Sunshine

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Santiago calls Anthony Bourdain his hero, and is a self-professed foodie and self-taught chef. He and his family have lived all over the United States and in several countries, and he's tried the cuisine of every place he's been. Whether it's a food truck or a Michelin star restaurant, he wants to eat it. Naturally, Santiago, who is of Puerto Rican descent, gravitated towards Latin Caribbean food — specifically the food of Cuba, the Dominican Republic and Puerto Rico.

"This is food your Grandma would make, this is street food, this is food that families eat," said Santiago. "It's hearty, and it's flavorful. It's not spicy. It's flavorful... We're starting with sandwiches, to get people used to it, and then we'll introduce other dishes as we move along.

For the roast pork featured in the Cubano, Santiago has installed a smoker outside of his North Main Street storefront, where pork cuts — after soaking for several days in a special mojo marinade will slowly cook until tender. In addition to the Cubano sandwich and a Cuban-style chicken sandwich, Santiago will offer his daughter Sophia's special recipe for a St. Louis BLT, which is the fixings of a Cubano topped with candied bacon, tomato and lettuce, and a Jibaro sandwich, which is a Cubano topped with a crunchy fried tostone (a fried plantain, a ubiquitous and addictive Latin Caribbean side dish).

Santiago will also offer vegetarian and vegan versions of both the Cubano and the Jibaro, and gluten-free versions using tostones as "bread."

A Taste of Sunshine will also offer changing daily specials, such as Ropa Vieja, a stewed beef and vegetable dish, Puerto

Tax assisstance for families, senior offered AARP Tax-Aide and the

United Way of Eastern Maine, members of the Eastern Maine CA\$H (Creating Assets, Savings and Hope) Coalition, are preparing to launch another record-breaking season helping individuals and families get the maximum tax return possible. Each year, they help nearly 5,000 low to moderate income tax filers through free tax prep services.

The coalition will kick off the tax season with a Super Saturday free tax prep event 9 a.m.-3 p.m. Saturday, Feb. 6, at the Airport Mall on Union Street in Bangor. Staffed with IRS certified tax preparers, it expects to file more than 150 tax returns free of charge in a single day.

In addition, dozens of other free tax sites are located conveniently throughout Eastern Maine that are open from Feb. 3 through April 14. For information or to set up an appointment call 941-2800 or visit unitedwayem.org.

Funding for EMCA\$H was provided by the United Way of Eastern Maine, the John T. Gorman Foundation, Key-Bank and the IRS.

PCHC hires new podiatrist

Penobscot Community Health Care announced that Todd O'Brien, DPM, has joined the medical staff of PCHC's Helen Hunt Health Center in Old Town. Dr. O'Brien's practice centers on all aspects of highquality podiatric care.

Dr. O'Brien received his undergraduate degree from Bates College and his Doctor of Podiatric Medicine Degree from Scholl College of Podiatric Medicine, Chicago, graduating Summa Cum Laude. He also completed a Podiatric Surgical Residency, as well as an American Academy of Podiatric Sports Medicine Fellowship. Prior to joining PCHC, Dr. O'Brien served at Health Access Network in Lincoln since 2003.

Dr. O'Brien who has more than 25 years of medical and surgical expertise, is a Fellow of the American College of Foot and Ankle Surgeons, as well as a member of the American Podiatric Medical Association and member of the Maine Rican chicken fricassee, barbecued chicken featuring a house-made special recipe rub, and Mike's Plantain Balls — a.k.a. Mofongo, Puerto Rico's iconic dish consisting of mashed and fried plantains, shaped into a ball and stuffed with beef, chicken or shrimp. For dessert, there's Tres Leches Cake, Chocolate and Pretzel Pie, and a Peanut Santiago Butter Pie

swears is irresistible. "I've spent a very long time perfecting every one of these recipes," said Santiago. "I'm the kind of person that is always trying to improve, but eventually, I had to admit that these are really good. And I knew they were ready."

Before opening, they taste tested a number of dishes locally, including for the Brewer School District and at Blank Canvas Brewery in Brewer. Santiago also partnered with area purveyors to supply many of the ingredients he uses — milk comes from Siberia Farms in Bangor, and the Cuban bread will be specially baked by Massimo's Bakery in Brewer.

"We wanted to make sure we were a part of the community," said Santiago. "We're definitely a family-centric business. My kids are working right alongside me.

