

Out & About with Rachel Morin Wrapping up the fall semester at USM LAC Senior College



"Sign Language and Gestures" class members Stephanie Hlister-Croteau, Dot Bowyer, and Patricia Dano sing "Now I Know My ABCs" while signing to instructor Stephanie Gelinas. (Photo by Joanne Sabourin)

Story and photos by Rachel Morin

The fall semester at USM LAC Senior College has come to a close, so we look back, as we always do, to review how we did the previous year. We had a great year, with a significant increase in membership and new course offerings that added to our diverse curriculum in our spring and fall semesters.

We are thankful for the excellent instructors who are willing to come forth in their retirement to teach our senior members. They come

for the love of teaching and the students attend these classes for the love of learning, a winning combination.

Our fall semester featured a diverse selection of subjects, including art, genealogy, several garden courses, advanced conversational French, the culture of India, "Fake News," Russian-American relations, and local Franco-American treasures. For the first time, we offered two online classes, one on decorative journaling and letter writing and the other on books with a Maine connection, which

were well received.

Another first-time course, reflecting the news on television and in the newspapers, was "Immigrants of Androscoggin County." This popular eight-week course was filled to capacity. It detailed the history of immigrants who settled in the Lewiston-Auburn area: Jewish, Irish, French, Greek, Italian, Hungarian and German in the early 1900s, Africans more recently. Presenters from each group spoke of their ancestors' journey. We'll See USM, page 8

Lisbon names new Moxie Festival coordinator

The Town of Lisbon has announced that Julie-Ann Baumer will serve as coordinator of the 2019 Moxie Festival. The 2019 event will be administered by the Parks & Recreation Department instead of the Economic & Community Development Department.

"We are excited to have Julie-Ann working with the organizing committee and our staff to spearhead the festival," said Director of Parks & Recreation Mark Stevens. "She has deep roots here and a ton of energy and passion for our town."

Baumer will take over the planning of the festival from Tracey Steuber, who coordinated the festival since 2014 while also working full-time as the town's Economic & Community Development Director.

"Being part of the Moxie Festival in 2013 was what encouraged me to move home after living away for a number of years," said Baumer. "Working closely with Tracey Steuber and Gina Mason has helped me better understand how things work in this small town I love so much. And working with my high school classmate,



Julie-Ann Baumer

Mark Stevens, isn't too bad either. It's going to be a great festival!"

Baumer, a Lisbon native and resident, is an insurance analyst by profession. She is also a freelance writer and blogger. She is on the board of directors for the Gendron Franco Center

and serves as their volunteer coordinator. She has been on the Moxie Festival Committee since 2013 and hosted the Moxie Recipe Contest for three of those years. Her involvement in the festival has also included the Chugging Challenge, the Car Show, and the 5k Road Race.

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Newsmakers, Names & Faces

Community Credit Union supports St. Mary's Food Pantry



Pictured here with Sherie Blumenthal of St. Mary's Food Pantry (c.) are Andrea Wessling and Matthew Shaw of Community Credit Union.

Community Credit Union recently presented St. Mary's Food Pantry with a donation check in the amount of \$500. Located on Bates Street in Lewiston, the food pantry is part of St. Mary's Nutrition Center and provides food for over 1,000 people each week. Community Credit Union raised the funds through its participation in the Maine Credit Union League's ongoing Campaign for Ending Hunger.

FAME recognizes Androscoggin Bank with lender award

At its recent 35th Anniversary "Showcase Maine" event, the Finance Authority of Maine recognized Androscoggin Bank with its Lender at Work for Maine Award.

FAME's annual celebration recognizes its successful partnerships with Maine's business, lending, governmental, and higher education communities. Androscoggin Bank was recognized in the category for lenders with less than \$1.5 billion in assets. In the past year, Androscoggin Bank partnered with FAME on eight loans to Maine companies totaling over \$5 million, helping to retain 114 existing Maine jobs and create 45 new ones.

"We are pleased that FAME has chosen to recognize our Commercial

Lending, Credit, Loan Processing, and Loan Servicing Teams with this prestigious award," said Androscoggin Bank President Neil Kiely. "It is a reflection of both their expertise and willingness to work with our clients to overcome financing challenges to move their businesses forward. We also appreciate the opportunity to partner with FAME to serve as an economic development engine within our communities."

Two of the eight loans involved Austin Street Brewery and Front Street Shipyard. Androscoggin Bank partnered with Austin Street Brewery to finance a major expansion. In addition to developing a large tasting room and retail space on Fox Street in Portland, the brewery will relocate their

manufacturing and production to the new facility. This expansion will increase manufacturing capacity and provide a second retail location for the popular Maine brand.

Androscoggin Bank worked with FAME, the Small Business Administration, the Maine Technology Institute, and the City of Belfast to finance the construction of Front Street Shipyard's "Building 6" project, which will give the Shipyard the capacity to construct large composite passenger ferries for commercial use. This planned business expansion is expected to result in 40 new jobs. Front Street Shipyard received the Business at Work for Maine Award at the Showcase Maine event.

New Ventures offers "Work for Yourself@50+"

New Ventures Maine will present the AARP Foundation program "Work for Yourself@50+" on Monday, December 3, from 1 to 3 p.m. at Lewiston Public Library. Free of charge, the program is designed to help low- to moderate-income adults ages 50-plus gain the knowledge, support, and resources they need to make informed decisions and take the right first steps toward successful self-employment. The two-hour workshop will walk participants through the Work for Yourself@50+ materials and connect them with local resources to help

them reach their goals. The decision to start a business can be both exciting and daunting. Work for Yourself@50+ breaks the choices down for older adults in an approachable way through five steps: a careful consideration of the potential and perils of working for yourself; exercises to help develop the self-employment idea; a realistic overview of what it takes to pursue a self-employment opportunity; guidance to help avoid pitfalls and scams; and ways to find trustworthy support and services. For more information about the program, see aarpfoundation.org/workforyourself.

Lewiston Public Library is located on Lisbon Street in Lewiston. To register online for the program, see <http://bit.ly/WFY50Lewiston>.

The facilitator of the workshop will be Karleen Andrews, Microenterprise Specialist for the Western Region of New Ventures Maine. For more information about New Ventures, contact her at 557-1885 or karleen.andrews@maine.edu or see newventures-maine.org.

Bishop announces local priest assignment

Bishop Robert P. Deeley has announced that Fr. Nehru Stephen Savayaria, HGN, has been appointed temporary parochial vicar of Prince of Peace Parish (consisting of the Basilica of Saints Peter and Paul, Holy Cross Church, and Holy Family Church, all in Lewiston), Holy Trinity Parish in Lisbon Falls, and Our Lady of the Rosary Parish in Sabattus (including St. Francis Church in Greene). Fr. Nehru Stephen is currently parochial vicar of the Parish of the Precious Blood in Caribou.



Fr. Nehru Stephen Savayaria, HGN

Born in Pinjivakkam Kandigai, India, Fr. Nehru Stephen earned a bachelor's degree in English literature from Annamalai University in Tamil Nadu, India. He was ordained to the priesthood on April 10, 2013 at Heralds of Good News Minor Seminary, also in Tamil Nadu. Since his ordination, he has served as an assistant parish priest at St. Thomas Mount International Shrine in Chennai, India, which

marks the burial place of St. Thomas, the apostle. He then served as house superior at the Heralds of Good News Provincialate for two years before departing for his new assignment in Maine, where he has served since 2016.

Fr. Nehru Stephen is a priest of the Heralds of Good News (HGN), a missionary society of apostolic life in India that specializes in the promotion of vocations to the priesthood.

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Corey Cummings (left), CMP Arborist, reviews tree trimming plans with a licensed Tree Care specialist.

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Governor's Address: Let Us Give Thanks for Our Abundance and Freedom

Dear Maine Taxpayer,

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Today, as we did then, Mainers have much

to be thankful for. We are blessed to live in a beautiful state. The bounty of the sea and the great productivity of our farms provide an incredible variety of food. It not only sustains us, but attracts people from all over the world.

But it is important to remember that, despite this incredible food environment and our growing prosperity, there are still people who need help. That is why Ann and I held our eighth and last food drive earlier this month to assist our fellow Mainers who are



Governor Paul R. LePage

food insecure.

