

2015 ANDROSCOGGIN COUNTY CHAMBER OF COMMERCE



Visitors/Relocation Guide



Hebron Academy

Where Humanity and Achievement Ring True

After each commencement ceremony at Hebron Academy, the graduating class joins together; they grab hold of a strong rope, hand beside hand, and they pull in unison to ring the victory bell. The bell is a sound recognized by everyone in the Hebron community. Throughout the year, athletic teams ring the bell in victory and, just as happens at graduation; there is a moment of admiration, a celebration of achievement and success.

Ring and responding to the bell is a deeply-felt tradition and source of pride at Hebron—but even *more than the bell, it is the rope* that embodies our character.

Through joining together on the rope, our achievements are shared with the community. And, through joining together as a community, we return our support to the *team*. Figuratively, each of us lends a hand in pulling the rope and ringing the bell.

That is the way we live at Hebron. We are a community first and foremost. At Hebron our community honors and respects differences. It is supportive of each individual and cheers for every success: *academic, athletic, artistic*.

We have no need or place for status, social privilege or entitlement. Here, pretenses are dropped. Privilege is set aside. People become themselves. And respect is freely given in the most egalitarian of ways.

Hebron is real. Our culture is based on core values of trust, honor, and respect. We set examples for each other in our daily lives. We work together in groups to develop and participate in activities that enrich our community. We encourage all to achieve beyond their own expectations.

Our ways are inclusive, yet there is no compromise in individual achievement. Working together with respect for the betterment of community does not weaken the resolve to succeed. It strengthens it. Hebron students know that this community honors and respects each individual as integral to our identity. They are elevated by the encouragement they receive for their successes, and the support that is shown for their struggles.

The Hebron rope is over 200 years “long.” It grows longer today, as it has since the beginning: one community, one contribution, one success, one individual at a time. Join together. Pull the rope. Ring the bell. And in that glorious sound, hear the voices of all who grasp the rope with you today—and of the many that held it before—cheering your endeavors, cheering your success.

A college preparatory boarding and day school for boys and girls in grades 6–12 and postgraduate, providing academic rigor and personal growth in a warm and respectful community. Contact us today to learn more about financial aid, admission requirements, or to schedule a campus tour.

339 Paris Road, Hebron, Maine 04238
207-966-5225 • admissions@hebronacademy.org

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Business Service Center at KeyBank Plaza
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Lewiston, ME 04243-0059

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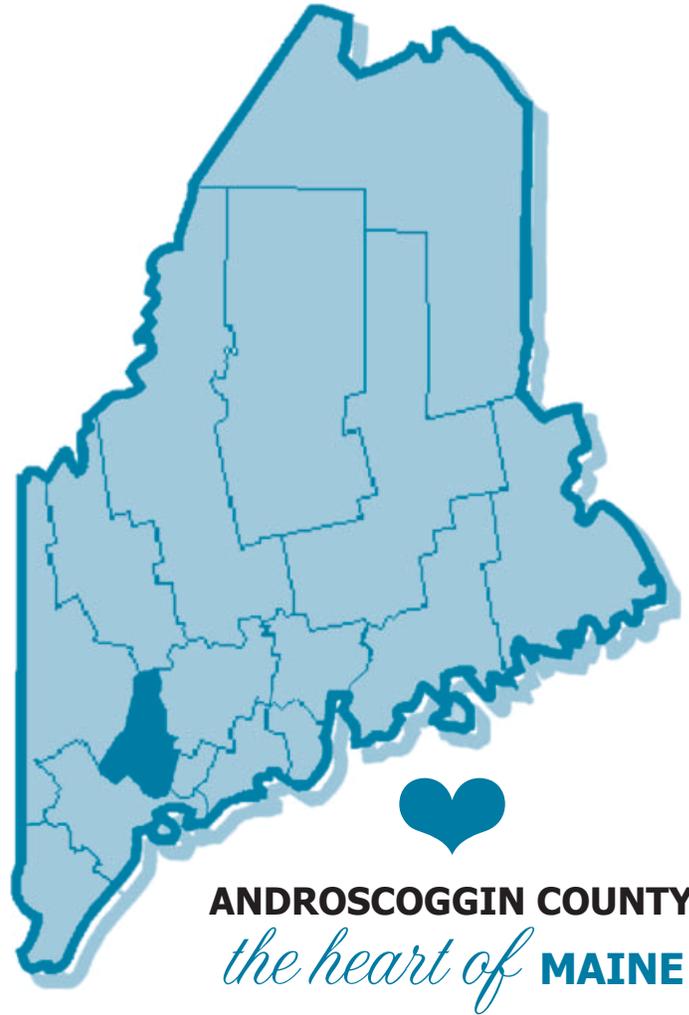
All reasonable care has been taken to ensure the accuracy of the information provided in this publication.

VISIT US IN ANDROSCOGGIN COUNTY



Centrally located, Androscoggin County is less than one hour from the seacoast, the mountains, Portland, and the state capital of Augusta. A community of festivals and events, it is home to the Bates Dance Festival, Emerge Film Festival, Liberty Festival, Moxie Festival, L/A Ice Festival, The Patrick Dempsey Challenge, The Greek Festival and the renowned Great Falls Balloon Festival.

Androscoggin County is the hub of most major highways in the state. Interstate access to the area is provided via Exits 75, 80, and 86 off the Maine Turnpike. The area is also served by an extraordinarily well-equipped general aviation airport in Auburn and by two of the state's major rail lines St. Lawrence and Atlantic Transportation, and PanAm lines. Maine Intermodal Transportation operates the intermodal transportation facility in Auburn, making Auburn the largest freight port in Maine with direct service to Canada and connecting service to Chicago, Mexico, and Vancouver. Freight originating in Auburn ultimately ends up in Mexico and the Far East.



ANDROSCOGGIN COUNTY
the heart of **MAINE**

Area459 square miles
Population107,020
County Seat.....Auburn

TRAVEL DISTANCES

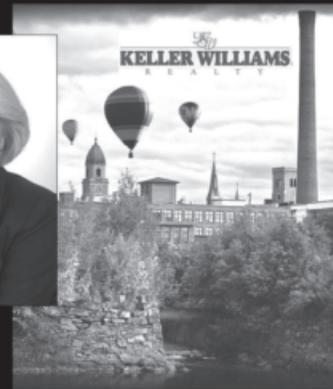
AUGUSTA	30
BANGOR.....	106
BOSTON	142
BRUNSWICK	20
FREEPORT	25
MONTREAL	237
NEW YORK CITY	349
PORTLAND	34
QUEBEC	256

EVENTS / THINGS TO DO

Auburn Winter Festival.....	February 6-8
City of Auburn	207 333-6600
Ice Festival Lewiston/Auburn.....	February 20-22
Lewiston/Auburn	207 782-7228
Emerge Film Festival.....	April 9-12
Lewiston/Auburn	
5K Run & Remembrance Walk.....	May 17
Androscoggin Home Care and Hospice	207 795-9405
Business-to-Business Trade Show	June 11
Androscoggin Bank Coliseum, Lewiston 9:30am-5:30pm	207 784-0161
22nd Annual Walk Against Violence	May 31
Simard-Payne Police Memorial Park, Lewiston	207 795-6744
Auburn Community Concerts.....	Mid-June–August
Festival Plaza • Every Wednesday 7:00 p.m.	
Wednesdays in the Park.....	Mid-June–Mid-August
Children's Entertainment	207 513-3005
Liberty Festival.....	July 4
Veterans Park, Lewiston	207 783-2249
Festival on the Green.....	July 4
Turner Center, Route 117	
Moxie Festival.	July 10-12
Lisbon Falls	207 353-3000
Native American Festival.....	July 10-12
Lisbon Falls	207 353-3000
Chief Worumbo Androscoggin River Race...	July 12
Durham to Lisbon Falls	207 782-2302
Mid-Summer Lakeside Concert Series..	July–August
Olin Arts Center, Bates College • Thursday Evenings •	207 786-6400
Bates Dance Festival.....	July 1–August 7
Bates College Campus	207 786-6381
Butterfly Release Celebration.....	August 8
Hospice House in Auburn	207 795-9405
Great Falls Balloon Festival.....	August 21-23
Downtown Lewiston-Auburn	207 783-2249
The Greek Festival.....	September 3-5
Holy Trinity Greek Orthodox Church, Lewiston	207 783-6795
Great Falls Yoga Festival	September
Lewiston-Auburn	
Safe Voices Domestic Violence Memorial Vigils...	October 5
Lewiston/Auburn	207 795-6744
The Dempsey Challenge	October 17-18
	1-866-990-1499
Holiday Festival for Children	December 5
Lewiston • Sponsored by Advocates for Children	207 783-3990
Very Merry Main Street	December 6
Lisbon Falls	207 353-3000

Museum L-A.....	207 333-3881
Lewiston	
Poland Spring Preservation Park	207 998-7143
Poland Spring	
Shaker Village.....	207 926-4597
New Gloucester	
State of Maine Building	207 998-4142
at Poland Spring	
Sts. Peter & Paul Basilica	207 777-1200
Lewiston	
Thorncrag Bird Sanctuary	207 782-5238
Lewiston	
Washburn-Norlands Living History Center	
Livermore	207 897-4366



Jan Jacques

And Company

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www.JanJacques.com
(207) 212-3025
janjacques@kw.com
Keller Williams Realty
195 Center Street, Auburn, ME 04210

COMMUNITY PROFILES



According to the most recent ranking compiled by the Children's Rights Council of Washington, D.C., a national child advocacy organization, Maine is considered the best state in which to raise a

child. Maine, in addition to being one of the most crime-free states, has one of the most progressive medical systems in the country.

Androscoggin County

2 Turner Street, Auburn, ME 04210 • 207-784-8390

Population.....	107,020
Register of Deeds.....	207-782-0191
Register of Probate.....	207-782-0281
District Court.....	207-795-4801
Superior Court.....	207-783-5450

Auburn (1842)

60 Court Street, Auburn, ME 04210 • www.auburnmaine.org

Square Miles.....	66.8
Population.....	23,055
Distance from Lewiston.....	A Stone's Throw
Type of Government.....	City Manager/Council
2014-15 Tax Rate.....	\$20.95
Utilities.....	Public Sewer/Water
Electricity.....	Central Maine Power
Gas.....	Unitil
Average Price of Single-Family Home.....	\$189,943
Library.....	207-333-6640
City Hall.....	207-333-6600
City Manager.....	Howard Kroll

Durham (1789)

630 Hallowell Road, Durham, ME 04222
towndurham@gwi.net • www.durhamme.com

Square Miles.....	38
Population.....	3,900
Distance from Lewiston.....	9 Miles
Type of Government.....	Town Manager/Selectmen
2014-15 Tax Rate.....	\$16.65
Utilities.....	Private Wells/Septic
Electricity.....	Central Maine Power
Average Price of Single-Family Home.....	\$200,000
Library.....	None
Town Hall.....	207-353-2561 • F-207-353-5367
Administrative Assistant.....	Ruth Glaeser

Greene (1788)

PO Box 510, Greene, ME 04236 • tmgreene@ctel.net www.townofgreene.net

Square Miles.....	36
Population.....	4,500
Distance from Lewiston.....	7 Miles
Type of Government.....	Town Manager/Selectmen
2014-15 Tax Rate.....	\$13.52
Utilities.....	Private Wells/Septic
Electricity.....	Central Maine Power
Average Price of Single-Family Home.....	\$125,000
Library.....	207-946-5544
Town Office.....	207-946-5146 • F-207-946-2102
Town Manager.....	Charles Noonan

Leeds (1801)

PO Box 206, Leeds, ME 04263 • www.townofleeds.com

Square Miles.....	41
Population.....	2,326
Distance from Lewiston.....	15 Miles
Type of Government.....	Selectmen/Admin. Assistant
2014-15 Tax Rate.....	\$15.80
Utilities.....	Private Wells/Septic
Electricity.....	Central Maine Power
Average Price of Single-Family Home.....	\$82,008
Library.....	No
Town Hall.....	207-524-5171
Town Clerk.....	Joyce Pratt

Lewiston (1795)

27 Pine Street, Lewiston, ME 04240 • www.lewistonmaine.gov

Square Miles.....	35.4
Population (2010 Census).....	35,592
Type of Government.....	City Administrator/Council
2014-15 Tax Rate.....	\$26.59 at 91% market value
Utilities.....	Public Sewer/Water
Electricity.....	Central Maine Power
Gas.....	Unitil
Average Price of Single-Family Home.....	\$120,000
Library.....	207-513-3004
City Hall.....	207-513-3000 • F-207-795-5069
.....	207-513-3007 (TTY/TDD)
City Administrator.....	Edward A. Barrett

Lisbon (1799)

300 Lisbon Street, Lisbon, ME 04250 • www.lisbonme.org

Square Miles.....	24
Population.....	9,003
Distance from Lewiston.....	5 Miles
Type of Government.....	Town Manager/Selectmen
2014-15 Tax Rate.....	\$22.26 at 83% market value
Utilities.....	Public Sewer/Water
Electricity.....	Central Maine Power
Gas.....	Unitil
Average Price of Single-Family Home.....	\$99,000
Library.....	207-353-6564
Town Hall (all Depts.).....	207-353-3000 • F-207-353-3007
Town Manager.....	Diane Barnes (ext. 104)

Livermore (1795)

10 Crash Road, Livermore, ME 04253

Square Miles.....	39
Population.....	2,095
Distance from Lewiston.....	20 Miles
Type of Government.....	Selectmen
2014-15 Tax Rate.....	\$14.30
Utilities.....	Private Wells/Septic
Electricity.....	Central Maine Power
Average Price of Single-Family Home.....	\$110,000
Library.....	207-897-7173
Town Hall.....	207-897-3207
Administrative Assistant.....	Carrie Castonguay

COMMUNITY PROFILES

Livermore Falls (1843)

2 Main Street, Livermore Falls, ME 04254
www.livermorefallsmaine.org

Square Miles	26
Population	3,255
Distance from Lewiston	30 Miles
Type of Government	Town Manager/Selectmen
2014-15 Tax Rate	\$21.10
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Average Price of Single-Family Home	\$80,000
Library	207-897-3631
Town Hall	207-897-3321 • F-207-897-9397
Town Clerk	Kristal Flagg

Mechanic Falls (1893)

108 Lewiston Street, Mechanic Falls, ME 04256
www.mechanicfalls.govoffice.com

Square Miles	11.6
Population	3,031
Distance from Lewiston	10 Miles
Type of Government	Town Manager/Council
2014-15 Tax Rate	\$21.20
Utilities	Public Sewer/Water
Electricity	Central Maine Power
Average Price of Single-Family Home	\$96,253
Library	207-345-9450
Town Office	207-345-2871 • F-207-345-9201
Town Manager	John Hawley

Minot (1802)

329 Woodman Hill Road, Minot, ME 04258 • www.minotme.org

Square Miles	30
Population	2,607
Distance from Lewiston	8 Miles
Type of Government	Selectmen
2014-15 Tax Rate	\$15.00
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home	\$175,000
Library	Member Auburn Public Library
Town Hall	207-345-3305 • Fax 207-346-0924
Town Administrator	Arlan A. Saunders