A Taste of Sunshine in Maine, located at 14 North Main St. in Brewer (next to the Joshua Chamberlain Bridge) will be open from 11 a.m. to 6 p.m. (or until the food runs out) Monday through Saturday. The restaurant presently only offers takeout, which can be called in at 573-1700; there are also catering options. Large orders can be delivered within a 1.5 mile radius. A Taste of Sunshine has parking directly across North Main Street in the City of Brewer municipal parking lot. For more information, visit www. atasteofsunshineinmaine.com or like them on Facebook.

Podiatric Medical Association, serving as past-President. Dr. O'Brien is seeing patients at Helen Hunt Health Center; for an appointment call 207-827-6128.

KidsPeace opens new preschool program

KidsPeace is accepting referrals for a new preschool program for children aged 3-5 with learning and developmental challenges at its Graham Lake Campus in Ellsworth.

KidsPeace New England offers a variety of programs and services to families with children ages 3 to 20 who have been identified with autism, developmental disabilities, and behavioral health needs. The Graham Lake Campus provides non-medical interventions for children and their families in its 24-Hour Residential Program.

KidsPeace also provides Treatment services through its Maine DOE licensed special purpose private schools in Ellsworth and East Millinocket. This service is available to residential clients and surrounding regional public schools for students in grades K-12.

To further meet the needs of local families, KidsPeace has launched the Milestones Program to provide essential Day Treatment services to children ages 3 to 5 with learning and developmental challenges.

The newly licensed Milestones Program, located at the Graham Lake Campus, will provide individualized preschool programs and daycare services, including speech therapy, physical therapy, individual and family therapy, case management, and applied behavior analysis services.

The program is designed to serve younger students in need of a structured, smallgroup educational environment. Using the KidsPeace Model of Care, children in the Milestones Program can receive the education, support, and treatment needed to help them meet their developmental milestones in preparation for public school.

The KidsPeace Milestones Program is now accepting referrals; for more information, contact Heather Erskin, Admissions Specialist at 207-664-1219. Referrals are also being accepted through Child Development Services.

Brewer-based self defense instructor helps students get fit, lose weight

BY JODI HERSEY SPECIAL TO THE WEEKLY

Everyone is looking to get healthy these days in the shortest amount of time and in the most convenient way possible.

But a new fitness center in Brewer is actually teaching clients that gyms, athletic equipment and diets aren't going to get you the results you want as much as good, old fashioned hard work almost certainly will.

At Self Defense Innovations, owner Travis Allen combines his background in psychology with his martial arts training and self defense techniques to help individuals regain control over their lives and their health.

"People depend too much on machines. We don't use machines. You are the machine and we use old fashioned nitty, gritty elbow grease. That way you know you did it, not the machine, not me, but you did the work," explained Allen.

Having earned black belts in Taekwondo, Karate and Ninjutsu, Allen opened Self Defense Innovations on South Main Street in Brewer in October 2015. Since then Allen and fellow instructor Earle Rice have helped a number of people fight back against their growing waistlines.

'The word 'martial' means war or heavy handed. We help you wage war on your body and get your body back to

where you want it to be,' he said. "Everything we do is very basic. We do burpees. We do punches,

Allen said over 90 percent

their goals.

or someone else and you fitness," said Allen.

Unlike some other gyms and athletic facilities, Self Defense Innovations charges only \$20 per

sit-ups, leg lifts and planks."

of his clients are female. "The women who come want to be empowered. The biggest thing we hear is, 'I can't do it' but they are saying that while they are doing what they said they couldn't do and we point that out," he explained. "We recently taught a 26-year-old female teacher at the University of Maine self defense. She said I can't do this and before the night was over she was flipping me over her shoulder.'

Allen often uses his years of on the job experience working at group homes or at Acadia Hospital in Bangor to help clients break any psychological barriers preventing them from achieving

"Once you work in a population of people who want to hurt themselves can make them understand they are worth not doing that [hurtful or destructive thing], you can also make someone understand that they are worth it. They are worth making a change. That's where the psychology part comes in to martial

person for a one hour,

PHOTO COURTESY THINKSTOCK

one-on-one workout and that includes the entire use of the facility. If you bring a friend the price drops to \$15 per person. All workouts are by appointment only.

We want to help people get in shape for as little as we can, so we try to be as economical as we can without going into debt," Allen said. "We have people work out at 3 a.m. We have a woman who works out at 3 p.m., three times a week and we have two 75-vear-old clients that are just as fit as a young kid. We've never had anyone not experience weight loss working out with us three days a week for a month."

For more information or to schedule an appointment, call Travis Allen at 991-1641 or log onto www. sdiinc.biz.

UMaine professor up for prestigious award

Jennifer Moxley, University of Maine professor of English, is a finalists for the \$100,000 Kingsley Tufts Poetry Award, presented by Cla-

remont Graduate University. The award is given annually to honor a poet at midcareer, providing resources that allow the artist to continue working toward the pinnacle of their craft.

