great Interview Questions"

The LA Metro Chamber of Commerce, Central Maine Human Resource Association, and Lewiston CareerCenter will present an HR Thursdays program called "Great Interview Questions - Screening 'IN' the Best Candidates" on Thursday, January 18, from

noon to 1:30 p.m. The workshop will take place in the chamber's conference room at 415 Lisbon Street in Lewiston.

When you're hiring, you can spend a lot of time interviewing job candidates who don't meet your needs before you interview one

who does. This open panel discussion with professionals from Robert Half in Portland and Manpower in Auburn will discuss strategies to screen IN the untraditional candidate, along with tactics to avoid "too much information."

See **HR**, page 16

Krispy Kreme plans Auburn opening

Krispy Kreme has arrived in Auburn! The renowned doughnut franchise will host a grand

opening and ribbon-cutting ceremony at its new location at 410 Center Street on Monday, January 15 at 6 a.m. The grand opening celebration will continue all week, ending on Saturday. There will be door prizes and balloons, and each day "free dozen" cards will be given to 15 guests who receive a golden sticker inside their doughnut box.

"We are delighted to open here in Auburn," said Cort Mendez, President and CEO of NH Glazed, LLC, owners of two Krispy Kreme locations in Maine. "This city is a great fit for us, and our team can't wait to get started."

The Auburn Krispy Kreme will offer a new "café" look, with comfortable lounge seating and an inviting atmosphere. Hours of operation will be Sunday through Thursday from 6 a.m. to 9 p.m. and Friday and Saturday from 6 a.m. to 10 p.m.

In the spirit of philanthropy and community support, the Auburn location will immediately launch their Krispy Kreme Fundraising program. "Enhancing lives by sharing the joy in our communities is at the heart of what we do," said Mendez. Krispy Kreme was founded in 1937 and has more than 1,500 locations worldwide.

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Twin City Nights

Lisbon Winter Fest 2018 coming January 20



This outdoor event will include winter activities, displays and demos, park tours, and refreshments.

Lisbon Parks & Recreation will present Winter Fest 2018 on Saturday, January 20 at Beaver Park in Lisbon. New hours for this year's event are 10 a.m. to 2

p.m. Admission is free and open to all.

Highlights will include a display by Riverside Wood Carving, a collection of antique snowmobiles, a demonstration by Sub Zero Ice Carving, and a cold-water rescue drill by the Lisbon Fire Department. Try out some snowshoes with L.L. Bean or take a ride on a dog sled! Ultimate Dog Sledding will have three sleds running during the entire time of the festival. Rides are \$10 per person. Reservations are encouraged; call 353-2289. New this year, wildlife biologist Ben Nugent will lead two snowshoe tours in the park at 10:30 a.m. and noon. Bring your own snowshoes. The pond will be cleared for ice skating as weather permits, so bring your skates, too!

Free food and hot drinks will be provided by McDonalds and Sunshine Hill Seniors and campfires for warming will be provided by the Lisbon Boy Scout Troop. There will be a shuttle van and greeters will be on hand to direct those attending to the various activities. For more information, call the Lisbon Parks & Rec Department at 353-2289.

MLK Day Speaker Breakfast in Winthrop

In honor of a man who shared his dream of healing and reconciliation, the Winthrop Area Ministerial Association and the Capital Area Multifaith Association invite you to a Martin Luther King Jr. Day Speaker Breakfast focusing on the healing of relationships - in our homes, communities, nation, and world.

The event will take place on Monday, January 15, from 10 a.m. to 12 noon at the St. Francis Xavier parish hall, behind the church on Route 133/

Lake Street in Winthrop. A continental breakfast will be provided and the event will include time to engage in conversation in small groups.

The guest speaker-facilitator will be Sherri Mitchell, a Penobscot woman who is an Indigenous rights attorney, activist, and teacher. She speaks and teaches around the world on topics including Indigenous Rights, Environmental Justice, Spiritual Activism, and the Indigenous Way of Life. Her writing has been

featured in numerous anthologies and publications. She has recently completed her first book, titled "Sacred Instructions."