Poland (1795)

1231 Maine St. Poland, ME 04274 • www.polandtownoffices.org

Square Miles	48
Population	6,000
Distance from Lewiston	16 Miles
Type of Government	Town Manager/Selectmen/Charter
2014-15 Tax Rate	\$13.65
Utilities	Private Wells/Septic with newly installed Public Water & Sewer Lines in certain areas along Route 26
Electricity	Central Maine Power
Average Price of Single-Family Home	\$150,000
Library	207-998-4390
Municipal Offices	207-998-4601 • F-207-998-2002
Town Manager/Selectmen/Charter	Bradley Plante

Sabattus (1840)

190 Middle Rd., Sabattus, ME 04280 • www.sabattus.org

Square Miles	26.7
Population	4,876
Distance from Lewiston	6 Miles
Type of Government	Selectmen & Town Meeting
2014-15 Tax Rate	\$17.80
Utilities	Sabattus Sanitary District and Water Division
Electricity	Central Maine Power
Average Price of Single-Family Home	\$105,750
Library	No
Town Hall	207-375-4331
Town Manager	Andrew Gilmore

Turner (1786)

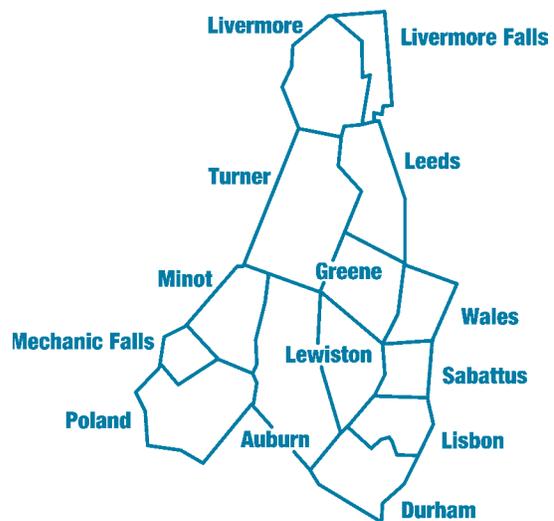
11 Turner Center Rd. Turner, ME 04282 • www.turnermaine.com
turnerme@megalink.net

Square Miles	62
Population	5,734
Distance from Lewiston	12 Miles
Type of Government	Town Manager/Selectmen
2014-15 Tax Rate	\$14.98
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home	\$150,000
Library	207-225-2030
Turner Museum & Historical Association	207-225-2629
Town Hall	207-225-3414
Town Manager	Kurt Schaub

Wales (1816)

302 Center Rd. Wales, ME 04280

Square Miles	16
Population	1,616
Distance from Lewiston	11 Miles
Type of Government	Selectmen
2014-15 Tax Rate	\$16.70
Utilities	Private Wells/Septic
Electricity	Central Maine Power
Average Price of Single-Family Home	\$150,000
Library	No
Town Hall	207-375-8881
Town Clerk	Patty Auger





Together, the “Twin Cities” of Lewiston and Auburn have nearly 60,000 residents creating the second largest community in Maine. From civic pride to downtown charm, the greater Lewiston and Auburn area is in the midst of an electrifying revitalization. Here are three reasons why Lewiston-Auburn is right for you:

- Recreational Opportunities
- Logistics
- Education

Recreational Opportunities

Joined by the recreationally popular Androscoggin River, both cities feature walkable downtowns that serve as the focal point for community celebrations throughout the year.

The area is home to the Great Falls Balloon Festival, The Bates Dance Festival, Dempsey Challenge, Emerge Film Festival, Greek Festival, Ice Festival Lewiston Auburn, the Moxie Festival, Great Falls Yoga Festival, and many other family friendly events enjoyed by the more than 786,000 Maine residents living within a one-hour drive of the downtowns.

By cultivating strategic growth opportunities, and bolstered by increased demand for the local service and manufacturing sectors, the joint downtowns are in the midst of an exciting revitalization that promotes a more walkable and community friendly environment.

In addition to providing a wide variety of performing arts venues, the increased attention towards showcasing the cultural vitality of the community has led to numerous world-class performers performing live on the various stages around town and a popular monthly art walk on the the last Friday of the month.

While hockey may prove popular in other communities, Lewiston and Auburn have embraced the sport and culture with a passion as two premier facilities offer multi and mixed use opportunities.

The Androscoggin Bank Colisée in Lewiston with this past year hosted the NCAA Division III Frozen Four and in Auburn, the recently completed Norway Savings Bank Arena will host tournaments, skating groups, and feature many youth, high school, and adult league hockey teams in Maine’s first state-of-the-art dual surface ice arena.

Delivering a four season urban playground that includes one of North America’s greatest small mouth bass fisheries along the Androscoggin River, enthusiasts of all skill levels can enjoy a variety of hiking, bicycling, boating, kayaking, golfing, and day and night skiing adventures in the Twin Cities.

The Economy

Serving as the center of medical service for central Maine, the community provides a diversified employment base as the area is home to many Fortune 500 companies including Procter & Gamble, General Electric, International Paper, McKesson, a Wal-Mart Distribution Center, and TD Bank.

Centrally located, the area is supplied with a world-class fiber optic network, two railroads, the Maine Turnpike, and the third busiest publicly funded airport in the state.

The double-stack rail-to-truck intermodal facility is a U.S. Customs port of entry and, excluding oil shipments, Maine’s largest port-of-call. For those shipping high value and high quantity products, consider what the Foreign-Trade Zone and Pine Tree Zones can offer you. Situated on 760 acres, Foreign-Trade Zone #263 benefits qualifying companies that conduct international trade by eliminating, reducing, or deferring the payment of tariffs or duties on products or raw materials.

The Pine Tree Development Zone offers eligible businesses within certain targeted industries the opportunity to greatly reduce or virtually eliminate state taxes for up to ten years, provided the organization follows certain prerequisites.

Some of those taking advantage of the transportation and logistics infrastructure within L/A include Poland Spring Bottling Co., Dunkin Donuts, LePage Bakeries, Kellogg’s, VIP Parts & Service, the Wal-Mart Distribution Center, Estes Express, Fed-Ex, and UPS.

Education

Business growth in Androscoggin County is about much more than just distribution and logistics. When one considers what makes a good community livable, educational opportunities often top the list. With more than 7,000 students engaged in higher education among the five institutions within city limits, the area provides an educated and well-trained workforce.

The University of Southern Maine’s Lewiston-Auburn College provides undergraduate and graduate degrees from one of the most respected and convenient institutions in the state.

Founded in 1855, Bates College ranks among the finest higher education colleges in the country. A 2014 U.S. News and World Report special edition once again named Bates College as the 22nd best National Liberal Arts Colleges in the nation.

Serving nearly 1,300 students split between the three campuses located in Lewiston, Augusta, and South Portland, Kaplan University provides services in a unique way. With both day and evening classes, students can continue to work both part-time and full-time positions and still finish their degree in two years or less. With just approximately 3,000 enrolled students, Central Maine Community College is one of seven colleges in the Maine Community College System. Providing two year Associate degree and certificate programs, the college offers a diverse array of program specialties with some of the lowest and most affordable tuition rates in the state.

Representing over 100 years of tradition, the Maine College of Health Professions is a premier institution dedicated to educating the health care professionals of tomorrow, the institution provides two Associate degree programs as well as advanced certificates in Nuclear Medicine Technology and Computed Tomography.

2014 Saw Incredible Progress

The area has seen a number of impressive projects in the past year. In Auburn, a new Hobby Lobby store will open at the end of the year, the Auburn Enterprise Center was approved for the new business and industrial park, and Mechanics Savings broke ground for a new central office facility on Minot Avenue in Auburn, a plan was approved for the substantial renovation of the Goff Block, and Mainely Artisans Gift Shop opened in the Roak Block in downtown Auburn. In Lewiston, two new restaurants opened on Lisbon Street, Argo Marketing opened a beautiful new facility in downtown and Governor LePage joined in the groundbreaking for The Woodlands broke ground on a 64-bed facility on Mollison Drive. Community Credit Union broke ground on a new branch in Turner and Hannafords opened a beautiful new store in Route 4 in Turner. In Lisbon, the development of the Androscoggin River Trail was a major highlight. The next phase of the project will be down Davis Street bringing people to downtown Lisbon Falls. Lisbon also completed the Route 196 Master Plan which is a blueprint for economic growth.

ECONOMIC DEVELOPMENT

ECONOMIC DEVELOPMENT ORGANIZATIONS

Auburn Business Development Corporation
PO Box 642 207 784-0161

Auburn, ME 04212-0642
415 Lisbon Street
Lewiston, ME 04240
laegc@economicgrowth.org
www.economicgrowth.org

AVCOG

Bob Thompson 207 783-9186
125 Manley Road
Auburn, ME 04210
avcog@avcog.org
www.avcog.org

Bates Mill Complex

Alan Turgeon 207 782-5355
35 Canal Street Box A3
Lewiston, ME 04240
www.lewiston.me.us

Casalinova Development Group

Patrick Casalinova 207 539-8787
248 King Street
Oxford, ME 04270

Coastal Enterprises Inc

John Egan 207 882-7552
PO Box 268
Wiscasset, ME 04578
www.ceimaine.org

Community Dynamics Corp

John Cleveland 207 777-1375
201 Main Street
Auburn, ME 04210
www.cdcorp.org

Leaders, LLC Kenneth M. Nelson Principal

Kenny Nelson 207 831-6050
213 Foreside Road
Falmouth, ME 04105
knelson@leadersllc.com
www.leadersllc.com

LAEGC

John Holden 207 784-0161
PO Box 1188
Lewiston, ME 04243-1188
415 Lisbon Street
Lewiston, ME 04240
laegc@economicgrowth.org
www.economicgrowth.org

Lewiston Development Corporation

John Holden 207 784-0161
415 Lisbon Street
Lewiston, ME 04240
laegc@economicgrowth.org
www.economicgrowth.org

Maine & Company

Peter DelGreco 207 871-0234
PO Box 7462
Portland, ME 04112-7462
120 Exchange Street
Portland, ME 04101
www.maineeco.org

Maine Department of Economic and Community Development

Diane Jackson 207 624-9807
State House Station 59
Augusta, ME 04333
www.econdevmaine.com

Maine Development Foundation

Harold Clossey 207 622-6345
295 Water Street, Suite 5
Augusta, ME 04330
mdf@mdf.org
www.mdf.org

Maine State Chamber of Commerce

Dana Connors 207 623-4568
125 Community Drive Suite 101
Augusta, ME 04330-8010
info@mainechamber.org
www.mainechamber.org

Poland Community and Economic Development Committee

Charles Finger 207 998-4601
1231 Maine Street
Poland, ME 04274
www.polandtownoffice.org

South Park Development Corporation

Lincoln Jeffers 207 513-3014
27 Pine Street
City of Lewiston
Lewiston, ME 04243-7777

Think LOCAL! Maine

Martin Bailey 207 450-8270
24 Lewiston Street Suite 2
Mechanic Falls, ME 04256
JeffBall@thinklocalcommunitynetworking.org
www.thinklocalcommunitynetworking.org

Town of Lisbon

Diane Barnes 207 353-3000
300 Lisbon Street
Lisbon, ME 04250
webmaster@lisbonme.org
www.lisbonme.org

University of Southern Maine Corporate Partners

Betsy Uhuad 207 780-4714
PO Box 9300
Portland, ME 04104-9300
buhuad@usm.maine.edu
www.usm.maine.edu/corporatepartners

Western Mountains Alliance

Tanya Swain 207 778-3885
PO Box 29
Farmington, ME 04938
165 Front Street, Suite 1
Farmington, ME 04938
wma@maine.edu
www.westernmountainsalliance.org

EMPLOYEE LEASING

@WORK Personnel Services Inc.

Rebecca Sanon 207 225-5627
1355 Auburn Road Box 2
Turner, ME 04282
rmorris@atworkpersonnel.com
www.atworkpersonnel.com

Combined Management Inc

Robert Murch 207 782-8246
520 Main Street
Lewiston, ME 04240
RobertMurch@combinedmanagement.com
www.combinedmanagement.com

EMPLOYMENT ADVERTISING

JobsInMe.com

Jeremy Haskell 207 591-6259
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90 Bridge Street Ste 310
Westbrook, ME 04092
www.jobsinme.com

Live. Work. Play. Maine

Hillary Dow 207 491-6926
126 Whitney Street
Auburn, ME 04210
hillary@liveworkplayme.com

My Job Wave

Jeanne Paquette 207 786-4200
PO Box 4400
Lewiston, ME 04243-4400
104 Park St
Lewiston, ME 04240
info@employmenttimesonline.com
www.employmenttimesonline.com

EMPLOYMENT/TRAINING SERVICES

Accountemps/Robert Half International

Genevieve Straight 207 772-1900
100 Middle St 2nd floor
Portland, ME 04101
elliott.vrana@accountemps.com
www.accountemps.com

Adecco Employment Services

Joyce Banville 800 339-2882
245 Center St 207 782-2882
Auburn, ME 04210
www.adecco.com

Bonney Staffing Center

Kelly Jaeger Aho 207 783-7000
155 Center St Unit 4
Riverview Plaza
Auburn, ME 04210
lewiston@bonneystaffing.com
www.bonneystaffing.com

Career Management Associates

Mark Tanous 207 780-1125
465 Congress St
Suite 600
Portland, ME 04101
mtanous@cmacareer.com
cmacareer.com

Central/Western Workforce Investment Board

Jeffrey Sneddon 207 753-9011
5 Mollison Way
Lewiston, ME 04240
jeffrey.r.sneddon@maine.gov
www.maineefocus.org

DHHS/ ASPIRE

Paula Bolduc 800 482-7517
200 Main Street 207 795-4481
Lewiston, ME 04240
www.maine.gov

Goodwill Employment Services

Jeff Baizley 800 582-6476
1035 Lisbon St 207 777-7472
Lewiston, ME 04240
www.ginne.org

JobsInMe.com

Jeremy Haskell 207 591-6259
PO Box 604
Westbrook, ME 04098-0604
90 Bridge Street
Ste 310
Westbrook, ME 04092
www.jobsinme.com

Kelly Services Inc

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232 Center Street Ste C 207 784-0400
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Labor Ready

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Lewiston, ME 04240
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Maine Staffing Group

Rick Holden 207 786-5680
PO Box 490
675 Main Street Suite 11
Brunswick, ME 04011
Market Place Mall
Lewiston, ME 04240
info@mainestaff.com
www.mainestaff.com

Manpower

Eileen Belleau 800 539-9353
95 Main Street 207 784-9353
Auburn, ME 04210
auburn.me@na.manpower.com
www.us.manpower.com/maine

MDOL Lewiston CareerCenter

Mary LaFontaine 207 753-9001
5 Mollison Way
Lewiston, ME 04240
www.mainecareercenter.com/index.shtml

