

## Gov. LePage joins CMO, Spectrum in Auburn



Governor Paul LePage joins Integration Celebration of Central Maine Orthopedics and Spectrum Medical Group in Auburn. Anne Marie Kayashima, COO of Central Maine Orthopaedics, Gov. Paul R. LePage, Ann Robinson, Chief Legal Counsel Director of Government Affairs, Spectrum Medical Group and Kelly MacKinnon CFO of Spectrum Medical Group

## Bates College awards grants to local community groups

The Harvard Center for Community Partnerships at Bates College has awarded grants to six community organizations to support the creation, expansion or advancement of public service programs that improve the lives of local residents.

The six 2016-17 grants are: \$2,000 to Museum L-A, to assist with the research

and preservation of vintage silkscreens that were used to manufacture linens in local mills; \$1,823 to College for ME-Androscoggin, to support the creation of a new, county-wide "Decision Day" event that will help local students plan their education beyond high school; \$1,823 to the Raise-Op Housing Cooperative, to support the creation of materials

and programs that will help tenants better understand the goals, expectations and responsibilities of living in a housing cooperative; \$1,300 to Lewiston Public Library, to help fund the library's "ArtVan" mobile art program, which provides creative projects and art opportunities for children; \$1,110 to YWCA of

See **Bates**, page 2

## Wedding Guide see pages 7-8

## Shriners Hospital Receives \$10,000 Donation



The 2016 International Fire, Police & Military Winter Games, charity hockey tournament ended on a high note with the check ceremony in the Baxter Lounge at the Androscoggin Bank Coliseum. IFPMWG committee members and volunteers were in attendance along with many shriners. In the photo from the front row left is committee member Dave Saphier, Brenda Espinoza, Executive Director, and Paul Bernier, a local businessman from United Sports, and The Vintage Snowmobile Museum in Turner, who donated an additional \$7500 bringing the total amount raised to \$10,000.

## Margaret Chase Smith Essay Contest

The Margaret Chase Smith Library has announced the topic of its twentieth annual essay contest for Maine high school seniors: presidential leadership. The prizes are \$50 for five honorable mentions, \$250 for third place, \$500

for second place, and \$1000 for first place. Entries are due by April 1, with winners to be announced on May 1. For more information about the contest, contact John Taylor at 474-7133 or visit the Library's website [www.mcslibrary.org](http://www.mcslibrary.org).

In 1960, the New York Times asked Senator Margaret Chase Smith what qualities she looked for in a president. Her response was clear and concise: "The most obvious qualities an ideal President should have are integrity, intelligence and fairness." With the 58th presidential election approaching, the Margaret Chase Smith Library wants to know what qualities Maine teenagers, who will be eligible to vote for the first time, are looking for in a prospective president.

Owned by the Margaret Chase Smith Foundation and operated under its auspices by the University of Maine, the Margaret Chase Smith Library in Skowhegan is an archive, museum, educational facility, and public policy center devoted to preserving the legacy of Margaret Chase Smith, promoting research into American political history, advancing the ideals of public service, and exploring issues of civic engagement.

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# Newsmakers, Names & Faces

## Local Marines participate in the International Fire Police Military winter games



Former Lewiston HS graduate Scott Welch, Former Edward Little HS graduate Josh Gould, and former St. Dominic Academy graduate Allen Monteith.

## Auburn GOP donates Christmas dinner basket



Shortly before the holiday, Fundraising Coordinator Linda Wooten (2nd from left) presented a Christmas dinner gift basket on behalf of the Auburn Republicans Committee to (l. to r.) Ginny Andrews, Amanda Rossignol and Kathie Dolan of WIC to give to a family of their choice.

## Norway Savings partners with champion skier

Norway Savings Bank has entered into a corporate partnership with U.S. National Champion Freestyle Skier Troy Murphy. He joins Seth Wescott, Dave Cowens, Angela Bancroft and Josh Kennison to round out the Norway Savings Bank team of athletes.

Murphy is the 2015 U.S. National Champion Mogul Skier and competed at the 2015 Freestyle World Championships in Kreischberg, Austria. A graduate of Gould Academy in his hometown of Bethel, Maine, he currently resides in Park City, Utah and is committed to giving back to the skiing community by coaching youth mogul skiers at his home mountain of Sunday River and at summer camps in Whistler, British Columbia and Park City, Utah.

"Troy Murphy is a positive, inspiring athlete and role model," said Karen Hakala, Senior Vice President of Marketing at Norway Savings Bank. "We are excited to align the bank with an incredible individ-



Murphy is the 2015 U.S. National Champion in moguls.

ual who shares our values and our commitment to Maine. We are very pleased to add Troy to our team of outstanding athletes who represent their sports and Maine in such a positive and professional manner."

"It's great to be on the team," said Murphy. "I'm thankful for all the support I receive from my fans in Bethel, at Gould Academy and elsewhere in Maine who continue to cheer me on. I've been banking with Norway Savings Bank for years and they've really helped me and my family. I may live in Park City, but my heart and my bank are right here in Maine.

## CMCC Automotive Program earns national reaccreditation



Students Kasandra Bernard and Eban Johnston, at work in CMCC's automotive technology lab

Central Maine Community College has announced that its Automotive Technology program has been reaccredited by the National Automotive Technicians Education Foundation.

Founded in 1983, NATEF examines the structure, resources and quality of training programs and evaluates them against standards established by the industry. These standards reflect the skills that students must master to be successful in the industry. The NATEF visiting team noted that

the automotive program at CMCC excelled in the areas of 1) equipment available for learning, 2) the technical credentials of the faculty, and 3) the use of the Ford ASSET model to get students into the workforce early.

The associate degree automotive programs at CMCC are designed to prepare highly skilled technicians for an ever-expanding and challenging automotive industry. Students learn in a variety of environments including the classroom, laboratories and shops while planning and performing practical job service. Typical employers of program graduates are automotive dealerships, service stations, companies with large vehicle fleets, and automotive parts supply stores.

Jim Carignan, a long-time college administrator, helped establish Bates' Center for Service Learning (now the Harward Center for Community Partnerships) and served as its first director. The Center creates opportunities for Bates people to team with local partners through community-based learning and traditional volunteerism.

Carignan also served on the Lewiston City Council, the State Board of Education and more than 25 other local and state boards. He died in 2011. Sally Carignan was a teacher at the Lewiston Adult Learning Center and is an active advocate for affordable housing.

"The Carignans exemplify what it means to be engaged citizens and community members, said Ray. "These grants celebrate and carry on their commitment to respectful, beneficial community partnerships that improve the lives of our neighbors."

treasurer and finance chair and to adopt some amendments to its bylaws. It will also discuss the upcoming March 5 caucus. All County committee members and interested, registered Republicans are welcome and encouraged to attend.

committee that selected the grant winners.

"These grants will support programs and organizations that work hard every day to improve the lives of local residents, students and children," said Darby Ray, the director of the Harward Center for Community Partnerships. "We are amazed by the work that these groups do and we are proud to be partners in their efforts."

The grants are funded through the Harward Center's James W. Carignan and Sally Larson Carignan Fund for Community Programs, which was established with donations and contributions from more than 150 Bates alumni and friends. The fund honors the Carignans' lifelong work and commitment to improving the lives of Mainers.

## Bates

Continued from page 1

Central Maine, to support the organization's annual "Stand Against Racism" event, which fosters multi-cultural understanding by bringing together local activists, community leaders, students and researchers; and \$533 to Lewiston Housing Authority, to purchase office furniture for "How Everything Works," an after-school science, engineering and technology program.

In addition to the

## County Republicans Meeting

The Androscoggin County Republican Committee will meet on Monday, January 25 at 7 p.m. in the Community Room on the second floor of Auburn Hall at 60 Court Street in Auburn. The committee will vote to elect a new chair,

grants, each organization will be able to utilize resources at the college, such as faculty and staff expertise, student workers and student researchers. Bates students comprised the bulk of the

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# Governor's Address: Augusta Policies Add Costs to Your Electric Bill

Just as gasoline and heating oil prices are dropping, the Legislature has decided to raise your electric bills. They approved long-term contracts at above-market rates that will cost you \$38 million.

Dear Maine Taxpayer, Maine's electric rates are 12th highest in the country, and the Legislature is intent on making it worse. Special interests are constantly lobbying for carve-outs and above-market contracts to benefit themselves. The Legislature caved in to these special interests last session.

Now we know the

exact price tag of their failure to protect Mainers: \$38 million for above-market rates. It was all unnecessary.