Since we began the food drive in 2011, we

have collected thousands of pounds of food for pantries and shelters across Maine. And again this year, Peter Vigue of Cianbro has donated 100 turkeys. Each year, the Good Shepherd Food Bank takes the donations and distributes them to the communities they have identified as most in need.

Our family has been blessed, and we have appreciated this opportunity to give back in a meaningful way each year during my time in office. It is heartwarming to see our neighbors, friends, co-workers,

students and various groups like the Boy Scouts and Girl Scouts dropping off donations year after year. Giving back to your community is an important part of being a good citizen and a good neighbor.

Generosity comes in many different forms. It can be donations of food or clothes, money, or time. I have seen people with very little make a point to donate their time or items they no longer use, telling me that there are others more in need. We honor their commitment to their

communities. That's what being a Mainer is truly all about.

This Thanksgiving, we are grateful for the generosity of the Maine people, the selfless sacrifice of our veterans and military families, and the freedom and abundance we all enjoy in this state and nation.

The First Lady and I wish you a very Happy Thanksgiving.

Thank You,
Paul R. LePage
Governor

Museum L-A receives grant for creative aging program

Museum L-A has been selected as one of only 20 museums throughout the United States to receive a grant from Aroha Philanthropies through its "Seeding Vitality Arts in Museums" initiative.

As part of this initiative, Museum L-A will partner with Aroha Philanthropies to support the development and expansion of successful creative aging programs. Vitality Arts programs inspire and enable older adults in community and residential settings to learn, make, and share the arts in ways that are novel, complex, and socially engaging. The work is driven by teaching artists whose creative process and un-

derstanding of older adults bring joy, connection, improved health and well-being, and a renewed sense of purpose.

"Museum L-A is delighted to partner in the Seeding Vitality Arts in Museums initiative, not only to support our own community, but to contribute to a growing movement to bring the many benefits of creative aging to communities far and wide," said Museum L-A Director of Education and Outreach Kate Webber, who, with Collections and Exhibit Coordinator Emma Sieh, will travel to Aroha for two days of training.

"Aroha Philanthropies' generous grant will

support our 'Art of Creative Aging' program, which is designed to inspire and enable older adults to learn while encouraging more active lifestyles and looking at aging in a different light," said Museum L-A Executive Director Rachel Desgrosseillers.

Aroha Philanthropies is devoted to the transformative power of the arts and creativity, inspiring vitality in those over 55, joy in children and youth, and humanity in adults with mental illness. They believe that learning, making, and sharing art enriches everyone throughout their lifetime. For more information about Seeding Vitality Arts, see vitalityarts.org.

Advisory committees meet at CMCC



Pictured here discussing the Architectural and Civil Engineering program are (l. to r.) CMCC Dean of Finance and Administration Pam Remieres-Morin, Portland Public Works Director Chris Branch, and ACE chair Dan Marino. Committee members Kelly Packard of Living Space Consultants and Frank Crabtree of Harriman have their backs to the camera.

A breakfast meeting for all academic program advisory committees was held recently at Central Maine Community College. All programs at CMCC have an advisory committee

consisting of representatives of those organizations and businesses that employ graduates of the college. In addition to assisting with program planning and development, committee

members provide helpful information about jobs and employment trends, educational opportunities, and serve as an important communications link between employers and the college.

Open House Celebration at Paychex

The Lewiston Auburn Metropolitan Chamber of Commerce will join Paychex for an Open House Celebration at their newly remodeled office at 126 Merrow Road in Auburn on Thursday, December 6, from 5 to 7 p.m.

Paychex is celebrating the complete remodel of their 30,000 square foot building and would like to share that celebration with you; join them at their open house to learn about the great career opportunities, wages, and benefits they have to offer.

Festivities will begin with a few remarks in the classroom before the group breaks down into smaller groups for tours of the building. Tours will end in the break room for refreshments. For more information, visit <https://www.paychex.com>.

Santa to attend Post 135 Fundraising Breakfast

The American Legion Harry J. Conway Post 135, located at 40 Island Road in Sabattus, will hold their monthly Community Fundraising Breakfast on Sunday, December 2, from 7:30 to 10 a.m. Santa Claus will arrive at 8:30.

The menu will include

scrambled eggs, eggs to order, French toast, chipped beef, pancakes, sausage, ham, baked beans, two types of country fries, toast, muffins, orange juice, coffee, tea, and milk. The cost is \$8 for adults and \$3 for kids ages 10 and under.

Proceeds from this

monthly event support veterans' and community programs. Community Fundraising Breakfasts take place on the first Sunday of the months of November, February, March, April, May, and June, which is the post's annual scholarship breakfast. Mark your calendar!

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Public Theatre, MSMT team up to present “Grease: The Musical”

The Public Theatre of Lewiston and the Maine State Music Theatre of Brunswick have announced that they will team up for the first time to bring “Grease: The Musical” to the stage.

The show, which will run June 18 through June 30, will broaden the offerings of the Public Theatre, which generally does not present musicals, while allowing Maine State Music Theatre to reach audiences from the Lewiston-Auburn area.

“When the possibility was first brought up, we jumped at the idea,” said Public Theatre Executive-Artistic Director Christopher Schario. “We think combining the strengths of our organizations will create a production that will surprise and delight both of our audiences.”

“We want to expand the opportunities of our audiences to experience theatre beyond what each institution is capable of on its own,” added Maine State Music Theatre Artistic Director Curt Dale Clark.

The cast and costumes will come from MSMT and the production will be directed by Schario and performed on the Public Theatre’s stage in Lewiston, making the show a true artistic collaboration.

“Our audience probably doesn’t know this, but I started out as a young actor in musicals and actually performed in the national touring production of ‘Grease’ many years ago,” said Schario. “For me, directing this production will be a true blast from the past.”

“Grease: The Musical” steps back in time to Rydell High’s senior class of 1959, with its duck-tailed, hot-rodding “Burger Palace Boys” and gum-snapping, hip-shaking “Pink Ladies” in bobby sox and pedal pushers. Head “greaser” Danny Zuko and new (good) girl Sandy Dumbrowski try to rekindle the romance of their “Summer Nights” as the rest of the gang sings and dances its way through the songs “Greased Lightnin’,” “We Go Together,” “Alone at the Drive-In Movie,” “Born to Hand Jive,” and many more.

The Public Theatre is located at 31 Maple Street in Lewiston. Tickets are on sale now and can be purchased by calling 782-3200 or at www.thepublictheatre.org.

Local non-profits benefit from Norway Savings Bank Employee Wellness Challenge



Pictured (l. to r.) are Underwriter Joy Hutchinson, Ronald McDonald House Executive Director Robin Chibrowski, Retail Lending Center Manager Randy Easler, and Underwriter Zach Golojuch.



Pictured (l. to r.) are Safe Voices board member and NSB Branch Manager Linette Dehetre, Electronic Services Team Leader Lew Jensen, Safe Voices Director of Development and Engagement Victoria Stanton, Safe Voices Executive Director Elise Johansen, and Deposit Services Specialist Jacqueline Garey.

Each year, Norway Savings Bank employees participate in a Wellness Challenge to encourage healthy eating, exercise, and other positive behaviors. This year, the prize for the top three teams was a donation of \$250 to the non-profit of their choice.

The winning teams and associated non-profits were Safe Voices, selected by Deposit Operations and Retail Support; Cabin in the Woods, selected by Human Resources, Finance, and Facilities; and Ronald McDonald House, selected

by Retail Lending Center and Audit.

“We believe healthy competition is a good thing,” said Richelle Wallace, Senior Vice President of Human Resources at Norway Savings Bank. “Our six-week nutrition challenge pits teams against one another with the goals of drinking more water, eating more whole foods, and cooking more wholesome meals at home. With more than 68% of the employee base participating, we were able to impact the eating habits of more than 200 people. Being able to do-

nate \$750 to these worthy organizations was the icing on the cake!”

Safe Voices is a Lewiston-based organization dedicated to supporting and empowering women who are affected by domestic violence. Cabin in the Woods is a supportive rural community of 21 cabins at Togus VA Medical Center, which provides permanent housing to homeless veterans and their families. Ronald McDonald House is a place for families to call home when they have a child undergoing treatment at one of Portland’s hospitals.