In the book foreword, Larry Dossey writes: "In the pages of "Sacred Instructions," you will encounter Mitchell's elegant vision of how we can restore our broken relationships with one another and with the Earth itself. Her vision is intensely practical, in the tradition of her Penobscot ancestors who lived in in-

See MLK, page 16

State to boost winter tourism promotion

The Maine Office of Tourism has launched an expanded marketing campaign for Winter 2017-18. The campaign will run through March 2018, with creative materials that extend themes and placements from Summer 2017 to build on the momentum of that campaign.

"Maine offers exceptional snowmobiling, skiing, and other winter activities," said Steve Lyons, Director of the Maine Office of Tourism. "With this winter-focused campaign, we will help keep Maine in mind year-round, encouraging visitors to consider us in all seasons."

The winter marketing initiative will target Maine's core tourism markets in New England and the mid-Atlantic states, which together accounted for 85 percent of overnight visitation during the winter season in 2016-

17. Maine has experienced annual increases in winter visitation (December through April) over the past five years, with a more than 10 percent increase in winter visitation in 2016-17 over the previous year.

The Office of Tourism will also continue the weekly Snow Reports introduced in winter 2017 in partnership with the Ski Association of Maine and the Maine Snowmobile Association. Similar to the Fall Foliage reports, the Snow Reports provide weekly updates during the winter months on snow conditions in the mountains and on snowmobile trails, with a calendar of events.

"We know from our research and anecdotally that Maine has great appeal as a winter get-away, both for its winter outdoor sports and its cozy indoor escapes," said Lyons. "The campaign and Snow Reports will actively

remind people in areas with less snowfall that, although there may not be significant accumulation where they live, there's always snow in our mountains and in northern Maine."

Winter-focused content on the newly redesigned VisitMaine website will support the media and PR efforts; the site launched in late October of this year. The redesigned site translates more seamlessly to mobile platforms and provides improved searching of Maine travel information. See the site at VisitMaine.com.

"In today's tourism market, Maine is competing with global destinations," said Lyons. "With so many choices, we're striving to provide web content that piques the traveler's interest and improves their consideration of Maine as a top get-away."

Tips for Taking Care of Your Winter Wardrobe



It's time to find that box marked "winter" at the back of your closet and rediscover all of your favorite layered looks. But, it's important that you know how to treat your winter wardrobe so each piece stays comfy, stylish and warm throughout the season.

Get Organized

It may be tempting to unpack items as needed. However, you may find it's suddenly spring again and some of your favorite scarves and sweaters went the whole winter unworn at the bottom of the box.

Commit to a full closet revamp, devoting time to unpacking and analyzing each item. After months of being folded, many pieces might not look, feel or smell their best.

Refresh these items so they are ready to wear. You can now do this at home instead of at the dry cleaner, by tossing up to five items in the dryer for just 15-30 minutes using the Dryel At-Home Dry Cleaning kit. This new method will save you time during your closet swap, and money throughout the season, as you can use it to preserve your favorite pieces without expensive and inconvenient trips to the dry cleaner.

To Keep or Not to Keep

Is it time to get rid of those pieces that never seem to make it off the hanger? Fashion and lifestyle blogger Sarah Gleeson of SG Style Me is quick to share a few things to keep an eye out for when deciding what

to get rid of, including items you got for free or very cheap. Just because it was a good deal, doesn't mean it's a good fashion piece, she stresses. Say goodbye to the trends you once collected and have since moved past. We've all been through style phases, and it's ok to see them end. Pull out anything with tags still attached. This is a definite sign that purchasing that item was a moment of retail weakness, and not a fashion must-have, says Gleeson.

If you find yourself heartbroken having to part ways with a fashion favorite because of a stubborn stain, don't lose hope. Secret weapons exist to keep star pieces looking brand new season after season, such as the Dryel stain remover pen, which is safe on delicate fabrics and effectively removes spots and stains -- even those from last season.