Last April, special interests asked the Legislature to expand a dysfunctional energy program. The Legislature itself had created this program to provide above-market contracts for small renewable electricity generators. It was so lucrative, special interests lined up at the Public Utilities Commission to make money off Maine's electric ratepayers.

As I wrote in my veto message of LD 1310 last session, the program exemplifies poorly designed



Governor Paul R. LePage

energy policy. The Legislature actually thought it was a good idea to sign more contracts for above-market rates. You can't make this stuff up.

Then 131 legislators overrode my veto so they

could protect these high-priced contracts. Since then, the Public Utilities Commission has been scrambling to abide by the new law and sign these contracts.

Electric rates are at 4 to 5 cents per kilowatt on average. But the PUC was forced to sign long-term contracts for 20 years at prices ranging from 8.3 to 10 cents per kilowatt.

The total estimated cost is \$38 million in higher electric costs for Mainers.

Some of these legislators now think Maine should have an energy carve-out for electric generators that burn trash. This would cost \$2 million

to \$10 million annually for an artificially created market for electricity that comes from trash incinerators.

They want this carve-out because their previous above-market contract—which cost ratepayers an estimated \$150 million since 2000—is set to finally expire.

The outcome of the bill is unclear, but the special interests are working hard in the halls in Augusta. I am calling on the Energy, Utilities and Technology Committee to reconsider their support of higher costs for Maine ratepayers to benefit trash incinerators. Some argue these

high rates only cost a few cents on Mainers' electric bills. But these bad energy policies add up, and they compound the burden on low-income families and the elderly.

Instead of artificially increasing electric bills, legislators should focus on lowering rates for the Maine people. Lower electricity rates would help attract employers to our state and lower the cost of living and working in our state. The Maine people deserve a break, not the special interests in Augusta.

Thank You,  
Paul R. LePage  
Governor

## City of Auburn fills director positions

The City of Auburn has filled vacancies in the director positions of two of its departments: Economic and Community Development and Recreation.

After a nationwide search, the city has hired Michael Chamings of Oxford to be its new Economic and Community Development Director. He will begin his tenure on January 19. Also, the city has hired Sabrina Best as its new Recreation Department Director. She will begin her tenure on January 25.

Michael Chamings has over twenty years of municipal management and economic and community development in various communities in Maine. During his tenure as the Town Manager of Oxford, he was instrumental in the success of the 2010 referendum and

subsequent building and marketing of the Oxford Casino that was the state's largest economic development project during a period of lack of growth. He has a strong background in job creation (800 in the last five years), economic development, community development, the State's Tax Increment Finance program, grant acquisition and management, and financial management.

He received a B.A. in Public Management and an MPA from the University of Maine at Orono. A veteran of the United States Marine Corps, he is active in veterans' affairs across the region.

Sabrina Best has served the City of South Portland's Department of Recreation, Parks and Waterfront in various capacities since 2006, most recently as the Leisure Service Manager. She

has planned, organized and implemented youth sports programs and adult sports leagues, was the Facilities Manager for the Wainwright Recreation Fields Complex in South Portland, and has coached softball and basketball at SMCC.

She has an Associate's Degree from SMCC and a Bachelor's Degree from Southern New Hampshire University in Business Studies with a concentration in Sport Management.

## Town schedules workshop on zoning amendments

The Lisbon Planning Board will present a workshop to discuss potential revisions related to non-residential zones along the Route 196 corridor and villages on Thursday, January 28 at 6 p.m. at the Lisbon Town Office.

This review is a follow-up to the completion

of the Route 196 Corridor Plan and the Downtown Plan and the land use discussions that were part of those planning efforts. To take into account the vision and recommendations from the Route 196 Corridor Plan and the Downtown Plan Update, proposed zoning changes are antici-

pated to focus on expansion or reduction of current non-residential zones.

This process is not intended to propose substantial zoning changes, but rather to propose limited, appropriate amendments to existing Village, Commercial, and other non-residential zones in support of the Route 196 Plan, the Downtown Plan, and recent land use trends.

To access zoning maps and all town plans, call the town office at 353-3000 or see [www.lisbonme.org](http://www.lisbonme.org).



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Only Steps Forward

# Winter season showcases all Auburn has to offer

By Jonathan P. LaBonté  
MAYOR OF AUBURN

It may have taken a few extra weeks to arrive, but it is finally winter in Maine and the snow is starting to pile up around the city. In fact, it looks like this coming weekend will bring another round of fresh powder.

So while some may long for the return of summer, I want to encourage all of you to get out and enjoy the fact that you live in Maine and a city that offers so much for outdoor activities.

For organized events, the last weekend of this month will bring the annual Auburn Winter Festival. This event, coordinated with city staff, Lost Valley ski area and many community volunteers, offers lots of events. They range from family skating during the day at Festival Plaza, to ice bars in the evening at the same spot, from snowman making, s'mores and hot chocolate to discount lift ticket and even a duathlon at Lost Valley. For full de-

tails, go to Auburn Winter Festival on Facebook or visit [www.auburnmaine.gov](http://www.auburnmaine.gov).

Of course, an organized event is a great way to bring community members together or to introduce new residents to all the great places we have in our city. Maybe you're reading this and thinking that Maine in the winter means snowmobiling and heading into the north woods. If you live here, you don't have to make that trip.

In Auburn, you can access well-maintained trails



Mayor Jonathan P. LaBonté

in the northern, southern and western portions of the city. Three great snowmobile clubs, as well as all of

their volunteers, call Auburn home and manage a robust interconnected network. Those trails connect to the state ITS snowmobile network, but also provide trail access from some of our in-town neighborhoods and to area businesses and restaurants. How many cities in Southern Maine can offer that type of amenity for snowmobile enthusiasts?

Perhaps you and your family are more oriented to the non-motorized winter fun. If snowshoeing is your interest, Auburn's 300-plus-acre Mt. Apatite park offers half a dozen miles of trails at varying levels of difficulty, just a few minutes from downtown. Or try the nearly 100 acres of farm fields and forest at the local land trust's Huston Farm Conservation Area in New Auburn. Again, it's all within a few minutes drive from most of our neighborhoods.

And no description of Auburn's winter options is complete without Lost Valley ski area. Under new ownership for this season, the community energy around this ski area nestled up in West Auburn has never been higher. Not many communities in

northern New England can boast of having a ski area in their backyard, let alone with the history of Lost Valley.

Downhill skiing and access to the Nordic trails through the orchards makes Lost Valley an anchor in Southern Maine, not just our hometown of Auburn.

Maine is an outdoor state and markets itself to visitors and potential investors as a place to enjoy recreation year-round. In Auburn, we are blessed with, and perhaps take for granted, so many natural assets that offer outdoor fun in the winter. Unfortunately, while other areas of Maine are promoting their assets to attract visitors, new residents and investment, we don't seem to be.

So, while you are out over these next few weeks enjoying all Auburn has to offer, think about how you can share your experiences with those in your family and on social networks. Auburn will find ways to strengthen how it promotes itself to attract people, but there's a lot to be said for the grassroots and authentic marketing of stories about those already enjoying their time year.

## YWCA seeks volunteer coaches for "Girls on the Run"

The YWCA of Central Maine will offer its second season of "Girls on the Run" this spring. Girls on the Run is a national organization that offers a "transformational, physical activity-based positive youth development program for girls." Each practice includes lessons on self-esteem, body image and confidence that are woven into running games and workouts. The program provides an opportunity for girls of all backgrounds to develop their own physical fitness goals in a supportive and positive group of peers and adult mentors.

The YWCA seeks two energetic and enthusiastic volunteer coaches with experience working with youth to join the team. Girls on the Run coaches empower, challenge and play with a team of 15 girls. Coaches organize practices, facilitate a community service project, and take part in a 5k fun run sponsored by Girls on the Run Maine. Practices will take place two days a week, with the schedule to be determined by the coaches' availability. For more information, call the YWCA of Central Maine at 795-4050 or email [nbornstein@ywca-maine.org](mailto:nbornstein@ywca-maine.org).



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*Enough is Enough*

# Achieving the American Dream, regardless of race or ethnicity

By **Robert E. Macdonald**  
MAYOR OF LEWISTON

I am tiring of writing a weekly column. Although it is widely read, a new column appears each week, leaving the previous week's column to disappear into journalist obscurity—unless the Left finds something they feel they can use to crucify me.

I want to be immortalized and remembered. To do this, I'm going to write a play dedicated to the forgotten struggles of our ethnic ancestors.

Let's start with the Irish. With the exception of some of the railroads, built mostly by the invisible Chinese, the Irish were the construction workers who built our cities. In Lewiston, they built the canals and the mills. They built the first St. Patrick's Church, only to

see it quickly burn down by Protestant nativists Know Nothings, who cut the fire hoses to prevent the water needed to douse the flames from reaching the Church.

