

Community Concepts Hosts L/A Metro Chamber After Hours



DJ Alex Sirois of Celebration Corporation (l.) pictured with Zakk Maher of Community Concepts (r.). See page 7 for more photos.

Community feedback sought for L-A River History Trail project

Have you visited the “Mighty Androscoggin” recently? There will be a new draw to Lewiston and Auburn’s riverside within the next year, thanks to a “Museum in the Streets” project planned by a group of local history, development, and educational organizations. The “L-A River History Trail” will feature up to thirty freestanding signs in L-A’s downtown areas that depict images and stories from our community’s past

and celebrate its present.

Public feedback on the history trail is being collected through an online survey until Friday, February 2. By participating in this anonymous survey, you can influence how the project takes shape and which stories and places it features. The survey can be accessed via Museum L-A’s website or at <https://tinyurl.com/LAhistoryTrail>.

The project working group includes Museum

L-A, Grow L+A, the Androscoggin Historical Society, the Androscoggin Land Trust, Healthy Androscoggin, Bates College, and the Cities of Lewiston and Auburn. Students in the Environmental Studies program at Bates College will collect survey data and help develop the signs as their capstone project. They will also use the Androscoggin Land Trust’s existing Smartphone Travelstories. See **L-A River**, page 4

Lewiston High Class of '68 plans 50th Reunion



Pictured here are committee members (l. to r.) Monita Belanger Cote, Claire Sarra-sin Vallee, Diane Beaudette Bonneau, Lucille Leclair Clement, Mike Olehowski, Connie Jacques Chretien, and Nancy Gagne Breau. Absent from the photo are Janet Couture Barriault, Connie Veilleux, and Jane McInnis Bedard.

The Lewiston High School Class of 1968 Reunion Committee is formulating plans to celebrate the class’s 50th Reunion on September 22 at the Carriage House Banquet Facility in Lew-

iston, with pre-reunion activities on September 21. The committee needs to update class contact information, which they will use only to communicate with you concerning reunion activity. Please submit your

contact information to LHS68reunion@yahoo.com. For more information about the event, find them on Facebook, classmates.com, or at www.alumni-class.com/lewiston.

HHRC presents annual Hearts for Human Rights fundraiser

The Holocaust and Human Rights Center of Maine will present its fourth annual Hearts for Human Rights event on Wednesday, February 7, from 6 to 8:30 p.m. at the Hilton Garden Inn in Freeport. The fundraiser will feature a live auction, cash bar, hors

d’oeuvres, and a music and dance performance by the Maine Rwandan cultural group IKIRENGA cy’IN-TORE.

This year’s auction will include a wide array of prize items and unique experiences from around the state, including a guid-

ed fly fishing trip to Upper Dam Pool in the Rangeley Lakes Region; a three-night summer stay at a Sugarloaf cabin; a lobster dinner at the historic Captain Morrill’s House at Orr’s Island; a scenic flight with a Maine State Representative; a book See **HHRC**, page 4

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Newsmakers, Names & Faces

Androscoggin Bank supports Red Cross



Red Cross Donor Development Officer Judy Vardamis (2nd from l.) receives a \$1,500 donation check from (l. to r.) Androscoggin Bank Business Development Director Chip Morrison, Senior Accountant Debbie Poliquin, President and CEO Paul Andersen, and Business Marketing Specialist Daniel Bourgeois-Capozzi.

Androscoggin Bank is supporting disaster relief through the American Red Cross with a \$1,500 gift from its employees and Charitable Giving Committee. The donation comes after an unprecedented year of disaster responses by the Red Cross. In 2017, the Red Cross mobilized 56,000 disaster workers - 92 percent of them volunteers - to provide help after 242

significant disasters, such as wildfires, floods, tornadoes, and other emergencies in 45 states and three territories. Within a span of just 45 days, these included Hurricanes Harvey, Irma, Maria, and Nate, the deadliest week of wildfires in California history, and the deadliest mass shooting in U.S. history in Las Vegas. The Maine Red Cross deployed 140 times to out-

of-state disasters in 2017, while continuing to bring safety and comfort to local families and communities here in Maine. That local work included Disaster Action Team responses to numerous home fires, free smoke alarm installations, and the standing up of shelters during the fall windstorm that knocked out power to more than 500,000 Maine homes and businesses.

Governor names new Senior Policy Advisor



Michael Beardsley
Governor Paul R. LePage has named Michael Beardsley Senior

Policy Advisor in the area of natural resources. Beardsley began his new position on Tuesday, January 16. Prior to joining the Office of the Governor, he served from 2013 to 2018 as the national director of marketing and sales for Santee Risk Managers, which provides insurance products to logging contractors nationwide. He previously served as the executive director of the

Professional Logging Contractors of Maine. He has also held several positions in the fields of banking, insurance, and financial services, including time with TIAA, Bar Harbor Bank & Trust, MBNA, and Chubb. A graduate of Franklin & Marshall College in Pennsylvania with a Bachelor of Arts in sociology and a minor in history, he lives in North Monmouth with his wife.

Otelco welcomes new staffers to local offices



Scott Littlefield
Otelco has announced the hiring of Scott Littlefield as a Network Engineering Manager and Danielle Hopper as a Senior Voice and Data Engineer. Littlefield will work in Portland and New Gloucester and Hopper will be based in New Gloucester.

recently as an Engineering Manager at Spectrum. Prior to that, she worked as a Network Engineer for TD Bank. She is a graduate of Keene State College and lives in Portland.

"We pride ourselves on both the quality of our product and the superior customer service provided by the team of professionals we have working with our customers," said Otelco CEO Robert Souza. "We are happy to have Scott rejoin us at Otelco and are excited to welcome Danielle as we continue to expand our team."

Otelco Inc. provides wireline telecommunications services in Maine, New Hampshire, Vermont, Massachusetts, West Virginia, Missouri, and Alabama. The company's services include local and long distance telephone, digital high-speed data lines, transport services, network access, cable television, and other related services. With approximately 99,000 voice and data access lines, which are collectively referred to



Danielle Hopper
as access line equivalents, Otelco is among the top 25 largest local exchange carriers in the United States based on number of access lines. Otelco operates eleven incumbent telephone companies serving rural markets or rural local exchange carriers. It also provides competitive retail and wholesale communications services and technology consulting, managed services, and private/hybrid cloud hosting services through several subsidiaries. For more information, visit the Company's website at www.OtelcoInc.com.

Bay Path University offers scholarship opportunity to Maine Adult Education students

The Maine Adult Education Association has announced a unique partnership with Bay Path University of Longmeadow, Mass. to grant a full scholarship to a woman from Maine who is served by Maine adult education programs. The scholarship will allow the recipient to enroll in the fall of 2018 and complete her undergraduate degree through the American Women's College at Bay Path University, the first 100% online program in the nation exclusively for women.

Through the accelerated, online format of the American Women's College, the recipient can choose from over 20 career-focused degrees and graduate within as little as one and a half to three years. The program is based on a unique, award-winning online platform known as SOUL, for "Social Online Universal Learning," designed specifically to help women complete a college degree by monitoring academic progress in real time and connecting students with classmates

and faculty in innovative ways. Students at the American Women's College benefit from the Women as Empowered Learners and Leaders (WELL) program, which supports the development of skills, confidence, and knowledge to achieve their goals, and are also assigned educator coaches who support the students from the start to the finish of their degree program. "Given the number of women served by our association who do

See Bay Path, page 6

Organizations needed to feed hungry children this summer

With the assistance of the U.S. Department of Agriculture, Maine public schools have long offered a nutritious breakfast and lunch meal program to thousands of income-eligible children in Maine during the school year. To extend this program, the Child Nutrition team at the Maine Department of Education is seeking organizations who would like to participate in the federally funded Summer Food Service Program, which provides children healthy meals when school is not in session. "It is imperative that we continue expanding this tremendous program to ensure that children have the benefit of free and healthy meals from the program all year long, no matter where they live in our state," said Maine Education Commissioner

Robert G. Hasson, Jr. In 2017, 120 sponsors participated in the program, serving meals at 438 sites throughout the state. Although the program continues to grow in Maine, there is still a long way to go towards feeding all eligible children during the summer. Community partners are working to maximize the number of sponsors utilizing the availability of funds under the SFSP. The Summer Food Service Program may be offered statewide in areas or at sites where more than 50 percent of the children are eligible for free or reduced meal benefits under the National School Lunch Program or census track data supports the need. Organizations that provide services in rural communities or near migrant farm workers and American In-

dian populations are urged to participate. Eligible sponsoring organizations include schools, nonprofit residential summer camps, government agencies, and tax-exempt organizations, including faith-based organizations. Maine DOE encourages any eligible organization to consider providing this much-needed service to Maine children. The agency will begin accepting applications to participate in February. Approved sponsors will be reimbursed for eligible meals served to children during the long summer break. Interested organizations should begin planning now for a successful summer. Potential sponsors are required to attend training sessions. Maine DOE is

See Food, page 6

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Governor's Address: Preventing the purchase of soda, candy with SNAP is crucial to the health of Mainers

Obesity is a problem in our nation, and it's a problem in Maine. But the USDA refuses to prohibit the purchase of soda and candy with food stamps.

