

Song, dance, and laughs take center stage in CLT's "Holiday Spectacular!"



Dancers performing in the show include (l. to r. from front) Margaret Borwn, Julia Groover, McKenzie Richard, Maria Groover, Ethan Rombalski, Andy Dolci, and Maxwell Draper. Absent from the photo are Danica Hemond and Ansley Watson.

Great Falls Performing Arts Center will be filled with song, dance, music, and laughs when Lewiston-Auburn Community Little Theatre presents a "Holiday Spectacular!" on Friday and Saturday, December 7 and 8, at 7:30 p.m.

Director Cody Watson says the concept of the show is all about Christmas memories, music, and the many emotions

they bring forth. Featured songs will include "I'll Be Home For Christmas," "The First Noël," "The Christmas Waltz," "Silent Night," and selections from "A Christmas Story: The Musical." The show will also include a special guest appearance by local drag superstar Chartreuse.

Great Falls Performing Arts Center is located at 30 Academy Street in Auburn.



Tickets are \$20 for adults, \$18 for seniors, and \$10 for students. For more information or to buy tickets, call 783-0958 or visit LACLT.com.

Rotary Club meeting features Store Next Door project



Meg Dumais, with two recent graduates

At the next meeting of the Lewiston-Auburn Rotary Club on Thursday, December 13, from noon to 1 p.m., guest speakers Meg Dumais and Jamie Caouette will discuss the Store Next Door project at Lewiston High School. The event will take place at the Village Inn at 165 High Street in Auburn.

Meg Dumais has worked for Lewiston Public Schools since 2013. As an academic liaison for McKinney-Vento-eligible students, she supports students in their academic responsibilities by connecting them to important resources and basic needs. She also helps manage, maintain, and coordinate donations for the

Store Next Door project.

Jamie Caouette has been a case manager for almost 10 years and is passionate about helping youth. She provides ongoing support and expertise to homeless youth and parenting students by helping them find needed resources. She speaks frequently to various groups about the needs of homeless youth and volunteers with the Parenting Teen Advisory Board and the Human Trafficking Collaborative.

Guests are welcome;



Jamie Caouette

no reservations are required. Lunch will be available at the restaurant. For more information, contact Club President Thomas MacDonald at 333-4588, follow them on Facebook, or see www.lewistonauburnrotary.org.

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**.

Deadline is **Friday by five.**

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Newsmakers, Names & Faces

Museum L-A seeks info on local horse troughs



This postcard shows one of the missing horse troughs in front of the pumping station in Auburn, but no photographs have been recovered for the second trough.

Museum L-A is seeking information about the horse troughs that once stood in the streets of Lewiston and Auburn. Two of the horse troughs formerly located in downtown Lewiston have been found, but the current whereabouts of two troughs once located in Auburn - one on Turner Street and the other at what is now Washington Street and Minot Avenue - is unknown. The museum hopes the public might be able to provide information about these troughs, their historic uses, and their current locations. If you have any information, please contact Emma Sieh at 333-3881 or esieh@museumla.org.

Swingin' Bears host annual Teddy Bear Dance

The Swingin' Bears Square Dance Club of South Paris will host its annual Teddy Bear Dance on Saturday, December 8, from 7 to 9:30 p.m. at Oxford Hills Middle School. Members of other area square dance clubs are invited. Those attending are asked to bring a donation of a new stuffed toy for the "Christmas for Kids" program. The club's yodeling caller, Ray Hilton of Saco, will call one Plus level dance, otherwise alternating between Class and Mainstream level. Carol Arsenault will cue the round dancing. There will be door prizes and a 50/50 drawing. Refreshments will be served throughout the evening.

The school is located at 100 Pine Street in South Paris. Admission is \$8 per person; non-dancers are invited to come watch at no charge. For more information, call club presidents Joan and Dick Deans at 966-2327 or 890-2972, or see swinginbears.squaredanceme.us.

New Lewiston restaurant offers Somali dishes

The Lewiston-Auburn Metropolitan Chamber of Commerce will help host a Ribbon Cutting event at Heritage Restaurant, located at 265 Lisbon Street in Lewiston, on Friday, December 7 at noon. This new restaurant serves authentic Somali dishes, made with fresh and authentic ingredients, along with other African and American favorites. Meat lovers are invited to try their traditional sweat-busting spiced dishes of goat or camel meat. Beverage choices include smoothies, juices, tea, and coffee. Both seated service and take-out are available. For more information, call 513-7005.

Dirigo FCU donates \$23,525 to hunger relief agencies



The credit union's management team invited seventeen local agencies to their Auburn branch, located at 26 Washington Street, to receive donation checks ranging in size from \$500 to \$3500.

Dirigo Federal Credit Union partnered with the Maine Credit Union League in 2018 to raise \$23,525 for the League's ongoing Campaign for Ending Hunger. All money raised was distributed to hunger relief organizations and food pantries in Androscoggin and Oxford Counties. Donations from \$500 to \$3,500 were given to seventeen local agencies, including Rural Community Action Ministry, Trinity Jubilee Center, St. Martin de Porres, St. Mary's Food Pantry, Poland Community Church Food Bank, Oxford Helping Hands Food Pantry, Hope Haven, New Beginnings, The Root Cellar, Mannafed, Seniors Plus, and Good Shepard Food Bank.

CMCC students awarded MEREDA scholarships



Scholarship recipients Crystal House (l.) and Elena McNeil (r.) are pictured here with MEREDA vice president of operations Shelly Clark.

Crystal House and Elena McNeil, second-year students in the Business Administration and Management program at Central Maine Community College, have been awarded \$1,250 scholarships from the Maine Real Estate & Development Association (MEREDA) for study during the current academic year. McNeil, who lives in West Paris, earned high honors last fall. A full-time student, she is employed at Walmart in Oxford and also works with horses at MC Farms in South Paris. She hopes to devote full time to the farm after she graduates in May. House, who lives in Rangeley, has earned both high honors and president's honors in her studies at CMCC. She hopes to one day start her own business. McNeil and House are two of the 14 Maine community college students to receive a scholarship from MEREDA. The funds for the scholarships were raised through MEREDA's annual "Strikes for Scholars" bowl-a-thon in May. The association's goal is to support Maine students as they prepare for careers in areas of study that promote MEREDA's mission of responsible development and ownership of real estate throughout the state. MEREDA, which began the program over six years ago for students in the building trades, has continued to support and expand the scholarship fund. Since 2014, MEREDA has raised and donated over \$73,000, providing scholarship assistance to 57 Maine community college students. For more information about MEREDA, see <http://mereda.org>.

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Governor's Address: Budget Recommendations for Critical Investments Make Sense for Mainers

Dear Maine Taxpayer,

Last week I sent Governor-elect Janet Mills my administration's recommended budget proposal. I called her attention to key measures I believe we must take to maintain the state's fiscal health, drive economic growth, and be good stewards of the state's property.

A new Governor has only a few weeks to craft a budget proposal. Our development of the next biennial budget should be useful to the Governor-elect and her team.

The state's cash pool has grown substantially since fiscal year 2012, from approximately \$500 million to nearly \$1.5 billion today. During that period, Other Special Revenue - typically generated by licensing

and fees - has quadrupled to more than \$400 million.

These balances are due to sound financial management and a strong economy. Now our state should put the money to work on behalf of all Mainers.

Our most important recommendations address the big-ticket items that drive most of state spending and currently create the structural gap.