In Boston, where I was born and raised, the Irish bore a heavy cross. Arriving by ship, they were greeted with physical and verbal abuse. They were clearly not welcome. During the American Civil War, they were inducted into the military and used as cannon fodder. The Brahmin Company owners living on Beacon Hill denied them jobs. Signs were posted on business doors stating "NINA"—no Irish need apply.

Yet they survived and proceeded up the social ladder with the help of family and community, thus putting up their own sign—"NGHN"—no government



Mayor Bob Macdonald

help needed.

Next we have the French Canadians. They came to Lewiston to fill the many jobs available at the mills. While they were not met with NINA signs, they were tormented by the locals for their lack of proficiency with the English language (as some in public office still

are). They were made fun of and, like the Irish, worked long hours at the mills. They were underpaid, skilled, master craftsmen.

The products they provided, especially at the Bates Mill, were sought worldwide. Yet, their children were made fun of and discriminated against for their accents and lack of English-as-a-second-language skills.

Yet, they survived and flourished, rising up the social ladder with the help of community and family—not with help from government. These groups rose in social stature without laws that made the bullying they had experienced a crime.

I must also mention the Italians, Greeks, Poles, Jews and many other ethnic groups that persevered with

the help of community and family—and without any government help—to achieve the American Dream.

Today our country is being flooded with refugees fleeing from war and famine, similar to our Irish ancestors. The majority of these refugees have survived conditions that would send any American Progressive into emergency counseling upon seeing their suffering recreated on TV or in a movie.

What these refugees need is the federal government to provide the necessary funds so they and their families can be immersed in English. After that, they should be issued a permit to work. Crisis solved.

I, along with many others, are sick and tired of enabling liberal Progressives labeling folks who go to

work each day and struggle to make ends meet because of low salaries and high healthcare costs as "racists." When struggling blue- and white-collar workers see non-citizens being supported by the government and their hard-earned tax dollars, allowing them to have for free what the workers have had to earn over years on the job, what do you think is going to happen? They may feel a certain amount of resentment, but it's not racism.

My high school was more diverse than the United Nations. Yet there was never any friction among the students, regardless of race or ethnicity. We were all students and not labeled because of our differences. Maybe the arrogant Progressives could learn something from that lesson.

## Chamber Law Series tackles I-9 compliance

The Chamber will host the next workshop in its L-A LAW series, "Advising Employers on I-9 Compliance and Audits," on Tuesday, January 26 from noon to 1:30 p.m. in its conference room at 415 Lisbon Street in Lewiston.

The Form I-9 - a two-page form with a 70-page instruction manual - is a classic example of good intentions run amok. Intended to protect U.S. workers by preventing the hiring of undocumented aliens, it requires employers to physically inspect documents produced by workers and can hold them liable for discrimination claims if they request certain documents or ask the wrong questions. Employers can be fined by Immigrations and Customs Enforcement for not filling out a form and may be sued by the Office of Special Counsel if they request too much documentation based on an employee's national origin.

For example, in 2010, retailer Abercrombie &

Fitch paid a settlement fine of over \$1 million, even though ICE agreed that there was no instance of the company knowingly hiring an unauthorized alien. In 2012, ICE fined 17 Massachusetts companies an aggregate of over \$300,000 because of deficiencies revealed in I-9 audits.

The Presenter, attorney Michael Malloy, practices corporate and real estate law at Brann & Isaacson in Lewiston. Among the topics he will discuss are: what documents employers must and can't ask for in completing the I-9; employer recordkeeping requirements and best practices; interpreting immigration documents; advantages and risks of using HR software; mandatory enrollment in, and whether to opt in with, E-Verify; state law trends in employee verification; and how to respond to an ICE audit for the prepared and unprepared employer.

Michael Malloy is a member of the Amer-

ican Immigration Lawyers Association and has a background in business immigration law. This has allowed him to advise corporate clients in all aspects of business immigration law and worksite enforcement. In addition to his corporate and real estate practice, he has successfully helped clients navigate Homeland Security I-9 audits, including audits covering from a few dozen to a few thousand employee files. He also assists clients with internal audits. He is a graduate of Middlebury College and Suffolk University Law School.

The Androscoggin County Chamber of Commerce will host a Legal Advisory workshops through June of 2016. All workshops will take place at the Chamber at 415 Lisbon Street. The cost will \$25 for members and \$50 for nonmembers. For more information, call the Chamber at 783-2249. To register, see [www.androscoggincounty.com](http://www.androscoggincounty.com).

## Bean Supper at United Methodist Church

The United Methodist Church of Auburn will present a Bean Supper on Saturday, January 23 at 5 p.m. The meal will include baked

beans, casseroles, potato salad, hot dogs, coleslaw, breads, beverages and pies. The cost will be \$7 and entertainment will be provided

by the Park Street Pickers. The church is located at 439 Park Avenue. For more information, call the church office at 782-3972.

Send all submissions for What's Going On to [Editor@TwinCityTimes.com](mailto:Editor@TwinCityTimes.com).  
Deadline is Friday by five.

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# What's Going On

## Academic classes start this week at Lewiston Adult Ed.

Starting the new year with an adult education class could get you to where you want to go - including having a high school diploma. But signing up needs to happen soon. All five of Lewiston Adult Education's academic classes start next week.

To improve your writing skills on the job, consider "Critical Reading and Technical Writing." "Algebra I" could help prepare for a college math course, while "Math Prep for College and Careers" will focus on real-life situations. "U.S. History" and "Contemporary Government" can provide

diploma credit and perspectives on current events.

"Critical Reading and Technical Writing" begins on January 26, "Contemporary Government" and "U.S. History" start on January 27, and "Algebra I" and "Math Prep for College and Careers" start on January 28.

Those interested in enrolling must first meet with Academic Advisor Elayne Bean and provide her with a high school transcript. An assessment test will help determine the best class to take. To find out more about academic classes at Lewiston Adult Education, call 795-4141.

## Bean Supper at First Congregational Church

The First Congregational Church of Gray will host a Baked Bean Supper on Saturday, January 23 at 5 p.m. The meal will include baked beans, casseroles, salads, homemade breads, desserts and beverages. The

price will be \$8, or \$4 for children under 12. Located on Route 115 in Gray, the building is wheelchair accessible.

For more information, call 657-4279 or, on the day of the supper, 657-3279.

## Bean Supper at Sixth St. Church

The Sixth Street Congregational Church of Auburn will present a Bean Supper on Saturday, January 23 from 4:30 to 6 p.m. The meal will include two kinds of beans, hot dogs, coleslaw,

American chop suey, brown bread, assorted desserts and beverages.

The church is located at 109 Sixth Street. For more information, call 782-7517.

## Chamber Finance Series spotlights risk management

The next seminar in the Chamber's new Finance Matters Series, "True' Risk Management of Assets and Succession Plans vs. What Wall Street Preaches," will take place on Wednesday, January 27 from noon to 1:30 p.m. in the Chamber's conference room at 415 Lisbon Street in Lewiston.

The presenters, financial and tax regulation experts Herbert K. Daroff and Salvatore Bonetti, will discuss effective strategies for protecting retirement, estate and business assets, including: how to maximize legal after-tax net attainments; how to cost effectively minimize risk; how to protect assets from large tax bills and losses; and how to manage the sale, acquisition or succession of a business.

Herbert K. Daroff, J.D., CFP, is an attorney by training and a financial advisor by profession. Head of the Estate and Business Planning Division of Baystate Financial, he is also a Financial Services Representative with MetLife Securities

and a member of the faculty at Bentley University in Waltham, MA. He is a 1975 graduate of Drexel University with a B.S. in Commerce and Engineering and a 1979 graduate of Temple University School of Law. He has been in the financial services industry since 1973.

Salvatore Bonetti is a Financial Services Representative and Investment Advisor Representative with Baystate Financial. A 1985 graduate of the University of Southern Maine with a Bachelor of Science in Industrial Technology and minors in Electrical Engineering, Industrial Engineering and Business Management, he began personally investing in 1978 and has owned and operated a company that coached brokers at major Wall Street firms in the 1980s and '90s. Originally licensed in Maine in 1995, he has completed the Certified Financial Planner (CFP) course work and has earned and maintains the designations of Chartered Financial Con-

## Local legislators host public office hours

The Democratic members of Lewiston's delegation to the State Legislature will hold constituent office hours from 11 a.m. to 12:30 p.m. on Saturday, January 23 in the Couture Room at Lewiston Public Library. In attendance will be Sen. Nate Libby and Reps. Peggy Rotundo, Michel Lajoie, Jared Golden and Heidi Brooks.