Opportunity Enterprises

Christine Vincent 207 376-4911
400 Center St
Auburn, ME 04210
info@oeime.org
www.opportunityenterprises.org

Pathways Inc

Robert Kennelly 207 795-4085
PO Box 1267
Auburn, ME 04211-1267
589 Minot Avenue
Auburn, ME 04210
info@pathwaysmaine.com
www.pathwaysmaine.com

Personal Onsite Development

Elaine Courteau 207 753-3221
PO Box 1507
Lewiston, ME 04241-1507
30 Sacred Heart Place
Auburn, ME 04210
pod@podmaine.org
www.personalonsitedevelopment.com

Strategic Talent Management

Art Boulay 207 373-9301
Brunswick Business Center
18 Pleasant Street, Suite 205
Brunswick, ME 04011-2201
Aboulay@StrategicTalentManagement.com
www.StrategicTalentManagement.com

Work Opportunities Unlimited

Michael Murtha 207 782-4242
63 A Broad Street
Auburn, ME 04210
auburn@workopportunities.net
www.workopportunities.net

ECONOMIC DEVELOPMENT ORGANIZATIONS AT THE BUSINESS SERVICE CENTER AT KEYBANK PLAZA



415 LISBON STREET, LEWISTON

- Androscoggin County Chamber of Commerce ● 207-783-2249
- Auburn Business Development Corporation ● 207-784-0161
- Coastal Enterprises ● 207-777-5060
- Lewiston Auburn Economic Growth Council ● 207-784-0161
- Lewiston-Auburn Railroad Company ● 207-784-0161
- Lewiston Development Corporation ● 207-784-0161

Covered Employment and Wage by Industry — 2013 Androscoggin County

Industry	Average Employment	Average Wages
Total - All Ownerships	47,679	\$37,231
Natural Resources and Mining	436	\$28,409
Construction	2,289	\$45,871
Manufacturing	4,870	\$45,701
Wholesale Trade	1460	\$46,623
Retail Trade	6291	\$24,466
Transportation and Warehousing	2276	\$40,055
Utilities	93	\$73,301
Information	604	\$44,793
Financial Activities	3086	\$44,015
Professional and Business Services	5690	\$34,846
Education and Health Services	10770	\$44,011
Leisure and Hospitality	3565	\$15,232
Other Services	1,102	\$26,305
Total - Federal Gov't	262	\$54,389
Total - State Gov't	639	\$35,090
Total - Local Gov't	4245	\$37,706

Source: Maine Department of Labor, Division of Labor Market Information Services

MOVING TO THE AREA



Economic development is one of the area's highest priorities. Local government and development agencies pride themselves on facilitating the approval process for industrial or commercial construction. Complementing the staffs of various local municipalities, agencies such as the Lewiston-Auburn Economic Growth Council, the Lewiston Development Corporation, the Auburn Business Development Corporation, the Androscoggin Valley Council of Governments, and Coastal Enterprises Inc., work with clients efficiently and cooperatively.

Androscoggin County also has a wide array of residential opportunities, from in-town historic homes to beautiful waterfront properties to rural acreage with incredible views.

APPRAISERS

Amerifirst Appraisal Company
571 Sabattus St Suite 16
Lewiston, ME 04240 207 782-7531
Norm Savard
info@amerifirstappraisal.com
www.amerifirstappraisal.com

The Appraisal Group, Inc
466 Main Street Suite 100
Lewiston, ME 04240 207 333-3311
Timothy Gatto
appraisals@appraisalgroupauburn.com
www.appraisalgroupauburn.com

McMorrow Auction Company
48 Mechanic Falls Road
Poland, ME 04274 207 777-7030
Jody McMorrow
mcauction@roadrunner.com
www.mcmorrowauction.com

Savard Appraisal Services
1241 Sabattus St
Lewiston, ME 04240-2116 207 784-5800
Gary Savard
info@savardappraisal.com

HOUSING

Auburn Housing Authority
20 Great Falls Plaza
Auburn, ME 04210 207 784-7351
Richard Whiting
info@auburnhousing.org
www.auburnhousing.org

GFDG
PO Box 1025
15 Broad Street
Auburn ME 04212 207 312-4400
info@greatfallsdevelopmentgroup.com
greatfallsdevelopmentgroup.com

Keller Williams Realty-Bruce Bickford
195 Center Street
Auburn, ME 04210 207 553-2447
Bruce Bickford
bbickford@kw.com
www.brucebickfordhomes.kwrealty.com

Lewiston Housing Authority
1 College Street
Lewiston, ME 04240 207 783-1423
Jim Dowling

Tedford Housing, Inc
14 Middle Street
Brunswick, ME 04011 207 729-1161
Craig Phillips
craig@tedfordhousing.org
www.tedfordhousing.org

INSPECTIONS

The Home Team Inspection Service
30 Mitchell Street
Lewiston, ME 04240 207 784-8227
Marc Sirois

RPR Professional Home Inspections Inc
72 Old Lisbon Road
Lewiston, ME 04240 207 782-9663
Roger Roy
Roger@RPRprohomeinspections.com
www.rprprohomeinspections.com

Simard & Sons Inc
3 Trident Drive
Lewiston, ME 04240-3547 207 783-0297
Elwin Scott Jr.
scottie@simardandsons.com
www.simardandsons.com

MODULAR/SITE BUILT HOMES

Camelot Homes
1049 Washington Street
Auburn, ME 04210 207 777-5956
Sherie Jenson
office@cm-h.com
www.cm-h.com

Maine Source Homes Inc.
314 Center Street
Auburn, ME 04210 207 333-6001
Bill Turner
sales@mainesource.com
www.mainesource.com

Maine Source Realty Inc.
314 Center St
Auburn, ME 04210 207 333-6001
Jon Mercier
jon@mainesource.com
www.mainesourcerealty.com

The Modular Advantage
105 Farley Road
Brunswick, ME 04011 207 725-2922
Dennis Douglass
modular@modularadvantage.com
www.modularadvantage.com

Schiavi Home Builders
754 Main St
Brunswick, ME 04011 207 539-9600
Frank Proulx
frank@schiavihomes.com
www.schiavihomes.com

MOLD TESTING AND REMOVAL

RPR Professional Home Inspections Inc
72 Old Lisbon Road
Lewiston, ME 04240 207 782-9663
Roger Roy
Roger@RPRprohomeinspections.com
www.rprprohomeinspections.com

MORTGAGES

East Coast Mortgage Group
316 Center St
Auburn, ME 04210 207 376-3007
Chris Bain
chris@ecmg1.com
www.eastcoastmortgagegrouppllc.com

Mortgage Network
336 Center Street
Auburn, ME 04210 207 376-4483
Julie Poulin
jpoulin@mortgagenetwork.com
www.mortgagenetwork.com

Residential Mortgage Services Inc--Auburn
181 Center Street
Auburn, ME 04210 207 777-1551
Debbie Bodwell
www.rmsmortgage.com

PROPERTY MANAGEMENT

4 Seasons Property Services LLC
163 Winter Street
Auburn ME 04210 207 346-4048
Jeremy Chapman
jeremy@4SeasonsPropertyServices.com
http://4seasonspropertyservices.com/

Affordable Housing of New England
3 Stone Ledge Drive
Lewiston, ME 04240 207 783-5098
Sandra Lamontagne
sandra@ahne.biz
www.ahne.biz

Androscoggin Management Inc
1180 Lisbon Street Box 11
Lewiston, ME 04240-5059 207 782-1810
Phyllis St. Laurent

GFDG
PO Box 1025
15 Broad Street
Auburn ME 04212 207 312-4400
info@greatfallsdevelopmentgroup.com
greatfallsdevelopmentgroup.com

Great Falls Property Management
134 Main Street, Suite 3
Lewiston, ME 04240 207 753-4333
Kristina Bennett
info@gfpropertymanagement.com
www.gfpropertymanagement.com

H & S Reny Property Management Inc
553 Main Street
Lewiston, ME 04240 207 783-2199
Christopher Sirois
csirois@hsreny.com
www.hsreny.com

LDT Apartments
PO Box 242
Auburn, ME 04210 207 786-2315
Lisa Toussaint
lisa@lisarentals.com
www.lisarentals.com

Mid Town Mall Associates
179 Lisbon Street
Lewiston, ME 04240 207 786-3554
John Orestis

PropSys
55 Lisbon Street, Suite 2400
Lewiston, ME 04240 207 784-0335
Lee Griswold
propsys@midmaine.com
www.propsysmgmt.com

Sapphire Management
PO Box 1150
Auburn, ME 04211-1150 207 777-4700
Kevin Dean
www.providerfinancial.com

Sasseville Management LLC
393 Center Street
Auburn, ME 04210 207 783-2312
Paul Sasseville
www.kittyhawk-highlands.com

REAL ESTATE

Barbara Trafton--The Maine Real Estate Network
34 Center Street
Auburn, ME 04210 207 754-0253
Barbara Trafton
barbaratrafton@gmail.com
www.barbaratrafton.com

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Turner, ME 04282 207 225-2666
Karen Youland

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Marc Pilot
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Chris Paszyc
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Century 21 Advantage
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Angie White
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www.century21-advantage.com

Dionne & Couturier
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Lewiston, ME 04240 207 592-6976
Paul Dionne

DuBois Realty Group - Keller Williams Realty
195 Center Street
Auburn, ME 04210 207 312-2125
Marnie DuBois
Marnie@DuBoisRealtyGroup.net
www.DuBoisRealtyGroup.net

Fontaine Family - The Real Estate Leader
336 Center Street
Auburn, ME 04210 207 784-3800
Brenda Fontaine
brenda@fontaineteam.com
www.brendafontaine.com

MOVING TO THE AREA

Haggerty Realty
353 Lisbon St. Suite 1
Lisbon, ME 04250 207 353-9400
Cheryl Haggerty
haggertyrealty4u@gmail.com
www.haggertyrealty.com

Keller Williams Realty-Bruce Bickford
195 Center Street
Auburn, ME 04210 207 553-2447
Bruce Bickford
bbickford@kw.com
brucebickfordhomes.kwrealty.com

Keller Williams Realty--George Greenwood
195 Center Street
Auburn, ME 04210 207 344-3300
George Greenwood
stassinari@kw.com
www.kwmaine.com

Keller Williams Realty--Jan Jacques & Company
195 Center Street
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Jan Jacques
janjacques@kw.com
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Legacy Realty
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Normand Brodeur
norm@Legacy-Realty.net
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The Maine Real Estate Network-Kathleen Szostek
34 Center St
Auburn, ME 04210 207 212-0760
Kathleen Szostek
Kathleen@MaineRealEstatePro.com
www.MaineRealEstatePro.com

The Maine Real Estate Network--Steve Morgan
34 Center St
Auburn, ME 04210 207 689-9800
Steve Morgan
klrw618@kw.com

Maine Source Realty Inc.
314 Center St
Auburn, ME 04210 207 333-6001
Jon Mercier
jon@mainesource.com
www.mainesource Realty.com

Malone Commercial Brokers
5 Moulton Street Suite 3
Portland ME 04101 207 772-2422
Kevin Fletcher
kevin@malonecb.com

Prudential Northeast Properties
473 Center Street
Auburn, ME 04210 207 784-0159
Judy Worden
mailroom@eraworden.com
www.eraworden.com

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The Young Professionals of the Lewiston Auburn Area (YPLAA) works to strengthen a vibrant young professional community by promoting career, social, and community development.

For more information visit, www.YPLAA.com

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CMMC Family Medicine Residency Program	795-2800
Central Maine Internal Medicine	795-5700
Central Maine Pediatrics	795-5730
Family Health Care Associates	784-7388
Gray Family Health Center	657-3308
High Street Family Medicine	753-7655
Lisbon Family Practice	353-6721
Mechanic Falls Family Practice	345-9729
Minot Avenue Family Practice	795-8475
Poland Community Health Center	998-2100
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Androscoggin Rheumatology Associates	784-1699
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Central Maine Neurosurgery	795-2494
Central Maine Obstetrics-Gynecology	795-5770
Central Maine Osteoporosis Center	795-2406
Central Maine Pain Management	795-2927
Central Maine Plastic Surgery	795-6543
Central Maine Pulmonary and Sleep Medicine	795-5544
Central Maine Sports Medicine	795-8465
Central Maine Surgical Associates	795-5767
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www.cmhvi.org

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Pediatric Cardiology 795-5730

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1-888-832-4057
www.docsearch.cmmf.org

EDUCATIONAL OPPORTUNITIES



Educational opportunities in the Cities of the Androscoggin are plentiful and extend from Head Start and private preschool facilities to the post-secondary school level. Private schools and academies augment the public school systems. There are eight local institutions of higher learning, including Bates College, one of the finest private four-year liberal arts colleges in the country, The University of Southern Maine at LAC, Kaplan University, and Central Maine Community College. In addition, area medical centers support nursing and technological degrees and a masters in business is offered by Southern New Hampshire University.

Auburn School Department

60 Court Street • 4th floor, PO Box 800, Auburn, ME 04212-0800
207-784-6431 • www.auburnschl.edu

The Auburn School Department offers educational programs from pre-K to grade 12 that ensure the academic success of every student. Our school system consists of six elementary schools, a middle school and a high school. It is our responsibility that all students who graduate from Edward Little High School are college and/or career ready. We are creating a system of Mass Customized Learning (MCL) and are committed to our Vision 2020! Staff at all levels use strategies that allow students to have a voice and choice, to make learning transparent for students, and to increase student accountability for their own learning expectations. Updated information about MCL is available on our website.

Bates College

23 Campus Avenue, Lewiston, ME 04240
207-786-6100 • www.bates.edu

A member of the Androscoggin County Chamber of Commerce since 1961, Bates College was founded in 1855 by abolitionists and is still recognized for its inclusive social character. Bates is considered one of the nation's finest colleges of the liberal arts and sciences, with graduates who historically have linked education with service, leadership, and civic engagement. The Bates curriculum challenges students to develop powers of critical assessment, analysis, expression, aesthetic sensibility, and independent thought. Bates is also one of a small number of colleges requiring a senior thesis, an opportunity for extended, closely guided research and writing, performance, or studio work.

Central Maine Community College

1250 Turner Street, Auburn, ME 04210 • www.cmcc.edu
207-755-5273 • F-207-755-5491

Central Maine Community College (CMCC) is a comprehensive, public two-year college that provides quality, accessible education and lifelong learning opportunities. With more than 24 majors, the College delivers career and technical degree programs; education for transfer to baccalaureate programs; and services to support economic development.

While the College enrolls over 3,000 full and part-time students, very few classes exceed 25. On-campus residence halls can accommodate 250 students, and other facilities include modern science and computer labs, dining commons, learning and advising center, 240-seat auditorium, gymnasium, and fitness center.

CMCC's Corporate and Community Services Department offers continuing education courses and works with the local business community to develop customized training and certification programs. CMCC is accredited by the Northeast Association of Schools and Colleges.