First, we recommend introducing a hospital tax to pay for Medicaid expansion. Costing about \$100 million annually, the Legislature has not yet identified a sustainable means to fund Medicaid expansion.

Since the hospitals stand to benefit by at least \$100 million from expansion, and because the federal government will reimburse them part of the tax, these revenues would more



Governor Paul R. LePage

than cover any new tax. The hospitals would still come out ahead.

I also recommended to Governor-elect Mills that Maine invest in broadband expansion using \$75 million from Other Special Revenue accounts and following the State Broadband Expansion Plan. This investment will have a big payoff.

My next recommendation centers on the state's physical plant. When I took office in 2011, the state campus in Augusta was falling into disrepair.

Our Administration invested in revitalizing older, decaying buildings and constructing new ones. But more needs to be done. Our budget allocates \$40 million to continue upgrading the Capitol Complex.

The plan would include demolishing an older parking garage near the State House and building a new parking garage near the Cultural Building.

The plan also calls for a new DHHS building built on the old garage's lot, completing the consolidation of the department's Augusta office for efficiency.

Last, the plan would make significant upgrades to the neglected Cultural

Building, which houses the State's Museum, Library, and Archives.

This much-needed improvement of the state campus will make our Capitol Complex more functional, energy efficient, and visitor friendly.

When I took office, state employees' pay had been curtailed. Our Administration restored regular pay raises, and these should continue. We can afford them if the next administration continues to drive efficiencies and maintain disciplined financial management.

Lastly, Maine is now well-positioned to make a major improvement to our pension system. We've crafted legislation that builds on the efforts of the State and Teacher Retirement Plan Working Group, directing them to include

pension portability as a required component of its legislative proposal. MainePERS supports this meaningful reform.

I've also made recommendations for tax reform. We have record-breaking revenue surpluses. It would be wrong for the State to use these funds as a windfall to fund pet projects with no sustainability if - and when - the economy contracts.

My Administration is working collaboratively with the Governor-elect's transition team to ensure that the needs of Maine's people remain the number-one priority.

*Thank You,
Paul R. LePage
Governor*

Community Credit Union supports Safe Voices



Pictured here (l. to r.) are Victoria Stanton of Safe Voices and Andrea Wessling and Ashley Ward of Community Credit Union.

Community Credit Union presented Safe Voices with a donation check in the amount of \$500 to support its food pantry. The funds were raised through the credit union's participation in the Maine Credit Union League's ongoing Campaign for Ending Hunger.

Safe Voices offers services for those affected

by domestic violence with offices in Lewiston, South Paris/Norway, Farmington, and Rumford. The local offices provide one-on-one support, support groups, children's services, advocacy, information, referrals, court advocacy, transportation, emergency shelter, community education, and professional training.

Community Credit Union is a member-owned, full-service financial institution serving its members and the community since 1945. It has branches at 144 Pine Street in Lewiston, 40 Stanley Street in Auburn, and 1025 Auburn Road in Turner. For more information, see www.community-creditunion.com.

New Dollar General store opens in Monmouth

Dollar General's newest store at 765 Route 202 in Monmouth is now open. In its new location, Dollar General will offer area residents a convenient new place to shop for everyday essentials at low prices.

Dollar General stores offer convenience and value to customers by providing a focused selection of national name brands and private brands of food, housewares, seasonal items, cleaning supplies, basic apparel, and health and beauty products. The store's fresh layout is designed to make shop-

ping simple for customers. Seasonal products are displayed in the center of the store, departments are easily recognizable with visible signage, and coolers are conveniently located at the front of the store.

Traditional Dollar General stores employ approximately six to 10 people, depending on the need. Those interested in joining the Dollar General team may visit the Career section at www.dollargeneral.com.

Dollar General gives its customers more than ev-

eryday low prices on basic merchandise. Dollar General is deeply involved in the communities it serves and is an ardent supporter of literacy and education. At the cash register of every Dollar General store, customers interested in learning how to read, speak English, or prepare for their high school equivalency test can pick up a brochure with a postage-paid reply card that can be mailed in for a referral to a local organization that offers free literacy services.

Since its inception in See Dollar, page 13



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9 N. River Road, #232, Auburn, ME 04210
Phone: 207.795.5017 • Fax: 207.782.9579
info@TwinCityTimes.com

Laurie A. Steele
Publisher/CEO
Laurie@TwinCityTimes.com

Steve Bouchard
Editor-in-Chief
Editor@TwinCityTimes.com

Suzanne Murray
Advertising Department
Ads@TwinCityTimes.com

Stacey Smith
Administrative Assistant
Info@TwinCityTimes.com

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Online registration shows deer hunters had best year since 2002



With the regular firearms season for deer concluded, the Maine Department of Inland Fisheries and Wildlife’s new online registration system showed that deer hunters had a very good year in Maine, likely the best in over 15 years.

The numbers are still preliminary, but as of November 26, hunters in Maine had taken 30,299 deer, the most since 2004, when the deer kill was 30,926. With the muzzle loading season beginning throughout the state, it is likely that the 2018 deer kill will surpass that 2004 total, but will fall short of the 38,153 deer taken in 2002.

“With rain the first two Saturdays, the deer harvest was lower than expected,” said MDIFW Deer Biologist Nathan Bieber. “However, better hunting conditions,

including tracking snow throughout the state for the last two weeks of the season, compensated for the slow start.”

With the new online registration system, MDIFW biologists monitored the season and harvest. While the number of deer taken the first two Saturdays was close to 2,000 lower than 2017, the last two Saturdays of the season showed the exact opposite, with hunters taking a little over 2,000 deer more than 2017. Weekday totals the last week and a half of the season were higher than last year as well.

MDIFW biologists expected to see a higher deer kill this season due to the increase in the number of Any Deer Permits issued. A total of 84,745 Any Deer Permits were issued in 22 of the state’s 29 wildlife

management districts, an increase of 28% from the previous year. One reason for the permit increase is that the 2017-18 winter was more moderate in Central and Southern Maine, while up north the winter was a little more severe than in recent years past.

Deer hunting in Maine provides many Maine families with wild game meat that is high in nutrition, sustainable, free range, and organic. On average, a 150-pound field dressed deer will provide close to 70 pounds of meat. It is estimated that this year’s deer kill will provide over 1.5 million pounds of meat to hunters and their families.

The deer hunting seasons began the Saturday after Labor Day and will continue until December 8. These structured seasons, along with controlling the harvest of female deer in the 29 wildlife management districts across the state through the Any Deer Permit system, allow biologists to manage deer population trends.

In some parts of the state, the department manages the white-tailed deer population through regulated hunting to limit vehicle crashes, reduce instances of lyme disease, and reduce property damage. In other areas of the state, the department manages the population to increase opportunities for hunting and viewing.

Diocese offers Spanish-language Masses in Lewiston

The Diocese of Portland’s Office of Hispanic Ministry has announced that Spanish-language Masses will now be celebrated throughout the year in Lewiston, Portland, Bangor, and Winslow. In Lewiston, Masses in Spanish will be offered at the Basilica of Ss. Peter & Paul, located at 122 Ash Street, every Saturday

at 6 p.m. All are welcome to attend. The Diocese asks parishioners to spread the word to Spanish-speaking members of the community.

The Office of Hispanic Ministry assists the Hispanic community living and working in Maine by offering marriage and baptismal preparation, providing faith formation for adults and

children, educating on social service supports in the state, and helping individuals and families to become more involved in parish life. If you or someone you know might benefit from the services of the Office of Hispanic Ministry, contact Sister Patricia Pora, RSM, at 615-2522 or patricia.pora@portlanddiocese.org.