Know Your Fabrics

After your closet is organized, stay on top of wardrobe care. Among cashmeres, wools, velvets, and

See Wardrobe, page 16

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Thursday, January 11

Chamber Breakfast Meeting. 7 a.m. Ramada Conference Center, 490 Pleasant St., Lewiston. The new mayors of Auburn and Lewiston discuss workforce development and the community's image. \$30 (\$20 members). Register at www.LAMetroChamber.com.

Rotary Club Blood Drive. 10 a.m. to 3 p.m. Lewiston CareerCenter, 5 Mollison Way, Lewiston. The Rotary Breakfast and Lunch Clubs host this event in partnership with the Lewiston CareerCenter; for more info, call 713-7045.

Film Screening. 2 p.m. Auburn Public Library. In partnership with the Camden Conference, the library screens the film "Dirty Wars," which follows investigative reporter Jeremy Scahill into the heart of America's covert operations.

Success Story Forum. 6 to 7:30 p.m. City Council Chambers, City Hall, 27 Pine St., Lewiston. The Lewiston Youth Advisory Council presents "Lewiston Is a Place Where People Can Reach Their Dreams..." Free.

Friday, January 12

Theater: "Boeing, Boeing!" 7:30 p.m. Great Falls Performing Arts Center, 30 Academic St., Auburn. In this farce from the swinging sixties, a free-spirited lothario juggles stewardesses from competing airlines; pres. by Comm. Little Theatre. Again Jan. 13-14, 18-21 (Suns. at 2 p.m.). For tix, call 783-0958

Calendar

See more Calendar at www.TwinCityTimes.com

or see www.laclt.com.

Concerts for Cause. 7:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. Postponed from Jan. 5, Bold Riley performs songs ranging from classic folk favorites to unlikely covers and rousing originals. \$15 (cash or credit) at door. 783-0461; uuconcerts.org.

Saturday, January 13

Field Trip. 8 a.m. to 3 p.m. This Stanton Bird Club excursion to observe winter ducks at Marginal Way and other Ogunquit sites car-pools from the Promenade Mall parking lot, in front of Staples, at 855 Lisbon Street in Lewiston. Free; all welcome. 319-6630.

Concert Fundraiser. 4 p.m. Unitarian Universalist Community Church, 69 Winthrop St., Augusta. Pianist Christine Letcher presents a one-hour program called "Keyboard Music Spanning Four Centuries." Suggested donation \$10. 622-3232.

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. This "Orchestra on Display" program spotlights different sections of the orchestra. Students free, others \$20 (cash or check) at door. 846-5378; www.midcoastsymphony.org.

Concert: Novel Jazz Septet. 7:30 p.m. Unitarian

Universalist Church, 1 Middle St., Brunswick. Concerts for a Cause presents an MLK day celebration featuring the music of Duke Ellington and Billy Strayhorn. \$18 (\$15 in adv.); students \$8. 729-8515; www.brown-papertickets.com.

Sunday, January 14

Winter Gardening Workshop. 2 to 3:30 p.m. St. Paul's Episcopal Church, corner of Pleasant & Union Sts., Brunswick. Jennifer Claster discusses basic principles of ecological landscape design; pres. by Brunswick-Topsham Land Trust. \$5 suggested donation. 729-7694.

Second Sunday Art Workshop. 2 to 4 p.m. Harlow Gallery, 100 Water St., Hallowell. Artist Rachel Hamlin leads "Personal Identity Ceramic Sculpture." Open to all ages, experience levels; space limited for some workshops. Free. Register at 622-3813.

Monday, January 15

MLK Day Speaker Breakfast. 10 a.m. to noon. Parish hall, St. Francis Xavier Church, Route 133/Lake St., Winthrop. The event will incl. speakers and small-group conversation; continental breakfast. Pres. by the Winthrop, Capital Area Multifaith Associations. Free.

Thursday, January 18
HR Thursdays Work-

shop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Panelists from Robert Half and Manpower discuss "Great Interview Questions - Screening 'IN' the Best Candidates." \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetroChamber.com.