The session will provide Lewiston residents with a chance to meet and discuss legislative and state government matters with their elected officials. The delegation will give updates on their work on various policy areas, including the state budget, law enforcement, insurance and financial affairs, taxes, transportation and veterans' issues.

## New Gloucester Democrats Meeting

The next meeting of the New Gloucester Democratic Committee will take place on Friday, January 22 at 7 p.m. at the First Congregational Church at 19 Gloucester Hill Road. The principal focus of the meeting will

be planning and organizing the biennial caucus, scheduled for early March. All are welcome to attend. Please enter through the double doors of the Church Road entrance. For more information, call Nichole Stevens at 926-8119.

sultant (ChFC), Chartered Retirement Plan Specialist (CRPS), and Accredited Investment Fiduciary (AIF).

The Androscoggin County Chamber of Commerce will host Finance Matters seminars from

January to December of 2016. All seminars will take place at the Chamber at 415 Lisbon Street and will cost \$25 for members and \$50 for nonmembers. Registration is available at [www.androscoggincounty.com](http://www.androscoggincounty.com). For more information, call the Chamber at 783-2249.



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### RE-NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE Commercial Properties at 232 Lake Street, Auburn, Maine and 27 Thorne Avenue, Lewiston, Maine.

By virtue of and in execution of the Power of Sale contained in the following two (2) Mortgage Deeds given by Black Water Properties, LLC, a Maine limited liability company, with a place of business in Lewiston, Androscoggin County, State of Maine to Lincoln Capital, LLC, a Maine Limited Liability Company, with its principal place of business in Portland, County of Cumberland, and State of Maine:

A. Mortgage dated December 26, 2014 and recorded in the Androscoggin County Registry of Deeds in Book 9061, Page 221;

B. Mortgage dated September 25, 2014 and recorded in said Registry in Book 9003, Page 79; and

(hereinafter the "Mortgages"), of which Mortgages the undersigned is the authorized holder, for breach of the conditions of said Mortgages, and for the purpose of foreclosing the same, there will be sold at Public Auction Sale at the offices of Gosselin & Dubord, 86 Lisbon Street, Lewiston, Maine, at 9:00 a.m. on the 22nd day of February, 2016, all of the real and personal property presently subject to the Mortgages.

These premises are subject to all encumbrances, liens, taxes, and easements recorded and unrecorded. Further information regarding the property may be obtained by contacting Andre G. Duchette, Esq., Taylor, McCormack & Frame, LLC, 30 Milk Street, 5<sup>th</sup> Floor, Portland, ME 04101, 207-828-2005. The properties will be sold "AS IS, WHERE IS" WITHOUT WARRANTIES, EXPRESS OR IMPLIED, as to the condition of the property or the status of title.

A bidder who wishes to bid must submit as a qualification to bid at the auction a deposit of \$5,000.00, in cash or by certified or cashier's check, with said deposit to be increased to 10% of the purchase price within five (5) business days of the auction. The deposit(s) of unsuccessful bidders will be refunded by the auctioneer upon completion of the public sale. The deposit of a successful bidder will be retained by the auctioneer as a non-refundable, non-interest bearing down payment to be applied to the purchase price. Checks should be made payable to Taylor, McCormack & Frame. Lincoln Capital, LLC reserves the right to submit a junior bid at the conclusion of the auction. Lincoln Capital, LLC, reserves the right to modify or add to the terms of sale. The terms and conditions of sale, including additions to or modifications of the terms set forth above, will be announced at the sale.

Sale to be conducted by attorney for Lincoln Capital, LLC: Andre G. Duchette, Esq., Taylor, McCormack & Frame, 30 Milk Street, 5<sup>th</sup> Floor, Portland, Maine 04101 207-828-2005.

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## 5 trendy wedding registry gift ideas for casual lifestyles



(BPT) - While your wedding should be the happiest day of your life, it can also be the happiest day for your kitchen. With a well-planned registry, you'll be enjoying the fun, creativity and bonding of cooking together at home for years to come - from leisurely weekend breakfasts to romantic dinners and toasts to cap off the day.

A wedding registry should reflect how you really live. Not everyone focuses their social life on formal dinner parties with the kind of fine china, silverware and crystal found on traditional wedding gift lists. Today's registries reflect current lifestyles with new twists and trends.

"Wedding registries are trending toward more casual, hip and high-tech kitchenware, such as nonstick woks instead of chafing dishes and iced tea makers instead of tea pots," says Peter Giannetti, editor-in-chief of HomeWorld Business. "Also, registries are not as bride-centric as they used to be. With both brides and grooms involved, gifts such as high-tech coffee centers and growlers for craft beer are becoming more popular."

Selecting gifts at a variety of price points is both good etiquette and good strategy. Big-ticket items give guests the opportunity for a grand gesture, and they also make great group gifts. Be sure to include moderately priced items that are appealing and distinctive, so that everyone can feel good about what they give. For

many, it is more satisfying to give something that's special and specific, rather than one small piece for a set.

On-trend wedding registry gift ideas

1. The growler is becoming a new must-have for those who love locally brewed craft beer, while also wanting to lead eco-friendly lifestyles that avoid the waste of excess disposable packaging. Created for filling with craft beer, the Reduce Vacuum Growler features double wall insulation that protects the beverage for full flavor enjoyment at just the right temperature.

2. Teatime is now cool, because 85 percent of the tea consumed in America is iced, according to The Tea Association of the USA. One to consider is an iced tea maker that offers a fully customizable iced tea brewing experience from either loose tea or tea bags. The Capresso Iced Tea Maker lets you adjust to taste from regular to extra strong, and it brews into a beautiful 80-ounce glass pitcher.

3. Pepper and salt mills are focal points on the counter or the table, in addition to being everyday essentials. A unique choice that ties into popular décor trends is the Collection Antique from Peugeot, which combines iconic shapes with rustic aged beech wood. Designed and produced in



## Wedding Guide

France, these are keepsake mills with a lifetime warranty on the mechanisms.

4. The wok has evolved into a versatile everyday pan for quickly prepared meals with delicious, fresh ingredients. You should look for a high quality nonstick wok engineered to professional grade standards. The Kyocera

12.5-inch Nonstick Wok with Lid features an exclusive ceramic nonstick coating and can be used for braising, pan-frying, roasting, searing and stir-frying.

5. Coffee lovers appreciate a true bean-to-cup experience and who wouldn't want a professional-style coffee bar in their own home?

The JURA IMPRESSA C60 produces specialty coffee beverages in a flash. A high-performance conical burr grinder and fine foam technology for feather-like milk foam help make this machine the choice for happy couples who would rather sip their java at home versus the coffee shop.

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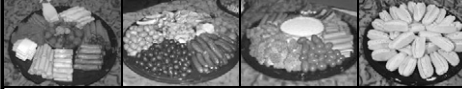
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## What a bride wants: Relaxation and sophistication favored choices for bachelorette parties

(BPT) - As a rite of passage, the bachelorette party has long gotten a bum rap. Stereotypes persist of the bride's night-before-the-wedding gathering as a ladies-only version

of the raucous bachelor party. Yet the truth is, a growing number of brides crave a tasteful, relaxing and deeply personal send-off for their single days.

In fact, a relaxing

getaway ranked high as an ideal bachelorette party for 59 percent of brides-to-be in the Ultimate Bridesmaids Census. Sixty-seven percent wanted dinner, dancing and time spent

with their closest friends, and 23 percent wanted something non-traditional that really reflected their personal interests.

"Bachelorette parties are as unique as the women they celebrate," says Michael Belot, general manager of Destination Kohler - home to AAA five-diamond and Forbes five-star hotel that hosts scores of brides, bridesmaids and weddings each year. "We're seeing an emphasis on relaxation for the bride and companionship with her friends in today's bachelorette parties. Brides want to spend their special night - and often an entire weekend - in a soothing, stress-free atmosphere before the hectic pace of their wedding day."

So what are the things that brides and bridesmaids tell the Destination Kohler team they must have for their bachelorette

soirees? Belot points to five in-demand elements:

### 1. Spa time

Whether it's a group mani-pedi, a yoga class or a lunch of delicious, healthful spa cuisine, bachelorette groups crave spa time. Parties are looking for spas that offer a comprehensive list of salon services, familiar and new massages and body treatments, and easy access to luxury accommodations. For example, at Destination Kohler, bachelorette groups often book rooms in the Carriage House,

which is located above the Forbes five-star Kohler Waters Spa. Participants can spend the day in their spa robes if they choose. "Kohler Waters Spa is by far the most popular request and activity among bachelorette parties, and is often the center of the trip," says Garrett Mersberger, manager of Kohler Waters Spas. Playing to this trend, many resorts have created female-centric spa packages like the Girls Getaway.