What’s Going On

Maine College of Health Professions, MHCA announce new LPN program starting in January

In partnership with the Maine Health Care Association, the Maine College of Health Professions in Lewiston will launch its first Licensed Practical Nurse (LPN) program in January. Developed in response to Maine’s ongoing critical nursing shortage, the program will fill an educational void in Maine while creating an important career ladder for direct care workers. While the program will provide workers specifically for long-term care facilities, the groups believe that training more LPNs will ultimately benefit the state’s other health care providers as well.

As Maine’s over 65 population continues to grow and more nurses continue to retire, fewer young people in Maine are available to provide caregiving in all health care settings. This presents a pressing problem for Maine’s nursing homes, which have one of the highest staffing standards in the country. Many nursing homes report that their Registered Nurses are severely taxed as they must provide direct care as needed to fill in staffing gaps created by turnover and vacancies.

Because LPNs once played a larger role in long-term care employment, MHCA surveyed its nursing home membership to deter-

mine if hiring LPNs could ease the staffing shortage. The response was overwhelmingly positive. Since no LPN training programs are currently operating in Maine, MHCA approached the College to see if it could help.

“I haven’t seen a long-term care staffing shortage so severe in the nearly 20 years that I have been with MHCA,” said President and CEO Richard A. Erb. “We envision this program as an opportunity for Certified Nursing Assistants working in long-term care to advance in the field of nursing. And the ladder doesn’t stop there; we anticipate some will go on to obtain RN degrees.

“We couldn’t be more pleased with the responsiveness of MCHP,” Erb added. “We began discussing the possibility of an LPN program with the college in March and are looking forward to the first class beginning in January.”

Keeping with the character of MCHP, the new program will feature small class sizes, with one instructor for every eight students in the clinical setting and a one to twelve ratio in the lab. Clinicals have been arranged with Russell Park Rehab & Living Center, Clover Health Care, and St. Mary’s d’Youville Pavilion. Other locations may be add-

ed later if demand warrants. The one-year program will cost approximately \$16,000, including tuition and fees.

“This is very much in line with our mission to enrich lives by offering outstanding education in the health professions, inspiring student success and lifelong learning,” said MCHP President Dr. Monika Bissell. “The fact that the LPN program can serve as a bridge between the CNA and RN is very promising for our workforce. Working with our team of educators and veteran long-term care nurses, we are pleased to offer this program. We are confident that it will help address the persistent staffing shortage in health care.”

The first cohort of LPN students will start in January 2019. Those interested may apply online at www.mchp.edu. The application deadline is December 12, 2018. For more information, call 795-2840 or email admissions@mchp.edu.

The Maine Health Care Association is a non-profit trade association representing over 225 providers of long-term care services to the state’s elderly and disabled citizens; the Maine College of Health Professions is a nonprofit college accredited by the New England Commission of Higher Education.

American Cancer Society seeks volunteer drivers for Road to Recovery program

This holiday season, and all year long, if you have a car and few hours to spare, you can make a difference in the life of a cancer patient as a Road to Recovery driver. The American Cancer Society is now recruiting volunteers throughout Maine to ensure that all cancer patients have transportation to and from their treatments. Whether you are available once a month or once a week, even for an hour, you can be a Road to Recovery volunteer.

“Every driver has what it takes to help save lives,” said Elisa Madore, program manager for mission delivery at the American Cancer Society. “We’re urgently asking drivers to volunteer to take cancer patients to treatment. One cancer patient requiring radiation therapy could need between 20 to 30 trips to treatment over the course of six weeks. A patient receiving chemotherapy may need weekly treatment for up to a year.”

Many cancer patients

don’t own a vehicle or can’t afford the extra gasoline. Some patients may be elderly and unable to drive or have no family members or friends who are able to provide regular assistance with transportation. Some patients don’t have access to transportation at all, and public transportation is not ideal for those who are in treatment and are fatigued, sick, and often at risk of infection.

“Even the best treatment can’t work if a patient can’t get there,” said Madore. “Access to care is a big problem in our country, with low-income and minority persons and those living in outlying communities suffering the most from disparities. Transportation programs are vital for these patients to get the treatments they need and deserve. The Road to Recovery program not only helps patients, it’s also rewarding for the volunteers.”

The Road to Recovery program, which pro-

vides transportation options for patients in these situations, is current in need of volunteer drivers in Maine. Volunteer drivers donate their time and the use of their vehicles so patients can receive the cancer-related treatments they need. Drivers sometimes also provide encouragement and support.

To volunteer, you must have a valid driver’s license, a safe and reliable vehicle, and proof of automobile insurance. Drivers must be at least 18 years old and have a good driving history. They arrange their own schedules and can commit as few or as many hours as their schedule allows. The American Cancer Society provides free training to drivers and conducts criminal background, driving record, and vehicle checks.

For more information about the Road to Recovery program, to volunteer as a driver, or to request a ride, call 1-800-227-2345 or visit cancer.org.

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What's Going On

Louis Philippe to perform at next La Rencontre



Philippe will perform French and English songs, mixing in some occasional humor.

Popular singer and pianist Louis Philippe will present a Christmas show at the next La Rencontre on Thursday, December 13 at 11:25 a.m. at the Gendron Franco Center in Lewiston. The meal will be a turkey dinner with all

the fixings and Christmas cake for dessert. After the meal, Philippe will perform French and English songs, with some occasional humor mixed in. Several raffle prizes will be drawn at the end of the event.

A Lewiston native now

based in Portland, Louis Philippe is the founder of Reindeer Records, a small grass-roots label that brings business experience and career exposure to entry-level artists. He will have a number of CDs available for purchase, including “La Vie En Rose: A Tribute to Piaf” and “Father Frenchie Comes to Lewiston.”

La Rencontre (The Gathering) is a monthly multi-language event and is not restricted to French-speakers or even those of Franco descent. All are welcome to attend as long as spots remain open. The cost of the meal and program is \$12 per person. The doors and bar open at 10 a.m. To make reservations, contact the center’s box office at 783-1585 or boxoffice@francocenter.org.

Send all Letters and Op/Ed pieces to Editor@Twin City Times.com. Deadline is Friday by five.

Auburn parish teams with Catholic Charities to provide gifts to those in need

In an effort to help children and families in need during Advent, Immaculate Heart of Mary Parish of Auburn and Catholic Charities Maine are organizing “Jolly Gifts,” an initiative to warm hearts and offer support to parish and community members as they prepare for Christmas.

All are encouraged to bring a new, unwrapped toy or gift to the “Jolly Gifts” displays located in the entrances of the parish’s two churches, Sacred Heart Church at 8 Sacred Heart Place and St. Philip Church at 2365 Turner Road, both in Auburn, through Saturday, December 8.

“Suggestions for gifts would be simple board games, dolls, action figures, arts and crafts activities for older children, or sports

items,” said Deacon Denis Mailhot, social ministry coordinator for Immaculate Heart of Mary Parish.

All items donated will be given to Catholic Charities Maine, which will distribute them to families in need who have been referred to the organization by community partners.

“We were overwhelmed by the large number of children’s Christmas gifts donated by our amazing parishioners during the first weekend,” said Deacon Denis. “Working with Catholic Charities Maine to provide Christmas gifts to needy families is such a blessing in this season of giving.”