Theater: "Boeing, Boeing!" 7:30 p.m. Great Falls Performing Arts Center, 30 Academic St., Auburn. In this farce from the swinging sixties, a free-spirited lothario juggles stewardesses from competing airlines; pres. by Comm. Little Theatre. Again Jan. 19-21 (Suns. at 2 p.m.). For tix, call 783-0958 or see www.laclt.com.

Saturday, January 20

Winter Fest 2018. Beaver Park, Lisbon. 10 a.m. to 2 p.m. Winter activities, displays and demos, park tours, and refreshments; pres. by Lisbon Parks & Recreation. Free. 353-2289.

Nature Journaling Workshop. 10 a.m. to 2 p.m. Viles Arboretum, 153 Hospital St., Augusta. This workshop takes participants outdoors to observe and draw winter tree. \$45 (members \$35). 626-7989; www.vilesarboretum.org.

Thursday, January 25

Annual Dinner & Awards. 5 p.m. Ramada Conference Center, Lewiston. The LA Metro Chamber of Commerce honors its annual award recipients. Social hour 5 p.m., program 6 to 8 p.m. \$50. 783-2249; www.LAMetroChamber.com.

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Jumanji: Welcome To The Jungle (PG-13)	12:30	3:50	6:50	9:30
The Greatest Showman (PG)	1:30	4:30	7:10	9:35
Coco (PG)	1:25			
Wonder (PG)		4:20	7:05	9:45
Ferdinand (PG)	12:20	3:40	6:55	
All The Money In The World (R)				9:25
Star Wars: The Last Jedi (PG-13)	12:00	3:20	6:40	9:10
Pitch Perfect 3 (PG-13)	1:20	3:30	6:45	9:50

Saturday, January 27

Bean Supper. 5 p.m. United Methodist Church, 439 Park Ave., Auburn. Baked beans, casseroles, hot dogs, coleslaw, bread, beverages, and pies; entertainment by Park Avenue Pickers at 4:30. All welcome. \$8/4 (kids under 5 free). 782-3972.

Saturday, February 3

Baked Beans & Casserole Supper. 4:30 to 6 p.m. Maxwell-Gill Hall, Our Lady of the Rosary Church, 131 High St., Sabattus. Home-made baked beans, casseroles, desserts, and beverages. Pres. by Knights of Columbus. \$9/4. 513-1122; gk@sabattuskofc.org.

Sunday, February 4

Super Bowl Sunday Table Tour. 11 a.m. to 1 p.m. Viles Arboretum, 153 Hospital St., Augusta. Prepare for the big game by getting some outdoor activity on the groomed trails while sampling foods from area eateries. \$20 (\$5 ages 10-); toddlers free. 626-7989;

www.vilesarboretum.org.

Sunday, February 11

Second Sunday Art Workshop. 2 to 4 p.m. Harlow Gallery, 100 Water St., Hallowell. Artist Wendy Burton leads "Pencil Drawing: A Different Kind of Self-Portrait." Open to all ages, experience levels; space limited for some workshops. Free. Register at 622-3813.

Sunday, March 11

Second Sunday Art Workshop. 2 to 4 p.m. Harlow Gallery, 100 Water St., Hallowell. Artist Gayle Chung leads "Recycled Robots." Open to all ages, experience levels; space limited for some workshops. Free. Register at 622-3813.

Sunday, April 8

Second Sunday Art Workshop. 2 to 4 p.m. Harlow Gallery, 100 Water St., Hallowell. Artist Andrea Lani leads "Nature Journaling." Open to all ages, experience levels; space limited for some workshops. Free. Register at 622-3813.

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HR
Continued from page 10

Presenting the program will be Gabe Castillo and Genevieve Fullilove of Robert Half and Lydia Sy of Manpower. Originally from Southern California, Gabe Castillo is a recent transplant to the Portland area. He studied Accounting at Providence College and launched a successful career in the Staffing and Recruiting industry soon after graduating in 2014. Since then, he has helped lead and train recruiting teams and build out technology and accounting teams for clients in the non-profit, manufacturing, financial services, education, and healthcare sectors, developing a reputation as a professional who operates with integrity and puts his clients' interests first.