Pictured (l. to r., from front) are Accounting Specialist Heidi Ortiz, Cabin in the Woods Residential Case Manager Charlee Noble, Purchasing and Facilities Manager Mike Noble, Human Resources Manager Patty Shields, HR Compliance & Benefits Administrator Tricia Brooks, Accounting Specialists Amy Hicks and Cari Morrisette, Talent Acquisition Business Partner Liana Rubinstein, Employee Development Manager Mary Hewett, Finance and Accounting VP Chuck Williams, Payroll & HRIS Specialist Jessica Dow, and Accounting Manager Sharon Breytenbach.

Hanley Center welcomes statewide cohort for Health Leadership Development course

The Daniel Hanley Center for Health Leadership, a Portland-based nonprofit organization dedicated to supporting the transformation of Maine’s health and healthcare sectors, recently announced the names of its 12th Health Leadership Development cohort.

The Health Leadership Development course is an eight-month experiential inter-professional course, held in Hallowell, that is designed to bring together a diverse group of health and healthcare leaders to explore their own leadership styles, learn how to be most effective with different styles and tendencies, gain new collaborative leadership skills, deepen perspectives on all parts of our complex healthcare system, and engage with the community of Hanley alumni to create positive change.

Each year, the Hanley Center chooses a content area theme of current relevance for the course’s group project component. This year’s theme will be “Social Determinants of Health.” The World Health Organization defines Social Determinants of Health as “the conditions in which people are born, grow, live, work and age... shaped

by the distribution of money, power and resources at global, national and local levels.”

As part of the HLD course, the class members will choose from 5-6 different projects to work toward a positive impact in an area of health inequity caused by the social determinants of health. At the end of the course, in April 2019, each project group will present their findings to the class and to an external group of health leaders working in the SDoH, with the intent that by sharing their learning, health leaders will step forward to pilot the new ideas even after the course ends.

This year’s cohort was chosen from a strong applicant pool and includes: Kenneth Albert, RN, Esq., President and CEO, Androscoggin Home Care & Hospice; Lee Averill, MHA, System Director of Quality Services, Central Maine Medical Center; Seth Blanchard, Marketing Director, MaineHealth; Rebecca Brown, PA-C, Clinical Director, Oasis Free Clinics; Michael Burke, Director of Operations, Tri County Mental Health Services; Melissa Cantara, RN, BSN, Director of Nursing Services, Seal Rock Healthcare;

Ravi Chandrasekaran, DO, Medical Director Hospital Medicine, Mercy Hospital/Eastern Maine Health Systems; Jeffery Davis, Regional Senior Director of Support Operations, Waldo County General Hospital; Paula Dube, RN, Director of Clinical Support and Quality Improvement, HealthReach Community Health Centers; Joanna Duncan, PhD, CPC, Director of Data Analytics and Operations, Onpoint Health Data; Charles Dwyer, Program Officer, Maine Health Access Foundation; Sharon Economides, LM, CPM, MMiD, Program Manager Lactation Consultation & Childbirth Education, Maine Medical Center; Scott Edgecomb, BSN, RRT, CCRN, Clinical Operations Manager, Martin’s Point Healthcare; Edith Flores, Program Coordinator, Mano En Mano; Nancy Hall, PhD, CCC-SLP, Professor and Department Chair, University of Maine; Su-Anne Hammond, DO, Family Physician and Lead Provider, Mercy Hospital, Eastern Maine Health System; Valens Hasubizimana, MEd, Refugee Health Promotion Coordinator, Catholic Charities of Maine Refugee & Immigrant Services; Pamela Hepburn, Director of Diagnostic Imaging, Lin-

colnHealth; Emily Keller, MD, Preventive Medicine Fellow, Maine Medical Center; Anita Kolisch, MD, Internal Medicine Physician and Chief Medical Information Officer, Maine Coast Memorial Hospital; Robert G. Kutzer III, Clinical Systems Manager, Maine Medical Center; Brian Laderbush, Healthcare Designer, e4h Environments for Health; Sarah Anne Lewis, Global MBA, Program Director, Maine Access Immigrant Network; Meghan Libby, PharmD, Clinical Pharmacist and Supervisor, Maine

Medical Center; Melissa Loiselle, Practice Manager, InterMed; Esther Mitchell, Tribal Health District Liaison, Houlton Band of Maliseet Indians; Rilwan Osman, MSW, Executive Director, Maine Immigrant and Refugee Services; Stephanie Podolski, MPH, MSPA, PA-C, Hospitalist PA, Maine General Health; Dianna Poulin, BS-CHE, Coordinator for Peer Review and Quality, Maine Medical Association; Jeanette Pretorius, BSN, MBA, RN-BC, NE-BC, OCN, Nurse Manager Outpatient IV Therapy Program,

Maine Medical Center; Sr. Elsa Veronica Roldan, RSR, Assistant Coordinator of Diocesan Hispanic Ministry, Roman Catholic Diocese of Portland; Jared Sawyer, Business Intelligence Analyst, Maine Medical Center; Amanda Sidell, LCSW, Director of Innovation and Community Care Services, Acadia Hospital; and Matthew Somma, PT, DPT, MTC, CSCS, Senior Physical Therapy Manager, OA Centers for Orthopedics/Spectrum Healthcare

The Daniel Hanley See Course, page 8

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What's Going On

Statewide business development program receives national accreditation

The Maine Small Business Development Centers have earned full accreditation from the America's Small Business Development Centers, the national accrediting body for the Small Business Development Centers under contract from the U.S. Small Business Administration.

The Maine SBDC is part of a nationwide network of Small Business Development Centers that provide free business advising and training to entrepreneurs who aspire to start or grow a small businesses. Over its 41-year history, the Maine SBDC has helped tens of thousands of clients to successfully create jobs, access capital, and create new businesses.

A team of reviewers visited and conducted a thorough assessment of the statewide program. The accreditation committee voted to fully accredit the Maine

SBDC, issuing several commendations and noting several areas of best practices.

"This accreditation is really a testament to the strength of the Maine SBDC program and the expertise of its business advisors and staff," said State Director Mark Delisle. "Our team is truly dedicated to improving Maine's economy and communities by helping small businesses start, grow and succeed."

Every five years the program is subject to a rigorous national accreditation examination. The accreditation criteria and standards derive from the Baldrige Criteria for Performance Excellence that ensure effective and efficient program delivery. These standards assess performance on critical factors that drive success and focus on leadership, strategic planning, customers, stakeholders, measurement, workforce,

and operations.

Reaching full accreditation helps to eliminate inconsistencies between the nationwide network of 1,000 SBDC locations and over 4,000 SBDC business advisors. It creates a standard that defines excellence while providing an approach to achieving high performance.

The Maine SBDC provides no-cost, comprehensive business management assistance to small businesses throughout Maine through its network of certified business advisors. Accredited by America's SBDC, the program is administered by the U.S. Small Business Administration, the Maine Department of Economic and Community Development, and the University of Southern Maine. For more information or to request a business advising appointment, call 207-780-4420 or see www.mainesbdc.org.

"Winter Wonderland" Holiday Fair at UCC-Augusta

The Unitarian Universalist Community Church of Augusta will host a "Winter Wonderland" Holiday Fair on Saturday, December 1, from 9 a.m. to 2 p.m. Available for sale will be popular holiday decor,

handmade stitchery, jewelry, gift baskets, door greens, tree decorations, as well as homemade soups, cookies and sweets. A "Warm and Toasty" table will feature knitted items and private vendors will offer cus-

tom gifts. Volunteers will serve coffee and refreshments. The church is located at 69 Winthrop Street in Augusta. For more information, call 622-3232 or email admin@augustauu.org.

Home Care and Hospice Month: A Time to Recognize Medical Professionals Who Provide Expert Care for Patients Each Day

By Senator Susan M. Collins

November is National Home Care and Hospice Month, a time to recognize the skilled, dedicated professionals who make a difference in the lives of patients and their families every day. Home care and hospice nurses, therapists, aides, and other caregivers play a central role in our health care system and in homes in Maine and across the nation.

I recently had the pleasure to celebrate this special month with the professionals of Maine General Home-Care and Hospice, which has served Augusta and the surrounding communities for decades. Last year, staff provided expert care to nearly 4,400 people and drove 1.3 million miles in all kinds of weather to patients' homes. Their purple vests are a welcome sight throughout Kennebec and Somerset counties.