“We see the power of giving every day at Catholic Charities Maine,” said Bill Wood of Catholic Charities Maine’s Parish Social Min-

istry. “To see these children and families smiling as they receive these gifts is so impactful. You realize that these are more than gifts; they are feeding the spirit as well.”

For more information about “Jolly Gifts” or to make a financial donation to the initiative, contact Deacon Denis at Immaculate Heart of Mary Parish at 782-8096, ext. 1203, or Bill Wood of Catholic Charities Maine at bwood@ccmaine.org.

A special Advent section has been created on the Diocese of Portland’s website that includes a variety of prayers, blessings, and reflections; downloadable and interactive calendars; and event listings for the diocese. The section can be found at www.portlanddiocese.org/advent.

Gawler Sisters’ holiday concert at Phippsburg Congregational Church



Steeped in folk music tradition, Molly, Edith, and Elsie Gawler carry on the legacy of their Maine-based musical family.

The Gawler Sisters will perform a holiday concert at the Phippsburg Congregational Church on Saturday, December 8, at 7:30 p.m. Featuring songs celebrating the season, the program will also include old and new tunes from many folk traditions. The trio backs their interweaving harmonies with fiddle, banjo, cello, and ukulele.

Steeped in folk music tradition, Molly, Edith, and Elsie Gawler have carried on the legacy of their Maine-based musical family. Although the Gawlers may be best known for performing tunes from the Scots-Irish and French Canadian traditions, their extensive travels have added to the depth of their extensive repertoire. Most recently, the sisters toured the Pacific Northwest with the Boston-based fiddle orchestra Childsplay.

In addition to playing fiddle and singing, Molly Gawler has been a featured dancer with the internationally celebrated dance company Pilobolus. In that capacity, she has appeared on the Academy Awards, Oprah, Japanese television, and Late Night with Conan O’Brien. In addition to performing with her sisters on their first album, “Home Again Home Again,” she has recorded an album of lullabies called “Honey Dreams.”

Edith Gawler supports the ensemble with rich low harmonies and on banjo and fiddle. She has a love for agrarian music and has traveled to Ghana with her sisters, learning the djembe and a host of African songs. She also performs and records with her husband, Bennett Konesni. As a duo, they play old-time fiddle and banjo music, Swedish dance tunes,

and sing farmer’s ballads and hollers.

Elsie Gawler incorporates the cello into folk music with a range of back-up rhythms and innovative chord structures. With fiddle music deeply embedded in her musical sensibilities, she plays jigs and reels as easily as melancholy waltzes. A songwriter as well as a performer, she has also added the ukulele to the trio’s sound.

Admission at the door is \$15 for adults and \$8 for students. Children under eight will be admitted for free. Advance tickets are available for \$12 at BrownPaperTickets.com.

The concert will be performed at the historic 1802 Phippsburg Congregational Church. Doors will open at 7 p.m. Refreshments will be served. For more information, call 389-1770.

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SHAKER HILL Outdoors

December programs for teens at Auburn Public Library

Unless otherwise noted, all programs are for teens ages 12 through 18. For more information, call 333-6640, ext. 4, find them on Facebook at “APLTeenSpace,” or see www.auburn-publiclibrary.org.

Maine Job Corps. Teens and New Adults (ages 16-24): If you had the opportunity to take part in a life-changing experience that gave you the skills you need to succeed in today’s job market, and it didn’t cost anything, would you be interested? If so, the Job Corps may be for you! Call Cathie Gavett of the Maine Job Corps at 458-5369 to find out more about this program and who is eligible. She will then arrange a time to meet with you at Auburn Public Library.

Safe Voices. Thursday, December 6, 3:15 to 4:15 p.m. in the Teen Space. Each month, Jennifer from Safe Voices visits to chat about relationships and work on projects. Have a topic you’d like us to discuss? Let us know!

Great Stories Club: Empathy - The Cost of Switching Sides. Monday, December 10, 4:30 to 6 p.m. in the Teen Space. This month, we’ll discuss the book “Kindred: A Graphic Novel Adaptation” by Octavia Butler, Damian Duffy, and John Jennings. Heather of Sexual Assault Prevention and Response Services (SAPARS) will be on hand to discuss some of the more difficult parts. Copies are available at the library. Those interested should sign up with Donna.

Tech Tuesdays in the

Media Lab. Tuesday, December 11, 3 to 4 p.m. Join us on selected Tuesdays for this new program, where we’ll learn about what you can do in the library’s CREATE! Media Lab. This first session will cover Photos, Apple’s photography app to help you keep photos organized. Learn how to import your photos to organize them and create albums, or digitize your photos and put them onto a CD as a Christmas gift. Bring your photos in any format: on a camera (don’t forget your USB chord), memory card, flash drive, CD, DVD, or as paper photo (which we can digitize). Space is limited. To register, call the Reference Desk at 333-6640, ext. 4.

Tweens in the Teen Space. Wednesdays, December 12 and 19, noon to 2 p.m. On half-day Wednesdays, sixth graders are invited to come by the Teen Space on the second floor to get a head start on their homework, use the craft supplies or board games, or just hang out.

Teen Library Advisory Board. Wednesday, December 12, 2:30 to 3:30 p.m. in the Teen Space. A joint venture of the Auburn Public and Edward Little High School libraries, the Teen Library Advisory Board (LAB) works to promote awareness of both libraries and all they offer to teens in the community. The group meets every other week, alternating between Auburn Public Library and Edward Little. While you need not be a student at ELHS to join, participants should be interested in community in-

volvement and lovers of the library. For more information, contact Ms. McCurdy at ELHS or Donna at APL.

Gaming Hour. Wednesdays, December 12 and 26, 4 to 5 p.m. in the Androscoggin Community Room. Take a break from studying to stop by the Androscoggin Room on the lower level for video games and snacks. The library has Xbox and Wii and a small collection of games. Teens are welcome to bring their favorites, but only those rated T and E.

Teen Snack Chat. Thursday, December 13, 3 to 4 p.m. in the Teen Space or Community Room. Join us once a month as we prepare a healthy snack to enjoy and have a conversation about a topic of interest to teens. When you come in, check the board on the first floor for this month’s meeting location.

Matinee Movie: “Just Friends.” Thursday, December 27, 2 to 4 p.m. in the Androscoggin Community Room. This month’s feature is a comedy starring Ryan Reynolds (Chris) and Amy Smart (Jamie). When high school student Chris confesses his love to best friend Jamie, she tells him she wants to be “just friends.” Ten years later, when Chris returns home as a successful (and attractive) record producer, he discovers he still wants to be more than “just friends.” Can he finally win Jamie’s heart? Due to the PG-13 rating, this month’s movie is for teens ages 13 through 18. Snacks will be provided.

What’s Going On

December programs at SeniorsPlus

SeniorsPlus has released its schedule of classes for December. Highlights are listed below. Unless otherwise noted, all classes are free of charge and take place at their Education Center at 8 Falcon Road in Lewiston.

The building is fully accessible; Hearing Assistive Equipment is available upon request.

Please register for classes by calling 795-4010 or 1-800-427-1241. For a complete program schedule, including ongoing fitness classes and other groups, visit seniorsplus.org/education-center.

“Crafting with Corinne.” Thursday, December 6, 2 to 3:30 p.m. with instructor Corinne Saindon; supply fee \$5. In this class, you will create a couple of holiday cards for family or friends. Space limited to 10.