Dear Maine Taxpayer,

Maine has twice requested a waiver to exclude sugar-sweetened beverages and candy from purchase with Supplemental Nutrition Assistance Program benefits, which are still referred to as food stamps.

The Obama Administration denied the first waiver, and now the U.S. Department of Agriculture has denied the second request under the Trump Administration.

This is extremely disappointing because Maine, like other states, is experiencing a health epidemic of obesity and other chronic illnesses, such as type 2 diabetes and heart disease, resulting from the consumption of foods with high sugar content.

In 1990, the obesity rate in Maine was 10 percent. By 2016, Maine's obesity rate tripled to 30 percent.

This waiver is imperative to improving the health of our population, particularly those SNAP recipients who are already challenged in their access to healthy foods by tight budgets.

This waiver would align Maine's SNAP program with allowable healthy foods under federally funded programs for school breakfasts and lunches, as well as the Women Infant and Children's program. It would reinforce the crucial message of eating healthy both in schools and at home.

It would also align with other USDA bans on purchases of other, less-nutritious food items.

Several other states have requested similar waivers, but all have been denied. The denials are based on USDA's concerns about implementation of the waiver requests. But Maine has thoroughly addressed these concerns.

Implementing the waiver would be much easier than USDA contends, especially since Maine already taxes foods identified as having little or no nutritional value. This would make it easier for retailers to identify the banned items.

Of course, the sugar lobby and the agriculture industry, which makes corn syrup, is against this. However, when we could no longer deny that smoking was causing suffering and early death for millions of people, the government finally stood up to Big Tobacco and did the right thing.

The time has come to stand up to big sugar and ensure our federal dollars are supporting healthy food choices for our neediest people.

Maine's obesity rate is the heaviest in New England. More than 13 percent of our population use SNAP benefits. Making these changes would not only help our state improve the health of these families, but would also have lasting effects by helping the children in these families grow up making better food choices.

It would lay the foundation for life-long health benefits. Now is the time to let states do the right thing.

The health of our people depends on it.

Thank You,
Paul R. LePage
Governor



Governor Paul R. LePage

Project Tipping Point invites public to Building Community forum Jan. 29

Project Tipping Point will host a "Building Community" forum on Monday, January 29, from 5:30 to 7:30 p.m. at Lewiston Public Library. Participants will learn about ways the Cities of Auburn and Lewiston are working together to build a vibrant future and will explore how citizens can play a role in projects and activities that help strengthen local community. Free and open to the public, the event will be a combination of large and small group conversations and activities, with space for being creative. Light snacks and beverages will be provided.

"Part of Lewiston Public Library's mission is 'connecting our community,'" says LPL Director Marcela Peres. "Our wonderful community of neighbors, thinkers, and readers includes people from both Lewiston and Auburn, and we welcome any opportunity to facilitate conversation and community-building."

The event is organized by members of Project Tipping Point's "TIP L/A" cohort, seven members of the Lewiston-Auburn community who, since December 2016, have participated in a series of sessions focused on leadership, networks, systems change, and skills to support community transformation. Each cohort member hosted small conversations in November and December, and this event is an extension of their community learning and engagement.

"These local leaders facilitated conversations about the notions of community and identity in L-A, bringing people together to explore these topics following the merger vote in November," says Project Tipping Point founder Shanna Cox. "We believe community isn't restricted or built along municipal lines, and we wanted to push past the debate our community experienced, which seemed to focus on defining the differences between Lewiston and Auburn. We wanted to create an opportunity for people to talk about what unites L-A and what will ultimately build the community of L-A"

Established in Lewiston in 2016, Project Tipping Point is a social enterprise that, through its TIP L/A Leader Development Program, professional services, and community events, seeks to create and engage a robust community network for positive change within Lewiston-Auburn. For more information, contact Shanna Cox at shanna@gotippingpoint.com or see gotippingpoint.com.

Skelton, Taintor & Abbott welcomes associate attorney



Avery Dandreta

Skelton, Taintor & Abbott has announced that Avery Dandreta has joined the firm as an associate attorney. Practicing real estate law, she is licensed to practice in Maine and Massachusetts. Prior to joining Skelton, Taintor & Abbott, Dandreta worked in Real Estate Development for Ahold Delhaize and had been an associate in another Maine law firm.

In pro bono and other volunteer activities, she has taught for AmeriCorps, provided hotline advice with the Volunteer Lawyers Project, mentored at-risk Maine high school students, and volunteered with the Maine College Guild.

Dandreta received her B.A. from the University of Vermont and her law degree from the University of Maine School of Law. She is a member of the Maine and Massachusetts State Bar Associations.

Skelton, Taintor & Abbott is one of Maine's leading law firms, serving individuals and businesses in litigation and general representation throughout northern New England for more than 165 years. For more information, call 784-3200 or visit www.STA-Law.com.

MDOT work plan for 2018 includes Lewiston projects

The Maine Department of Transportation's work plan for 2018 has been released.

According to the MDOT, the state's current three-year transportation infrastructure work plan includes more than \$2.3 billion worth of construction and maintenance, of which \$511.1 million is scheduled for 604 capital projects in 2018. The three-year plan estimates that MDOT will invest in 229 miles of highway construction; 1,128 miles of pavement preservation; 1,800 miles of light capital paving for roads and highways; 240 spot and safety improvements; and

See MDOT, page 11

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In an effort to help keep higher education affordable for the many students who start their academic careers at community colleges, Husson University is more than doubling the amount of money available to transfer students through new scholarship and award programs.

The current Transfer Academic Scholarship

The combination of these two new programs gives community college graduates the opportunity to receive an additional \$3,500 in tuition assistance from Husson University. When added to the existing

"Husson University is a proud partner of community colleges in Maine," says John Champoli, vice president for enrollment management at Husson University. "Many of the students who attend community colleges are from modest means and among the first in their family to earn a degree. At Husson, we believe that these students deserve a chance to get a great education at an affordable price."

That's part of the reason why Husson University has so many articulation agreements with community colleges. More than 85 agreements are in place between New England community colleges and Husson. These smooth the recognition and transfer of credits for students from these institutions to the University. In addition, Husson has also entered into an agreement with the Diploma-to-Degree program of the Canadian Public Community College system and the University of Frederic-

“Even though most of our merit aid program still goes to first-year students, Husson wants to do more to help transfer students,” continued Champoli. “Last year, we were able to provide nearly \$12 million in institutionally funded grants and scholarships to students who qualified. This year, we are hoping to do more to get financial aid into the hands

See Husson, page 12

HHRC
Continued from page 1

The community feedback survey will collect people's ideas about what historic topics and sites are most important to them. Although the first phase of the project will focus specifically on the Androscooggin River, feedback about the broader community will be saved for future projects.

Located at the Michael Klahr Center on the campus of the University of Maine at Augusta, the center hosts ongoing and rotating historical and arts exhibits, events, meetings for Maine organizations with like-minded missions, and workshops for students and teachers that raise awareness of civil and human rights issues in Maine and beyond. The HHRC is open to the public free of charge Monday through Friday from 10 a.m. to 4 p.m. and on weekends and evenings by appointment. For more information, call 621-3530 or see hhrcmaine.org.