Community School District #915, Union #44

971 Gardiner Road, Wales, ME 04280

207-375-4273 • F-207-375-2522 • www.schoolunion44.org

Elementary schools in Litchfield, Sabattus, and Wales, together with Oak Hill High School (CSD #915), form School Union #44. The current enrollment of the K-2 Libby-Tozier School in Litchfield is 140, and the 3-8 Carrie Ricker School is 206. The K-2 Sabattus Primary School has a current enrollment of 145, and Sabattus Central School has a current enrollment of 339. The K-8 Wales Central School has 166. Oak Hill High School currently has 519 students. Per-pupil expenditures are as follows: Litchfield, \$10,023.56; Sabattus, \$8,748.38; Wales, \$9,043.76 and Oak Hill High School, \$8,923.24. The Sabattus Central School for Grades 3-8 opened in September 2004 with a renovated K-2 Primary School. Sabattus now has up-to-date facilities for all students.

Hebron Academy

PO Box 309 • 339 Paris Road, Hebron, ME 04238

207-966-5225 • www.hebronacademy.org

Located 20 minutes from Lewiston/Auburn, Hebron provides a friendly, supportive, family atmosphere where students are inspired to reach their highest potential in mind, body and spirit through a balance of college preparatory opportunities in academics, arts, and athletics. Known for developing critical thinking and communication skills for life, Hebron serves boys and girls in grades 6-12 and a postgraduate year, with outstanding teachers, AP/Honors courses, structure and accountability to high standards, boarding and day enrollment, and excellent college placement. Need-based financial assistance is available.

Kaplan University

Southern Gateway, Lisbon St, Lewiston • Western Ave, S Portland
207-333-3300 • www.lewiston.kaplanuniversity.edu

Recognized for their exceptional student services, Kaplan University's Maine campuses provide students with the opportunity to choose from a variety of different Bachelor's and Associate's degree programs. Students can start school every ten weeks at different times during the year in online, blended or on-campus classes.

Kaplan University offers a learning experience that's both customized and flexible, so students can study on their schedule, on their terms, providing ample time for education and outside activities and responsibilities.

Kaplan University, which is part of the Washington Post Company, is regionally accredited by the Higher Learning Commission and has more than 200 degrees and programs with more than 71,000 online and campus based students across the country.

Lewiston Public Schools

36 Oak St, Lewiston, ME 04240 • Bill Webster • 207-795-4100
superintendent@lewistonpublicschools.org

Lewiston Public Schools, with the mission to ensure each student's academic and civic success, serves over 8,000 youth and adult learners in nine community schools. Administrators and teachers are committed to the belief that all students can succeed. Strong partnerships with family, businesses, and service agencies provide immense support and strengthen our schools. Local businesses and hospitals are the backbone of business-education partnerships that support programs to develop leaders now and in the future. The Lewiston Regional Technical Center has received national recognition in many of its 27 vocational programs and serves 930 students from six area high schools.

EDUCATIONAL OPPORTUNITIES

Lisbon School Department

19 Gartley Street, Lisbon, ME 04250 • www.lisbonschoolsme.org
207-353-6711 • F-207-353-3032

Lisbon, nestled in the picturesque corridor along the Androscoggin River is a proud community of a diversified population base. The town, settled in 1628, was second to Lewiston with manufacturing opportunities. Today, town people from all walks of life, pride themselves on their community and its students' accomplishments. Lisbon public schools are located in the third largest community in Androscoggin County. The LISBON SCHOOL DEPARTMENT is comprised of Lisbon Community School, Philip W. Sugg Middle School and Lisbon High School. Lisbon Community School has an enrollment of 647 students with a staff of 107. Teacher ratio averages 20:1. The state-of-the-art facility features an extensive library, computer lab, and foreign language instruction, a regulation size gymnasium complete with a rock climbing wall, a Discovery Room for Science, a Multi-Media Room and a multi-functional Cafetorium. Philip W. Sugg Middle School's enrollment is 286 students and Lisbon High School is 389.

Maine College of Health Professions

70 Middle Street, Lewiston, ME 04240 • www.cmmc.org
207-795-5974

The Maine College of Health Professions offers two-year, Associate Degree Programs in Nursing, Radiologic Technology, and Nuclear Medicine Technology. These challenging and rewarding programs feature low student to faculty ratios and strong emphasis on clinical skills in both the simulation laboratory and at healthcare facilities throughout Maine. The College provides individuals interested in nursing opportunities to obtain a nursing education in a program that meets their individual lifestyle. The Nursing Program offers a traditional Day Program, an Evening/Weekend Program and a new Fast Track Program. Additional courses of interest include Computed Tomography, Medical Technology, Reiki and a Certified Nurse's Assistant course. General Education courses are available to the general public each semester. The College is accredited by the New England Association of Schools and Colleges and each program is accredited by professional national accreditation agencies.

Regional School #16

3 Aggregate Road, Poland, Maine 04274
207-998-2727 • 207-998-2753 • www.rsu16.org

The towns of Mechanic Falls, Minot, and Poland are served administratively by RSU #16 with tuition students from Raymond. RSU #16 has the following schools: Minot Consolidated School, grades PreK-6, enrollment 206; Elm Street School in Mechanic Falls, grades PreK-6, enrollment 303; Poland Community School, grades PreK-6, enrollment 446; Bruce M. Whittier Middle School in Poland, grades 7 & 8, enrollment 252; Poland Regional High School, grades 9-12 and the DPath (Alternative School) Program grades 9-12, enrollment 492. The District's average 2009-2010 per-pupil operating expenditures were \$7,801 Elementary; \$10,580 Secondary. Affiliation with Lewiston Regional Technical Center. RSU #16 offers a comprehensive adult education program with classes at the Elm Street School in Mechanic Falls (345-3217) adulted@midmaine.com.

School Administrative District #52

486 Turner Center Road, Turner, ME 04282
207-225-1000 • www.rsu52.us

Turner, Greene, and Leeds comprise School Administrative District #52. The District has one primary school: Turner Primary School, grades PreK-3, enrolling 336 students; and three elementary schools: Turner Elementary School, grades 4-6, with an enrollment of 201 students; Leeds Central School, grades PreK-6, with an enrollment of 193 students; and Greene Central School grades PreK-6, with an enrollment of 377 students. All seventh and eighth grade students

attend Tripp Middle School, with an enrollment of 298 students. All high school students grades 9-12 attend Leavitt Area High School, with an enrollment of 625 students. The District also supports an active Adult Education Program in collaboration with RSU #9 Farmington, Maine and RSU #73 Jay and Livermore, Maine. The District's 2013-2014 budget is \$23,515,541.

Spruce Mountain School District RSU #73

9 Cedar Street, Livermore Falls, ME 04254
207-897-6722 • F-207-897-2362 • www.rsu73.org

Spruce Mountain School District consists of three dynamic and proud communities. Jay, Livermore, Livermore Falls are located along the Androscoggin River, strategically located between Lewiston/Auburn to our south, Farmington to our west and Augusta to our east. We have a student population of approximately 1550 students who are supported by roughly 315 dedicated employees. At Spruce Mountain School District we are dedicated to providing the most challenging, technologically relevant, and comprehensive education to all our students.

St. Dominic Academy

Admissions: 207-782-6911 ext 2110 F-207-795-6439
www.stdomsmaine.org

Grades Pre-K – 6: 17 Baird Ave , Lewiston , ME 04240

Grades 7 – 12: 121 Gracelawn Road , Auburn , ME 04210

St. Dom's offers a traditional Pre-K - 12 program focused on the character and moral development of the child with a college preparatory emphasis for grades 9 - 12. Drawing students from a 50 mile radius, our co-ed school is small enough to provide an intimate family-like atmosphere, yet ambitious enough to prepare students for the post-secondary school of their choice. Aside from our excellence in academics, St. Dom's is also recognized around the State for offering excellence in athletics. Contact Admissions to schedule a visit to learn how St. Dom's will provide the education your child deserves in a loving and supportive environment.



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EDUCATIONAL OPPORTUNITIES

Southern New Hampshire University

10 Tibbetts Drive, Cook's Corner, Brunswick, ME 04011
207-725-6486 • 800-427-9238 www.snhu.edu/336asp

Since 1967, Southern New Hampshire University (SNHU) has offered quality, accessible, cost-effective degree and certificate programs in business, management, mental health and liberal arts, including an MBA with eighteen concentrations. SNHU's Maine Center for Continuing Education offers 36 associate, bachelor and master's degrees available through evening and weekend courses in classroom settings in Brunswick (& Auburn). SNHU's 8-week undergraduate and 11-week graduate term structure allows rapid progress towards educational goals.

A Chamber member since 2005, Southern New Hampshire University is a private postsecondary institution, based in Manchester, NH. SNHU is fully and appropriately accredited, and offers more than 100 degree and certificate programs. Nationally recognized for innovation, SNHU is also the largest nonprofit provider of on-line academic programs in New England.

Coupons/Discounts: Individuals taking courses at SNHU's Maine Center receive a significant tuition discount (24% & 36% respectively for undergrad and graduate courses during FY 2013).



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Lewiston, Maine

7 – 12

121 Gracelawn Rd.
Auburn, Maine



207.782.6911 - www.stdomsmaine.org

University of Southern Maine/ Lewiston-Auburn College

51 Westminster Street, Lewiston, ME 04240
207-753-6500 • www.usm.maine.edu/lac

The University of Southern Maine's Lewiston-Auburn College (USM LAC) offers bachelor and graduate degree programs that include an array of courses, internships, research and community service projects, and study abroad opportunities.

As one of three campuses of the University of Southern Maine, USM LAC provides the intimacy of a small college yet offers access to the resources of the state's regional metropolitan university.

The Lewiston-Auburn campus has also been responsive to the need for graduate education programs in central Maine, and the LearningWorks facility on campus houses College for ME-Androscoggin, a collaborative of nearly 40 partners working to double the number of college-educated citizens in Androscoggin County.



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THE CHAMBER

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Lewiston-Auburn's health care industry is truly one of the area's centers of excellence. Anchored by two of the State's finest hospitals — Central Maine Medical Center and St. Mary's Regional Medical Center — the health care industry is the area's largest, employing more than 7,000 people. Maine's second largest metropolitan area is also home to Androscoggin Home Care and Hospice, a network of home health care providers throughout western and central Maine providing competent nurses and health care providers catering to many of the State's elderly and shut-ins.

Androscoggin Home Care & Hospice is a nonprofit Medicare-certified agency that provides patient centered care that is meaningful, organized, developed, effective/efficient and has lasting quality. They provide specialized skilled, supportive hospice services and bereavement services to Maine residents and their families in the comfort of their home and community. In keeping with their commitment to offering Maine's most comprehensive end-of-life services they constructed the hospice house which provides patients and their families a place to call home when the care and support they require can no longer be comfortably provided where they currently reside. For more information on Androscoggin Home Care & Hospice and all of their services, visit their website at www.AHCH.org.

The Center for Community Dental Health (CCDH) is a private, non-profit United Way agency that provides dental services to all comers but primarily to those of low income or eligible for Medicaid. The dentists, hygienists, assistants, and other caring professional CCDH staff provide examinations, x-rays, cleanings, restorations, and emergency care. Over the years the Center has expanded their services to include research, community education, and quality dental care to all. Their team of dental educators reaches many, Maine elementary school children each year, teaching them the dental and nutritional habits that will keep their mouths healthy for a lifetime.

The Central Maine Comprehensive Cancer Center (CMCCC) supports a multidisciplinary cancer team comprised of medical oncologists, radiation oncologists, surgeons, and other healthcare professionals who together provide outstanding cancer care. CMCCC's Cynthia A. Rydholm Cancer Treatment Center offers radiation therapy treatment, including intensity modulated radiation therapy, a precise form of treatment that allows for higher doses of radiation and improved cure rates. The Sam and Jennie Bennett Breast Care Center offers a full range of diagnostic services, including digital mammography, in a patient-friendly and supportive atmosphere. The Patrick Dempsey Center for Cancer Hope and Healing provides – at no cost to patients – education, support and wellness services to enhance the quality of life of those touched by cancer.

The Central Maine Heart and Vascular Institute (cmhvi.org) provides residents of a broad swath of Maine with specialized care for the heart, from the heart, close to home. CMHVI's cardiologists perform diagnostic and interventional procedures, including electrophysiology, cardiac catheterization and angioplasty. Surgical services include cardiac bypass surgery, valve surgery, minimally invasive thoracic and vascular surgery, and other procedures. Other CMHVI offerings include a comprehensive cardiac rehabilitation service and various educational and support programs. Skilled professionals deliver an array of sophisticated services, including diagnostic testing and pacemaker management. CMHVI also features the Single Stay Unit, where experienced nurses provide tailored care that meets each patient's individual needs.

Central Maine Medical Center (cmmc.org) is a regional healthcare referral center serving some 400,000 residents of central, western, and midcoast Maine. CMMC supports one of the state's three designated trauma centers and is the southern base for LifeFlight

of Maine, a statewide medical helicopter service. CMMC's specialty services include the Central Maine Comprehensive Cancer Center, the Neonatal Intermediate Care Unit for sick and premature infants, and the Central Maine Rehabilitation Center. The Orthopaedic Institute of Central Maine and the Central Maine Sleep Center serve patients from special facilities at CMMC. CMMC's recently expanded Emergency Department provides an environment that supports an enhanced patient experience.

The Central Maine Medical Group (cmmgcare.org) is a healthcare provider organization that seeks to deliver the highest quality, most convenient healthcare services possible. The multispecialty group practice includes some 350 physicians and associated professional staff members who see patients in practice settings in communities throughout central, western, and mid-coast Maine. CMMG's patient-centered care model includes a shared medical record system which helps assure paperwork doesn't get in the way of patients getting the healthcare they need. CMMC primary and specialty care is provided in facilities in locations extending from Fryeburg in the west to Pittsfield in the east, and from Skowhegan in the north to Brunswick in the south. CMMC and CMMG also support a number of specialty care services throughout the region, including clinics at affiliated hospitals in Bridgton (bridgtonhospital.org), Rumford (rumfordhospital.org) and Brunswick (parkviewamc.org). CMMG care providers offer primary care services at numerous locations, and specialty care is available throughout the region. Specialty care services include the Bladder Control Center, Women's Specialty Center, Central Maine Fertility Center, Central Maine Bariatric Surgery, Central Maine Infectious Diseases, and Central Maine Endocrinology and Diabetes Center, all in Lewiston. Other specialty services are plastic surgery, urology, and sports medicine, as well as the Central Maine Pain Management. The Central Maine Hearing Center provides services for diagnosing and treating ear and hearing disorders for children and adults of all ages.

Central Maine Orthopaedics PA is a comprehensive orthopaedic ambulatory center and is located on Minot Avenue in Auburn. CMO surgeons, physicians, and allied health professionals care for injuries and diseases of the musculoskeletal system, and provide care in all areas of orthopaedics, including joint replacement, sports medicine, foot and ankle, hand, spine, trauma, hip, knee, and shoulder. CMO is a leading-edge medical center with a state-of-the-art outpatient surgery center which eliminates the need for Maine patients to travel for advanced orthopaedic care. In addition, the CMO center has a digital imaging and MRI center, a casting suite, and physical therapy all on the premises. For more information, please visit www.cmogroup.org.