I was honored to receive the Ruby Slipper Award from the Home Care and Hospice Alliance of Maine last year for my work to support and strengthen these vital services. That award is perfectly named - for, as Dorothy said to the Wizard of Oz, "there's no place like home." Nevertheless, ensuring that people in Maine have access to the home care and hospice services they need requires more than clicking our heels together and making a wish. It requires the dedication, expertise, and hard work home care and hospice providers demonstrate every day.

I have been a strong supporter of home care since I first went on a home visit 20 years ago. It gave me the opportunity to meet and visit with home health patients, and I saw what a difference highly skilled and compassionate care can make to the lives of patients

and their families. Home health agencies help to keep families together and enable our most frail and vulnerable older and disabled individuals to avoid hospitals and nursing homes and stay just where they want to be - in the comfort, security, and privacy of their own homes. Moreover, by helping these individuals avoid more costly institutional care, home health agencies are saving Medicare billions of dollars each year.

Last month, I introduced the "Home Health Payment Innovation Act," a bipartisan bill to protect providers from premature and unwarranted payment rate reductions and expand access to care in a cost-effective manner. The "Home Health Planning Improvement Act" is another bipartisan bill I've introduced that would improve access for Medicare beneficiaries by allowing other medical professionals than just physicians, such as nurse practitioners, to authorize home health services.

Currently, about 12 million Americans require long-term care services, a number that will more than double by 2050. In-home care is increasingly important, and while home health professionals are essential, family caregivers are, too.

Providing 24/7 care to a loved one can place family members under considerable physical, emotional, and economic strain. Last January, the "RAISE Family Caregivers Act" I authored became law. This bipartisan law is leading to a coordinated national strategic plan to better provide family caregivers access to the resources and training needed to better balance the full-time job of caregiving along with everything else that life brings.

Home health services also address one of the unseen enemies of healthy

living for seniors - isolation. Last year, I chaired a series of hearings to examine the growing epidemic of isolation and loneliness of older Americans. I was astonished to learn that the health risks of prolonged isolation are comparable to smoking 15 cigarettes a day! Home care programs help seniors retain the community connections that are vital to healthy aging.

Just as meeting with patients and providers help me appreciate the importance of a strong home health system, personal experience has shaped my support for hospice care.

A few years ago, one of my dear friends was a patient at the Gosnell House in Scarborough. Despite her serious illness, her days were filled with visits from friends and family and with many joyful moments. I remember my friend having a yearning for scones and a staff member going out specially to buy some for her. Now, that's patient-centered care! She was surrounded by her loved ones when she died peacefully.

Palliative and hospice care is a demanding field that requires a well-trained workforce. It is essential that patients and families are aware of the care that is available and have the ability to access it. I have cosponsored the "Palliative Care and Hospice Education and Training Act" that would establish training programs, raise awareness about the benefits of palliative care, and expand national research programs in palliative care.

I will continue to promote federal policies that support caregivers and organizations like MaineGeneral Home-Care and Hospice that relieve suffering, respect personal choice, and help patients remain in control of their own care.

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Olympia Snowe Women's Leadership Institute holds annual Fall Forum



Senator Olympia J. Snowe addresses a full arena at the Institute's fourth annual Fall Forum.

The Olympia Snowe Women's Leadership Institute recently held its annual fall forum at the Cross Insurance Center in Bangor. Olympia Snowe, former United States Senator and founder of the Institute, hosted more than 100 special guests, nearly 200 trained advisors, and the high school girls participating in the program, of which there are 465.

The daylong fall forum, held each November since the program's 2015 inauguration, is the Institute's largest event. The objective is to gather "Olympia's Leaders," as student participants are called, from all 36 schools statewide to connect with one another, network with successful adults in a wide range of industries, and be introduced to the yearly program themes in an engaging way.

"When I look out at all of you, I feel a tremendous sense of hope and pride," said Senator Snowe during this year's opening ceremony. "You are our future, and I am confident that, with knowledge of your values and strengths, appreciation of the power of your voice, a commitment to use it to connect meaningfully with others and bring about positive change, and a vision for

your future, you will make our communities, state, and country a better place."

The Institute's three-year program is rooted in the themes "My Values" (10th grade), "My Voice" (11th grade), and "My Vision" (12th grade). It is delivered by a diverse network of trained woman advisors, with outcomes supporting the mission to raise confidence and leadership skills in high school girls. Recent data indicates that 100% of participants are graduating from the program feeling as though the Institute made a difference in their leadership skills and confidence.

At the Fall Forum, Senator Snowe shared her personal life story with the sophomores entering the program, interacted with each class of girls, and inspired them to reach for their

dreams.

Program participants include students from schools serving all 16 counties in Maine: Bangor, Belfast Area, Biddeford, Boothbay Region, Calais, Camden Hills Regional, Cony, Edward Little, Ellsworth, Houlton, Lawrence, Leavitt Area, Lewiston, Lisbon, Medomak Valley, Morse, Mount Ararat, Mount Blue, Mount View, Mount Desert Island, Narragagus, Nokomis, Oak Hill, Oceanside, Oxford Hills Comprehensive, Penquis Valley, Piscataquis Community, Poland Regional, Portland, Presque Isle, Sacopee Valley, Sanford, Skowhegan Area, Spruce Mountain, Westbrook, and Winslow High Schools. For more information about the Institute, see www.snowe-leadershipinstitute.org.



Senator Snowe welcomes sophomore students and advisors who joined the Institute this fall.

Educate Maine releases annual "Education Indicators" report

Educate Maine, a business-led education advocacy organization, has released its sixth annual "Education Indicators for Maine" report. An in-depth examination of Maine's entire education system, from early childhood through postsecondary education, the report details where Maine students stand within ten education indicators, compares that to where they stood in the report's first year (2013), and identifies goals for each indicator going forward.

This year's report finds progress in key areas, such as the number of Maine people achieving a post-secondary credential of value.

This is a workforce development priority for Educate Maine, which is a partner in MaineSpark's "60% by 2025" initiative.

A top concern identified in the report is the on-going achievement gap for Maine's economically disadvantaged students. Lower income students are less likely to participate in early childhood education programs, less likely to be proficient in reading and math, less likely to graduate from high school, and less likely to successfully pursue a postsecondary education or career.

Educate Maine recommends targeting greater

funding to school districts with high percentages of students who are disadvantaged and more likely to fall behind.

"The achievement gap is a real problem and continues to grow the divide between students in communities with resources and those in communities without," said Educate Maine Executive Director Ed Cervone. "We have a responsibility to create opportunities for all students to succeed, and we need to close those gaps by directing investment and support to those communities with the greatest need." For the full report, see www.educatemaine.org.

APL screens films of kindness for the holidays

This holiday season, Auburn Public Library will celebrate the kindness of others by screening two documentary films that will restore your faith in the goodness of people. On Monday, December 3, the library will show the film "Won't You Be My Neighbor," followed on Monday, December 10 by the film "Batkid Begins." Both films will be shown at 1 p.m. in the library's Androscoggin Community Room.

"Won't You Be My Neighbor?" takes an intimate look at America's favorite neighbor, Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe and into the heart of a creative genius who inspired generations of children with imagination and compassion. "Batkid Begins" por-

trays what happened when the wish of one five-year-old cancer patient to be Batman for a day unintentionally went viral. Will Make-A-Wish fulfill its mission to help Miles reclaim his childhood after battling disease for more than half his short life? In the end, the film leaves audiences to ponder whether it was Miles who needed the world for inspiration or the world who needed Miles.

Red Cross launches online course on opioidoverdose response

The American Red Cross has launched "First Aid for Opioid Overdoses," an online course to teach people how to respond to a known or suspected opioid overdose.

"An opioid overdose is a life-threatening emergency," said Patricia Murtagh, CEO of the Maine Region of the American Red Cross. "When you suspect an opioid overdose, it's important to start providing care immediately."

The overall drug overdose rate in the United States is on the rise. In 2016, drug overdoses killed 63,632 Americans, with nearly two-thirds of those deaths involving opioids, according to the Centers for Disease Control and Pre-

vention. Maine had a total of 180 drug fatalities in the first half of 2018, with 84 percent caused by at least one opioid.

The 45-minute course contains content on how to identify the signs and symptoms of a suspected opioid overdose and the appropriate care to provide based on the responsiveness of the person. Information on how to use several different naloxone products, including a nasal atomizer, to temporarily reverse the effects of an opioid overdose is also included. People can register and access the course at <https://www.red-cross.org>.