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Rinck adds to new talent at Lewiston, Annapolis offices

Rinck recently added six professionals to its growing ranks. Marybelle Bosley, Jessica Cote, James Kuhnert, Hannah McCain, and Kat Perez have joined the Maine-based team at the full-service advertising, marketing, and public relations agency located in Lewiston, while Emily Costa has joined Rinck's location in Annapolis, Maryland.

Marybelle Bosley joins the team as an associate creative director. Prior to this, she worked as a freelance art director for commercial consumer and luxury brands, nonprofit, and event clients in Denver and Los Angeles. She also managed a number of brand campaigns for Oasis L.A., the A21 Campaign, Tajima Creative Partners, Vanessa Bruno, and Christian Dior. She holds a bachelor's degree in Graphic Design from the Art Institute of California.

Jessica Cote serves as a digital media manager. She returns to Rinck after working as a strategic planning director at Vreeland Marketing and Design, where she managed banking and consumer convenience store campaigns and aided in the agency's business development strategy. During her previous work at Rinck, she managed integrated campaigns for consumer and shopper marketing initiatives. She earned her bachelor's degree in Communications from Saint Joseph's College.

James Kuhnert will serve as a creative director for the agency. Previously, he was the creative director and founder of BanjoCreative, a New York City-based consultancy specializing in brand strategy, website design, and advertising campaigns. He's also held creative director-level positions at Parham Santana, R/GA, Sequel Studio, and DDB Needham. He has done work on behalf of Estee Lauder, Time Warner

Cable, DKNY, Girl Scouts, Better Homes & Gardens, Verizon, Merrill Lynch, and Lockheed Martin. He holds a bachelor's degree in American Studies from Hobart and William Smith Colleges and studied at the School of Visual Arts.

Hannah McCain joins the digital and web development team. She has previously worked as a property manager and an ESL teacher. She honed her skills as a developer via Thinkful's boot camp and by independently working on web-based applications, including Localize and Edster. She holds a bachelor's degree in Religious Studies from Lewis and Clark College.

Kat Perez joins the agency as a brand project manager after working at the web design and development firm Liveaxle Interactive in Portland, Oregon. Her work has included managing projects for clients including NBC-Universal, MillerCoors, and Qualcomm. She also brings experience in the museum and exhibition arena, having planned and executed shows with Spatial Poetics for the Denver Art Museum, the Museum of Contemporary Art-Denver, and the Golden History Museum. She has worked at the Museum of Contemporary Craft in Portland, Oregon, where she curated the "Northwest Modern" exhibition. She holds a bachelor's degree from Colby College and completed the NextGen career development program at the Getty Leadership Institute at Claremont Graduate University.

Emily Costa is the newest member of Rinck's Content Team that focuses on social media strategy and campaigns. She previously worked at the Children's Inn at the National Institutes of Health, where she managed digital marketing strategy and implementation, from social media and video to

email and website content. Prior to working for NIH, she developed content and managed events for Discovery Communications. She holds a bachelor's degree in Communication from the University of Maryland.

"As our client base grows, we're aggressively recruiting top talent wherever they are to work with our expanding team in Maine and Maryland," noted CEO Peter Rinck. "We know that providing a challenging and rewarding work experience, paired with the high quality of life in both our locations, is a win-win. These new members of our team will allow us to expand our capacity and continue to provide service to our clients that exceeds expectations."

Now in its 17th year of business, Rinck is a full-service marketing agency located in Lewiston, Maine and Annapolis, Maryland specializing in Dynamic Integration, from market research and listening to advertising, digital, promotions, content, web development, and public relations. The firm offers management and creative services in brand building, logo and identity packages, web strategy and development, and advertising and public relations campaigns.

Rinck represents a range of local, regional, national, and international clients from New Jersey, Pittsburgh, Dallas, Maine, and the UK. Clients include Colman's Mustard, Unilever International, DaVinci's Pasta, Fini of Modena, Dean Foods, Northern New England Passenger Rail Authority (Amtrak Downeaster), the Maine Cancer Foundation, the Portland International Jetport, Bangor Savings Bank, the University of Southern Maine, Howard County Community College, and the Intermodal Association of North America. For more information, call 755-9470 or visit www.rinckadvertising.com.

Auburn Ski Association awards annual scholarships



Victoria Beliveau and Tyme Finnerty, who graduated from Edward Little High School in June, were this year's scholarship recipients.

Class of 2017 Edward Little High School graduates Victoria Beliveau and Tyme Finnerty were awarded \$500 scholarships by the Auburn Ski Association recently at Auburn's Lost Valley Ski Area. The Auburn Ski Association announces the winners of its scholarships upon high school graduation in June each year and presents the awards after the recipients have successfully completed their first semester of college.

Victoria Beliveau's high school GPA placed her in the top 10% of her graduating class. A National Honor Society member, she was involved in many clubs and activities at Edward Little High School. She was a three-sport athlete

and accumulated numerous conference awards. In 2017, she finished third in Slalom in the Class A Alpine State Championship and earned an eighth-place award in the Class A Alpine Giant Slalom competition. During her junior and senior years, she was one of twelve girls who earned a spot on the Maine team competing in the Eastern High School Championships. She is now attending the University of Maine at Orono.

Tyme Finnerty's GPA placed her third in her graduating class of 210 students. She was a National Honor Society member and a three-sport varsity athlete. She served as captain of the field hockey team her junior and senior years and of the Nor-

dic Ski team her sophomore, junior, and senior years. She received the Larry Davis Skiing award her junior year and was a volunteer teacher-coach for the Bill Koch Youth Skiing program throughout her high school years. She is now attending the University of Vermont, where she is studying Environmental Engineering.

The Auburn Ski Association provides financial support for Alpine and Nordic race programs at Edward Little High School and Auburn Middle School, as well as for the Lost Valley Racing Club and the Merrick Chadbourne after-school learn-to-ski program at Lost Valley. To learn more about Auburn Ski Association, see auburnskiassociation.com.

SeniorsPlus now accepting referrals for Meals on Wheels

SeniorsPlus is currently accepting referrals for its Meals on Wheels program serving Androscoggin, Oxford, and Franklin counties. Meals on Wheels at SeniorsPlus provides meals freshly made in its kitchen. These meals constitute one-third of the Recommended Dietary Allowance for adults. Homebound individuals ages 60 and older, and

disabled adults under age 60 who are unable to shop, prepare, or cook meals for themselves, are likely to qualify for Meals on Wheels. Applicants should be prepared to provide personal information such as name, address, phone number, and health status. All information is kept confidential. To apply, contact SeniorsPlus at 800-427-1241.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Agency on Aging. Its mission is to enrich the lives of older adults and adults with disabilities. Its program goal is to assist these individuals to remain safely at home for as long as possible. Their Meals on Wheels program serves more than 100,000 meals annually to almost 800 people.

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Today I Counted 17 Almonds

By Laura Campbell

Last week I wrote about the best eating of my life and how I gained close to 70 pounds when I was pregnant. I ate all organic, healthy, local foods but my portion control was non-existent. What is a portion versus a serving size can be confusing. The two terms are different and shouldn't be used interchangeably. A portion size is the amount we choose to consume at one time. A serving size is the amount of food listed on a Nutrition Facts Label. Knowing the difference between these terms is critical if calorie reduction is your goal.

Serving sizes are often much smaller than what the average person actually eats. When I show clients what one serving of pasta looks like (about the circumference of a nickel) they are shocked. I often hear: "Isn't a serving size of pasta the whole box split between two people?" No! There are eight servings in a box. Each serving is 200 calories. 200k x 8 =1600 calories, each person would be eating 800 calories and that's before adding sauce or cheese or meat!

Our portion sizes have increased dramatically over the years. Part of this trend is that we go out to eat much more than we did a few decades ago. When we go out to eat, we tend to indulge and we also want the best value for our money. We feel short-changed if a plate comes out and it is a small portion. Another factor, as I mentioned in my pasta example, is that serving sizes on boxes do not even come close to matching what we often think of as a portion size.



Laura Campbell

Do you measure out a ½ cup of ice cream? Do you count 17 almonds? Do you pour just one cup of milk? These are the serving sizes.