Community Concepts offers two health care programs to the community. The school-based alcohol and drug treatment and prevention program helps at risk teens by providing an alcohol and drug counselor at schools to screen, assess and provide short-term individual counseling. The transportation division offers free transportation to MaineCare recipients for approved medical appointments.

Community Dental is a non-profit United Way partner agency that provides access to dental health treatment, disease prevention and education to all people of Maine. Our dedicated staff and volunteers believe that every child, adult and senior deserves the opportunity to experience quality, affordable dental care throughout their lives. Whether it's a higher quality of life for adults, caring for kids or better health for seniors, generations of people from all walks of life have benefited from the dedication and skill of our licensed dentists and hygienists. For more information on Community Dental and their locations & hours visit www.communitydentalme.org.

HEALTH CARE

Concentra, a subsidiary of Humana Inc., is a national health care company focused on improving America's health, one patient at a time. Through its affiliated clinicians, the company provides occupational medicine, urgent care, physical therapy, and wellness services from more than 330 medical centers in 40 states. In addition to these locations, Concentra serves employers by providing a broad range of health services and operating more than 270 worksite medical facilities. Through this complement of services, Concentra intends to raise the standard of health by putting individuals first, treating them with clinical excellence, and focusing on their ongoing well-being.

The Corinne Croteau Lepage Women's Health Pavilion is home to Women's Health Associates and the Family Birthing Center. Women's Health Associates, a Department of St. Mary's Regional Medical Center, is where a group of OB/GYNs, Midwives, and Urogynecologist care for women in all stages of their adulthood. The Family Birthing Center offers the comforts of home during labor, delivery, and postpartum care. The serene environment, state-of-the-art technology, and caring staff have earned the Center a reputation for exceptional care that draws women from all over southern and central Maine. For more information, please visit www.stmarysmaine.com.

Health Affiliates Maine recognizes that all people struggle with or are impacted by mental health or substance abuse issues at one time or another ...no one is immune. Just as you care for body, it is important to care for your brain and mental health. As a result, we embrace all individuals in their journey to mental wellness, by reducing the stigma associated with accessing services. Health Affiliates Maine offers supportive counseling services that assist individuals and families affected by a variety of mental health issues. Whether you are seeking DEEP counseling, are struggling with addiction, depression, anxiety or just need someone to talk too...we can help. Please visit www.HealthAffiliatesMaine.com.

L/A Hearing Center (housed within the facility of Sandcastle Clinical Educational Services at 72 Strawberry Avenue in Lewiston) offers comprehensive hearing health care, utilizing state of the art audiological testing equipment for people of all ages, age birth through adults. We are the Lewiston/Auburn area's only private, non-profit provider of comprehensive audiological services. Services include behavioral audiological evaluations from age 6 months through adults, otoacoustic emissions and immittance testing, hearing aid selection, fitting and adjustments ages birth through adults, in addition to cleaning and repair of all makes and models of hearing aids. L/A Hearing Center also offers a full line of assistive listening devices for educational and personal use, as well as captioned and amplified telephone systems.

Maine Spinecare opened in 2010, Maine Spinecare was developed specifically for back and neck pain patients and addresses the lack of care standardization typically experienced by back patients. Through coordinated leading edge systems for spine care and diagnostics delivered under one roof, Maine Spinecare has evidence-based treatment programs for all spine conditions. Combining the expertise of fellowship trained spine surgeons, non-surgical spine physicians, interventional pain specialists and specialized spine physical therapists, Maine Spinecare emphasizes a non-surgical approach to resolving spine problems. If in some cases, spine surgery is deemed necessary, Maine Spinecare has an experienced fellowship trained spine surgeon ready to meet the need. For more information please visit www.mainespinecare.com.

Orthopaedic Institute of Central Maine (OICM) Central Maine Orthopaedics and Central Maine Medical Center developed an inpatient orthopaedic facility unlike any other in Maine: the Orthopaedic Institute of Central Maine (OICM). The OICM offers a specialized comprehensive continuum of care approach to patients. This service line approach has produced clinical outcomes that are among the best in the nation. Such outcomes include increased patient satisfaction, reduced length of stay, and significantly decreased readmission rates. The care is provided through highly trained, board-certified and fellowship trained orthopaedic specialists, and is complemented by a team of specialty trained allied health professionals. The unit also houses a physical therapy unit to provide rehabilitation services on site. Architecturally the OICM was created to de-institutionalize the patient experience through a hospitality aesthetic and prudent architectural flow, while maintaining a design that allows for excellent patient care. For more information on the OICM, visit www.oicm.cmmc.org

St. Mary's Auburn Campus, located at 15 Gracelawn Road in Auburn, provides one location for an array of services to adults who need prevention, diagnostic, and specialized treatment options. Located within the campus are:

Center for Orthopaedics (207) 333-4710

Center for Physical Rehabilitation (207) 753-3070

Center for Sleep Disorders (207) 330-3930

Lab and Imaging (207) 753-3066

WorkMed Occupational Health Services (207) 753-3080

For more information, please visit www.stmarysmaine.com

St. Mary's d'Youville Pavilion focuses on three distinct areas of care. 1) Long-term residential care with daily nursing care, social activities, and pastoral services to provide individualized care to residents. 2) A safe and secure living area to meet the special needs of people living with Alzheimer's and other related dementias. 3) The Rehab Center and Specialty Care Rehab Suite which help patients who are discharged from the hospital but may require additional therapy or education related to specific illnesses, care, or medications before going home. Here physicians, therapists, nursing staff, social services, and dietary staff work together to meet the challenges that frequently accompany illness and/or injuries.

St. Mary's Regional Medical Center provides the best in medical technology, preventive services, and patient- and family-centered care to central Maine. The hospital is home to a high-tech Emergency Department (an accredited Chest Pain Center) and a full range of specialty and primary care services. For more information, please visit (207) 777-8100 or www.stmarysmaine.com.

St. Mary's Center for Joint Replacement is the first center in Maine to focus solely on hip and knee replacement surgery and recovery. Former joint replacement patients played an integral role in designing the Center and planning the way we deliver care. The Center also boasts an on-site therapy gym so patients are better prepared to return home.

St. Mary's Center for Cancer and Blood Disorders is a fully-accredited Center with a team of physicians, nurses, patient navigators, pharmacists, nutritionist, oncology social worker, exercise physiologists, and pastoral care providers who specialize in caring for people living with cancer. Our physicians are board certified in Oncology, Hematology, and Internal Medicine.

The Breast Health Program at St Mary's Regional Medical Center provides comprehensive education and treatment services for breast health care. The program offers a clinical, educational, psychosocial, and personal resource for learning more about breast health and treating and living with breast cancer.

HEALTH CARE

St. Mary's Center for Hyperbaric and Wound Care providers work as a team to give you comprehensive treatments for healing wounds. The doctors are board certified and the nurses have undergone special training in wound care and hyperbarics. The hyperbaric chamber can be used to treat hard to heal wounds that fail to respond to conventional therapy.

St. Mary's Center for Family Urology providers treat people of all ages (from infancy through adulthood) offering medical and surgical treatment of urologic conditions and cancers in a discreet, compassionate, and respectful manner.

St. Mary's Center for Orthopaedics is home to orthopaedists who specialize in arthritis treatment, sports or work-related injuries, and foot, ankle, knee, hip shoulder, elbow, and wrist injuries/pain. The physicians look at the big picture when you come to them for care. Their patient-centered approach considers the impact of treatment on your entire life – be it work, family or recreation. They then work with you and a team of experts – therapists, nurses, primary care providers and others – towards achieving your individual recovery plan.

St. Mary's Physiatry Services focuses on interventional pain management. The service collaborates with St. Mary's Neurosurgery, St. Mary's Center for Orthopaedics, St. Mary's WorkMed and other departments to provide alternative, non-opiate pain management techniques to patients.

St. Mary's Women's Imaging Center offers the latest in digital mammography and breast MRI services, providing clear, accurate results for better detection and diagnosis of breast abnormalities. It also offers DEXA scans to evaluate bone density.

The Venous Care Center at St. Mary's Regional Medical Center provides more than just a cosmetic level of care. That's because our medical staff brings surgical, radiological, and medical skills to the treatment of chronic swelling in the legs, enlarged veins, and poorly

healing leg wounds. This service offers comprehensive care in the management of all aspects of venous disease, from the lifelong care of this problem, through management of any complications.

The Clinic at Walmart Operated by St. Mary's Regional Medical Center is conveniently located in the Walmart Supercenter in Auburn. The Clinic provides walk-in care for your non-urgent health care needs. These can be conditions like common colds, sore throats, ear aches, or plain-old annoying warts. Patients must be 18 months or older. For a complete list of services and hours, please visit www.stmarysmaine.com. Need a Doctor? St. Mary's Regional Medical Center's **Physician Referral Line** will help you find one. Some offer a sliding fee for office visits and other related services. (207) 777-8899

To find out more about a service or provider at St. Mary's Regional Medical Center, please visit www.stmarysmaine.com or call (207) 777-8100.

St. Mary's Residences consists of 128 private apartments reserved exclusively for the elderly and/or handicapped. Their housing gives seniors the opportunity to combine independent living with support services while conveniently located near St. Mary's Regional Medical Center, physicians' practices, and a pharmacy. For more information, please call (207) 786-0062.

The Sexual Assault Crisis Center (SACC) provides support and assistance to people affected by sexual assault, sexual abuse, and sexual harassment. Services include a 24-hour hot line; crisis intervention and follow-up support; in-person accompaniment after a sexual assault to the hospital, the police station, and court; and information and referrals. Services for adolescents are available through the Drop In Program at area high schools. SACC provides community education, training for professionals who work with victims and survivors, and in-school awareness and prevention programs. They also provide sexual harassment training for businesses, schools, and other organizations.

Tri-County Mental Health Services is a vital part of Maine's healthcare system. More than 10,000 people rely on our programs and services in an area that includes some of the most urban areas (Lewiston/Auburn) to some of the most rural and isolated communities of the western mountain region. We reach into homes, schools, hospitals, businesses and other community locations. Services include Outpatient Counseling, Case Management, Substance Abuse Treatment, Groups, Medication Management, Residential Programs, Day Services, Crisis Services available 24/7, Crisis Stabilization, Residential Programs providing supported and independent living environments, and more. Our mission is to provide the people of Maine with excellence in mental health, substance abuse, habilitation and life skills services, to respect consumer rights and personal dignity, and to maintain agency financial stability. www.tcmhs.org or 1-888-304-HOPE(4673).

WorkMed Occupational Health Services is dedicated to treating and preventing work-related injuries and illnesses. WorkMed offers pre-employment evaluations, physical therapy, OSHA consultation, and many other services to businesses throughout Maine. WorkMed's new Auburn location at 15 Gracelawn Road offers convenient parking with enough space for big trucks. The new location includes additional conveniences, including: enhanced space for pre-placement exams and other employer services; electronic medical record system; a brand new radiology suite with enhanced quality; a rehabilitation gym; and an onsite adult medicine practice. For more information, please visit www.stmarysmaine.com or call (207) 753-4500.

Maine College of Health Professions

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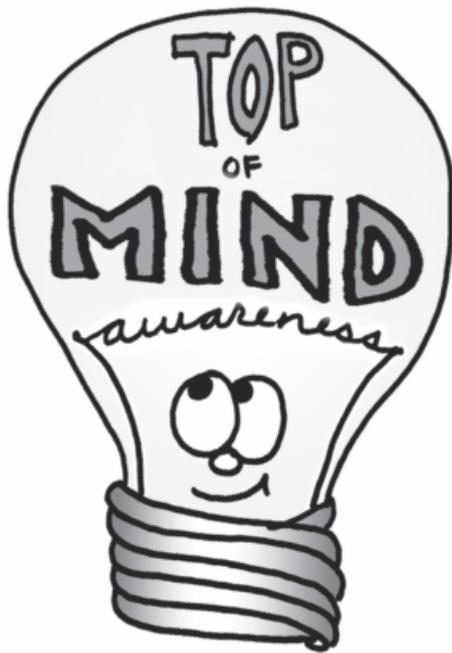
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PLACES TO STAY - HOTELS, MOTELS & INNS

I = Inside
 O = Outside
 N = No
 Y = Yes

From large hotels to quaint bed and breakfasts, Androscoggin County offers clean, comfortable lodging so visitors can spend more time enjoying what the area offers: hiking, skiing, antiques, four-season fun, and the many summer festivals.

	NO. OF ROOMS	MEETING ROOMS	PETS	POOL	RESTAURANT	HANDICAP ACCESS	HOT TUB/JACUZZI
America's Best Value Inn 170 Center Street, Auburn 207 784-1331 • www.executiveinnmaine.com	65	N	N	N	N	Y	N
Bethel Inn Resort 21 Broad Street, Bethel 207 824-2175 • 207 824-2233 • www.bethelinn.com	138	Y	Y	O	Y	Y	Y
Captain Daniel Stone Inn 10 Water Street, Brunswick 207 373-1824 • 207 373-1857 • www.captaindanielstone.com	24	Y	N	N	Y	Y	Y
Fireside Inn & Suites 1777 Washington Street, Auburn 207 777-1777 • www.firesideinnauburn.com	100	Y	Y	O	Y	Y	Y
Hampton Inn Lewiston/Auburn 15 Lincoln Street, Lewiston 207 344-1000 • 207 344-1050 • www.hamptoninn.com	93	1	Y	I	N	Y	N
Harraseeket Inn 162 Main St. Freeport 207 865-9377 • www.harraseeketinn.com	93	5	Y	I	Y	Y	N
Highland Lake Resort 115 N. High Street, Bridgton 207 647-5301 • www.highlandlakeresorts.com	138	Y	N	I	Y	Y	Y
Hilton Garden Inn Auburn Riverwatch 14 Great Falls Plaza, Auburn 207 784-4433 • 207 777-7328 • www.auburnriverwatch.hgi.com	138	Y	N	I	Y	Y	Y
Hilton Garden Inn Freeport Downtown 5 Park Street, Freeport 207 865-1433 • 207 865-1432 • www.freeportdowntown.hgi.com	99	Y	N	I	Y	Y	Y
Holiday Inn Express & Suites 303 Sable Oaks Drive, So. Portland • 207 775-3900	130	Y	Y	I	N	Y	N
The Inn at Brunswick Station 4 Nobel St. Brunswick, ME 207 837-6566 • www.innatbrunswickstation.com	52	Y	Y	N	Y	Y	N
Point Sebago Resort 261 Point Sebago Road, Casco 207 655-7949 • 207 655-3371 • www.pointsebago.com	200	Y	Y	N	Y	Y	N
Poland Spring Resort 543 Maine Street, Poland Spring 207 998-4351 • 207 998-2811 • www.polandspringresort.com	200	N	Y	O	Y	Y	N
Portland Marriott at Sable Oaks 200 Sable Oaks Drive, So. Portland • 207 871-8000	226	Y	Y	I	Y	Y	Y
Ramada Conference Center 490 Pleasant Street, Lewiston 207 784-2331 • 207 784-2332 • www.ramada.com	117	Y	Y	I	Y	Y	Y
Residence Inn by Marriott 670 Turner Road, Auburn 207 777-3400 • 800-384-9855 • www.marriott.com	100	Y	Y	I	N	Y	Y
Samoset Resort 220 Warrenton St., Rockport 800 341-1650 • 207 389-2004 • www.samoset.com	178	Y	Y	O	Y	Y	Y