Moxley is being recognized for her book "The Open Secret," which won the 2015 William Carlos Williams Award in March. She has authored five other books of poetry.

"The Open Secret" was published in October 2014 by Flood Editions, an independent publishing house for poetry and short fiction based in Chicago.

The Kingsley Tufts Poetry Award, in its 24th year, was established at Claremont Graduate University by Kate Tufts to honor the memory of her husband, who held executive positions in the Los Angeles shipyards and wrote

poetry as his avocation. "The roster of eligible books testified to the extraordinary range and diverse beauty of current American poetry; to pick only ten finalists for two awards should have been impossible," said Lori Anne Ferrell, director of the Kingsley and Kate Tufts Poetry Awards. "So I have no idea how the judges will be able to go on to choose only two winners, but I can't wait to be there when they do.'

The winner will be announced in March and recognized during a ceremony April 7.

Railroad opens new office in Bangor

Central Maine & Quebec Railway held an open house and reception on Wednesday, Jan. 27, to mark its move to its new office in Bangor.

The rail company's relocation from its former office at 15 Iron Road in Hermon to 700 Main St. in Bangor began in November 2015, Chief Administrative Officer Gaynor Ryan said Wednesday afternoon. Central Maine & Quebec Railway is leasing newly renovated space from Webber Energy, which along with the United Way of Eastern Maine occupies the floor above.

The floor plan was developed by WBRC, she said. "We're very excited," Ryan

said Wednesday afternoon.

According to Ryan, who also is the company's human resources director, the railroad has 75 employees in the United States, about 25 of whom work out of the Bangor office, and another 48 in Canada.

She said the company decided to move out of its former location because there was too much space there and because its lease was getting close to expiring.

The building was in need of improvements, she said. Among other things, it lacked hot water, and its heating and air conditioning systems did not always function properly. The railroad and its former landlord could not come to agreement about the needed upgrades, she said.

'We met with the Webber people, and they had a space that was perfect for our needs," she said.

Central Maine & Quebec Railway was formed in early 2014, when New York-based Fortress Investment Group

purchased Montreal, Maine and Atlantic Railway's assets at bankruptcy auction.

RSU 22 approves new traffic design plan

The RSU 22 school board approved last week a schematic design aimed at improving safety and traffic flow on the campus of the McGraw and Weatherbee schools, located off Route 1A.

The proposed site and traffic circulation improvement concepts developed by the Bangor architectural and engineering firm WBRC are the first part of the final phase of a master plan that the school district has been working on for more than two decades, according to Assistant Superintendent Emil Genest.

Proposed are changes to school bus and passenger vehicle traffic patterns, including student drop-off areas, playground locations and bus areas. These plans are far from firmed up. Cost estimates have not yet been developed, and it's not yet clear if a referendum will be ready to go before district voters in June or November.

Plans for the improvements, however, come at a time when the district's member towns of Hampden, Winterport, Newburgh and Frankfort already are groaning under the weight of budget pressures unrelated to those they already are feeling from increasing education costs.

In recent correspondence and during a presentation Wednesday night to the school board, Hampden Town Manager Angus Jennings pointed out that the town's undesignated fund balance has fallen to 7.4 percent - well under the 10 to 12 percent recommended by the Maine Municipal Association. On top of that, sewer rates are inadequate to cover operational costs and debt service.

Jennings, who came on board last summer, also said that Hampden's streets and road reserve budgets for fiscal year 2016 were fully depleted before the year even began. And those were just some of the budget issues the town is facing, which include the need to maintain its roads and sidewalks, invest in public safety and public works vehicles, the town's marina and recreational facilities.

For the first time in at least 15 years - and perhaps ever --the town needs to borrow money, he said, adding that the town, which adopted a \$6.8 million budget for this fiscal year, has had to issue a tax anticipation note for up to \$2 million in order to meet its cash flow needs.

Though he didn't take to the podium during the meeting, Winterport Town Manager Philip Pitula pointed out that in a Jan. 4 letter to school officials the breakdown for the town's property taxes this year amounted to 83.10 percent for education, 13.60 percent for the county tax and only 3.3 percent for municipal needs.

Part two of the master plan's final phase, which will be dealt with later, will include possible construction to alleviate crowding resulting from enrollment growth at the two schools, which house Hampden's prekindergarten through grade five student populations. It also will explore the feasibility of connecting the two schools and create space for art and music instruction.





Summer University 2016

The University of Maine offers a wide variety of summer courses on campus or online!