It is no surprise that the Center for Disease Control now states that 36.5% of Americans are considered obese. The reported cost of obesity in the U.S. was 147 billion U.S. dollars back in 2008. If you struggle with maintaining a healthy weight, it may be time to learn how to measure portion sizes

and read nutritional labels. Here is my quick-and-dirty breakdown:

Pick up the food item. Look at the ingredients list. If it has a bunch of stuff you can't pronounce, put it down and pick up something else that is easy to understand, like squash.

Stuff that is healthy generally doesn't need shiny packaging or a cheetah cartoon character to sell itself. The humble apple sits quietly, confident in its virtuous contents.

From the top down, read the Nutrition Facts. Start with the serving size. Then move onto the calories per serving. If the calorie amount seems large and the serving size seems small, think about what you are eating. Is it worth it? How many serving sizes will it take you to feel full?

Is there added sugar? How much? Put down the item, return to

said squash.

Look at the grams of Dietary Fiber. The recommended daily amount of fiber is 30-38 grams a day for men and 25-30 grams for women. Go ahead and count 'em. Fiber is fun!

Fats vs. Carbohydrates vs. Protein. Here is where things get tricky. This really depends on what an individual's lifestyle and training goals may be. And that's all I'm going to say about that.

Have some measuring cups or a food scale handy in the kitchen. A few days of measuring portion sizes to match serving sizes can help reduce your daily caloric intake.

A final note. I love to go out to eat. I also love a good bargain. But I no longer equate quantity with quality. This is in part because I cook and I farm. I know how damn hard it can

be to grow a tomato in Auburn, Maine. I appreciate the effort of restaurants that take time to source their products locally and create unique and often smaller meals. If I see a Maine product on a menu, I don't expect a huge portion size because growing food on a small scale is hard and buying it is expensive, but the taste and quality is superior.

Thanks for reading and please send me any questions or comments you may have at bigroompersonaltraining@gmail.com.

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.

Food

Continued from page 2

email to answer questions regarding summer meals. For more information about the Maine DOE's Summer

Food Service Program, call 624-6726, email, adriane.ackroyd@maine.gov, or visit www.maine.gov/doe.

Bay Path

Continued from page 2

not yet have a college degree, this is truly an exciting opportunity," said Shirley Wright, Executive Director of the Maine Adult Education Association. "We are grateful to Bay Path University for offering such a generous scholarship, which will be life-changing for one of our students."

Women who are residents of Maine and have participated in at least twelve hours of services from any Maine adult education program within the last three years are eligible to apply. The recipient will be required to be accepted and meet all admissions requirements for the American Women's College to

receive the scholarship.

"A college education is a cornerstone of success, both in the workplace and at home for a woman," said Dr. Carol Leary, president of Bay Path University. "The American Women's College is a revolutionary model that is breaking the mold for higher education for adult women and making their dreams of achieving a degree possible, and we are thrilled to partner with the Maine Adult Education Association to offer this scholarship to a deserving participant."

To be considered, all applications must be received by March 15, 2018. Five finalists will be selected to complete a second phase of the application process, and

the scholarship award recipient will be notified in early June and announced at the annual Maine Adult Education Association Conference on June 20.

Four Webinars will be offered to give potential applicants an overview of Bay Path University and the American Women's College. These sessions will include Information about the academic programs and support services and a brief overview of the admission requirements. The schedule is: Tuesday, January 30, from 2 to 3 p.m.; Tuesday, January 30, from 6 to 7 p.m.; Wednesday, January 31, from 6 to 7 p.m.; and Thursday, February 1, from 2 to 3 p.m.

To learn more about Bay Path University and the American Women's College, see www.bay-path.edu/maine-scholarship.

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Community Concepts Hosts L/A Metro Chamber After Hours

Continued from page 1.
TCT photos and story by Millie Kidd



Chef Scherrer, Paul Landry, and Jessyka Matheiu of Fishbones providing delicious food and drinks at Chamber Business After Hours.



Community Concepts located at 240 Bates Street, Lewiston, Maine.



Community Concepts offers many services to the community, including transportation, work force development, and housing services.



Networking and socializing fun at The Lewiston Auburn Metropolitan Chamber of Commerce Business After Hours.

Twin City Times always has the best time attending any Chamber Event! However, the Business After Hours every third Thursday of the month provides a unique atmosphere. There are always good foods to enjoy, friends and coworkers to catch up with and new connections to make. One of the coolest things about the monthly event is that a different, local, business hosts it each time. More often than not, the host organization will offer tours and they always have many employees around to provide information about the company's operations, mission, and goals.

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Out & About with Rachel Morin

Honoring Phil House at First Universalist Church



Choir Director Dave Rowe conducts a warm-up for the choir prior to the Sunday Service Celebration for Phil House.



Ginny Starbird, Mary Atala Lessard and Peg Cox serve the hot lunch to a full crowd in the Vestry after the Service.



Lorelei Greenwood-Jones, known for her artistic bread art pieces, accepted the challenge of creating a grand piano honoring Phil's life work.

Story and photos by Rachel Morin

I attended the Sunday Service on January 14 at the First Universalist Church in Auburn honoring Phil House, who has served as its organist for the past 30 years. Dave Rowe, choir director was there with the church choir and there was Phil at the organ as he has always been for three decades.

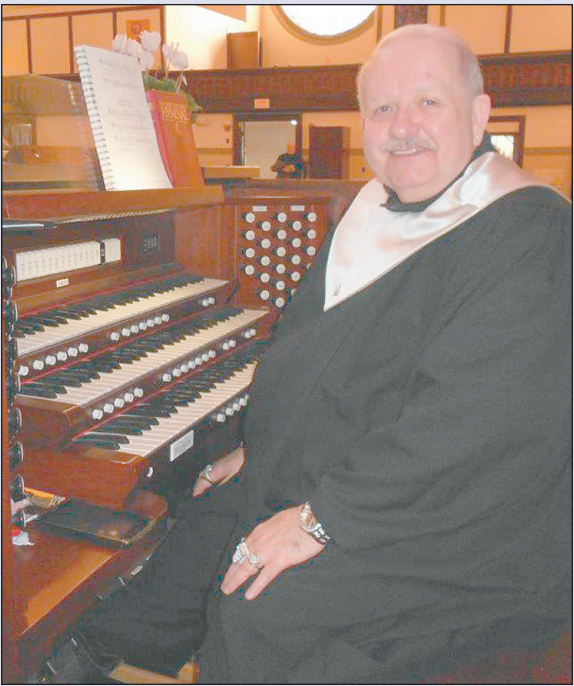
Members of the congregation filled the church to honor their beloved friend. Hugs and warm sentiments were given to Phil as he modestly expressed his thanks and appreciation for all the accolades. He prefers not to be the center

of attention.

As the Service began, Rev. Dr. Jodi Cohen Hayashida expressed heartfelt words of praise, love, gratitude and appreciation for his devotion and dedication to the church and its members for all these years.

Lorelei Greenwood-Jones, Worship Associate Chair, presented Phil with a memory book she had created - a compilation of photos taken over the years, along with personal, cherished memories of Phil written by church members.

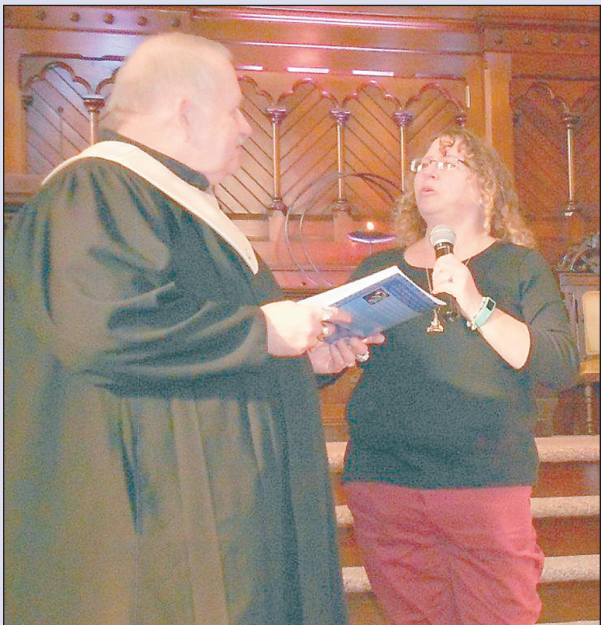
The congregation gathered at the end of the service, all holding hands, for the benediction by Rev. Hayashida.