PLACES TO STAY - HOTELS, MOTELS & INNS

I = Inside
 O = Outside
 N = No
 Y = Yes

	NO. OF ROOMS	MEETING ROOMS	PETS	POOL	RESTAURANT	HANDICAP ACCESS	HOT TUB/JACUZZI
Sebasco Harbor Resort 29 Kenyon Road, Sebasco Estates 207 389-1161 • 207 389-2004 • www.sebasco.com	110	Y	Y	O	Y	Y	Y
Sleepy Time Motel 46 Danville Corner Road, Auburn 207 783-1435 • 207 344-6014 • www.sleepytimemotel.com	6	N	Y	N	N	N	N
Spruce Point Inn Resort & Spa 88 Grandview Ave. • PO Box 237, Boothbay Harbor 207 633-4152 • www.sprucepointinn.com	84	5	Y	Y	Y	Y	Y



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PLACES TO STAY - BED & BREAKFASTS, COTTAGES

B = Breakfast
N = No
Y = Yes

		NO. OF ROOMS	WATER VIEW	YEAR-ROUND	MEALS SERVED	PETS	HANDICAP ACCESS	FIREPLACE	HOT TUB/JACUZZI
BED & BREAKFASTS & COTTAGES	Angell Cove Cottages 198 Bishop Hill Road, Leeds • 207 524-5041 www.angelcovecottages.com	8	Y	N	N	Y	N	N	N
	Inn at The Agora 1 Walnut St, Lewiston • 855 552-4672 www.innattheagora.com	6	N	Y	N	Y	Y	N	N
	Northern Pines Bed and Breakfast 31 Big Pine Road, Raymond • 207 655-7624 www.maine.com/norpines	5	Y	N	B	Y	N	N	N
	Penley House Bed & Breakfast 233 Main Street, Auburn • 207 786-4800 888-786-4802 • www.penleyhouse.com	4	N	Y	B	N	N	Y	N
	The Great Outdoors & Recreation Function Facility LLC 68 Naiad Lane • 207 224-7061 www.greatoutdoorsme.com	3	Y	N	N	N	N	N	N
	The Lodge at Camden Hills 186 Belfast Road, Camden • 207 236-8478 www.thelodgeatcamdenhills.com	14	N	Y	N	N	Y	N	Y
	The Munroe Inn 123 Pleasant Sreet, Auburn • 207 376-3266 www.themunroeinn.com	4	N	N	B	N	N	Y	N
	Wolf Cove Inn 5 Jordan Shore Drive, Poland • 207 998-4976 207 998-7049 • www.wolfcoveinn.com	10	Y	Y	B	Y	N	Y	Y

PLACES TO STAY - CAMPGROUNDS

P = Pool
B = Beach
N = No
Y = Yes

		PLANNED ACTIVITIES	NO. OF SITES	WATER	BOATING	FISHING	SEASON
CAMPGROUNDS	Martin Stream Campground 1 Martin Stream Rd., Turner • 207 740-2240 • www.martinstreamcampground.com	Y	45	Y	Y	Y	May 1- Oct 31
	Point Sebago Resort 261 Point Sebago Road, Casco • 207 655-7949 • 207 655-3371 • www.pointsebago.com	Y	120	B	Y	Y	May 1- Oct 31
	Riverbend Campground • 207 524-5711 1540 Route 106, Leeds • 207 524-2315 • www.riverbendcampgroundmaine.com	Y	100	Y	Y	Y	May 1- Columbus Day
	Sagadahoc Bay Campground Sagadahoc Bay Road, Georgetown • 207 371-2014 • www.sagbaycamping.com	N	64 & 4 cabins	B	Y	Y	May 1- Nov 1

PLACES TO EAT

Restaurant	Phone	Address	Website
84 Court St Pizza & Resaurant	207 376-4940	84 Court Street, Auburn	
ARAMARK Campus Services	207 780-4204	51 Westminister, Lewiston	www.usmdining.com
Bethel Inn Resort	207 824-2175	On the Common, Broad St, Bethel	www.bethelinn.com
Brunswick Hotel & Tavern	207 837-6565	4 Noble Street, Brunswick	www.innatbrunswickstation.com
Buffalo Wild Wings Grill and Bar	207 689-3700	684 Turner St #2 Auburn	www.buffalowildwings.com
Burger King Restaurant	207 784-6142	333 Center Street, Auburn	www.bk.com
	207 783-0673	90 Mount Auburn Avenue, Auburn	
	207 783-2825	827 Lisbon Street, Lewiston	
	207 795-6133	704 Main Street, Lewiston	
Campus Cuisine Inc	207 777-8609	100 Campus Avenue, Lewiston	
Chick-A-Dee of Lewiston	207 376-3870	1472 Lisbon Street, Lewiston	www.chick-a-deeoflewiston.com
Chopsticks Restaurant	207 783-6300	37 Pine St. Lewiston	www.chopsticks-restaurant.com
DaVinci's Eatery	207 782-2088	Bates Mill Complex 150 Mill St, Lewiston	www.davinciseatery.com
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	207 784-8611	800 Minot Avenue, Auburn	
	207 783-8111	7 Riverside Drive, Auburn	
	207 783-0408	600 Center Street, Auburn	
	207 786-2670	100 Mount Auburn Avenue, Auburn	
Fire House Grille	207 376-4959	47 Broad Street, Auburn	www.thefirehousegrille.biz
Fireside Inn & Conference Center	207 777-1777	1777 Washington Street, Auburn	www.firesideinnauburn.com
Fish Bones American Grill	207 333-3663	70 Lincoln Street, Lewiston	www.fishbonesag.com
Forage Market	207 240-0503	180 Lisbon Street, Lewiston	www.foragemarket.com
Fore Seasons Restaurant	207 224-7090	North Parish Road, Turner	www.foreseasons.net
Fuel	207 333-3835	49 Lisbon Street, Lewiston	www.fuelmaine.com
Fusion	207 784-2331	490 Pleasant Street, Lewiston	
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Great American Grill Hilton Garden Inn Freeport Downtown	207 865-1433	5 Park Street, Freeport	www.freeportdowntown.hgi.com
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Gritty McDuff's Brewing Company	207 376-2739	68 Main Street, Auburn	www.grittys.com
Heidi's Brooklyn Deli	207 784-3434	624 Turner Street, Auburn	www.HeidisAuburn.com
Hurricane's Cafe & Deli	207 946-3354	682 US Rt 202, Greene	www.hurricanedeli.com
K F C - Taco Bell	207 784-4079	1201 Lisbon Street, Lewiston	
KP's Place	207 780-4204	245 Center St., Auburn	www.facebook.com/KPSPLACE
Legends Sports Bar & Grill	207 241-0051	128 Center St. Auburn	menusinla.com/restaurants/legends-sports-bar-grill
The Library Cafe	207 784-2300	49 Spring Street, Auburn	www.auburnlibrarycafe.com
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Marché Kitchen & Wine Bar	207 333-3836	40 Lisbon Street, Lewiston	www.marchemaine.com
Marco's Restaurant	207 783-0336	12 Mollison Way, Lewiston	www.marcositalian.com
Margaritas Mexican Restaurant	207 782-6036	180 Center Street, Auburn	www.margs.com
McDonald's of Auburn Lewiston	207 783-6538	1035 Lisbon Street, Lewiston	www.mcmaine.com
	207 783-3845	Center Street, Auburn	
	207 353-1655	Rt 196, Lisbon Falls	
Mother India	207 333-6777	114 Lisbon Street, Lewiston	www.motherindiamaine.com
Narals Experience Arabia	207 344-3201	34 Court Street, Auburn	www.narals.com
No. 10 Water Restaurant	207 373-9299	10 Water Street, Brunswick	www.captaindanielstone.com
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Pat's Pizza of Auburn	207 784-8221	85 Center Street, Auburn	www.patsauburn.com
Pedro O'Haras	207 783-6200	134 Main Street, Auburn	www.pedrooharas.com
Pinky D's	207 415-8997	17 Higgins Street Lisbon Falls	www.pinkyds.com
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Rolandeau's	207 784-2110	775 Washington St, Auburn	www.rolandeausrestaurant.com
Rolly's Diner	207 753-0171	87 Mill Street, Auburn	www.rollysdiner.com
Roy's All Steak Hamburgers & Golf Center	207 782-2801	2514 Turner Street, Auburn	www.roysgolf.com
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	207 786-7779	1930 Lisbon Road, Lewiston	
	207 782-5555	963 Sabattus Street, Lewiston	
	207 783-2222	675 Main Street, Lewiston	
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	207 783-1111	Taylor Brook Mall, Auburn	
Schemengee's Bar & Grille	207 777-1155	551 Lincoln Street, Lewiston	www.schemengees.net
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Sedgley Place	207 946-5990	Sedgley Rd. Greene	www.sedgleyplace.com
Simones Hot Dog Stand	207 782-8431	99 Chestnut Street, Lewiston	
Spruce Point Inn Resort & Spa	207 633-4152	88 Grandview Ave, Boothbay Harbor	www.sprucepointinn.com
Starbucks	207 782-0674	35 Mount Auburn Ave, Auburn	www.starbucks.com
Subway	207 795-6422	741 Main St, Lewiston	
	207 777-1446	120 Center Street, Auburn	
	207 786-4629	133 Lisbon Street, Lewiston	
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	207 786-4339	545 Minot Ave, Auburn	
	207 375-9955	1385 Maine St Unit 2, Sabattus	
	207 784-9320	794 Sabattus Street, Lewiston	
Sundae's Ice Cream Shoppe	207 777-0071	213 Center St., Auburn	www.sundaesauburn.com

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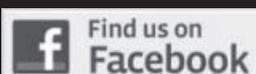
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Every Wednesday evening, from mid-June through the end of August, the 45-member Auburn Community Concert Band presents free outdoor concerts from 7:00 - 8:15 PM at Festival Plaza in downtown Auburn, weather permitting. A different program of music is performed each week. Selections often include Broadway show tunes and famous movie themes, well-known patriotic tunes, and popular songs from the '40s through the present. Each December, several free holiday concerts are also offered to the public. Musicians are welcomed to join the band during its two Open Membership months of January and September.

Bates Dance Festival

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207-786-6381 Office, 207-786-6161 Box Office (July 1 - August 7 only)
dancefet@batse.edu • www.batesdancefestival.org

The Bates Dance Festival, founded in 1982, is an internationally known presenting and training program of contemporary dance and music based at Bates College. Each July and August artists from across the globe gather at Bates to study, create and perform. The Festival offers a world class performance series including main stage concerts, lectures, panel discussions and films featuring acclaimed artists. The Festival also offers dance training programs for local youth, young dancers and professionals who come from around the world. To learn more about the Festival visit us online at: www.batesdancefestival.org.

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30 Academy Street, Auburn, ME 04210 • www.laact.com
207-783-0958 • info@laact.com

The Community Little Theater (CLT) has been providing live, professional-quality performances to the L-A area for 70 years. From crowd-pleasing full scale Broadway Musicals to Tony Award-winning comedies and dramas, CLT has staged more than 300 productions since 1940. CLT is a volunteer, non-profit organization that welcomes everyone to get involved in one or more of the many areas of producing great theater. Voted 2009 Lewiston-Auburn's "BEST THEATER" and for 3 consecutive years for which we boast Maine's Biggest "Little Theater."

The Maine Music Society

207 782-7228 • info@mainemusicsociety.org • www.mainemusicsociety.org

The Maine Music Society is a non-profit organization presenting professional quality choral performances in the L/A area. It consists of the 70-voice auditioned Androscoggin Chorale, the a cappella MMS Chamber Singers, and the MMS orchestra. The repertoire ranges from major classical works to pieces of contemporary composers and more modern popular tunes. The Chorale performs at the Franco-Center in Lewiston and the Chamber Singers at various events in the area. The 2014-2015 season includes "Battle of the Blends" in November, "A Heritage Christmas" in December, "Requiems by Fauré and Duruflé" in March, and "Songs of the Civil War" in May.

Midcoast Symphony Orchestra

Franco Center, Corner of Oxford & Center Streets, Lewiston, ME
John Teller • 207 371-2028 • www.midcoastsymphony.org

In 1990 a small group of musicians called the Midcoast Chamber Orchestra decided to form an orchestra to provide a venue for the study and performance of classical music. It became obvious that there were many more retired professional and talented non-professional musicians living in the area who were anxious to exercise their musical skills. In 1998 The Board of Directors voted to expand the original idea of a Chamber Orchestra to a full-size Symphonic Orchestra and to hire a full-time conductor. Today, the Midcoast Symphony Orchestra remains a non-profit, community-based organization that performs four concert series a season. New members inquiries welcome.

The Public Theatre

Lewiston/Auburn's Professional Theatre
31 Maple Street, Lewiston, ME 04240 • 207 782-3200 (box office)
www.thepublictheatre.org • info@thepublictheatre.org

Since 1991, The Public Theatre, Lewiston-Auburn's Professional Theatre, has been bringing high-quality theatre to the citizens of Central Maine at incredibly affordable prices. We feel that introducing our Youth to live theatre is so important, we are offering our new Youth ticket price to any child under 18. Any performance of any show is only \$5.00. We encourage you to visit our Student Matinee pages for age recommendations for each show. The Public Theatre is one of five Equity theatres in Maine and boasts the lowest ticket prices for any Equity theatre in the state with a top ticket price of only \$20. Hiring the finest professional actors from New York City to Los Angeles, The Public Theatre presents a wide selection of Broadway-quality professional performances from October through May.

MUSIC/THEATRE/THE ARTS

Theater at Bates

2 Andrews Road, Lewiston, ME 04240
Martin Andrucki, Chairman, Department of Theatre and Rhetoric
207 786-6187 • www.bates.edu/Faculty/Theater
207 786-6161 (Box Office only) • www.bates.edu/boxoffice

The Department of Theatre and Rhetoric stages several theater and dance productions each year in its three theaters-Schaeffer Theatre, Gannett Theater, and Black Box Theater-ranging from the classics to the avant-garde. In addition, rising playwrights are invited to the campus to offer staged readings of their work.

Theater at Monmouth

796 Main Street, Monmouth, ME 04259
207 933-9999

For people who are passionate about classic literature and the arts, Theater at Monmouth is the only theatre in Maine dedicated to presenting innovative approaches to Shakespeare and other classic plays, that has fed the minds and souls of artists and audiences from Maine's 16 counties and 36 states since 1970 because TAM is committed to building community through the arts.

FESTIVALS

Art Walk Lewiston/Auburn

Taking place the last Friday of every month from May - September, L/A Arts' Art Walk features over twenty visual arts galleries, creative exhibitions, and special arts performances. Drawing thousands of people each summer to the downtown, Artwalk L/A has established itself as a staple of culture, civics, and economic development for the twin cities.