Because an opioid overdose can lead to car-

diac arrest, people are also encouraged to take a Red Cross CPR/AED course.

Red Cross has also prepared guidance on opioid use and overdose response for those working in the organization's shelters during disasters. Recently, these efforts empowered a Red Cross volunteer to help save the life of a person in a shelter during Hurricane Florence.

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

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USM
Continued from page 1

explore this course on its own in a future column.

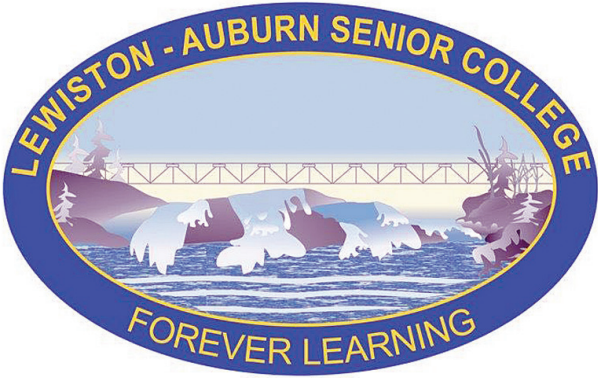
We celebrated our 20th anniversary in the fall. Brian Toy, Interim Dean at USM's Lewiston Auburn College, congratulated us on our history and important role at the college. Board member Judy Hierstein presented a continuous slide show featuring memorable photos of senior college members from past years' classes, events, awards, instructors and students.

The catalog for our winter series is ready for mailing. These day classes are offered free in January and February as a winter perk for members. Our popular Food for Thought lecture and luncheon, open to the public, continues through spring, takes a summer break, and restarts in the fall. The spring semester curriculum, again offering many diverse subjects, is planned. The catalog will be mailed in the new year.

Our membership is always open to anyone 50 and older who enjoys learning and the opportunity to meet new friends who share the same interests. For more information, please call 753-6610 and leave your name and phone number. Your call will be returned. You can also visit the website at usm.maine.edu/seniorcollege.



"Taboo, Evil, and Morality" class members Steve Piker (instructor), Keith Fleeman, Kathleen Taggart, and Leslie Bray



Our motto, "Forever Learning," says it all.



"The Rise of Fake News" class members Roland Metayer, Roland Roy, Claire Breton, Rachel Olds, with instructor Marty Gagnon (Photo by Joanne Sabourin)

Course
Continued from page 5

Center for Health Leadership is a nonprofit organization based in Portland, Maine.

Founded in 2001, the Hanley Center prepares leaders to work more collaboratively and more effectively toward the goal of better coordinated care by using the leadership skills, tools and knowledge gained through Hanley Center courses.

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For more information, visit www.hanley-leadership.org.

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“Microbes” class members Anita Deleko, Bob Volock, Jean Potuchek, Maureen Doyon, and Lynn Derderian, with instructor Peggy Volock, make sauerkraut to show fermentation of microbe organisms. The class motto was “You can’t live with them, you can’t live without them.” (Photo by Joanne Sabourin)



“Female Singer-Songwriters” class members Richard Duplisea, Valerie St. Clair, Sandra Groleau, David Bernier (instructor), Eloise O’Neill, Peggy Volock, and Arthur Wing



“A House Divided: History of the American Civil War” class members Dr. Charles Plummer (instructor), Susi Warschauer, Art Turner, Diane Little, Bob Gardner, Warren Jensen, and Rob Crosby



“Hand Reflexology” instructor Lynn Poor looks on as Andrea Powers and Lorraine Boilard demonstrate reflexology techniques to achieve relaxation. (Photo by Cynthia Peters)



“Simply Drawing” instructor Judy Hierstein checks the work of Donna Kilkelly, Anne Williams, Christine Bridges, and Carol Hanscombe.

What’s Going On



“History of New France” class members Claudette Caron, Joanne Lebel, Rev. Fr. Robert Parent (instructor), and Paul Boucher (Photo by Cynthia Peters)



“Books of Harper Lee” class members Nancy Peters, Laura Sturgis (instructor), Peggy Shepard, and Curt Arey; Lee’s “To Kill a Mockingbird” was named top choice by “The American Read,” which aired this fall on public television. (Photo by Cynthia Peters)

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The Dance Center

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A Nutcracker Christmas

The Dance Center

Dec. 2

Sun. 3pm

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A Maine Christmas

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Heritage Christmas

Maine Music Society

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Stanton Bird Club announces December events



An adult Peregrine Falcon sits on the steeple of the Franco Center in Lewiston. In the 1970s, Peregrine Falcons were nearly lost due to DDT usage. They have made a great comeback, and today a pair is often found near the Franco Center or the old Continental Mill. (Photo by Dan Marquis)

The Stanton Bird Club of Lewiston and Auburn will hold its next meeting on Monday, December 3 at 6:30 p.m. in Room 103 at Lewiston-Auburn College. The speakers, John and Cynthia Orcutt, authors of the book "Enduring Heights: The High Peaks of Maine," will discuss "Photography and Conservation." The club will also present three field trips in December. All events are free and open to all.

On Saturday, Decem-

ber 1, a "Lewiston-Auburn Lakes and Rivers" trip will explore open water from Lake Auburn to Sabattus Pond for ducks and other late migrants. Highlights of last year's trip included Hooded Merganser, Bufflehead, Common Goldeneye and Greater Scaup. Meet at 8 a.m. in the parking lot near J.C. Penney's at the Auburn Mall, where carpooling will be arranged to the various locations. Dress for the weather and bring binoculars. The trip will end back

at the mall around noon. Trip leader Dan Marquis can be reached for questions at 513-8213 or marquis.dan.j@gmail.com.

On Sunday, December 9 at 1 p.m., a Centennial Sunday Walk called "Mammals of the Sanctuary" will take place at Thorncrag Nature Sanctuary in Lewiston. Mammals frequently seen in the sanctuary include White-tailed Deer, Porcupine, Fisher, and Short-tailed Weasel. Participants will meet at the Thorncrag parking lot off Montello Street near Highland Spring Road. The walk leader will be Maine Master Naturalist Penny Jessop, who can be reached for questions at 782-5467 or missrumphius@roadrunner.com.

On Saturday, December 29, the club will host this year's Christmas Bird Count. Starting at about 7 a.m. and running until about 4 p.m., participants will fan out to survey birds sighted within a fifteen mile-diameter circle centered on the Bates College campus in Lewiston. Anyone interested in participating should contact Linda Seamans at 240-1380 or seamans.linda@gmail.com.

The Stanton Bird Club has about 200 members, including 20 Junior Naturalists, from a wide range of ages and backgrounds who share a love of nature, especially birds. The club manages the Thorncrag Nature Sanctuary in Lewiston and the Woodbury Nature Sanctuary in Monmouth and Litchfield. For more information, see www.StantonBirdClub.org.

Great Falls Forum today at LPL

The 2018-19 season of the Great Falls Forum continues on Thursday, November 29, when Dr. Julia Azari, Associate Professor of Political Science at Marquette University, discusses "What Do the 2018 Midterm Elections Mean?" Free and open to the public, the program will take place from noon to 1 p.m. in Callahan Hall at Lewiston Public Library.

Dr. Azari holds Ph.D., M.A., and M.Phil degrees in political science from Yale University. She is the author of "Delivering the People's Message: The Changing Politics of the Presidential Mandate" and is a regular contributor to the political science blog "The Mischiefs of Faction." Her work has also appeared in the Washington Post's "Monkey Cage" blog and in Politico. Her research interests include the American presidency, political parties, and political rhetoric.

The Great Falls Forum is a monthly brown-bag speaker series featuring statewide and regional leaders in public policy, business, academia, and the arts. No reservations are



Dr. Julia Azari is an Associate Professor of Political Science at Marquette University.

required. Coffee, tea and bottled water are provided for a donation at the event. For more information, con-

tact the library's Adult & Teen Services Department at 513-3135 or LPLReference@gmail.com.

Lighthouse plate set to be Maine's next specialty license plate

The Maine Lighthouse Trust has announced that it is in the final phase of securing the mandated 2000 pre-purchased lighthouse license plates needed to advance the campaign to the legislature for final approval.

"We've had a great

response to the new lighthouse plate," said Maine Lighthouse Trust founder Sean P. Murphy. "Support has come from all over Maine." According to Murphy, the group is on record pace to make the lighthouse plate Maine's next specialty license plate. The non-profit group hopes to secure the final pre-purchased plates before the end of the year.