Phil House reaches a milestone: 30 years as Organist at The First Universalist Church in Auburn.



Ronan Marshall, with her two children, Yari Rodriguez and Evie Marshall, enjoyed the Service and the lunch that followed.



Lorelei Greenwood-Jones, Worship Associate Chair, presents Phil House with a compilation of photos of his church life and personal stories from the church members.



Pixie and Bill Frayer, Curt and Judy Webber, Rev. Hayashida and Toby Haber-Giasson were having a great time at the Vestry luncheon.



Phil House listens intently as Rev. Dr. Jodi Cohen Hayashida recounts his life and history at The First Universalist Church in Auburn and how much he has meant to the church and congregation.



Toby Haber-Giasson, Community Relations, and Mike Giasson

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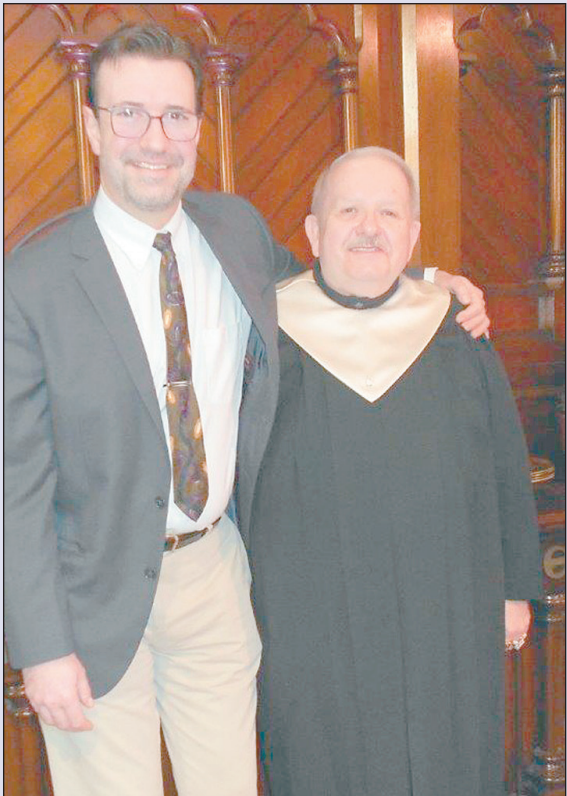
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Quality Craftsmanship

Phil House

Phil House is a dedicated organist at the First Universalist Church in Auburn, where he has served for over 30 years. He is a beloved member of the congregation and has been honored for his long service. Phil is a man of faith and community, and his dedication to the church is a source of inspiration for many.



Dave Rowe and Phil House have been close friends for many years.



Mary Louise Seldenfleur, Ralph Perry and Kevin Simpson agreed the lunch was delicious.



Phil House chats with choir members Esther Tucker and Barbara Hinckley.



Dave Lowe plays “I Have Decided,” an original music and lyrics composition he composed in 2014.



Rev. Hayashida and Bets Mallett, Worship Associate, share a special time with the children midway through the Service, with a question and answer session. The children are quick to raise their hands with answers. No one is shy here.

The celebration continued in the church vestry honoring Phil with a luncheon prepared by the members of the church, including appetizers, salads, entrees, and various desserts.

Phil is well-known and well-loved in the Lewiston-Auburn community and surrounding towns. Actually, he is a musician renowned throughout Maine, New England and the eastern seaboard. Phil’s entire life has been his love of music and sharing his music with others.

At the tender age of 5, he taught himself to play the piano. From there he mastered more musical prowess and played at many churches in Maine in his teenage years. As he grew older, he traveled down south and became more proficient. Phil plays what his heart and soul are feeling and touches the people. He has a gift that he freely shares.

He continues sharing his music with everyone he comes in contact with as he is happiest playing for others. Phil has a soft spot for older people and enjoys playing

for residents at senior housing, such as Clover Manor and Schooner Estates.

A resident at Clover Manor was touched when Phil played “My Yiddishe Momme” especially for her. The song is a tribute to a Jewish mother and the old country ways. The woman was a fan from the moment they met. Her daughter made sure she was always front and center when Phil came to Clover. Her collection of Phil House musical recordings was a source of comfort for her in her twilight years, her family reports.



Phil House and long-time friend Kathy Haley have performed together many times over the years at many venues. This one is at the Annual Meeting of Lewiston Auburn Senior College.

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W. D. Matthews and Uncle Andy's Digest

TWIN CITY NIGHTS

Weekly Arts & Entertainment

Rotary Club welcomes Joanne Bollinger of WISE



Bollinger is a board member of Women's Initiatives that Strengthen and Empower, a Maine-based nonprofit that works to move vulnerable women and children in Western Zambia to self-sustaining lives.

The next meeting of the Lewiston-Auburn Rotary Club will feature guest speaker Joanne Bollinger on Thursday, February 1, from noon to 1 p.m. at the Village Inn at 165 High Street in Auburn.

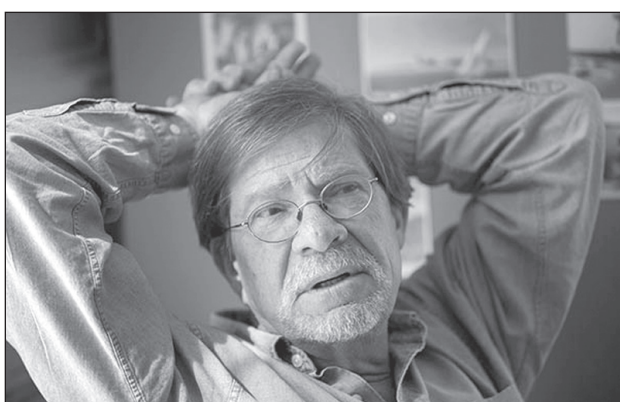
Rotarian Joanne Bollinger is a board member of Women's Initiatives that Strengthen and Empower (WISE), a Maine-based nonprofit that works

to move vulnerable women and children in Western Zambia to self-sustaining lives. Her first trip for the project in 2013, intended as a one-time immersion experience in a small African town, inspired her to become involved in a deeper way. She now travels to Zambia at least once a year to advise, collaborate, and learn from the local women who do the work of the organization on the ground.

Much of her time in the U.S. is focused on fundraising and sharing the WISE story around the country. Her passion is WISE's scholarship program, which currently supports 150 secondary students, especially young girls at risk of early marriage, who would otherwise have no options for school beyond seventh grade. The organization has formed a special connection with the Nkwazi Rotary Club in Lusaka, Zambia's capital.

Bollinger grew up in Auburn, graduating from Edward Little High School. See **Rotary Clun**, page 16

Robert Farnsworth to read at Bates College



Farnsworth, who retires this year after teaching poetry writing and literature at the college for 26 years, reads from his work January 25. (Photo by Phyllis Graber Jensen/Bates College)

Poet Robert Farnsworth will present a reading on Thursday, January 25 at 7:30 p.m. at Bates College's Muskie Archives, located at 70 Campus Avenue in Lewiston. The author of three poetry collections and work featured in magazines across North America and the UK, Farnsworth is the founder

of the college's creative writing concentration and its Literary Arts Live series, of which this program is a part. He will retire this year after teaching poetry writing and literature at Bates College for 26 years. The program is free and open to the public. For more information, call 786-6256.

Knitting Knights meet at Lewiston Public Library

Lewiston Public Library is now hosting a knitting and crochet group that

meets regularly in its first floor Jeanne Couture room. The next meeting of the Knitting Knights will be on Wednesday, January 31, from 5 to 6:30 p.m. All ages and skill levels are welcome, no registration is required, and hot tea is provided. Library staff members are on hand to provide instruction to new knitters and other experienced knitters are welcome to attend to share their knowledge and skills with the group.

A limited amount of materials, including knitting needles and yarn, is available for new knitters to take home. The library wishes to thank community members who have generously donated knitting materials since they reached out to Sun Spots. Donations of yarn and other knitting and crochet materials are still being accepted.