Auburn Winter Festival

Auburn's Winter Festival is a celebration of everything winter. The weekend-long festival at the end of January includes 3 on 3 pond hockey, snowshoeing, ice sculpting, skiing, cardboard box sledding, ice skating, snow rafting rides, torchlight parade and much more! For more information visit www.auburnmaine.gov

Emerge Film Festival

The Emerge Film Festival of Maine takes place in April at venues throughout the Lewiston/Auburn community. Emerge brings together filmmakers from across Maine, the nation and the world to share independent film in the categories of short films, feature films and documentaries. For more information, please visit emergefilmfestival.org

Great Falls Balloon Festival

In August, Great Falls Balloon Festival is host to over forty hot air balloonists from across the Northeast, making it one of the largest hot air balloon festivals in northern New England. The festival features ongoing activities throughout the weekend for people of all ages. www.greatfallsballoonfestival.org

Great Falls Yoga Festival

This one-day celebration of yoga takes place at the Royal Oak Room, a renovated train station, and the Dempsey Center for

Cancer Hope and Healing, both located in Lewiston. Teachers from around the region will hold classes of several different styles of yoga, including: ashtanga, kundalini, Kripalu and eye yoga. In addition, the day includes workshops in natural ayurvedic nutrition, zen meditation and ends with a vibrant gong meditation that sends participants, known as yogis, back home content and relaxed. All proceeds from the festival benefit two local non-profits – the YWCA in Lewiston and the Auburn Public Library. For more information, visit www.greatfallsyogafestival.org/

Greek Festival

In September, the weekend after Labor Day is the annual Greek Festival. Enjoy marvelous Greek food while listening to traditional music.

Ice Festival Lewiston/Auburn

Taking place each year at the Bates Mill Fountain Park (150 Mill Street, Lewiston) and drawing thousands of patrons, Ice Festival L/A is a three day fundraising event for L/A Arts consisting of beautiful ice sculptures and bars, various foods, performances and a free Family Day on Sunday.

Liberty Festival

On the 4th of July, the Liberty Festival brings the community together to celebrate with live entertainment, games, food, fun, and a grand fireworks display. www.libertyfestival.org

Moxie Festival

The Moxie Festival is held in downtown Lisbon Falls the second weekend in July honoring Moxie, a beverage with a distinctive taste. Food, crafts, a parade, entertainment, and much more are available for everyone's enjoyment. See Moxie video:www.downtown.com/Maine-Videos/#videos www.moxiefestival.com

ART GALLERIES & MUSEUMS

Androscoggin Historical Society

County Building, 2 Turner Street, Unit 8, Auburn, ME 04210-5978
207 784-0586 • www.rootsweb.ancestry.com/~meandrhs
David C. Young, President androhs@myfairpoint.net

The Androscoggin Historical Society preserves and disseminates the history of Androscoggin County. Since 1923, the Historical Society has been preserving and promoting the long, rich history of the county. The Clarence E. March Library has extensive holdings in local history and genealogy, and the Davis-Wagg Museum is filled with many artifacts of local historical interest, both open to the public free of charge. Hours 1:30 - 5:00 p.m., Wednesday through Friday. Please call ahead on Fridays. (wheelchair accessible)

Atrium Art Gallery

University of Southern Maine, Lewiston-Auburn College,
51 Westminster Street, Lewiston, ME 04240 • 207 753-6554
www.usm.maine.edu/atriumgallery • Robyn Holman, Curator
holman@usm.maine.edu

The Atrium Art Gallery, located in the expansive hub of the USM's Lewiston-Auburn campus, presents diverse art exhibitions in all media. The art gallery sponsors an open juried biennial exhibition featuring work by artists in Androscoggin, Franklin, and Oxford counties. Hours: Monday-Thursday, 8:00 a.m.-8:00 p.m.; Friday, 8:00 a.m.-4:30 p.m.; Saturday (during fall and spring semesters), 9:00 a.m.-3:00 p.m. Closed holidays. The Atrium Art Gallery is open to the public free of charge.

ART GALLERIES & MUSEUMS

Bates College Museum of Art

Olin Arts Center, 75 Russell Street, Lewiston, ME 04240
Marc Bessire • 207 786-6158 • www.bates.edu/acad/museum

Located on the historic campus of Bates College, the Museum of Art is home to one of the region's finest art collections, including the Marsden Hartley Memorial Collection. The museum, housed in the Olin Arts Center, hosts ongoing exhibitions, special events, and showings of the permanent collection throughout the year.

Franco American Collection

Lewiston-Auburn College, Room 153, 51 Westminster Street, Lewiston, ME 04240
James Myall • 207 753-6545 • www.usm.maine.edu/franco
franco@usm.maine.edu

In keeping with its educational, research, and community service mission, the Franco-American Collection is designed to promote interest in and study of the Franco-American culture and history. A significant collection of documents, photographs, artifacts, and audiovisual material relating to the Franco-American community is housed in the facility. Generally hours are Mondays thru Thursdays 9:00 a.m. - 4:00 p.m.

Franco Center

PO Box 1627, Corner of Oxford & Cedar Street, Lewiston, ME 04241-1627
Box Office 207 689-2000 • Rita Dube • Business Office 207 783-1515 www.francoamericanheritage.org

The Franco Center has become one of Lewiston Auburn's greatest assets. Serving three purposes: 1) Its Performance Hall (428 seats) is a state-of-the-art performing arts center, hosting a wide range of performances. 2) Franco-American cultural artifacts are preserved and the language of the area's French-Canadian immigrants is passed on to future generations. 3) Its Heritage Hall serves as a community center capable of hosting gatherings of up to 250, with a modern and fully-licensed kitchen and bar.

Maine Art Glass Studio-Butterfly & Insect Museum

Maine Art Glass Studio - 51 Main Street - Rte 125 - Lisbon Falls, ME 04252 - 207 353-6700 Jim Nutting - www.maineartglass.com

The Butterfly and Insect Museum is located at Maine Art Glass Studio, 51 Main Street Rte 125 in Lisbon Falls. The Butterfly

and Insect Museum features exciting and educational exhibits appropriate for all ages. Jim Nutting also keeps an exhibit of live creatures for supervised viewing. Free to the public or organized tours by appointment. The Museum is underwritten by Jim Nutting and Maine Art Glass Studio for the educational benefit of Maine's public and children in particular.

Maine Art Glass Studio--Sanctuary Gallery

Maine Art Glass Studio-51 Main Street- Rte 125 - Lisbon Falls, ME 04252
Nel & Denise Bernard • 207 353-6700 • www.maineartglass.com

The Sanctuary Gallery is located at Maine Art Glass Studio, 51 Main Street, Rte 125 in Lisbon Falls. The gallery serves as a staging area for new ideas in glass, fine arts, and superior crafts from throughout Maine. The Gallery is underwritten and supported by Maine Art Glass Studio for the benefit and enjoyment of town residents and visitors. Open to the public Monday through Thursday 9am to 9pm, and Friday and Saturday 9am to 4pm.

Museum L-A

35 Canal Street Box A7, Bates Mill Complex, Lewiston, ME 04240
Rachel Desgrosseilliers • 207 333-3881 • info@museumla.org www.museumla.org

Museum L-A, The Story of Work and Community in Lewiston-Auburn. Discover the Twin Cities' rich heritage of labor, industrial commitment, community expansion, and cultural influences. Engaging exhibits and special programs encourage family fun and learning across generations. Unique gifts at Museum Shop. Open 10-4 Mon.-Sat.

Washburn-Norlands Living History Center

290 Norlands Road, Livermore, ME 04253 • 207 897-4366 • www.norlands.org

Located on 445 acres of the former estate of the Washburn family, the site is a working farm and museum featuring a beautifully restored Victorian country home, farmer's cottage, granite library, white-steepled church, one-room schoolhouse, and a large barn full of animals. The Washburn-Norlands seeks to preserve the heritage of 19th century rural life through innovative and entertaining hands-on programs for all ages. The Washburn-Norlands thrives on the generosity of its members, donors, and volunteers.

RECREATIONAL ACTIVITIES

Androscoggin Bank Colisée

190 Birch St. Lewiston, ME 04240 • 207 783-2009 • www.thecolisee.com

The Androscoggin Bank Colisée is a multi-purpose entertainment and sporting facility. Proud home to the Youth and High School Hockey teams it also hosts a number of concerts, sporting events and trade shows with seating of up to 4,800. The arena also offers Public Skating for all ages including special skate nights for teens. The facility includes Blue Line Sporting Goods pro-shop, The Baxter Lounge with seating for over 100 people, a Concession & Skate Rental.

Androscoggin Land Trust

Androscoggin Land Trust • 207 782-2302
Mailing Address: PO Box 3145 Auburn, ME 04212
Physical Location on the Riverfront: 86 Main St, Ste 201, Auburn, ME 04210
info@androscogginlandtrust.org • www.androscogginlandtrust.org

The Androscoggin Land Trust (ALT) is a non profit, membership organization dedicated to land conservation and stewardship. Currently ALT protects nearly 5,000 acres of open space, community forest and working farmlands including 10 miles of river shore. ALT is committed to maintaining important natural areas, traditional landscapes, and facilitating outdoor recreational experiences in the Androscoggin River watershed.

Initially the source of life and trade for Native Americans, the

Androscoggin River became the primary energy source for the manufacturing industry in Androscoggin County. Now, the Androscoggin River watershed is a major recreation attraction, featuring boat access, shoreline fishing areas, and extensive public lands, including the Androscoggin Riverlands State Park in Turner, a delightful and historical place for all-season recreation.

Androscoggin Riverlands State Park

Androscoggin Land Trust • 207 782-2302
Mailing Address: PO Box 3145 Auburn, ME 04212
Physical Location on the Riverfront: 86 Main St, Ste 201, Auburn, ME 04210
info@androscogginlandtrust.org • www.androscogginlandtrust.org

The Androscoggin Riverlands, owned by the state of Maine, is Maine's newest state park in a quarter of a century and encompasses nearly 2,600 acres in Turner and Leeds that was initially conserved by a group of local citizens concerned that the rivershore views and traditional recreation uses would be lost to residential development when the former timberland went up for sale. With over 20 miles of trails, The Homestead Trail is the signature hiking trail developed by local volunteers nearly a decade ago. The Riverlands was a flourishing neighborhood along the Old River Road in Turner until 1927, when Central Maine Power built Gulf Island Dam and flooded the valley upstream for 11 miles. The homesteads were destroyed, but fascinating artifacts still exist along the trail.

RECREATIONAL ACTIVITIES

Bethel Inn & Country Club

21 Broad Street, Bethel, ME 04217 • 207 824-2175 • www.bethelinn.com
Maine's premier four-season resort is in the heart of historic Bethel, Maine, "Maine's most beautiful mountain village." A 200-acre resort with 150 traditional inn and luxury townhouse accommodations and award-winning fine and casual dining, heated outdoor pool, health club, and conference and meeting facilities. Enjoy our 18-hole championship golf course and Guaranteed Performance PGA Golf School in the summer months and a 40 km Cross Country Ski and Snowshoe Center during the winter. Just 6.8 miles from Sunday River Ski Resort, offering affordable ski and family vacation getaways.

Fox Ridge Golf Club

550 Penley Corner Road, Auburn, ME 04210 • 207 777 GOLF
www.FoxRidgeGolfClub.com

Fox Ridge Golf Club has quickly been identified as one of the state's very best championship golf courses. Rolling hills and century-old stone walls lead to island greens and stone bridges. Four sets of tees allow a variety of challenges. Open to the public, the complete facility includes clubhouse, pro shop, driving range, and grill room. Golf lessons with Class A Golf Professional Bob Darling, Jr., clinics, special group packages, and new membership categories are available. Rated 4 1/2 stars out of 5 by Golf Digest.

Lewiston Public Skate Park

Lewiston Department of Recreation, Kennedy Park, Lewiston ME 04240
207 513-3005

Lewiston Public Skate Park, which opened in November of 2006, is one of the only 2 concrete in-ground skate parks in Maine. The 12,000 square foot skate park has in-ground bowls, ramps, stairs and half-pipes and is open 8a.m.-9p.m. weather permitting

Lost Valley, Inc.

Lost Valley Road, Auburn, ME 04210 • Connie King • 207 784-1561
www.lostvalleyski.com • *Where skiers learn to ski and riders learn to ride.*
"Flexible Ticketing" has been an innovative trend at this local ski area. Lost Valley's tried and true success has been built on the large number of organized programs for juniors and adults, both daytime and evenings. Lost Valley's over 50 years of rich history in snowmaking allows 100% top to bottom snow coverage, whether mother nature assists or not. Here is a classic family ski area offering programs and facilities to make spending time as a family, or just spending time with friends safe, easy, and fun! On the off season, Lost Valley is know for it's wonderful Banquet facility. A perfect spot to hold your Wedding, anniversary, class reunion, or seminars. Spring, summer and fall, we also offer Paintball.

Maine Dual Sport & Dirt Bike Association

Maine Dual Sport and Dirt Bike Association is a group of people, men and women, young and old who enjoy the sport of off highway dirt bike riding (though many of us like to legally ride on-road to get there) and are dedicated to improving opportunities for access to Maine trails for dirt bike riders. We view dirt bike riding as equal parts having fun, expanding recreational economic opportunities, and creating positive relationships with land owners, fellow ATV riders, Maine IF&W, DMV and the general public.

Maple Lane Golf Course

200 Auburn Rd. Auburn, ME 04210
Karen Youland 207 225-2666

Maple Lane Golf Course is a nine hole, par 35 golf course with three sets of tees to provide diversity in play. After golf enjoy food and beverages at the Clubhouse Tavern and Steakhouse in a beautiful setting overlooking the golfcourse.

Martindale Country Club

Beech Hill Road, PO Box 1036, Auburn, ME 04211-1036
James Day 207 782-1107

The clubhouse offers both a private dining/lounge area for its members and an elegantly appointed function room for public events, such as wedding receptions, anniversaries, class reunions, proms, and business groups. Martindale is one of the most popular locations for social events in Lewiston/Auburn and surrounding areas. The staff at Martindale will assure you the finest food and service along with a friendly and warm atmosphere. In addition the golf course is one of the oldest and finest in Maine.

Mount Abram Ski

308 Howe Hill Rd. Greenwood, ME 04255 • 207 875-5000

In operation since 1960, Mt Abram has long been a favorite learn-to-ski mountain as well as one of Maine's favorite mountains for racing and exploring off-piste terrain. Accessed by five lifts and having a vertical drop of 1,150 feet, our 51 trails are perfect for all ski and snowboard abilities. From gentle novice slopes that encourage the beginner, to black diamond trails, many have cherished the friendly ambience that families have been calling home for many winter seasons Mt Abram's "Westside" is home to the East Coast's most fabulous "Learn 2" topography comprised of three easy-riding slopes leading you back to the cozy comforts of the Westside Lodge. After a fabulous day on the mountain, enjoy your après ski, warming up by the fire at Westside Lodge or experiencing the splendor of a cold one at the slope-side Loose Boots Lounge. For tasty grub, our full restaurant serves daily starting at 11am, continuing the fun well past last chair. And for some tapping-your-toes après ski, join us every Saturday night for live music.