Genevieve Fullilove has been with Robert Half since 2007, initially matching temporary Accounting and Finance professionals with clients through Accountemps before she opened the agency's Permanent Placement division in 2016. With 10 years of experience in the industry, she has worked with hundreds of companies to help them understand their interview styles and how to think outside the box to attract top talent.

The workshop is \$25 for LA Metro Chamber members, \$50 for non-members, and free of charge for CMHRA members. For more information, call 783-2249; to register, see www.LAMetroChamber.com.

Harlow
Continued from page 11

Sunday, April 8.

The Second Sunday art workshop series is organized by the gallery's Education Committee and sponsored by Camden National Bank. Donations and sponsors to support gallery programs like Second Sundays are welcome. The Harlow Gallery is a 501(c)3, membership-based nonprofit, and your gift is fully tax deductible in accordance with current tax law. If you have an idea for a future Second Sunday event, email them at kvaa@harlowgallery.org.

Volunteers
Continued from page 11

of Tuesday, January 23. Volunteers from every town in the state are needed to help complete this survey. An infrastructure to count homeless families, adults, and veterans in Maine is already in place; volunteers will be led by those experienced in the process to help with the count. For

more information or to volunteer, contact Jerry DeWitt of Tri-County Mental Health Services at 783-4663, ext. 228 or jdewitt@tcmhhs.org.

The Department of Housing and Urban Development (HUD) has determined that the 2018 Point in Time count will be used as a benchmark to determine how many homeless and unstably housed youth there are in the United States. Since homeless and unstably housed youth have historically been undercounted, this is a critical year to improve the accuracy of the count in Maine.

MLK Day
Continued from page 12

timate relationship with the natural world every moment of their lives. Mitchell's observations are not mere philosophy or psychologizing. She has repaired her own divisions. That is why her voice is so personal and persuasive, why her insights are so penetrating, and why she speaks for all of us, no matter what our racial and ethnic origins may be. Mitchell's Sacred Instructions shows how our broken relationships with one another and the Earth can be restored. For this, and for her ancestors whose wisdom she embodies, we owe a great debt."

Savvy
Continued from page 8

enable owners to monitor their pets with a wide-angle view, day and night. Some even offer an app that allows owners to toss a treat to their dogs or play a game of catch. Plus, a barking sensor sends notifications to your phone so you can see what's happening and calm down your pooch via two-way chat.

4. Be Hands-Off in the Kitchen. Imagine the convenience of having a kitchen faucet turn water on or off, without a touch. Faucets with Moen's MotionSense Wave touchless technology feature single-sensor hands-free activation, allowing users to easily activate the faucet with the wave of a hand. It's perfect for when your hands are too full or messy to turn on the faucet, and also helps minimize the spread of dirt and germs, since you don't have to touch the faucet.

5. Create the Right Ambiance. The perfect lighting is now right at your fingertips. Instead of a regular incandescent bulb, smart lightbulbs allow homeowners to control lighting with a few taps on your smartphone or tablet. Want to turn on lights when you're away or adjust their brightness

and color? No problem. What's more, the bulbs last longer and even help save energy.

6. Make Food Prep Smarter. Not sure how to blend your favorite concoction? Vitamix Ascent Series blenders have you covered. These high-performance, Bluetooth-enabled blenders are compatible with a family of Self-Detect Containers that sense which container is being used and automatically adjust settings. The Ascent Series machines also connect and communicate with the Vitamix Perfect Blend Smart Scale and Recipe App to seamlessly guide you through recipe preparation.

From customizing your kitchen to creating a luxurious bathroom, smart home devices can now cater to your preferences, elevating everyday experiences. (StatePoint)

convenience of your dryer for a fraction of the cost of a professional dry cleaner, without stretching fading or shrinking.

Keep sweaters, jeans and scarves bright, fitted and functional. That way, when it's time to pack up the box again, you can look forward to feeling just as great in your favorite pieces next year. (StatePoint)

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