2. Great food

Forget the pigs in a blanket, deviled eggs and other de rigueur finger foods long associated with bridal showers. Modern bachelorette groups are looking for dining options that are luxurious and delicious, or that accommodate lifestyle needs such as gluten-free or low-calorie diets. Spa fare often fits well with this preference. Resorts they just wanted to enjoy time with their friends. Perhaps it's because their lives are about to change dramatically. Maybe it's a need to reaffirm the girlfriend bond that has seen them through life's ups and downs to reach this happy point in their lives. Whatever their reasons, a growing number of brides are looking for a bachelorette experience that transports them and their closest friends far away from their daily routines. Some fulfill this wish by choosing a resort location far from home. Others may choose accommodations that are more intimate. At Destination Kohler, bachelorette parties can also opt to stay at Sandhill, the resort's luxury private cabin that sits on 350 natural acres just a 10-minute drive from the resort.



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with multiple dining options afford bachelorette guests the opportunity to dine lightly for lunch and then enjoy a more indulgent dinner.

### 3. Bonding activities

Hitting the bar and dancing the night away are no longer the only bonding activities for bachelorette groups. From yoga classes and golf outings to wine and chocolate pairings, brides-to-be are looking for more diverse, sophisticated activities they can do with their girlfriends.

### 4. A location "away from it all"

Nearly a third of respondents in the Bridesmaid Census said they didn't want to go crazy for a bachelorette party,

### 5. Personalization

Twenty-three percent of surveyed brides said they wanted a bachelorette party that was deeply personal and tailored to their individual tastes and interests. For some, that's a spa experience. For others, a golf getaway. Even when they've booked a bachelorette package, brides and their bridesmaids are looking for ways the resort can customize their experience. Add-ons are popular, from spa treatments to wine tastings.

Bachelorette party experiences are becoming as individual as the brides they celebrate, Belot notes. "Brides are not cookie cutter, so their bachelorette parties shouldn't be either."

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## New Ventures adds Davis to staff



Chris Davis

New Ventures Maine has added a new Workforce Specialist to its staff: Chris Davis is based at USM's Lewiston-Auburn College and will provide career planning and financial education services in Androscoggin and Oxford Counties. She has a BS from the University of Southern Maine, with a dual major in Social and Behavioral Sciences and Leadership and Organizational Studies.

Davis brings to the position twenty years of experience working with individuals, families, and communities in Western Maine promoting health (physical, behavioral, and mental) and wellness. Her interests include education and personal development, whole health, aging in place, and connecting people to resources and partnerships that increase quality of life. She will help provide savings opportunities and access to community resources through Lewiston-Auburn CASH.

She lives in the Oxford Hills' area and currently serves there as a conference facilitator with the Restorative Justice Institute of Maine and as a volunteer advocate for Sexual Assault Prevention and Response Services.

Davis will present the following workshops and classes in the Androscoggin and Oxford counties area in the next few weeks. They are all free and open to the public. For more information or to register, contact her at 753-6531 or christina.m.davis@maine.edu.

"Budgeting Basics." Tuesday, January 26, at Mechanic Falls Adult Ed RSU 16, and again on Wednesday, February 3 at Oxford Hills Comprehensive High School.

"Clean Up Your Credit." Wednesday, January 27 at Oxford Hills Comprehensive High School, and again on Tuesday, February 9 at MSAD 44 Bethel Adult

Education.

"Your Next Career Move: Tools to Get Started." Thursday, January 28 at Lewiston-Auburn College, and again on Thursday, February 11 at MSAD52 Turner Adult Education.

A program of University of Maine at Augusta and the University of Maine System, New Ventures Maine helps people across the state venture in new directions by offering tuition-free programs for career, business, and financial education. For more information about classes or services, see [newventuresmaine.org](http://newventuresmaine.org).

# What's Going On

## Lewiston Adult Ed. offers Welding I and II

Scott Record took the "Welding I" class at Lewiston Adult Education to learn how to do projects around his Lewiston farm. Although his 41 goats keep him busy, his hope is to gain enough welding skills one day to build a maple syrup evaporator. "I think it's a really good value," he said of the class recently. "All the supplies are provided, and you get a lot of practice."

The class covers shielded metal arc welding, also known as stick weld-

ing. Record praised teacher Mike Cyr for covering the fundamentals and giving the steps along the way. "The first day is safety, and then you get into it and learn the basics," he said. "It's a good class if people want to see if they want to learn welding. I think it's a good place to start." He plans to take Welding II in the 2016 Winter-Spring semester.

Paula Walters' father, grandfather and aunt all worked as welders. "I guess it runs in the family, because

I'm pretty good at it," she said. Walters took Welding I at Lewiston Adult Education in 2014 and would like to take Welding II. "I thought it was pretty fun. We had a lot of hands-on experience."

Walters plans to attend the New England School of Metalwork in 2016. As many welders approach retirement age, she hopes to build on what she has learned to make a career in the field. "There's high demand for welders right

now," she said. Patty Gray, an employment and training specialist at the Lewiston CareerCenter, agrees. "It's a very in-demand position at this point, and wages for welders can range from \$18 to \$26 an hour."

Welding I at Lewiston Adult Education begins on January 27 and Welding II starts on January 28. For more information about the classes, call the adult education office at 795-4141 or see [www.lewistonadulthood.org](http://www.lewistonadulthood.org).

## Tired of living with varicose veins?

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# What's Going On

## Local agencies receive tourism marketing grants

Three local agencies were among the recipients of enterprise or special events marketing grants awarded by the Maine Office of Tourism in 2015 through its Maine Tourism Marketing Partner Program. The program was established in 2014 to support the tourism-related projects

of smaller organizations with funding to help them grow or launch new initiatives. The grants, which are awarded biannually, range from \$2,500 to \$10,000. The local recipients are listed below.

Emerge Film Festival, \$5,750. Funds will be used by the Lewiston-Au-

burn-based festival, which launched in 2015, to expand efforts to reach a broader Maine and out-of-state market and to build visitation during Maine's "shoulder season" in April.

Freeport USA, \$10,000. The grant will help fund the creation of a series of 30-second YouTube videos to showcase through social media the experiences Freeport has to offer to a younger market.

Maine Fiberarts, \$5,000. Funds will be used by this Topsham-based organization that promotes a statewide network of fiber artists, crafters and farms to support the production and distribution of "Fiberarts Trip Itinerary Cards."

"These grants will help connect visitors to some of Maine's distinctive experiences and expand awareness of the diversity of these adventure, culinary, cultural and retail experiences throughout the state," said Carolann Ouellette, director of the Maine Office of Tourism.

The next round of enterprise and special events marketing grants will be in Spring of 2016, with applications due in May. For more information about the MOT Maine Tourism Marketing Partnership Program, call Phil Savignano at 624-9809 or see <http://visitmaine.com/mtmpp>.

## Paper Crafting & Scrap Booking Day

Knights of Columbus Council 106 will present a Paper Crafting & Scrap Booking Day to benefit the St. Martin de Porres residence on Saturday, February 6 from 8 a.m. to 5 p.m. in the Dominican Room of the Basilica of Sts. Peter and Paul on Bartlett Street in Lewiston. The event will be hosted by independent Stampin' Up! demonstrator Corinne Saindon. There will be snacks, drawings and two "Make and Takes."

The cost of \$35 includes lunch. Space is limited. To reserve your spot, call Corinne at 784-5307 or Leo at 784-0389. All spots must be paid for in advance by mailing a check (payable to KC 106) to Leo Baillargeon at 24 Allen Avenue, Lewiston, ME 04240. The Snow Day for this event will be Saturday, February 13. The next scheduled event will take place on Saturday, May 7.

## Atlantic Regional FCU observes 75th anniversary

Atlantic Regional Federal Credit Union recently marked 75 years of service to community members in Southern Maine. In that time, Atlantic has grown to become the third largest credit union in the state, with \$300 million in assets and

over 19,500 members who live, work and/or worship in Cumberland and Sagadahoc counties. Atlantic has branches in Brunswick, Freeport, Topsham and Cumberland.

Pastor Fr. William Dauphin of St. John the Baptist Parish in Brunswick introduced the "credit union idea" to a group of 37 parishioners in 1941. The concept was simple: to aid other parishioners with their economic struggles and help them do better. That original group of 37 recognized the power of this idea, and each one invested one dollar to form the institution.