The Maine Lighthouse Trust is required to have 2,000 Maine residents with active vehicle registrations pre-order the new license plate prior to the Secretary of State drafting legislation and presenting it to the Legislature for final approval.

The initial cost of the lighthouse specialty license plate is \$25, with an annual renewal cost is \$15. The Maine Lighthouse Trust will receive \$10 from the initial purchase and

\$10 per annual renewal. The trust will distribute the accrued funds in the form of grants to statewide lighthouse organizations for the ongoing preservation, restoration, and promotion of Maine's historic sentinels. It is estimated that the lighthouse plate will raise more than \$200,000 per year for Maine's lighthouse community.

The lighthouse specialty plates can be purchased through various local lighthouse groups or online at www.MaineLighthouseTrust.org.

The Maine Lighthouse Trust is a non-profit organization dedicated to the preservation, restoration, and promotion of Maine's iconic lighthouses. For more information, contact Sean Murphy at 370-4042 or sean@MaineLighthouseTrust.org.

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COIG returns for Celtic Christmas Concert



This special holiday program will feature both original new material and Christmas favorites. (Photo by Matt Stratton)

By popular demand, Cape Breton supergroup COIG will return to the Chocolate Church Arts Center in Bath on Sunday, December 2 at 7:30 p.m. for a special Celtic Christmas Concert featuring original new material and Christmas favorites.

One of Cape Breton’s most captivating musical ensembles, COIG (pronounced “Ko-ig”) is comprised of fiddler Chrissy Crowley, pianist Jason Roach, Rachel Davis on fiddle, viola, and vocals, and Darren McMullen on guitar, mandolin, mandola, banjo, bouzouki, whistles, flute, and vocals.

While much of Cape Breton’s music derives from Celtic origins, it has also been shaped by local traditions and landscapes, often celebrating the sea, seafaring, fishing, and other primary industries. Known for its driving rhythms, haunting songs, and infectious energy, COIG is able to seamlessly shift from century-old tunes to original and contemporary compositions. Before joining together as a band, each of the group’s talented musicians released their own successful solo albums and toured, both at home and abroad.

Individually and together, they have garnered over 30 nominations and awards. The band has received the 2014 Canadian Folk Music Award for Traditional Album of the Year, the Music Nova Scotia Award for Traditional-Roots Recording of the Year, and the 2015 East Coast Music Award for Roots-Traditional Group Recording of the Year.

Chocolate Church Arts Center is located at 843 Washington Street in Bath. Tickets are \$28 in advance or \$32 at the door. They can be purchased by calling 442-8455 or at www.chocolatechurcharts.org.

Twin City Nights

French Sing-Alongs set for Dec. 3 and 14



Les Troubadours members Mary Ann LeClerc, Louise Bolduc, Rita Gosselin, Jacynthe Jacques, Jeannine Doucette, Doris Bonneau, Aliette Couturier, and Gail Lawrence, with pianist Jeannette Gregoire

Community members will have two occasions to sing French holiday songs with local singing group Les Troubadours this season. The first session on Monday, December 3 at 2 p.m. will take place in the chapel at St. Mary’s D’Youville Pavilion. The second session on Friday, December 14 at 1:30 p.m. will be at the University of Southern Maine’s Lewiston-Auburn College.

Les Troubadours will lead those attending in singing a selection of holiday songs, such as “Il est Né Le Divin Enfants” and “C’est Noël.” Providing musical accompaniment will be pianist Jeannette Gregoire.

Both programs are free and open to all. The chapel at D’Youville Pavilion is located at 102 Campus Avenue in Lewiston; Lewiston-Auburn College is located at 51 Westminster Street in Lewiston. For more information, call 576-4109.

Music Society Chorale presents Heritage Holidays Concert



The 60-member Chorale will perform Christmas carols and Chanukah songs from around the world.

The Maine Music Society Chorale will present its traditional Heritage Holidays Concert on Saturday and Sunday, December 8 and 9, at the Gendron Franco Center in Lewiston. Saturday’s performance will be at 7:30 p.m. and Sunday’s will be at 3 p.m.

The 60-member Chorale will perform Christmas carols and Chanukah songs from around the world. Imagine the sounds of favorites like “Silent Night,” “Y’mei Chanukah,” and “Our Master, Lord Jesus,” each sung in its original language. While the majority of the songs will be in English, audiences will also hear well-known and beautiful melodies sung in French, German, Polish, Hebrew, Spanish and Latin. Not to worry, translations will be provided! Keeping with tradition, the concert will end with everyone joining in to sing a round of festive Christmas carols.

For a preview of what’s in store, listen to Maine Music Society’s John Corrie and Susan Trask on 105.5’s Breakfast Club on Tuesday, December 4, at 8 a.m.

Tickets are \$24 for adults, \$20 for seniors, and \$12 for students. A 10% discount is available for groups of 10 or more. Children under 12 will enter free of charge when accompanied by an adult. The Franco Center is located at 46 Cedar Street in Lewiston. To buy tickets, visit their box office Monday through Friday from 10 a.m. to 2 p.m., call 333-3386, or see www.mainemusicsociety.org.

Rotary Breakfast Club hosts Holiday Breakfast



The Edward Little High School A Capella Choir will perform when the Auburn-Lewiston Rotary Breakfast Club meets for its annual Holiday Breakfast, prepared by Kristie’s Café, on Wednesday, December 5 at 7 a.m. The event will occur at the group’s usual meeting place, United Methodist Church, located at 439 Park Avenue in Auburn. The cost is \$10. All are welcome to attend.

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Twin City Nights

Bates College Museum’s “Anthropocenic” examines humanity’s transformation of nature on a planetary scale



“The Ghostly Crew of the Andrea Gail” (2011) is a sculpture from reeds, wood, and data by Nathalie Miebach.

In recent years, environmental advocates have increasingly argued that we have entered a new epoch in geological history: the Anthropocene. Derived from a Greek word for “human,” the name refers to the fact that we live in a time when human activity, from fossil fuel use to nuclear technology to wild-habitat destruction, is transforming nature on a planetary scale.

Scientists continue to debate whether the evidence warrants declaring a new epoch, but the Bates College Museum of Art’s current exhibition, “Anthropocenic: Art About the Natural World in the Human Era,” examines humanity’s mark on the planet with pathos, wit, and an eye-opening diversity of conceptual approaches.

The 17 artists and collaborators participating in “Anthropocenic” make “art about nature and the natural world, but they do it from a place that recognizes the human impacts,” says Bates Museum Director and exhibition curator Dan Mills. Driving the exhibition is “the notion that our impact on the natural world is so deep that it’s actually evidenced in the geologic record.”

The show tackles themes that include environmental degradation; sea level rise and extreme weather; resource consumption and waste; war and our atomic legacy; the role of colonialism in exploiting and defiling the environment; and the ethics of stewardship of the natural world when it is privately owned.

In the system of chronology that geologists apply to the history of our planet, one unit used to measure time is the epoch. Until this century, the scientific consensus has been that we’re living in the Holocene epoch, which began nearly 12,000 years ago.

But in 2000, atmospheric chemist and Nobel Prize-winner Paul Crutzen put forth the notion that we have entered - or created - a new epoch he named the Anthropocene. While the working group of the International Commission on Stratigraphy charged with finding geologic evidence to support this theory is still at work, the notion has gained momentum in the popular imagination, thanks to its power to capture the scale of environmental transformation at human hands.

Artists participating in “Anthropocenic” are based as close as Maine’s Greater Portland region and as far away as the Democratic Republic of the Congo and Switzerland. Media represented in the show include such familiar practices as painting, sculpture, video, photography, and other printmaking technologies. But other artistic approaches are harder to summarize.

For instance, in her ongoing installation project “Out of Sorts,” Adriane Herman of Cape Elizabeth, Maine uses bales of recyclable material to provoke viewers to ponder “the implications of excess and disposability at the personal, cultural and global levels.”