"Business Basics" class offered by New Ventures

Are you looking for guidance on how to write a business plan and start a business? Come to "Business Basics," a three-session, tuition-free class offered by New Ventures Maine from 9:30 a.m. to noon on Wednesdays, January 31, February 7, and February 14. The class will take place at USM's Lewiston-Auburn College at 51 Westminster Street in Lewiston.

Suitable for those thinking about or in the process of starting a new business, the class covers business plans, marketing, and cash planning. The class will be led by

Karleen Andrews, Microenterprise Specialist for the Western Region of New Ventures Maine. Advance registration is required. For more information, contact Andrews at 557-1885 or karleen.andrews@maine.edu. To register, see newventures-maine.org.

A statewide organization serving all sixteen Maine counties, New Ventures Maine offers skills development and support in the areas of career planning, entrepreneurship, and financial management. For more information, call 1-800-442-2092 or see newventures-maine.org.

Passport Acceptance Facility now open at CMCC

Central Maine Community College is now an approved U.S. Passport Acceptance Facility. Citizens may apply in person for their passport at CMCC's Central Services Office, located in Room J115 on the ground floor of Jalbert Hall. Passport Acceptance Facility hours are Monday, Tuesday, Wednesday, and Friday from 8 a.m. to 3 p.m. and Thursday from 11 a.m. to 6 p.m. Appointments are not

required.

CMCC's full-service Passport Acceptance Facility includes application and photo services. For more information about passport services at CMCC, call passport program manager Kellie Morris at 755-5294. Passport forms, passport fees, information on how to apply, and more can be found on the State Department's website for passport and travel information at travel.state.gov.

City Clerk reminds owners to license dogs by Jan. 31

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

Dog license fees are \$11 for a male or female dog and \$6 for a spayed or neutered animal, meaning the late fine is more than the cost of the license itself. Per state requirements, the late fine is assessed per dog and not per household.

According to the City Clerk's Office, only about seventy percent of dogs that were licensed in 2017 have been re-licensed for the new year. "We do not want our residents to have to pay the \$25 late fine, but it is a state requirement," said City Clerk Kathy Montejó. "In December, we sent letters to all owners of dogs licensed in 2017 to remind them that the licenses expire December 31 and the late fine is effective February 1."

See **City Clerk**, page 12

Fly Me to the Moon

By Marie Jones

Imagine *I Love Lucy* meets *Thelma and Louise* in this hilarious gal-pal COMEDY!

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School Homeless Liaison to discuss efforts to support homeless youth

The LA Metro Chamber of Commerce will host a Power Lunch Seminar called “Lewiston High School’s Store Next Door Project: Supporting Students Experiencing Homelessness” on Tuesday, January 30 from noon to 1 p.m. Presented by Lewiston High School Homeless Liaison Mary Seaman, the program will take place in the chamber’s conference room at 415 Lisbon Street in Lewiston.

The mission of the school’s Store Next Door Project is to meet the basic needs of over 300 Lewiston youth in pre-kindergarten through Grade 12 who are experiencing displacement, high mobility, or homelessness. Most youth in the program are living outside traditional family systems and do not have family members available to provide love, support, or basic material needs. Entirely reliant on community support, the program works

to eliminate barriers that would otherwise prevent students who are homeless, at-risk for homelessness, or pregnant or parenting from achieving academic success.

Power Lunches are sponsored by Community Health Options. The event is free and open to the public, but advance registration is requested. Lunch will not be provided. For more information, call 783-2249. To register, see www.LAMetroChamber.com.

Maine Event Comedy at Lewiston Elks Lodge



Starting as a street performer in Boston at age 12, headliner Rob Steen has been entertaining audiences across the country for the past 30 years.

Maine Event Comedy will present nationally touring comedian Rob Steen at the Lewiston Elks Lodge on Saturday, January 27 at 8 p.m. The show will also feature performances by comedians Ralphie Joyal of Massachusetts and Nick Lavallee of New Hampshire.

Steen, who thrives on

crowd participation, has been drawing crowds since becoming a street performer in Boston at age 12. Since then, his high-energy, fast-paced brand of comedy has entertained audiences across the country for the past 30 years. He’s performed at legendary comedy clubs, including Caroline’s on Broadway, The Laugh Factory, and Comic Strip Live, and was twice featured on the “Stupid Human Tricks” segment of The Late Show with David Letterman. He regularly produces comedy shows across the northeast.

Thrice named New Hampshire’s Best Comedian, Nick Lavallee has opened for Andrew ‘Dice’ Clay and has performed at Boston’s Wilbur Theater and at the Laugh Factory in Las Vegas, Hollywood, and Chicago. His online content, including the music video “I Love You, Sally Struthers,” has been featured on “Fun-

ny or Die” and “Rooftop Comedy.”

Ralphie Joyal, who hails from Tewksbury, Mass., recently released his first DVD, “Tweaked to the Max.” His blue-collar brand of comedy draws from experiences of his childhood, marriage, holidays, and weight struggles. He also performs dead-on celebrity impressions, including Archie Bunker, Eddie Murphy, and Forest Gump. He has worked with international headliners Dane Cook, Bill Burr, and Joe Rogan.

The Lewiston Elks Lodge is located at 1675 Lisbon Road. Doors will open at 7 p.m. and the show is open to those ages 21 and older. Tickets are \$12 at the door or \$10 in advance, available at maineeventcomedy.com. For more information, call 513-0742 or email maineeventcomedy@gmail.com.

on River Road from the Alfred A. Plourde Parkway to Razel Way; work on Stetson Road from Main Street to College Street; and work on the Crowley Road through Lewiston, Lisbon, and Sabattus.

Surface and Base Maintenance: work on Route 202/the James B Longley Memorial Bridge to establish a smooth transition on each side

Public Transportation: work on operating assistance, capital assistance, and ADA operating for Citylink Bus; and work on urban transit planning for the Androscoggin Valley Council of Governments.

The entire MDOT work plan can be viewed at www.maine.gov/mdot/projects/work-plan.

MDOT

Continued from page 3

260 bridge construction projects.

The following breakdown is the planned capital and maintenance work in Lewiston in 2018:

Highway Construction and Rehabilitation: work on East Avenue from Fairlawn Avenue to Homefield Street; work

Twin City Nights

Monmouth Community Players schedules auditions for spring production

The Monmouth Community Players will host auditions for their spring show, “The 25th Annual Putnam County Spelling Bee,” on Sunday, February 4 and Monday February 5, starting at 6 p.m. Winner of the Tony and Drama Desk Awards for Best Book, the play has charmed audiences across the country with its effortless wit and humor. It features a fast-paced, funny, and touching book by Rachel Sheinkin and a fresh and vibrant score by William Finn.

Rehearsals will begin Monday, February 19 at 6 p.m. and will take place every Monday, Wednesday, and Sunday through April. The performances are scheduled for April 20 through 29. The produc-

tion team includes director Josie French, musical director Steve Barter, assistant director Tim MacLeod, and producer Cindy Dunham.

In the play, an eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming “ding” of the bell that signals a spelling mistake. Six spellers enter, but only one leaves as champion. At least the losers get a juice box!

There are roles for

six actors to play the adolescent spellers, including three men and three women. There are roles for three actors to play the adults, including two men and one woman. There are also multiple minor roles for both men and women throughout the production. All roles are open to actors ages 14 and above. Those auditioning are asked to prepare a 16-bar selection. If the selection is not from the show, please provide sheet music for your audition. The singing auditions will be closed and will be followed by group readings. For more detailed information about the show or the available roles, contact Monmouth Community Players at 370-9566 or see www.monmouthcommunityplayers.org.

Maine Community Foundation has grants for Andro. County nonprofits

Nonprofit and public organizations seeking funding for projects that strengthen communities are encouraged to apply to the Maine Community Foundation’s Community Building Grant Program. The deadline to apply is February 15. Applicants should note that the grant criteria and application questions have changed. The application and guidelines are available at www.mainecef.org.