Soon after the group's initial investment, the National Credit Union Administration chartered the institution as St. John (Brunswick) Federal Credit Union and the original 37 investors became members. By 1944, the credit union had 171 members and deposits totaling \$5,861.90. By 2000, St. John Federal Credit Union was serving more than just St. John the Baptist Church. To represent this growing membership, its name was changed to Atlantic Regional Federal Credit Union.

"The 75th anniversary is a great opportunity to share our incredible story," said Atlantic Regional Federal Credit Union CEO Roger Sirois. "Each credit union in the state has a unique origin. Our credit union was established, not for charity, not for profit, but for service. It was built on the principal of mutual confidence and faith among people."

"Over the years, our mission has continued to evolve. However, one thing remains the same: our commitment to our members and the communities that we serve is still our number one priority. This pledge continues today and will continue for the next 75 years and beyond."

Send all items for **What's Going On** to [Editor@TwinCityTimes.com](mailto:Editor@TwinCityTimes.com).

Deadline is **Friday by five.**

Send all items for **Names & Faces** to [Editor@TwinCityTimes.com](mailto:Editor@TwinCityTimes.com).

Deadline is **Friday by five.**

## Two men arrested for Christmas robberies

Two local men are in custody at the Androscoggin County Jail, each being held on \$30,000 cash bail after an armed robbery was reported on Christmas morning at the Circle K store on Route 202 in Greene. The two men are identified as Tyler M. Barnard, age 25, of 133 Spring Street, Auburn and Stanley B. Laurinaitis, age 27, of 562 Pottle Hill Road, Minot. Both have been charged with two counts of robbery, class A.

At approximately 4:15 a.m. on December 25, a clerk at the Circle K in Greene reported a male had entered the store, displayed a firearm, and took an undisclosed amount of cash. A description of the vehicle the suspect left in was relayed to the responding deputies. Deputy Randy Williams passed a vehicle matching the description

on Main Street in Lewiston, which he then stopped. The occupants of the vehicle, who matched the description of the suspects in the Greene incident, as well as the suspect in a robbery in Lewiston earlier in the morning, were taken to the Lewiston Police Department for questioning.

At approximately 12:35 on December 25, a clerk at the Big Apple Store at 1198 Lisbon Street in Lewiston reported to the Lewiston Police Department that he had been robbed by a male who displayed a weapon. Detectives and officers from the Lewiston Police Department were still investigating this robbery when the Greene robbery was reported.

Members of the Lewiston Police Department and the Androscoggin County Sheriff's Department worked together to interview the two suspects. Based upon the evidence collected and the interviews, the two were arrested for the robberies. The vehicle the suspects were using has been impounded pending further investigation.

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# TWIN CITY NIGHTS

## Weekly Arts & Entertainment

### CLT plans auditions for "Little Shop of Horrors"

Community Little Theatre will hold auditions for "Little Shop of Horrors" on Monday, February 1 and Wednesday February 3 at 6:30 p.m. The production will run from April 15 through 24. The production team consists of director and choreographer Vincent Ratsavong, producer Jackie McDonald and musical director Rebecca Caron. Community Little Theatre is located at 30 Academy Street in Auburn. Please note that only vocal and dance auditions, as well as cold readings if requested by the directors, will be conducted on these dates.

For vocal auditions,

please prepare 16 to 32 bars of a ballad or up-tempo song from "Little Shop of Horrors" in the part for which you wish to be considered. For character descriptions, see the CLT website or Facebook page. An accompanist will be available; no a cappella auditions will be heard. Please provide sheet music for the accompanist that is clearly marked where to begin and end; the complete score will be available at auditions. If you have any further questions, contact director Vincent Ratsavong at [Vratsavong@gmail.com](mailto:Vratsavong@gmail.com).

For dance auditions, please bring suitable dance wear; you will have time to

change prior to this portion of the audition. Women auditioning should wear character heels and men auditioning should wear jazz or oxford-style jazz shoes. Please no sandals, crocks, boots, jeans, or baggy or loose fitting clothing. Bring water and inform the production staff of any injury or medical conditions you may have prior to the start of the audition.

Headshots and resumes are strongly encouraged but not mandatory. If you are unable to make the scheduled audition or may be late, contact producer Jackie McDonald prior to the audition to make arrangements at [jackahlq@gmail.com](mailto:jackahlq@gmail.com) or (207) 212-9132.

### Okbari brings Middle Eastern sounds to Lewiston



Okbari will perform on Friday, January 22 at 7:30 p.m. in Bates College's Olin Arts Center Concert Hall at 75 Russell Street in Lewiston. Purveyors of music from the rich cultural traditions of the Middle East, including traditional and classical Arabic, Armenian and Turkish styles, the group consists of oud player and singer Amos Libby, percussionist Eric LaPerna and microtonal dulcimer player Duncan Hardy. The event is free, but tickets are required from [bit.ly/oacbates](http://bit.ly/oacbates). For more information, call 786-6135 or email [olinarts@bates.edu](mailto:olinarts@bates.edu).

### Joan Macri to discuss "Decorating the White House" at APL

Joan Macri, a former American History teacher at Lewiston High School, had the opportunity to decorate one of the world's most prestigious buildings this holiday season. On Thursday, January 28 at 6 p.m. in the Community Room at Auburn Public Library, she'll describe that experience in a presentation called "Decorating the White House: An Insider's View."

Macri was one of 88 volunteers who spent three days in December decorating the White House. In her presentation, she will share how she was chosen and describe some of the decorations used to

celebrate the holiday season at the White House, where the theme this year was "A Timeless Tradition."

Decorations used throughout the White House inspire visitors to celebrate long-held traditions while also creating new memories. The 2015 White House decorations also paid tribute to the Armed Forces and their families.

Each of the 56 states and territories that make up the United States was represented with a snowflake dangling from the ceiling in the East Colonnade.

Also on display in the East Room, representing

a long-standing holiday tradition, was the White House crèche. This nativity scene, fashioned in Naples, Italy, in the eighteenth century of terra cotta and intricately carved wood, was donated to the White House in the 1960s and has

been displayed in the East Room for the holidays for more than 45 years, spanning nine administrations.

The program is free and open to the public. For more information, call 333-6640, ext. 4 or see [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org).

### State AG to address Great Falls Forum today



Maine Attorney General Janet Mills

Maine Attorney General Janet Mills will address the Great Falls Forum on Thursday, January 21 at noon with a talk entitled "A Week in the Life of a Maine Attorney General." This free public event will take

place in Callahan Hall at Lewiston Public Library.

As Maine's chief law enforcement officer, Mills represents the state in legal matters ranging from child support enforcement, civil rights and consumer protection to the prosecution of homicides, felony drug cases and major frauds. In her role as AG, she has focused on a wide range of issues, including domestic violence, heroin and opiate abuse, and the protection of elders in our state.

The Great Falls Forum is a monthly brown-bag speaker series featuring

See Forum, page 12

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# Twin City Nights

Monmouth Community Players presents "Cabaret"



"Cabaret" runs January 22 through 31 at Cumston Hall in Monmouth.

"What good is sitting alone in your room? Come hear the music play ...come to the Cabaret!"

Monmouth Community Players will present its mid-season musical "Cabaret," January 22 through 31 at Cumston Hall in Monmouth. The production team is led by director Vincent Ratsavong and musical

director Rebecca Caron, a native of Monmouth.

The play centers on the infamous Kit Kat Klub, where in decadent inter-war Berlin the Emcee (Adam P. Blais), Sally Bowles (Lindsay Cagney) and a raucous ensemble (Michael Litchfield, Christine Gill, Sarah Wing, Olivia Mayo, Becca Hodgdon, Aaron Louque, Brandon

Chaloux, Jeffery Fairfield and Cody Watson) take the stage each night to tantalize the crowd and leave their troubles outside. When American writer Clifford Bradshaw (Derrick Lacasse) travels to Berlin in search of inspiration, he finds it in Sally, and they begin a torrid affair. However, outside their door, the Nazis' rise to power heralds a brutal end of the era and to their dissolute way of life. The cast is rounded out by Fraulein Schneider (Lucy Poland), Herr Schultz (Ray Fletcher) and a young boy (Corbin Bourgoin). Please note that the production is intended for mature audiences.

The play will be presented on Fridays, Saturday, and Sundays, January 22 through 24 and 29 through 31. Friday and Saturday shows are at 7:30 p.m. and Sunday shows are at 2 p.m. Cumston Hall is located at 796 Main Street.