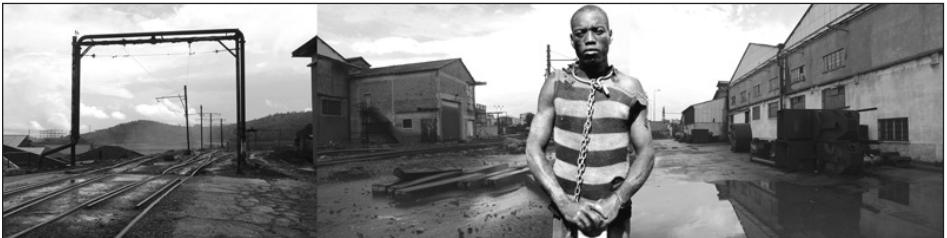
Working with Bates students as a Learning Associate for the duration of “Anthropocenic,” Herman will have bales of Bates recyclables returned to campus for her installation outside the college’s dining Commons.

In addition to Herman, the Portlanders represented in the exhibit are Julie Poitras Santos, Jan Piribeck, and Michel Droge. Droge makes paintings that, she says, place “the viewer in the midst of global climate change and environmental upheaval.”

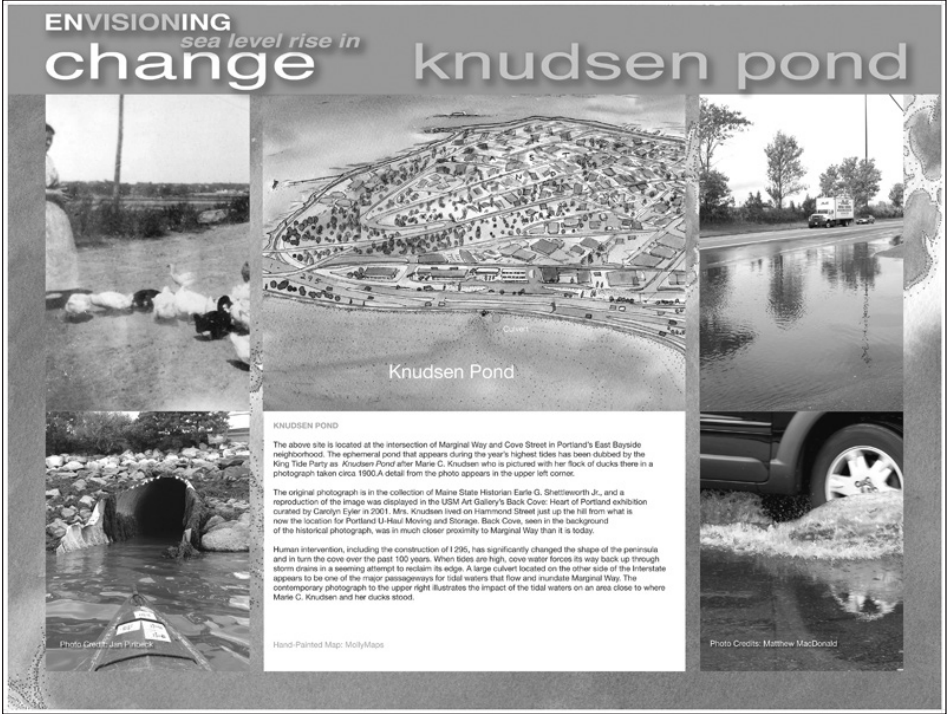
With coastal flooding a particular focus, Piribeck uses digital geographic technology to explore artistic and scientific interpretations of the landscape, in this case Portland’s Back Cove. Piribeck’s “King Tide Party” events mark peak high tides, one of which will occur during winter semester. (Details about a Bates shuttle to that event will be announced.)

In “Library of Mud,” Poitras Santos uses text and video to relate human memory to the sequestration of atmospheric carbon in a wetland at the Bates-Morse Mountain Conservation Area, managed by the college.

Bates College Museum of Art exhibitions and programming are open to the public at no cost. Hours are 10 a.m. to 5 p.m. Monday through Saturday (and until 7:30 p.m. Mondays and Wednesdays from September through May). For more information, call 786-6158 or email museum@bates.edu.



Untitled 13 (2006), an archival digital photograph on satin matte paper, is part of the “Mémoire” series by Sammy Baloji.



“Knudsen Pond Triptych” (2015) is part of Jan Piribeck’s ongoing “Envisioning Change: Sea Level Rise.”



“Black Rhinoceros” (2015) is a work in oil, asphaltum, inkjet and acrylic pigment on paper by Timothy Berry.



“Watering Hole (Social Species in the Late Anthropocene)” is a 2017 oil painting by Laurie Hugin.

Thursday, Nov. 29
HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Jackie Little, HR Director for the Maine Legislature, presents “Leadership Traits that Create a Winning Work Place.” \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetroChamber.com.
Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Dr. Julia Azari of Marquette University discusses “What Do the 2018 Midterm Elections Mean?” Free. Bring your bag lunch. 513-3135; LPLReference@Gmail.com.
History Program. 3:30 p.m. Muskie Archives, Bates College, 70 Campus Ave., Lewiston. Speakers and a panel discussion assess the role of VP candidate Ed Muskie in the pivotal 1968 U.S. presidential campaign. Free. jwebber@bates.edu.
Marine Corps League Meeting. 6 p.m. Lewiston Armory, 65 Central Ave. Central ME Detachment 810 needs members: all Marines, FMF corpsman, Navy chaplains, and those interested in helping local veterans’ organizations are invited to attend.
Discover Girl Scouts. 6 p.m. Agnes Grey Elementary School, 170 Main St., West Paris. Girls in Kindergarten through Grade 3 and their caregivers are invited to come learn about Girl Scouts. 888-922-4763; girlscoutsofmaine.org.
Theater: “The Santaland Diaries.” 7:30 p.m. Theater at Monmouth. Recounts best-selling humorist David Sedaris’ stint as a Macy’s Department Store elf named “Crumpet.” Mature audiences. Again 11/30-12/2 (Sat. 2 & 7, Sun. 7 p.m.). \$28. www.theateratmonmouth.org.
Friday, Nov. 30
Concert: The Campbell Brothers. 7:30 p.m. Chocolate Church Arts Center, Bath. This renowned band presents the only New England performance of their Sacred Steel Christmas Show. \$32 (\$28 in adv.). 442-8455; chocolatechurcharts.org.
Saturday, Dec. 1
Stanton Bird Club Field Trip. 8 a.m. to noon. Dan Marquis leads a group to “Lewiston-Auburn Lakes and Rivers” in search of late season migrants. Meet at JC Penny parking lot for carpooling. Free. 513-8213; marquis.dan.j@gmail.com.
Vendor Craft Noel Gala. 9 a.m. to 3 p.m. Parish hall, Holy Family Church, 607 Sabattus St., Lewiston. Bake sale, raffles, snacks; light lunch avail. 782-8125.
“Winter Wonderland” Holiday Fair. 9 a.m. to 2 p.m. Unitarian Universalist Community Church, 69 Winthrop St., Augusta.

Holiday decor, jewelry, gift baskets, door greens, tree decorations; homemade soups, cookies and sweets; refreshments. 622-3232.
Shaker Christmas Fair. 10 a.m. to 3 p.m. Shaker Village, 707 Shaker Rd., New Gloucester. Shaker baked specialties, unique gift and holiday items, White Elephant Room, 50/50 raffle, hot cider, homemade donuts, lunch plates while they last. 926-4597; www.maineshak-ers.com.
Christmas Memories. 2 p.m. Emmanuel Lutheran Episcopal Church, 209 Eastern Ave., Augusta. The Maine-ly Harmony women’s barbershop chorus, along with the Heart ‘n Soul and Windsong quartets, present a Christmas song showcase; refreshments follow. Free.
Christmas Concert. 3 p.m. United Methodist Church, 439 Park Ave., Auburn. Music by the Wesleyan Singers, Park Avenue Pickers, Auburn Bell Ringers, and local soloists and musicians; refreshments follow. Free.
Public Supper. 5 p.m. Paris Fire Station, Western Ave., So. Paris. Baked ham, potatoes, vegetables, bread, mac & cheese, assorted homemade pies and desserts. Pres. by the Dept. Auxiliary. \$8/4 (free ages 3 and under).
Sunday, Dec. 2
Community Fundraising Breakfast. 7:30 to 10 a.m. Legion Post 135, 40 Island Rd., Sabattus. Eggs, French toast, chipped beef, pancakes, sausage, ham, baked beans, country fries, toast, muffins, juice, coffee, tea, milk. Santa Claus arrives at 8:30. \$8/3.
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Concert: COIG. 7:30 p.m. Chocolate Church Arts Center, 843 Washington St., Bath. Back by popular demand, this Cape Breton supergroup performs original new material and Christmas favorites. \$32 (\$28 in adv.). 442-8455; www.chocolatechurcharts.org.
Monday, Dec. 3
Film Screening. 1 p.m. Andro. Community Room, Auburn Public Library. The documentary “Won’t You Be My Neighbor?” takes an intimate look at America’s favorite neighbor, Mister Fred Rogers.
French Sing-Along. 2 p.m. Chapel, D’Youville Pavilion, 102 Campus Ave., Lewiston. Local singing group Les Troubadours lead those attending in singing a selection of French holiday