Mount Apatite Park

Auburn Parks & Recreation Department
Pettengill Park, Auburn, ME 04210 • 207 333-6600

Mount Apatite Park is a 325 acre wooded park located in the western portion of the city. The park offers a wide variety of recreational opportunities not often found in municipal park settings. Rock hounds have known about this area for over 150 years, when the first discoveries of gem-quality tourmaline were found there. Today, amateurs may still search the mine tailings for apatite, tourmaline and quartz specimens (special rules apply). The park also features approximately four miles of trails for non-motorized uses such as hiking, mountain biking, cross-country skiing, and snowshoeing. The Andy Valley Sno Gypsies also maintain a snowmobile trailhead within the park, which links to miles of regional snowmobile trails. For more information visit: www.auburnmaine.gov

Norway Savings Bank Arena

985 Turner Street Auburn, ME 04210
Tim Holden 207 333-6688

Norway Savings Bank Arena is a 73,000 sq ft multi-purpose, multi-use community sports and recreational facility. As a dual surface hockey arena, Norway Savings Bank Arena provides year-round recreational skating and sporting events from youth, high school and adult league hockey teams to figure skating, learn to skate/play, public event space for graduations, trade shows, concerts and special events. A fully temperature-controlled atmosphere makes winter and summer events possible, coupled with a full service concession/catering kitchen, warm viewing area, casual seating, meeting space, WiFi, ATM, rental skates, locker rooms and an onsite retail pro-shop, Norway Savings Bank Arena is a full service recreational and business destination. For more information, please call 333-6688 or visit www.norwaysavingsbankarena.com

RECREATIONAL ACTIVITIES

Oxford Plains Speedway

P.O. Box 208 Oxford, ME 04270 • Tom Mayberry 207 539-8865

Oxford Plains Speedway is recognized as Maine's premier speedway and home to the True Value 250, one of the most recognized short track events in North America held each year in mid-July. From mid-June through the end of August, Oxford Plains Speedway offers a weekly racing series on Saturday nights and a Wednesday night summer series. During the winter months on Saturday and Sunday and during school vacations, Oxford Plains offers snow tubing and snowboarding just two miles south of the speedway. Call for more information on snow tubing and snowboarding hours and rates. Take advantage of the great family fun Oxford Plains Speedway and Snow Tubing Park has to offer! www.oxfordplains.com

Pettengill Park/Union Street Gully

Auburn Parks & Recreation Department, Auburn, ME 04210
Ravi Sharma • 207 333-6600

Pettengill Park/Union St. Gully, a centrally located 50-acre urban park, has become a focal point for recreation activities for many Auburn residents. Facilities located within the park include: Hasty Community Center which houses a basketball gym and also serves as the offices for the recreation department. Other amenities include: a baseball field; lighted softball field; 3 outdoor basketball courts; a multi-purpose field; four playground areas; a multi-purpose building and a scenic fishing pond. For more information visit: www.auburnmaine.gov

Point Sebago Resort

261 Point Sebago Road, Casco, ME 04015 • 207 655-7949
www.pointsebago.com

Point Sebago Resort is located on the pristine shores of Sebago Lake, southern Maine's largest lake. Enjoy a picturesque lake-front setting that combines award-winning children's programs with a friendly, caring staff, a full-service marina, a nationally recognized 18-hole championship golf course, a lakeview restaurant, nightly entertainment, lounge, and a host of other recreational amenities to offer the ultimate location for a company retreat, vacation, reunion, and destination wedding. Special group discounts for golf packages and themed getaway weekends in spring and fall.

Poland Spring Resort Golf Club

543 Maine Street, Poland Spring, ME 04274
Cyndi Robbins • 207 998-4351 • www.polandspringresort.com

Poland Spring's history dates back to the 1790s. The three inns and eleven cottages with beautiful grounds and views of the White Mountains offer inexpensive spring through fall weekend and summer vacation packages. They have nightly entertainment, all you can eat buffets, and many activities (beautiful Donald Ross 18-hole golf course, Victorian library, grass tennis courts, bocce, large pool, shuffleboard, boating etc.). Open weekend from Memorial Day Weekend until Columbus Day Weekend and daily June 19- August 30.

Poland Spring Resort

540 Maine St, Poland Spring, ME 04274
Cyndi Robbins • 207 998-4351 • www.polandspringresort.com

Poland Spring's history dates back to the 1790s. Close to the Oxford Casino. The three inns and ten cottages with beautiful grounds and views of the White Mountains. The Lodge is open year-round. The Maine Inn, Presidential Inn and Cottages are open May until October. In winter enjoy snowmobiling, cross country skiing, snowshoeing, tobogganing on their grounds. In summer, enjoy nightly entertainment, all you can eat buffets, and

their many activities including the beautiful Donald Ross 18-hole golf course, Victorian library, grass tennis courts, bocce, large pool, shuffleboard, boating etc.

Range Pond State Park

Empire Road, Poland, ME 04015 • Gordeen Skolfield, Manager • 207 998-4104

Located on 750 acres, Range Pond is a day-use park, including a quarter mile of beach, nature trails, group area, ball field, playground equipment, boat launch, and bathroom and changing facilities. Lifeguards are on duty in the summer.

Roy's All Steak Hamburgers & Golf Center

2514 Turner Road, (Route 4) Auburn, ME 04210 • www.roysgolf.com

Roy's Allsteak Hamburgers and Golf Center on Route 4. in Auburn provides an ideal setting for the entire family. The restaurant offers a variety of foods to accompany the hamburgers made famous by the grade "A" steak cut, ground and pattied on site daily. There is also an 18 hole mini-golf course and an expansive golf driving range. Adjacent to Roy's lies Pine Acres 9-hole golf course and a 4 station baseball and softball batting cages.

Sabattus Disc Golf

605 Walker Road, Sabattus, ME 04280 • 207 375-4990

SDG's mission is to bring family and friends together in a safe and beautiful environment. Sabattus Disc Golf sits on over 100 acres in Maine's Southern region, located just a short drive from Portland, Brunswick and Augusta. Here at SDG we have 4 courses for players of all skill levels to enjoy. The Owl, The Hawk, The Falcon and The Eagle.

Sparetime Recreation

24 Mollison Way, Lewiston, ME 04240 • Bill Boardman
207 786-BOWL (2695) • Fax: 207 346-0068
bboardman@sparetimerec.com • www.sparetimerec.com

Sparetime Recreation specializes in fun for all ages. Family fun at the modern 34-lane bowling center features automatic scoring and bumper systems to allow for fun for young children. In addition to bowling, the center now hosts Lewiston-Auburn's largest arcade with pool tables, air hockey, and foosball. It is open all day every day for League and Open bowling. On Friday and Saturday nights, most of the lanes are lit up for Rock n Bowl which includes music, prizes, and give-a-ways. Their cafe offers a full menu of pizza, sandwiches, wraps, dinners, and more. They have a full bar as well. The center can also host corporate parties, birthday parties, group events, or fund-raisers. Sparetime Recreation... Good Friends, Good Food, Good Times... Reward Yourself... Come Play!

Spring Meadows Golf Club at Cole Farms

59 Lewiston Road, Gray, ME 04039 • 207 657-2586
www.springmeadowsgolf.com

New in 2000, Spring Meadows quickly earned the reputation as being one of Maine's best conditioned golf courses! It features a challenging 18-hole layout with generous fairways, but the four sets of tees enable players of all abilities to enjoy the beautiful layout. Spring Meadows has a well-stocked pro shop, a 200 seat banquet facility and a comfortable player's lounge to celebrate your achievements on the course. Call or book your tee time on-line and come see why the New England Golf Guide calls Spring Meadows "... among the lushest courses anywhere in New England."

Springbrook Golf Club

141 U.S. Hwy 202, Leeds, ME 04263 • Joe Golden • 207 946-5900
www.springbrookgolfclub.com

Springbrook, a challenging 18-hole championship course, is open to the public. The course has a reputation for being extremely well maintained, with greens that are considered among the best in

RECREATIONAL ACTIVITIES

Maine. The beauty of the course is enhanced by a brook, which meanders through the middle of the course. Beautiful seasonal wildflowers attract occupants for the 150-yard-marker birdhouses! The clubhouse and snack bar are housed in a uniquely converted rustic post-and-beam barn, with seating for up to 250. Food served ranges from hot dogs and burgers to on-premise catered banquets and barbecues. Beverages served include soft drinks, beer, wine, and mixed drinks.

Stanton Bird Club

PO Box 3172, Lewiston, ME 04243-3172 • 207 782-5238
www.stantonbirdclub.org

The Stanton Bird Club is a local conservation organization serving Androscoggin County. Founded in 1919 making it one of the oldest bird clubs in the country, it owns and manages three sanctuaries- Thorncrag in Lewiston (372 acres), Woodbury in Monmouth (402 acres), and Applesass Hill in Lewiston (2 acres). All properties have trails and are open to the public free of charge. The club offers numerous opportunities during the year for local and state field trips, and monthly programs presented (Oct - May) on subjects of natural history interest. All are free of charge. Membership information is available on the website.

Taber's

473 Lake Shore Drive, Auburn, ME 04210
Daniel Hargreaves • 207 784-2521

Taber's offers a unique recreational experience on the shore of Lake Auburn. Visitors can enjoy a burger or sandwich and their favorite ice cream while playing miniature golf or hitting golf balls at the driving range.

Taylor Pond Yacht Club

Perkins Ridge Road, Auburn, ME 04210
207 777-3534 • www.tpyc.info

Taylor Pond Yacht Club was founded in 1942 for family recreation. It is located on the west shore of Taylor Pond in Auburn, a beautiful two-mile-long lake situated near Lost Valley Ski Area and just minutes from downtown Auburn and Lewiston. The club's 40 acres has over 850 feet of shore frontage with a sandy beach and pine tree shaded picnic area. Members enjoy the use of two clubhouses with a large screened porch, two hard-surfaced tennis courts, protected swimming area, dock, boat mooring area, ball field, and plenty of parking. Although Taylor Pond Yacht Club is a private club, it offers tennis, sailing, swimming, and art lessons that welcome the public. Qualified paid instructors and their assistants design programs with an emphasis on safety and fun.

The Great Outdoors

68 Naiad Lane, Turner, ME 04282 • Mary Seaman • 207 224-7061

The Great Outdoors is a family-run, private recreational function facility located on the northern end of Pleasant Pond, directly adjacent to restaurants, golfing, and a country club. The 60-acre facility includes a lodge with a full-service kitchen, an inviting fieldstone fireplace and stage, with seating for up to 300 people, picnic areas with grills, sports areas- tennis, basketball, horseshoes, baseball, volleyball, large sandy beach and swimming area, and kayak and canoe rentals. Two, three and six, bedroom cottage rentals are available by the week, month or season from May through September. New in 2012, off grid yurt and tent sites are now available. The Great Outdoors can accommodate groups of up to 2,000 people for a limitless array of events, including weddings and receptions, family and class reunions, staff parties, corporate retreats, dances, graduation gatherings, summer day camp/day care access, and fund-raisers.

Thorncrag Nature Sanctuary

Gates to the right of the corner of Highland Spring Road & Montello Street, and at the dead end of East Avenue Lewiston, ME 04240
207 783-2839 • www.stantonbirdclub.org

Thorncrag Nature Sanctuary, the largest bird sanctuary in New England, is a 372-acre wildlife preserve located within the city limits of Lewiston. It is owned and managed by Stanton Bird Club. A halfmile hike to the top of the sanctuary is rewarded with a view, at the highest point in the city, of Mt. Washington, NH. The sanctuary is open to anyone from dawn to dusk for birdwatching, snowshoeing, cross-country skiing, picnicking, hiking, and many other activities. Trail maps are available at the gate kiosks. Dogs and other domestic pets are prohibited from Thorncrag Nature Sanctuary.

Turner Highlands Country Club

North Parish Road, Turner, ME • George Chiasson & Dave Iannotti
207 224-7060 • www.turnerhighlands.com

Turner Highlands is an 18-hole course that is challenging, very well maintained, and has beautiful views of the surrounding mountains. It is open to the public with 9 and 18-hole rates. Reservations are recommended. Included is a well-stocked pro-shop, locker rooms with showers, a snack bar for a quick bite, a comfortable player's lounge- and Fore Seasons Restaurant for dining and functions.

YMCA of Auburn-Lewiston

62 Turner Street, Auburn, ME 04210 • 207 795-4095 • www.alyymca.com

Since 1868 the Auburn-Lewiston YMCA has been providing opportunities for people to lead healthy lifestyles. Today, the Y is for Youth Development, Healthy Living and Social Responsibility. Youth Development – we're providing opportunities for children to learn, grow and thrive through our Camp Connor Summer Day Camp, Nationally Accredited Full-day Child Care, after school care and youth sports programs, such as swim lessons & swim team, Bidy Basketball, tee ball, batting instruction, field hockey and Home School sports. Healthy Living –over 50 group exercise classes per week makes the Y a great place to meet people while pursuing healthy lifestyles. Social Responsibility – become involved in a community event, participate as a committee member, or help raise funds to support your neighbors.

YWCA of Central Maine

130 East Avenue, Lewiston, ME 04240 • 207 795-4050

The YWCA of Central Maine offers comprehensive Aquatic services including lane swimming, fitness classes, therapeutic, family swims, swim lessons for all ages, women swims, aqua kick boxing and more! We are home to the Tiger Sharks, a USA Swimming Team that competes year round. We also offer yoga classes, fitness classes, dog training classes, children's karate classes, dance classes, etc. Our gymnasium is open to play Pickle Ball and other group activities. In addition, we have a preschool program for 2 ½ to 5 year olds and an afterschool program for school age children. In the summer, we have many summer camp opportunities. The YWCA is a great place to have birthday parties or family reunions.



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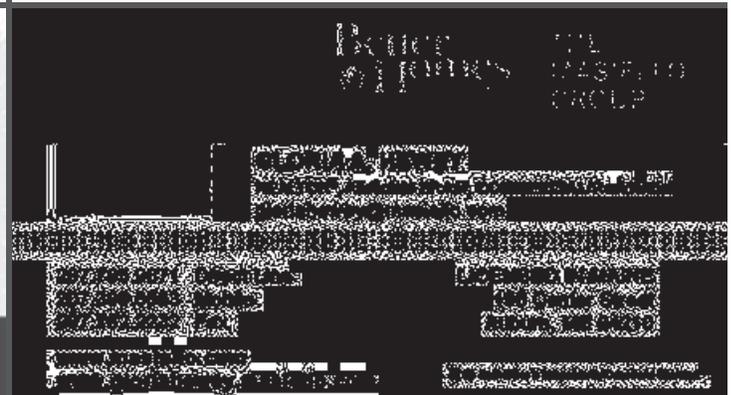
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"I used to not like going to the dentist...but now I want to be one when I grow up!" - Natalie, 8



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