Tickets are general admission and cost \$14, or \$12 for students and seniors. They will be available at the door, where they can be purchased with cash or a personal check, or may be purchased in advance with a credit card by calling Brown Paper Tickets at 1-800-838-3006 or at [www.brownpapertickets.com](http://www.brownpapertickets.com).

## "The Ladies Foursome" opens Friday



Pictured here (l. to r.) are Tarah Flanagan as Tara, Janet Mitchko as Margot, Brigitte Viellieu-Davis as Connie and Caralyn Kozlowski as Dory, in a scene from the Public Theatre's production of "The Ladies Foursome," opening Friday, January 22 and running through Sunday, January 31. Show times are Thursdays and Fridays at 7:30 p.m., Saturdays at 8 p.m. and Sundays at 2 p.m., with an added matinee on Saturday, January 30 at 3 p.m. For ticket info, call the Public Theatre Box Office at 782-3200 or see [www.thepublictheatre.org](http://www.thepublictheatre.org).

## Spinners offer Modern Square Dancing lesson

Those interested in what Modern Square Dancing has to offer can see for themselves when the Twin-City Spinners present an open house introductory lesson on Thursday, January 28 and again on Thursday, February 4, from 6:30 to 7:30 p.m. at Martel Elementary School in Lewiston. The lesson is free and singles, couples, and families are welcome, as are children with a participating adult.

Modern Square Dancing is one of the best kept secrets in the realm of exercise and fitness.

Each hour requires over 3,000 steps, equal to 1.5 miles of walking, and this low-impact physical activity is great for the mind, because there are new steps

to learn and incorporate into the dance each week.

Modern Square Dancing is also great is fun. Fancy clothes and twangy records have been replaced by casual dress and great music, new and old, and since dancers work together with those in their square to successfully complete each dance, it's a social activity that crosses generational, religious, and political boundaries.

Finally, Modern Square Dancing is easy to learn. If you can walk, you can square dance. The hardest thing to remember is your right from your left.

Martel School is on the corner of East Avenue and Route 196 in Lewiston. If you have questions, contact the club at 841-7959

or [dance@tcs.DanceForFun.ME](mailto:dance@tcs.DanceForFun.ME). For more information about the club or square dancing in general, see TCS. [DanceForFun.ME](http://DanceForFun.ME).

## Forum

Continued from page 11

statewide and regional leaders in public policy, business, academia and the arts. The programs are free and open to all, with no reservations required. Coffee, tea and bottled water are provided at the event for a donation.

For the complete 2015-16 Great Falls Forum season schedule, see the LPL website. For more information about this program, contact LPL Adult & Teen Services at 513-3135 or [LPLReference@Gmail.com](mailto:LPLReference@Gmail.com).

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**Thursday, January 21**

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Maine Attorney General Janet Mills discusses "A Week in the Life of a Maine Attorney General." A Q-&A session follows. Free. Bring a bag lunch. 513-3135.

**Friday, January 22**

New Gloucester Democrats Meeting. 7 p.m. First Congregational Church, 19 Gloucester Hill Rd. The town committee will work on planning for and organizing the upcoming biennial caucus. All are welcome. Enter through double doors of Church Rd. entrance. 926-8119.

Theater: "The Ladies Foursome." 7:30 p.m. The Public Theatre, 31 Maple St., Lewiston. Tony Award-winning actress Judith Ivey directs this comedy about women, golf, and the joys and sorrows of friendship. \$20. Again 01/23-24, 28-31 (Sat. at 8 p.m., Sun. at 2 p.m.) 782-3200; www.thepublictheatre.org.

Concert: Okbari. 7:30 p.m. Bates College, Olin Arts Center, 75 Russell St., Lewiston. This three-man group performs music from the rich cultural traditions of the Middle East, including traditional and classical Arabic, Armenian and Turkish styles. Free, but tix required from bit.ly/oacabates. 786-6135; olinarts@bates.edu.

Theater: "Cabaret." 7:30 p.m. Cumston Hall, 796 Main St., Monmouth. Monmouth Community Players presents the classic show about a group of young people struggling to find themselves in decadent inter-war Berlin. Again Jan. 23-24, 29-31 (Sun. at 2 p.m.) \$14/12. 1-800-838-3006; www.brownpapertickets.com.

**Saturday, January 23**

"But Wait, I'm Not a Therapist." 9 to 11 a.m. Central Maine Community College, Turner St., Auburn. Mary Anne Peabody, Ed.D., L.C.S.W., discusses therapeutic techniques for supporting the social and emotional health of young children. \$29. 755-5280; www.cmcc.edu/ccs.

# Calendar

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

Legislator Office Hours. 11 a.m. to 12:30 p.m. Couture Room, Lewiston Public Library. The Democratic members of Lewiston's state legislative delegation gather to meet and discuss legislative matters with local residents.

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

Bean Supper. 4:30 to 6 p.m. Sixth St. Congregational Church, 109 Sixth St., Auburn. Two kinds of beans, hot dogs, coleslaw, American chop suey, brown bread, assorted desserts and beverages. 782-7517.

Bean Supper. 5 p.m. United Methodist Church, 439 Park Ave., Auburn. Baked beans, casseroles, salads, homemade breads, desserts and beverages. \$8 adults, \$4 kids 11-. Wheelchair accessible. 657-4279 or, day of supper, 657-3279.

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

**Sunday, January 24**

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

**Monday, January 25**

Andro. County GOP Meeting. 7 p.m. Commu-

nity Room, second floor, Auburn Hall, 60 Court St. The Committee will elect new officers, vote to adopt amendments to its bylaws, and discuss the upcoming caucus. All interested, registered Republicans encouraged to attend.

**Tuesday, January 26**

Legal Advisory Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Atty. Michael Malloy of Brann & Isaacson discusses "Advising Employers on I-9 Compliance and Audits." \$50 (members \$25). Register at www.androscoggincounty.com.

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

**Wednesday, January 27**

"Risk Management of Assets and Succession Plans." Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Financial experts discuss strategies for protecting retirement, estate and business assets. \$50 (members \$25). 783-2249. Register at www.androscoggincounty.com.

**Thursday, January 28**

"Decorating the White House: An Insider's View." 6 p.m. Community Room, Auburn Public Library. Former Lewiston High teacher Joan Macri describes her experience as one of 88 volunteers selected to decorate the White House for Christmas this year. Free. 333-6640, ext. 4.

Zoning Amendments Workshop. 6 p.m. Lisbon Town Office, 300 Lisbon St. The Planning Board hosts a discussion of potential zoning revisions related to non-residential zones along the Route 196 corridor and villages. 353-3000; www.

lisbonme.org.

Modern Square Dancing Lesson. 6:30 to 7:30 p.m. Martel Elementary School, corner East Ave. and Rte. 196, Lewiston. The Twin City Spinners introduce newcomers to this fun physical and social activity; singles, couples, families, kids with partic. adult all welcome. Free. 841-7959; TCS.DanceForFun.ME.

Theater: "The Ladies Foursome." 7:30 p.m. The Public Theatre, 31 Maple St., Lewiston. Tony Award-winning actress Judith Ivey directs Norm Foster's comedy about women, golf, and the joys and sorrows of friendship. \$20. Again 01/29-31 (Sat. at 8 p.m., Sun. At 2 p.m.) 782-3200; www.thepublictheatre.org.

**Friday, January 29**

Theater: "Cabaret." 7:30. Cumston Hall, 796 Main St., Monmouth. Monmouth Community Players presents the classic play about a group of young expatriots struggling to find themselves in decadent pre-war Berlin. Again Jan. 30, 31 (Sun. at 2 p.m.) \$14/12. 1-800-838-3006; www.brownpapertickets.com.

**Sunday, January 31**

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

**Thursday, February 4**

Modern Square Dancing Lesson. 6:30 to 7:30 p.m. Martel Elementary School, corner East Ave. and Rte. 196, Lewiston. The Twin City Spinners introduce newcomers to this fun physical and social activity; singles, couples, families, kids with partic. adult all welcome. Free. 841-7959; TCS.DanceForFun.ME.

**Saturday, February 6**

Paper Crafting & Scrap Booking Day. 8 a.m. to 5 p.m. Dominican Rm., Basilica of Sts. Peter & Paul, Bartlett St., Lewiston. Pres.