favorites; all welcome. Free. 576-4109.
Auburn Art Club Meeting. 2 p.m. United Methodist Church, Park Ave., Auburn. This month’s meeting features an interactive Christmas program; all members are invited to attend.
Stanton Bird Club Meeting. 6:30 p.m. Room 103, Lewiston-Auburn College. John and Cynthia Orcutt, authors of “Enduring Heights, The High Peaks of Maine,” discuss “Photography and Conservation.” Free. www.StantonBird-Club.org.
Wednesday, Dec. 5
Holiday Breakfast. 7 a.m. United Methodist Church, 439 Park Ave., Auburn. \$10. Join the A-L Rotary Breakfast Club for a breakfast prepared by Kristie’s Café and songs by the ELHS A Capella Choir. \$10. All welcome to attend.
Christmas Dinner. 6 p.m. Green Ladle, Lewiston H.S., 156 East Ave., Lewiston. The Ladies of St. Anne Sodality present a meal of pork tenderloin and holiday music and songs by the Carol Bailey String Band; door prizes. \$18 (purchase by 11/27). 782-4516.
Thursday, Dec. 6
Open House Celebration. 5 to 7 p.m. Paychex, 126 Merrow Rd., Auburn. Join the L-A Metro Chamber for tours of Paychex’s newly remodeled office and to learn more about their great career opportunities, wages, and benefits; refreshments. <https://www.paychex.com>.
Friday, Dec. 7
Holiday Spectacular. 7:30 p.m. Great Falls Performing Arts Center, Academy St., Auburn. Community Little Theatre presents this holiday celebration in songs and stories. Again 12/8. \$20/18/10. 783-0958; LA-CLT.com.
Saturday, Dec. 8
Christmas Open House and Fair. 9 a.m. to 2 p.m. Foss Mansion, 19 Elm St., Auburn. Gift baskets, baked goods, holiday items, raffle tickets, and “knit and stitch” items; pose with Santa for photos in the a.m. Pres. By Women’s Literary Union. Free. 795-6134; womansliteraryunion.com.
Holiday Craft fair. 9 a.m. to 2 p.m. Minot Consolidated School, 23 Shaw Hill Rd., Minot. Over two dozen crafters, Kids’ Entrepreneur Area, free Fancy Clothing Boutique, raffles, concessions. Pres. by the Minot Community Club. 266-5033.
Heritage Holidays Concert. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. The 60-member Maine Music Society Chorale performs Christmas carols and Chanukah songs from around the world. Again 12/9 at 3 p.m. \$24/20/12 (kids 11- free). 333-3386;

www.mainemusicsociety.org.
Sunday, Dec. 9
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Stanton Bird Club Walk. 1 p.m. Thorncrag Nature Sanctuary, Montello St., Lewiston. Maine Master Naturalist Penny Jessop leads participants in search of “Mammals of the Sanctuary.” Free. 782-5467.
Monday, Dec. 10
Film Screening. 1 p.m. Andro. Community Room, Auburn Public Library. The documentary “Batkid Begins” profiles what occurred when the wish of one five-year-old cancer patient to be Batman for a day went viral.
Friday, Dec. 14
French Sing-Along. 1:30 p.m. Lewiston-Auburn College, 51 Westminster St., Lewiston. Local singing group Les Troubadours lead those attending in singing a selection of French holiday favorites; all welcome. Free. 576-4109.
Sunday, Dec. 16
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Sunday, Dec. 23
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Saturday, Dec. 29
Christmas Bird Count. 7 a.m. to 4 p.m. In this Stanton Bird Club event, participants spread to survey birds sighted within a 7.5-mile radius of the Bates College campus in Lewiston. All welcome; to participate, call 240-1380 or email seamans.linda@gmail.com.
Sunday, Dec. 30
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Sunday, Jan. 6
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell

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..... 9:45				
Robin Hood (PG-13)	1:05	4:05	6:45	9:20
Instant Family (PG-13).....	1:10	4:10	7:10	9:50
Widows (R)	12:45	3:45	6:55	9:40
Bohemian Rhapsody (PG-13).....	12:40	3:40	6:35	9:35
The Nutcracker and the Four Realms (PG)	12:00	2:20	7:05	9:25
Fantastic Beasts:				
Crimes Of Grindelwald (PG-13).....	1:00	4:00	7:00	9:00
Dr. Seuss' The Grinch (PG).....	12:20	2:30	4:40	6:50
..... 9:50				

locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Monday, Jan. 7
Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss “A Fine Balance,” by Rohinton Mistry. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.
Sunday, Jan. 13
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Sunday, Jan. 20
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Sunday, Jan. 27
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Sunday, Feb. 3
Lewiston Winter Farmer’s Market. 10 a.m. to noon. YWCA, 130 East Ave., Lewiston. Vendors sell locally grown and produced goods. Harvest Bucks, Market Rewards; credit, debit, cash, and SNAP/EBT accepted. 513-3848; www.lewistonfarmersmarket.com.
Monday, Feb. 4
Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss “Evicted: Poverty and Profit in the American City,” by Matthew Desmond. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

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What's Going On

Sacred Steel Christmas Show at Chocolate Church



Playing together for nearly two decades, the Campbell Brothers' inspired performances have moved from church sanctuary to renowned concert halls.

The Chocolate Church Arts Center in Bath will present the only New England appearance of the Campbell Brothers Sacred Steel Christmas Show on Friday, November 30 at 7:30 p.m.

The Campbell Brothers perform a rich variety of compelling music from the African-American Holiness-Pentecostal repertoire, with a unique twist: the growling, wailing, swinging voice of the steel guitar, played as you've never heard it before.

The sons of a bish-

op, pedal steel guitarist Chuck Campbell and his lap steel-playing brother, Darick, grew up in churches where steel guitars replaced organs, a style known as Sacred Steel. As they played for church services every Sunday, they were admonished to "play the word."

Rounding out the band is a high-energy rhythm section featuring brother Phil Campbell on electric guitar and his son, Carlton, on drums. Katie Jackson rounds out the ensemble, providing classic, gutsy gospel vocals.

Playing together for nearly two decades, their inspired performances have moved from church sanctuary to renowned concert halls, including the Hollywood Bowl, Kennedy Center, and Lincoln Center. While they now play for a larger, wider audience, the Campbell Brothers' music, both devoted and rocking, hasn't changed.

Tickets are \$28 in advance or \$32 at the door. To buy tickets, call 442-8455 or visit chocolatechurcharts.org.

Foss Mansion opens for Christmas Open House and Fair



Built between 1914 and 1917, the beautiful Foss Mansion is listed on the National Registry of Historic Places.

The Woman's Literary Union of Androscoggin County will open its historic Foss Mansion at 19 Elm Street in Auburn for a Christmas Open House and Fair on Saturday, December 8, from 9 a.m. to 2 p.m. The event is free and open to the public.

WLU members have decorated the mansion's first

floor, including the grand staircase, for the holidays and Santa will be on hand in the morning for your Christmas photos. Gift baskets, baked goods, holiday items, raffle tickets, and "knit and stitch" items will be available for purchase.

The festive holiday decor blends beautifully with the mansion's architectural splendor. Built between 1914 and 1917 for Horatio G. and Ella May Fletcher Foss, the distinctive Foss Mansion is a landmark of the Historic Downtown Auburn District and was listed on the National Registry of Historic Places in 1976.

The Woman's Literary Union of Androscoggin County is a 501(c)(3) charitable nonprofit organization. Tax deductible donations will be gratefully accepted at this event to help support the union's scholarship fund and general maintenance of the Foss Mansion. For more information, contact Kathy Lawrence at 795-6134 or kmlawrence@aol.com, or see womansliteraryunion.com.

**Sarah Frye Home Activity
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