“Living Well with Diabetes.” Fridays, December 7 through January 11, 9 to 11:30 a.m. with SeniorsPlus staff. Location: DFD Russell Medical Center, 180 Church Hill Road in Leeds. In this six-week workshop, you’ll learn real-life skills for living a full, healthy life with diabetes. Come get the support you need to enjoy life to its fullest!

“Options for Caregivers of Individuals with Dementia.” Monday, December 10, 1:30 to 3:30 p.m. with instructor Albert L’Etoile of Woodlands Memory Care of Lewiston. Albert L’Etoile has been working with the senior population for over 30 years and has been assisting families and older adults to find appropriate living situations for nearly 20 years. This open forum is the perfect opportunity to “pick Albert’s brain” regarding options for the caregivers of individuals with Alzheimer’s disease or other forms of dementia.

“We Need to Talk.” Tuesday, December 11, 10:30 a.m. to noon with instructors Court Dryer and Donna McGibney of AARP. The AARP Driver Safety Program offers this free seminar to meet the needs of adults caring for aging parents and are concerned about making a smooth transition for those parents from driving to not driving. The program is designed to assist family and friends have successful conversations about to stay mobile when it’s time to limit or stop driving.

“1-800-HELP-ME-TIM With My Android Smart Phone.” Thursday, December 13, 1:30 to 3:30 p.m. with instructor Tim Verrill of SeniorsPlus. Bring your Android smartphone and any questions or problems you are experiencing. Space limited to 10.

“Medicare 101.” Friday, December 14, 2:30 to 4 p.m. with instructor Melissa McCarthy, UNE graduate student, and Carmen Car-

ney of SeniorsPlus. Open enrollment is October 15 to December 7. Get the basics of Medicare in this introductory course, perfect for anyone new to Medicare or looking for a review.

“Healthy Living for ME.” Tuesday, December 18, 10 to 11:30 a.m. with instructor Nate Miller, LMSW, of SeniorsPlus. Explore the contexts of aging and health in which preventative and self-management resources are needed. Participants will also learn about workshops that focus on improving health, caregiving, and reducing the risk of falls.

“Game Day at SeniorsPlus.” Wednesday, December 19, 1 to 4 p.m. Come in for an afternoon of fun, socialization, and popcorn. Whether you enjoy cribbage, board games, or cards, bring your favorite game to share with others. All are welcome!

“Living Well with Chronic Pain.” Thursdays, December 27 to January 31, 1:30 to 4 p.m. with SeniorsPlus staff and volunteers. This interactive six-week workshop will help participants better manage their pain. Those attending will learn ways to deal with frustration, fatigue, poor sleep, and isolation. They will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance, and techniques for pacing activity and rest.

LRTC student art available as calendars, framed prints



The high school juniors and seniors created the landscapes by using fruits and vegetables in their images.

Students of the Multimedia Program at the Lewiston Regional Technical Center are selling their digital artwork in a variety of formats. The high school juniors and seniors created the landscapes by using fruits and vegetables in their images.

The 2019 calendar can

be bought either as a wall calendar for \$10 or as a two-year desk calendar for \$15. To show off as much student work as possible, the two calendars do not display the same images. Both were printed by Evergreen Printing of Auburn.

Framed individual prints are also available for

\$40 at the Green Ladle at 156 East Avenue in Lewiston. Proceeds will help pay for the students’ trip to a SkillsUSA conference next year and for supplies for future projects. SkillsUSA is a career and technical student organization. For more information about purchasing the calendars, call the LRTC office at 795-4144.

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What's Going On

Chocolate Church presents Maine Premier of "Santa Diaries"



Portrayed by Peter Havas, "Sandy Hawes" (c.) and his elves celebrate Christmas. (Photo by Dave Mention)

The Chocolate Church Arts Center of Bath will present the Maine premier of a new Christmas holiday show called "The Santa Diaries" Thursday through Sunday, December 13 through 16. Show times are December 13, 14, and 15 at 7:30 p.m. and December 15 and 16 at 2 p.m.

Not to be confused

with the "Santaland Diaries," which is a show meant for adults only, "The Santa Diaries" is a holiday romantic comedy appropriate for all ages. Written by Laura Ambler and Mala Burt, the play beckons audiences back to familiar Christmas themes by interlacing story elements from "A Christmas Carol" and "It's A Wonder-

ful Life." The result is a contemporary holiday tale that the whole family will find funny and touching. The story is about self-absorbed movie star Will Hawes (portrayed by Billy Rankis), who returns home to visit his dad, Sandy Hawes (portrayed by Peter Havas), after the elder Hawes falls off a roof and



The show is directed by Chocolate Church Arts Center Interim Executive Director Dennis St. Pierre (Photo by David Treadwell)

breaks his leg just weeks before Christmas. "Sandy Hawes" is actually "Santa Claus," but he may end up being the last of the line unless Will soon discovers his calling. While at home, Will is forced to contend with his dad's wishes while attempting to shape his script into a new blockbuster movie. Forced to work with his ex-girlfriend, Jessica (portrayed by Rebecca Lewis), whom he left to pursue stardom, and swindled into co-directing the town's annual Christmas play, his deeply suppressed feelings begin to surface. What will he choose to do? Can Christmas be saved?

Comprised of 15 children and 20 adults, the cast is made up of local actors, mirroring the play's premise of celebrating small town values while exploring universal themes. The show is directed by veteran professional actor, singer, and director Dennis St. Pierre, who is best known to local audiences for his portrayals of Jean Valjean at the Maine State Music Theater in 2008 and the Heartwood Theater in 2015. He recently directed the rock opera "One Way Trip to Mars" at the Water-ville Opera House. St. Pierre returned to Maine after a successful performing career to share his knowledge and expe-

rience with area youth. He has an MFA in Intermedia Studies and has used this background to create a new arts educational program based on a curriculum created at Rhode Island School of Design. Called STEAM, the curriculum uses art as a foundation to teach science, technology, engineering, and math. He currently serves as the Interim Executive Director of the Chocolate Church Arts Center. The center is located at 804 Washington Street in Bath. Tickets are \$12 in advance or \$15 at the door for adults and \$10 for kids under 12. For more information or to buy tickets, call 442-8455 or see www.chocolatechurcharts.org.

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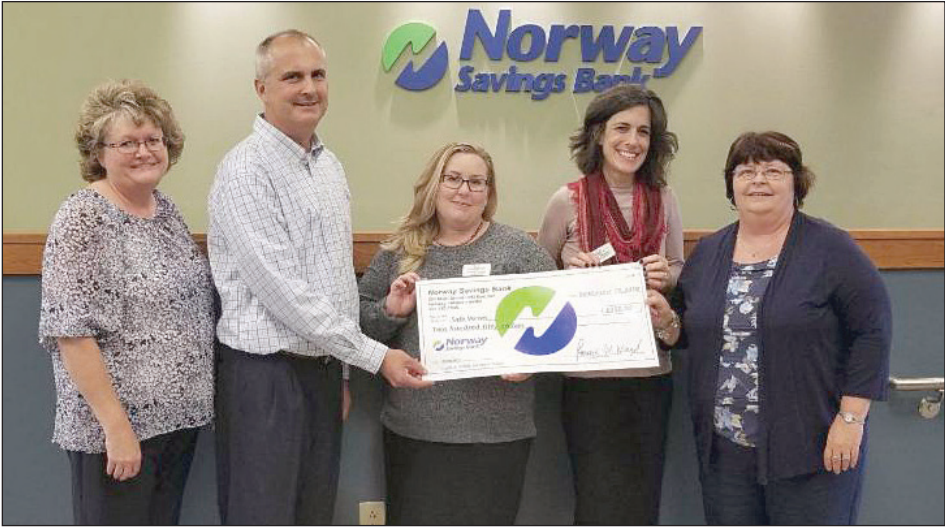
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Pictured (l. to r.) are Safe Voices board member and NSB Branch Manager Linette Dehetre, Electronic Services Team Leader Lew Jensen, Safe Voices Director of Development and Engagement Victoria Stanton, Safe Voices Executive Director Elise Johansen,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



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.