A volunteer committee of Androscoggin County residents reviews grants and makes recommendations for funding. In 2017, the

committee awarded nearly \$30,000 in grants to six nonprofits. They included:

\$3,500 to the New Mainers Public Health Initiative to expand learning sessions for parents to share information and help their developmentally delayed or cognitively challenged children in medical, school, and home contexts.

\$10,000 to the Center for Wisdom’s Women to further develop their herb gardening and social enterprise project to cultivate job skills, meaningful work, and, ultimately, income.

\$3,500 to Safe Voices to expand their Advocacy

Beyond the School System program in Androscoggin County to increase support and prevention activities to youth who experience the violence of human trafficking and provide training and technical assistance to service providers.

Headquartered in Ellsworth, with additional offices in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to improve the quality of life for all Maine people. To learn more about the foundation, visit www.mainecef.org.

Food pantry needs staple items

The High Street Food Pantry has ongoing needs for the following staple items: peanut butter, dry cereal, baking ingredients (mixes,

sugar, flour), crackers, canned goods (including vegetables, fruits, soups, pastas and meats), toilet paper, and children’s books. Donations may be

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

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Twin City Nights

SeniorsPlus, Evergreen Subaru team up for food drive



Meals on Wheels driver Chris Randall and SeniorsPlus Chief Operating Officer Holly Zielinski (at left) help members of the Evergreen Subaru team launch their “Share the Love” food drive.

SeniorsPlus and Evergreen Subaru of Auburn are partnering to hold a “Stuff the Subaru - Share the Love Food Drive” for seniors in need. Donations may be dropped off at Evergreen Subaru through Valentine’s Day, February 14. The food drive is part of Subaru’s national Share the Love program.

Donations collected through the drive will be used by SeniorsPlus to create emergency packs of non-perishable foods for distribution to people suffering from hunger. Through its Meals on Wheels program, SeniorsPlus serves more than 100,000 meals to almost 800 individuals each year. Those wishing to contribute to the food drive may drop off non-perishable food items at Evergreen Subaru Monday through Friday from 8 a.m. to 6 p.m.

and Saturdays from 9 a.m. to 5 p.m. Evergreen Subaru is at 774 Center Street in Auburn.

“These Emergency Food Packs enable us to divert a crisis hunger situation while longer-term solutions are found,” said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. More than 200,000 Mainers struggle against hunger.

Items on the wish list for the food drive include non-perishable foods (dry goods, canned foods, etc.) suitable for snacks, breakfast, lunch, or dinner. These may include meals in a can (soup, stew, chili), canned tuna or chicken, peanut butter, low-sodium canned vegetables, low-sugar whole grain cereals, and healthy snacks. Soda, candy, items packaged in glass, and bulk quantities of rice, flour, or sugar are discouraged.

In celebration of its 50th anniversary and in keeping with its commitment to support local communities nationwide, Subaru of America, Inc., in partnership with Meals on Wheels America, donated a Meals on Wheels delivery vehicle this past fall to SeniorsPlus.

“Fly Me to the Moon” opens Friday at Public Theatre

It’s non-stop laughter as two Irish home-care nurses attempt to get rich quick but instead wind up in a series of hilarious misadventures when their elderly patient is found - or not found - dead in “Fly Me to the Moon,” playing January 26 through February 4 at the Public Theatre in Lewiston.

Broadway actresses Annie Edgerton (Mama Mia) and Amy Griffin (How

the Grinch Stole Christmas) star in this production of Marie Jones’ (Stones in his Pockets) gal-pal comedy that will remind audiences of a cross between “I Love Lucy” and “Thelma and Louise.” On opening night there will be free, pre-show beer tasting courtesy of Baxter Brewing Company and on Thursday, February 1 there will be free, pre-show wine-tasting courtesy of The Vault. Both tasting

events will take place in the theater lobby.

The Public Theatre is located at 31 Maple Street in Lewiston. Show times are Thursdays through Saturdays at 7:30 p.m. and Sundays at 2 p.m., with an added Saturday matinee on February 3 at 3 p.m. Tickets are \$20 for adults, \$17 for groups, and \$5 for those ages 18 and under. For tickets, call 782-3200 or see thepublictheatre.org.

Brunswick Sam’s wins food pantry fundraising competition



Brunswick Sam’s employees Connie Fortin (l.) and Pat Marcotte accept an award, gift basket, and Frontier movie passes for the store’s winning effort in raising money to end hunger in Maine.

Representatives from St. Mary’s Food Pantry in Lewiston recently presented an award to Sam’s Italian Sandwich Shoppe at Cook’s Corner in Brunswick for their outstanding effort in raising money to end hunger in Maine. In addition to a plaque for display in the store, employees were awarded free movie passes donated by Frontier, a food, arts,

and cultural destination in Brunswick.

Each fall, St. Mary’s and Sam’s locations statewide partner in a campaign to sell paper cornucopias to customers for \$1 each, with proceeds to benefit local food pantries. The campaign is also a competition among the 13 Sam’s locations to see which store raises the most funds. Statewide, Sam’s

stores raised \$4,895 for hunger relief. Sam’s in Brunswick won the competition with \$1,074 raised for their local pantry, the Mid Coast Hunger Prevention Program, which distributes more than 318,000 free meals annually to neighbors in need.

Together, the seven Lewiston-Auburn Sam’s locations raised \$2,740 for St. Mary’s Food Pan-

try. In 2017, St. Mary’s Food Pantry provided food for over 1,170 people per week, double the number served the previous year. The pantry provides quality food to those who visit, distributing nearly 500,000 pounds of fresh produce in 2017 in addition to shelf-stable items. For more information, see www.stmarysnutritioncenter.org.

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Husson

Continued from page 4
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City Clerk

Continued from page 10

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

In addition to going to the City Clerk’s office, dog owners may also register their dog’s license online at the city’s website or through the mail, in which case they should include a copy of the rabies certificate, the dog’s name, and the owner’s name, address and phone number. Checks in the correct amount should be made payable to the City of Lewiston.

Rabies is a serious problem in Maine. Residents are urged to take the time to protect their pet against this deadly virus. If an animal is suspected of having rabies, they are quarantined; if symptoms of rabies appear, the only way to test for the disease is to euthanize the animal. Dog licensing ensures rabies vaccination, which protects the health of your pet.

The City Clerk’s Department has office hours Monday through Friday from 8:30 a.m. to 4 p.m. For more information, call 513-3124.

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Thursday, January 25

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speakers are Warren and Amy Shaw, founders of a nonprofit agency that provides support to adoptive and foster families raising children with histories of trauma, neglect, or abuse. No reservation required. 713-7045; monica.millhime@maine.gov.

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. A panel of reps from local organizations discusses how “Innovations in Housing” can contribute to flourishing communities. Free. Bring bag lunch. 513-3135.

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.

Marine Corps League Meeting. 6 p.m. Armory, 65 Central Ave., Lewiston. Central ME Detachment 810 holds its monthly meeting. They need members: all Marines, FMF corpsman, Navy chaplains, and those interested in Marines Helping Veterans are invited to attend.

“Late Night Tales III.” 7 p.m. Chocolate Church Arts Center Annex, 804 Washington St., Bath. Resurgence Dance Company presents the final installment in a series exploring the theme of dancer as individual. Again 1/26-28 (Sun. at

Calendar

See more Calendar at www.TwinCityTimes.com

2 p.m.). Tix \$12/8 (\$16/12 at door). 442-8455; chocolatechurcharts.org.

Poetry Reading. 7:30 p.m. Muskie Archives, 70 Campus Ave., Bates College, Lewiston. Poet Robert Farnsworth, who retires this year after teaching poetry writing and literature at Bates College for 26 years, reads from his work. Free. 786-6256.

Friday, January 26

Opening Receptions. 5 to 7 p.m. The Harlow opens its final exhibit (“Seven”) at the original gallery at 160 Water Street in Hallowell and its annual Winter Members’ Showcase at the new Art Center at 100 Water Street in Hallowell. Free. <http://harlowgallery.org>.

Theater: “Fly Me to the Moon.” 7:30 p.m. Public Theatre, 31 Maple St., Lewiston. A misguided attempt to get rich quick lands two Irish home-care nurses in a series of hilarious misadventures. Again 1/27, 28; 2/1-4 (Suns. at 2 p.m.) \$20/17/5. 782-3200; thepublictheatre.org.