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Dirty Grandpa (R)	1:00	4:10	7:20	9:45
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The Boy (PG-13)	1:10	3:45	7:10	9:30
13 Hours: (R)	12:50	3:50	6:55	9:55
<b>The Secret Soldiers Of Benghazi</b>				
Ride Along 2 (PG-13)	1:20	4:20	7:15	9:40
The Forest (PG-13)	1:30	4:30	7:25	9:35
The Revenant (R)	12:20	3:40	7:30	xxx
Daddy's Home (PG-13)	12:10	2:25		
		4:40	7:05	9:20
"Daddy's Home" will not play at 2:25, 4:40 and 7:05 on Sunday, January 24th				
Star Wars: The Force Awakens (PG-13)	12:30	3:30	6:45	9:45
Norm Of The North (PG)	12:00	2:10		
		4:25	7:00	
Sisters (R)				9:10

by Knights of Columbus Council 106, this event benefits St. Martin de Porres. \$35. Space limited; reserve spot at 784-5307.

**Sunday, February 7**

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. \$25 (\$10 ages 10-); toddlers free. 626-7989; www.vilesarboretum.org.

**Wednesday, February 10**

"Intro. to Self-Employment." Noon to 2 p.m. Auburn Public Library. Learn about the pros and cons of owning your own business, steps to get started, parts of a business plan, and resources to help you succeed. Pres. by New Ventures Maine. Free. Register at 557-1885.

**Thursday, February 11**

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

**Sunday, February 21**

"Gardening Without Aches and Pains." 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Ellen Gibson of U Maine Cooperative Extension discusses how to avoid joint,

muscle and back pain while gardening. Suggested donation \$5. 798-5899; www.btl.org/gardeing-workshops.

**Tuesday, February 23**

Legal Advisory Workshop. Noon to 1:15 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Reps. from Isaacson & Raymond discuss "Like Kind Exchanges (sometimes called 1031 exchanges) for Real Estate." \$50 (members \$25). Register at www.androscoggincounty.com.

**Saturday, February 27**

Poker Run. 4 to 6 p.m. Reggie's Kawasaki & Ski-Doo, 225 Rte. 202, Leeds. Pres. by Community Credit Union, this event supports the annual Campaign to End Hunger. Cost includes franks and beans dinner and fireworks. For event details, see www.communitycreditunion.com.

**Sunday, March 6**

"Basic Pruning Techniques." 2 to 3:30 p.m. St. Paul's Episcopal Church, corner Pleasant, Union Sts., Brunswick. Arborist Tim Vail demonstrates various cuts while discussing how and when to prune. Suggested donation \$5. 798-5899; www.btl.org/gardeing-workshops.

**Tuesday, March 8**

Legal Advisory Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Reps. from Brann & Isaacson discuss "Trademarks." \$50 (members \$25). Register at www.androscoggincounty.com.

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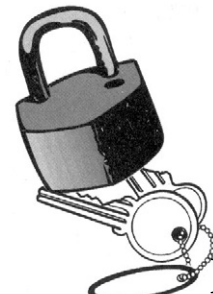
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## Guideline Technologies, Inc. expands to L-A

Guideline Technologies, Inc., a technology-based provider of retirement planning and 401(k) services, has opened its newest office in Lewiston. The company, which has raised \$2.0 MM in seed funding from leading investors in Silicon Valley and New York City, including NEA, Lerer Hippeau Ventures, Xfund, BoxGroup, and Red Swan, provides on-

line retirement planning and fund management for small business clients around the country. In 2016, the company plans to scale up its new Lisbon Street office to 12 people by hiring software developers, support staff, and customer success personnel.

"We are excited about opening our East Coast presence in Lewiston, where we'll be a part of the growing

entrepreneurial community in the Lewiston-Auburn area," said Mike Nelson, co-founder and CTO of Guideline Technologies.

The Lewiston-Auburn Economic Growth Council, which serves as a confidential point of contact for new or existing businesses looking for space in Lewiston or Auburn, helped Guideline find its new office space at 223 Lisbon Street. After being introduced to Guideline in the spring, the Council provided them with a number of properties to consider in the Twin Cities.

"Advising and assisting businesses seeking to expand in or relocate to L-A is one of the primary services we provide for Lewiston and Auburn," said John Holden, President of LAEGC. "We proactively seek out businesses looking to expand, and we serve as a source of information for those businesses looking at opportunities in L-A."

As the company focused on the property that fit their needs, LAEGC also

worked with the property owner to provide gap financing for improvements to the space. "We work closely with commercial real estate agents and property owners alike to provide expanding businesses with the widest possible range of options," said Holden. "Our entire team assisted with the effort to help Guideline land in L-A."

Gabrielle Russell, owner of the 223 Lisbon Street property, was impressed with the response of that team. "When I reached out to John to see if LAEGC knew of any businesses looking for space, he and Scott Benson connected me with a potential tenant," she said. "Within days, I was showing the space to Guideline, and in another week, we had negotiated a preliminary agreement."

For more information about services provided by Guideline Technologies, Inc., see [www.guideline.com](http://www.guideline.com). To apply for a position with the company, see <https://angel.co/guideline/jobs> to apply.

problem is actually quite simple - don't try and bite off too much at once. While that final goal, say of losing those 30 pounds, may be what you want to achieve, it's something that's going to take a long time to reach. And, let's be honest, most of us aren't very patient people. We want to see results as soon as possible!

So how do you make that happen? Set smaller goals. For weight loss, for example, forget about the final goal and set small goals that you know you can achieve. Maybe it's just to lose four pounds in the next month. Eat a bit healthier, don't obsess about jumping on that scale every ten minutes, increase your exercise a bit, and at the end of the month you'll probably have hit that mini-goal. When it happens, reward yourself. No, not with a celebratory

ice cream sundae, but with something that makes you feel good about what you've achieved, and that will help motivate you to set another mini-goal towards your final target.

Regardless of the resolution, setting mini-goals is the best way to get you moving. Achievable goals provide positive feedback and help you reach your final destination. And if you do happen to fall really short along the way, just accept that we're all human and we all stumble now and then. Reexamine those goals and what changes you need to make. Start small, give it another try and pretty soon you will be closer to that final goal.

"Counseling Corner" is provided by the American Counseling Association. Send comments and questions to [ACAcorner@counseling.org](mailto:ACAcorner@counseling.org) or visit the ACA website at [www.counseling.org](http://www.counseling.org).

## Matt Poulin joins Mortgage Network, Inc.

Matthew Poulin has joined Mortgage Network, Inc., one of the largest independent mortgage lenders in the eastern U.S., as a loan officer in the company's Auburn branch office.

In his new role, Poulin serves homebuyers and homeowners in the communities of Lewiston, Auburn, Brunswick, Topsham and Bath.

A native of Lewiston, Poulin is experienced at originating and processing conventional, non-conventional, government and reverse residential mortgage loans. He is active in the local business community through the Brunswick chapter of Business Network International and serves on the Membership Committee for the Androscoggin County Chamber

of Commerce.

In his spare time, he serves as an assistant coach of the Lewiston High School hockey team and the head coach of the Lewiston Middle School 8th grade boys' baseball team.

"Not only does Matt have a firm grasp of the local market, but he understands the needs of young homebuyers extremely well," said Lorimer "Skip" Trafton, Mortgage Network district manager. "Considering his extensive business connections and level of professionalism, we are confident Matt will play a huge role in our future success."

"I'm thrilled to join Mortgage Network, a lender that truly stands alone in terms of its range of loan products and excellent customer service," Poulin said. "I look forward to serving my neighbors with all of their home financing needs."

Poulin added that home sales statewide have picked up since last year, which is good news for first-time buyers. "More homes for sale, along with low interest rates, are giving renters a great shot at homeownership," he said. "Before shopping for homes, however, prospective buyers should meet with an experienced mortgage professional so they understand what they can afford and what their financing options are."

Poulin can be reached by at 576-4449 or [mpoulin@mortgagenetwork.com](mailto:mpoulin@mortgagenetwork.com). He can be followed on LinkedIn at <http://bit.ly/1lqvxA> or Facebook at [www.facebook.com/matthewpoulinmortgages](http://www.facebook.com/matthewpoulinmortgages).

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## They're Not New Year's Resolutions - Just Mini-Goals

### From the American Counseling Association

It's New Year's Resolution time, or more accurately, time for setting big life changing goals and then soon discovering you're probably not going to reach them.

Why? Because most of us tend to think too

big. Stop smoking...lose weight...make it to the gym more often. While these are all good goals to aim for, achieving success can be difficult since that often means major life changes. It's fairly easy to say "I want to give up cigarettes," or "I'm going to drop 30 pounds this year," but actually making those things happen requires some drastic and difficult changes in the life we've gotten used to living.

The result, as we bump into those difficult changes, or as we perhaps drift back a bit after making progress toward our goal, is that we become discouraged and just give up on what we're trying to achieve.

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