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 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

What’s Going On



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.

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 donate \$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.



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Dec. 9	Sun. 3pm	Heritage Christmas	Maine Music Society
Dec. 19	Wed. 7pm	Auburn Community Concert Band	Annual Christmas Concert
Dec. 21	Fri. 7pm	Diane Walsh	Piano Concert Series

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Chocolate Church present Carpenters' Christmas, Livingston Taylor



Taylor is an engaging performer whose songs and stories entertain and delight.



Close to You is a six-piece tribute band that brings the spirit of Karen and Richard Carpenter to life

This weekend, Chocolate Church Arts Center of Bath will celebrate the season with a pair of holiday themed-programs featuring the music of Karen and Richard Carpenter and a performance by singer-songwriter Livingston Taylor

On Friday, December 7 at 7:30 p.m., the center will present "A Carpenters' Christmas." Led by singer Lisa Rock, Close to You is a six-piece tribute band, complete with back-up vocalists, that brings the spirit of Karen and Richard Carpenter to life as they perform songs from the duo's classic repertoire, along with some of the most enduringly popular holiday music ever.

Rock's amazing four-octave range allows her to sing hits like "We've

Only Just Begun" and "Rainy Days and Mondays" in their original key, keeping the songs genuine for Carpenters' fans. This Christmas show is reminiscent of the duo's television specials, featuring lush, full arrangements and the unforgettable music we loved on their albums, mixed with a little bit of comedy.

Holiday songs in the show include "Santa Claus Is Comin' to Town," "(There's No Place Like) Home for the Holidays" and the Carpenters' most beloved Christmas hit, "Merry Christmas Darling." Tickets are \$25 in advance or \$30 at the door.

On Sunday, December 9 at 2 p.m., contemporary singer-songwriter and storyteller Livingston Taylor returns to the Chocolate

Church with his "Christmas Is Almost Here" holiday show. Taylor is an engaging performer whose songs and stories entertain and delight.

His career as a professional musician has spanned more than 50 years, encompassing performance, songwriting, and teaching. Described as "equal parts Mark Twain, college professor, and musical icon," he has written top-40 hits recorded by his brother, James, and performed with Joni Mitchell, Linda Ronstadt, Fleetwood Mac, and Jimmy Buffet. Tickets are \$35 in advance or \$40 at the door.

The center is located at 804 Washington Street in Bath. For more information or to buy tickets, call the box office at 442-8455 or see chocolatechurcharts.org.

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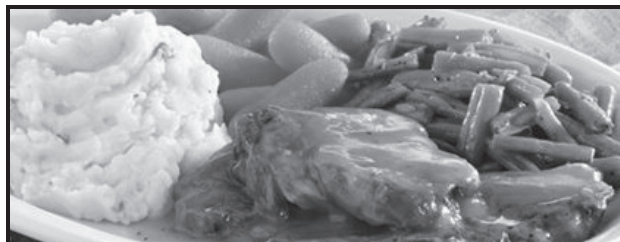
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Norlands celebrates holiday in 19th-century style



Bonnie Brown, owner of Shaky Barn Farm Gardens in Livermore, created the beautiful greenery that decorates Norlands for the holidays. She is assisted here by volunteer Sarah Delaney.

On Saturday, December 8, from 11 a.m. to 4 p.m., the Washburn-Norlands Living History Center of Livermore will celebrate the holiday in 19th-century style. At the event, visitors will have the opportunity to tour the elegantly decorated Washburn Family mansion, built in 1867, and enjoy horse-drawn sleigh rides.

Also happening throughout the day will be 19th-century parlor games, stories, and craft activities in the cozy Washburn kitchen and lessons of the past in the one-room schoolhouse. Refreshments consisting of Norlands’ renowned wassail (mulled cider) and molasses

cookies, made from scratch and cooked on the woodstove, will be served. Soup will be available for a fee while supplies last.

The center’s new barn will be open for viewing. The interior was just completed this year. Inside, visitors will meet pig and sheep Mary, Martha, and Caroline, who were named after the Washburn sisters. Jan Gill of Livermore will lead “pop-up” caroling throughout the day and music will be provided by the Spruce Mountain Second Grade Carolers and fiddler Don LeBlanc.

Kids and adults can participate in a special Washburn-inspired

Christmas Stocking Scavenger Hunt by searching for the twelve stockings hidden around the grounds. Match all twelve stockings with the correct Washburn family members for a chance to win a treat. A Cookie Walk fundraiser will benefit the New Barn Fund. For only \$5, visitors may fill a bag with delicious homemade cookies to take home. Come early as this special fundraiser always sells out.

Filled with unique and local treasures, the gift shop will be open to meet your holiday shopping needs. The shop features something for everyone, including pottery made by

Twin City Nights

Sarah Delaney of Phoenix Pottery, Annie’s Home-made Soaps, old-time toys, books, prints, hats, stick candy, Norlands’ maple syrup and pancake mix, and more. Wreaths from Shaky Barn Farm Gardens will be for sale.

Visitors will leave with lasting memories of what Christmas was like in a simpler time in rural Maine. The joyous feeling of an old-fashioned Christmas will carry you through the season.

The center is located

at 290 Norlands Road in Livermore. Admission is \$10 for adults and \$6 for kids ages 12 and under; kids 5 and under will enter free of charge. A special \$25 family rate, admitting two adults with two or three children, is available. Norlands’ members enjoy a 20% discount on admission.

In case of bad weather, the event will be canceled by 9 a.m. on the day of the event. For updates, call Norlands at 897-4366 and listen to the outgoing message, check the Norlands

Facebook page, or see www.NORLANDS.org.

The Washburn-Norlands Living History Center is a multifaceted museum offering in-depth experiences of 19th-century life in rural Maine. Their mission is to preserve the heritage and traditions of Maine’s rural past, celebrate the achievements of Livermore’s remarkable Washburn Family, and use living history methods to make the values, activities, and issues of the past relevant to present and future generations.



Norlands’ farm manager Ray Fleury, who portrays hired hand Israel Martel, drives the sleigh. (Photograph by Ryan Burnham of Leeds)



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Twin City Nights

Face It - The Holidays Are Rarely Perfect

By the American Counseling Association

Seasonal TV shows... sparkling gifts in stores... magazines full of beautiful holiday scenes. We're often shown the holiday season as an amazing and joyful time, but maybe your personal holidays aren't quite so perfect. And this can be disappointing for many people.

We'd all like everything to be as wonderful as in the movies, but it's not a fair comparison when we measure how our lives and holidays compare to what the media is constantly showing us. While it's fine to enjoy all we see, we must remind ourselves that those TV holiday shows look so good because they've had many professional designers creating just the right touches. The same goes for the holiday store displays or those strikingly beautiful magazine ads. None of these show real life, but rather an idealized version made specifically to impress us.