Theatre: “The Conquest of the South Pole.” 7:30 p.m. Portland Ballet Studio Theater 517 Forest Ave., Portland.

Snowlion Repertory Company presents Manfred Karge’s play about four unemployed Rumford Maine mill workers who reenact Amundsen’s conquest of the South Pole - in their attic. Again 1/27-28, 2/1-4 (Suns.

at 2 p.m.) \$20. 518-9305; www.snowlionrep.org.

Saturday, January 27

Bean Supper. 4:30 to 6 p.m. Sixth St. Congregational Church, 109 Sixth St., Auburn. Two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American chop suey, assorted desserts and beverages. \$6 adults, \$3 kids ages 5-12, under 5 free. Take-out available.

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

Bean Supper. 5 p.m. First Congregational Church, Rte. 115, Gray. Baked beans, casseroles, salads, homemade breads and desserts, beverages. \$8 adults, \$4 kids under 12. Wheelchair accessible. 657-4279; 657-3279 (day of supper).

Maine Event Comedy. 8 p.m. Elks Lodge, 1675 Lisbon Rd., Lewiston. Nationally touring comedian Rob Steen headlines; also performing are Ralphie Joyal and Nick Lavallee. Ages 21-plus. \$10 advance/\$12 at door. 513-0742; maineeventcomedy.com.

Tuesday, January 30

Power Lunch Seminar. Noon to 1 p.m. Chamber of

Commerce, 415 Lisbon St., Lewiston. Homeless Liaison Mary Seaman discusses Lewiston High’s Store Next Door project to support homeless youth. Free, but registration requested. www.LAMetroChamber.com.

Wednesday, January 31

Local History Program. 7 p.m. Freeport Community Library. Alan Hall discusses “Freeport’s Maritime History in the Age of Pirates, Porters and Paddlewheels.” Pres. by Freeport Historical Soc. Members free, others \$5.

Thursday, February 1

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speaker is Joanne Bollinger of WISE, a Maine non-profit that works to move vulnerable women and children in western Zambia to self-sustaining lives. Free; no reservation required. 713-7045; monica.millhime@maine.gov.

Theater: “Fly Me to the Moon.” 7:30 p.m. Public Theatre, 31 Maple St., Lewiston. A misguided attempt to get rich quick lands two Irish home-care nurses in a series of hilarious misadventures. Again 2/2-4 (Suns. at 2 p.m.) \$20/17/5. 782-3200; thepublictheatre.org.

Theatre: “The Conquest of the South Pole.” 7:30 p.m. Portland Ballet Studio Theater 517 Forest Ave., Portland. Snowlion Repertory Company presents Manfred Karge’s play about four unemployed Rumford Maine mill workers who reenact Amundsen’s conquest of the South Pole - in their attic. 2/2-4 (Suns. at 2 p.m.) \$20. 518-9305;

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12 Strong (R)	12:20	3:30	6:35	9:25
The Shape Of Water (R)	1:20	4:20	7:05	9:45
Paddington 2 (PG)	12:50	3:45	7:20	9:40
The Post (PG-13)	1:00	4:00	7:15	9:55
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
Star Wars: The Last Jedi (PG-13)	12:00	3:20	6:40	9:20
Insidious: The Last Key (PG-13)	1:15	4:25	6:55	9:55

www.snowlionrep.org.

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

Community Breakfast. 7:30 to 10 a.m. American Legion Post 135, 40 Island Rd., Sabattus. Eggs to order, French toast, chipped beef, pancakes, sausage, ham, baked beans, country fries, toast, muffins, orange juice, coffee, tea and milk. \$8 (\$3 kids ages 10-).

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. Har-

low 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.

Tuesday, February 13

Open Grief Support Meeting. 6 to 7:30 p.m. No. Windham Union Church, 723 Roosevelt Trail, Rt. 302, Windham. Pres. by VNA Home Health Hospice. Free. 400-8714

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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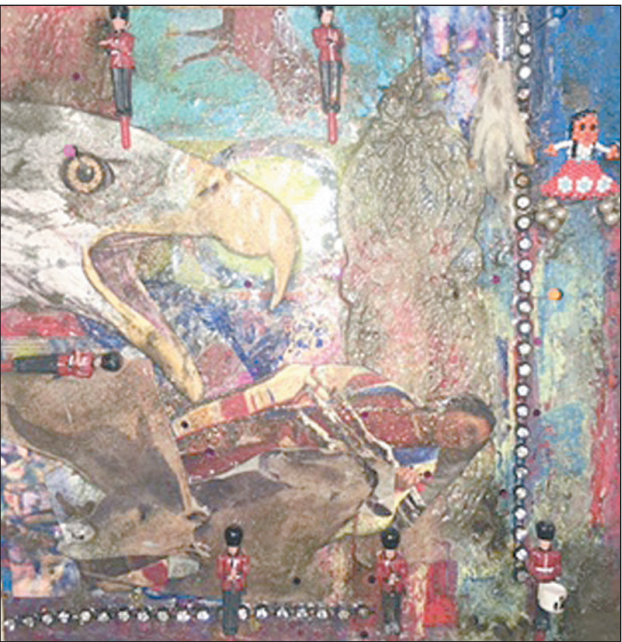


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Maine abstract painters on view at Harlow Gallery



“Frontier,” by Emily Blake Blaschke (mixed media)

Before moving down the street to their new home at 100 Water Street, Harlow Gallery in Hallowell will present “SEVEN,” their last art exhibition at 160 Water Street, where the gallery has existed since its opening in 1963.

On view January 26 through March 3, SEVEN highlights the work of Maine abstract painters Emily Blake Blaschke, Jenny LaMacchia Campbell, Alicia Ines Ethridge, Celeste June Henriquez, Doreen Nardone, Brenda Overstrom, and Donald M. Peterson. The public is invited to

attend an opening reception to meet the artists on Friday, January 26, from 5 to 7 p.m. Exhibitions are always free and open to the public. Gallery hours are Wednesday through Saturday from noon to 6 p.m.

SEVEN is a group of Maine-based painters that emerged from a Maine College of Art abstract painting course with Michel Droge. This exhibit offers viewers an assortment of abstract painting styles, representing the work of seven painters who have each created a unique language to express their visions and experienc-



“Us,” by Celeste June Henriquez (acrylic, oil)

es of the world around them.

“We are a group of seven abstract painters working in Maine,” the group said in a statement. “We meet once a month at each other’s studios to present and discuss new works in progress. As a group of abstract painters, we understand each other remarkably well. This coherence comes from our common fascination and openness to process. Our gatherings are brave, warm, and direct. We value self-reflection and enter into dialogue about how to let go of things that get in

the way of our full creative potential. We urge one another to have the courage to explore and experiment, to fabricate systems that guide one’s process and then break those rules, to take outrageous creative risks and make mistakes, to risk failure in pursuit of new ideas and new ground.

“As abstract painters, we rely on intuition and trust the process to lead us. We are guided by what shows up on the surface. This includes messy, beautiful swathes of color, detailed imagery, ugly and pretty, precise and carefully constructed, meaningful



“Cry Out (In the Night),” by Alicia Ines Ethridge (acrylic on canvas)

and meaningless, and quick or dirty. All scenarios are valued, such as painting when we’re inspired or tired, angry or blissful, agitated or confused. We are committed to maintaining the community we have created. We are committed to each other, to encouraging and carrying each other through painter’s block, busy times, and troubled waters. We are committed to manifesting our truest

selves in our work and to valuing an honest and forthright approach to the act of painting and critiquing. “

The Harlow Gallery is home to the Kennebec Valley Art Association, a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in Central Maine. For more information, call 622-3813 or see harlowgallery.org.

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Rotary Club

Continued from page 10

in 1963. Following a career in teaching music in Camden, Woolwich, and Brunswick and singing throughout New England, she spent 12 years in Illinois with her second husband. They

moved back to Maine and, following the death of her husband from Alzheimer’s Disease, she returned to Auburn in 2014 to be near her son and his wife.

Guests are welcome and no reservations are required. Lunch will be

available at the restaurant. For more information, call 753-9040 or see www.lew-istonauburnrotary.org.

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