The perfect holiday

world of ads and TV aren't the only reason some of us suffer holiday blues. This is often a time of the year when we forget about eating and living healthfully. We overeat when tempted by holiday treats. We may drink more alcohol than usual. We blame the weather and our busy holiday schedule for not bothering to exercise.

Fortunately, there are things you can do to combat blue holiday feelings. Rather than envying the fantasy lives you see on TV, or imagining how wonderful the holidays are for your neighbors or other friends, instead focus on all the things in your own life that are good and positive. Identify all the things you personally have and enjoy about this season.

You can also fight blue feelings by keeping control of your life. Avoid excess treats and drinking. Enjoy holiday special foods and beverages in moderation, stick with your regular schedule, get plenty of rest, and make time for daily exercise, even if it's just a brief walk.

It's also important not to isolate yourself. Find time for family and friends and enjoy the season with them. Time spent with others can do a great deal to improve your mood.

But for some people, the holiday blues can be difficult to fight. Sad holiday emotions, like all depression, can become a serious mental health problem and should not be ignored. If depression is affecting you, talk to a professional counselor who can provide help so you can make the best of your holidays and life.

Counseling Corner" is provided by the American Counseling Association. Comments and questions may be sent to ACAcorner@ counseling.org, or visit the ACA website at www.counseling.org.

It's time to modernize PA practice in Maine

By the Maine Association of Physicians' Assistants

Today, when you "go to the doctor," it doesn't always mean you'll see a physician. Instead, you may find your care in the hands of a PA (physician assistant) - and for a good reason.

As healthcare continues to evolve, it looks more and more like a team sport. And in the end, that's better for patients, who benefit from the skills and expertise of the entire healthcare

team, including PAs.

PAs are medical providers who diagnose illness, develop and manage treatment plans, prescribe medications, and serve as your primary care provider. You'll find them in every state, every medical setting, and every specialty.

In Maine, there are close to 900 PAs, with many practicing in rural areas. PAs in Maine complete an average of 62 patient visits per week, and lessen appointment wait times for patients so they can receive care more quickly.

While PAs' specific duties depend on where they work, their experience level, their specialty, and specific state laws, PAs perform most of the same tasks as the physicians with whom they collaborate.

See PA, next page



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Unum pledges \$300,000 to Olympia Snowe Women's Leadership Institute



Institute founder the Honorable Olympia J. Snowe (l.) poses with (l. to r.) Olympia's Leaders Samantha Myers and Madeline Timberlake, eight-time Olympic gold medalist and event speaker Dr. Jenny Thompson, Olympia's Leaders Arzoo Hassanzada and Zainab Al Matwari, and Andrea Gordon, Senior Vice President of Core Segment at Unum and Olympia's Leader Advisor at Portland High School.

Leading employee benefits provider Unum has pledged a \$300,000 donation to support the Olympia Snowe Women's Leadership Institute. The gift from Unum is divided into two \$150,000 parts: an unrestricted donation and a separate matching grant to encourage other corporations to support the Institute's work, which helps build the confidence and aspirations of high school girls across Maine.

Unum's full \$300,000 donation will be matched as part of a Harold Alfond Foundation \$1.4 million challenge grant to the Institute.

"As we expand to serve 465 young women statewide this year, I am deeply grateful for Unum's consistent and unwavering support of our organization as we help prepare the next generation of leaders to be successful in their lives, families, careers, and communities," said Olympia Snowe, former United States Senator and founder of the Institute.

Education in local communities is a top priority and the single biggest area of giving for Unum. The company has been a supporter of the non-profit's program, both financially and through volunteer hours by staff, since it was launched by Snowe in 2015. Unum's Assistant Vice President of Corporate Social Responsibility Cary Olson Cartwright serves on the Institute's board and has served as an advisor to student participants at both Spruce Mountain and Piscataquis Community High Schools.

Other Unum executives serving as Institute advisors are Director of Client Experience Julia Bailin, Director of Operations Management Julie Bourgeois, Senior Vice President of Core Segment Andrea Gordon, Senior Vice President and Chief Auditor Vicki Gordon, Vice President and



Cary Olson Cartwright (2nd from l.), Assistant Vice President of Corporate Social Responsibility at Unum and Olympia's Leader Advisor at Piscataquis Community High School, poses with (from l.) Olympia's Leaders Olivia Riitano, Macee Pearl, and Shanoah Hill.

Chief Regulatory Counsel Michelle LaFond, and Community Relations Specialist Leah MacLeod.

"I have witnessed first-hand the invaluable difference the Institute is making in these young woman's lives," said Olson Cartwright. "At graduation in June, 100% of student participants reported that the program had increased their confidence, and 97% confirmed the program had increased their leadership skills. Equally impressive, more than 93% of the Institute's alumnae matriculated to post-secondary education this fall. This is a program with proven results, and Unum is proud to support its work at every level."

The Olympia Snowe Women's Leadership Institute is a 501(c)(3) nonprofit organization dedicated to raising the confidence and aspirations of high school girls by helping them develop the skills required to be leaders in their lives, families, careers, and communities. The Institute was founded by Senator Olympia J. Snowe in 2015 to address the decreasing confidence levels of young women in Maine. For more information, see www.snoweleadershipinstitute.org.

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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>.
Discover Girl Scouts. 6 p.m. Hebron Station School, 884 Station Rd., Hebron. Girls in Kindergarten through Grade 3 and their caregivers are invited to come learn about Girl Scouts. 888-922-4763; girlscoutsofmaine.org.
Friday, Dec. 7
Ribbon Cutting Ceremony. Noon. Heritage Restaurant, 265 Lisbon St., Lewiston. This new restaurant serves authentic Somali dishes, made with fresh and authentic ingredients, along with other African and American favorites; seated service and take-out available. 513-7005.
Holiday Spectacular! 7:30 p.m. Great Falls Performing Arts Center, Academy St., Auburn. Community Little Theatre presents a holiday celebration in song, dance, stories, and laughs. Again 12/8. \$20/18/10. 783-0958; LACLT.com.
Concert: Close to You. 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. The country’s premiere Carpenters’ tribute band presents “A Carpenters’ Christmas.” \$30 (\$25 in adv.). 442-8455; chocolatechurcharts.org.
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.
19th-Century Holiday Celebration. 11 a.m. to 4 p.m., Norlands Living History Center, 290 Norlands Rd., Livermore. Celebrate the holidays with tours, activities, horse-drawn sleigh rides, and refreshments. \$10/6; kids 5- free; family rate \$25. 897-4366; www.NORLANDS.org.
Bean Supper. 4:45 p.m. Calvary United Methodist Church, 59 Sabattus St., Lewiston (please use garden entrance on Bartlett St.). Baked beans, hot dogs, casseroles, salads, pies, beverages. \$8/3. 782-3221.
Teddy Bear Dance. 7 to 9:30 p.m. Cafeteria, Oxford Hills Middle School,

100 Pine St., So. Paris. The Swingin’ Bears invite members of other square dance clubs to join them for this annual event; bring a stuffed toy to donate. Refreshments; door prizes. \$8. 966-2327.
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.
Concert: The Gawler Sisters. 7:30 p.m. Molly, Edith, and Elsie Gawler celebrate the season with holiday songs from various folk traditions; refreshments. \$15/8 (kids ages 7- free). 389-1770; BrownPaperTickets.com.
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.
Concert: Livingston Taylor. 2 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. The popular singer-songwriter presents a “Christmas Is Almost Here” holiday show. \$40 (\$35 in adv.). 442-8455; chocolatechurcharts.org.
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.
Tuesday, Dec. 11
Chamber Workshop. 12 to 1 p.m. Room 170, Lewiston-Auburn College, 51 Westminster St., Lewiston. Said Eastman of JobsInTheUS.com discusses “Effective Recruiting Techniques.” \$50 (members \$25). Register at www.LAMetroChamber.com.
Discover Girl Scouts. 6 p.m. Guy E. Rowe Elementary School, 219 Main St., Norway. Girls in Kindergarten through Grade 3 and their caregivers are invited to come learn about Girl Scouts. 888-922-4763; girlscoutsofmaine.org.
Thursday, Dec. 13
Chamber Breakfast Meeting. 7 a.m. Hilton Garden Inn, 14 Great Falls Plaza, Auburn. Curtis Picard of the Retail Assoc. of Maine discusses the holiday and

2019 retail outlook. \$20 (members \$30). Register at www.LAMetroChamber.com.
La Rencontre. 11:25 a.m. Franco Center, 46 Cedar St., Lewiston. Following a turkey dinner with Christmas cake for dessert, singer and pianist Louis Philippe performs French and English songs. \$12. Reserve at 783-1585 or boxoffice@francocenter.org.
Chamber Workshop. 12 to 1 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Attorney Rebecca Webber discusses “Sexual Harassment Awareness Training for Small Employers.” \$50 (members \$25). Register at www.LAMetroChamber.com.
Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speakers are Dumais and Jamie Caouette of Lewiston High School’s Store Next Door project. Free; no reservations required. 333-4588; www.lewistonauburnrotary.org.
Theater: “The Santa Diaries.” 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. In this holiday romantic comedy for all ages, a jaded Hollywood actor resists taking over the family business. Again 12/14-16 (Sat. at 2 and 7; Sun. at 2:00). \$15/12/10. 442-8455; www.chocolatechurcharts.org.
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 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 “Future Home of the Living God,” by Louise Erdrich. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.
Sunday, Feb. 10
Lewiston Winter

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Ralph Breaks The Internet (PG)	11:45	2:15	4:45	7:15
..... 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)	12:35	3:35	6:30	9:25
Bohemian Rhapsody (PG-13)	12:40	3:40	6:35	9:35
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				

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. 17
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. 24
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, Mar. 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.

as possible. Qualified and willing PAs should not be held back by outdated and obstructive state laws.
In fact, a June 2018 study conducted by the Hamilton Project, an economic research group and think tank within the Brookings Institution, concluded that removing barriers to PA care would alleviate healthcare shortages and improve efficiency and productivity in the delivery of healthcare - all with no adverse effects on patient outcomes.
Across Maine, rural areas and medically underserved communities need more easily accessible providers. In the end, it’s really patients who lose when state laws and regulations get in the way.
Demand for PAs is high - the profession is expected to grow 37 percent by 2026, according to the U.S. Bureau of Labor Statistics. More and more students are choosing the PA profession, and in underserved areas with limited access to healthcare, that influx of PAs will help to fill the gap.
“We need an environment that allows PAs and physicians to make their own decisions about how they can work together for their patients, rather than following an outdated rulebook,” said Gretchen Preneta, MSPA, PA-C, president of the Maine Association of PAs. “It’s time to modernize PA practice in Maine.”
PAs are well-prepared to meet Maine’s provider shortage. Whether you live in a rural, urban, or suburban area, your PA will provide you with high-quality medical care.
To learn more about PAs, visit MainePA.com.

Dollar

Continued from page 3
1993, the Dollar General Literacy Foundation has awarded more than \$159 million in grants to nonprofit organizations, helping more than 10 million individuals take their first steps toward literacy or continued education. For more information about the Dollar General Literacy Foundation and its grant programs, visit www.dgliteracy.com.

PA
Continued from previous page

PAs are critical to patients’ healthcare, especially in rural areas that have fewer physicians. But unfortunately, Maine’s laws are creating barriers that prevent PAs from caring for patients. Currently, PAs in Maine are required to have an agreement with a specific physician in order to practice - and Maine law also dictates how PAs and their physicians interact.
Maine faces a shortage of healthcare providers, and the state’s laws are not helping. The processes that PAs and their collaborating physicians are required to follow are onerous, unnecessary, and make it difficult for PAs to be as effective

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Senator Collins recognized for advocacy on behalf of military caregivers



Senator Collins, with Tom Hanks and Senator Elizabeth Dole

U.S. Senator Susan Collins (R-ME) was honored at the Elizabeth Dole Foundation’s Heroes and History Makers Dinner recently with the first Congressional Caregiver Champion Award for her outstanding advocacy of military caregivers. Actor and military caregiver advocate Tom Hanks, TODAY anchor Savannah Guthrie, and House Minority Leader Nancy Pelosi were also honored at the ceremony.

“Nowhere is our duty as citizens greater than in our obligation to support the men and women of our armed forces, who bear the wounds of their service, and to support their family caregivers, who serve

them,” said Senator Collins. “I am honored to receive the Caregiver Champion Award, and I thank my dear friends and true American heroes, Senators Elizabeth and Bob Dole, for their commitment to this remarkable cause.”

“Senator Collins has devoted herself to finding legislative solutions to the most urgent concerns of our military and veteran caregivers,” said Senator Elizabeth Dole. “Through her dedication and leadership, she has helped forever change how America supports our hidden heroes. She is a true champion of all of America’s caregivers, and I am proud to recognize her with this honor.”

In June 2017, Sena-

2017 Elizabeth Dole Fellow and military caregiver Margorie Pennington of Kenduskeag, Maine presented Senator Collins with the award.

tor Collins chaired a hearing of the Senate Aging Committee to examine the challenges facing the 5.5 million individuals in the United States who are providing informal care on a routine basis to veterans in need of regular assistance. A new report, released at the hearing, found that they are providing roughly \$14 billion a year in voluntary, uncompensated care, and that these spouses, parents, friends, and other loved ones transform their lives to provide daily, essential care for those who have protected and served our nation.

To support these devoted family members, Sen-

ator Collins, a senior member of the Appropriations Committee, announced that the Fiscal Year (FY) 2019 Labor, Health and Human Services, and Education Appropriations bill that was signed into law in Septem-

ber provides \$181 million for the National Family Caregiver Support Program. The funding includes a \$300,000 investment for the creation of a Family Caregiving Council to implement the RAISE Family Caregivers Act, a new law Senator Collins authored that will establish a coordinated strategy to support family caregivers.


In addition, following Senator Collins’ advocacy, the FY 2019 Military Construction and Veterans Affairs (MilCon-VA) Appropriations bill that was signed into law in September includes \$865 million - an increase of \$369 million over the amount requested in the administration’s budget - for the VA Caregiver Program. This program, which supported caregivers of post-9/11 veterans, will be expanded in the coming years to include pre-9/11

veterans and their caregivers with the enactment of the VA Mission Act, which was championed by Senator Collins.

The Elizabeth Dole Foundation is the preeminent organization empowering, supporting, and honoring our nation’s military caregivers. Founded by Senator Elizabeth Dole in 2012, the Foundation adopts a comprehensive approach in its support and advocacy, working with leaders in the public, private, nonprofit, and faith communities to recognize military caregivers’ service and promote their well-being.

The Foundation’s Hidden Heroes campaign brings vital attention to the untold stories of military caregivers and provides a network for military caregivers to connect with their peers and access carefully vetted resources.

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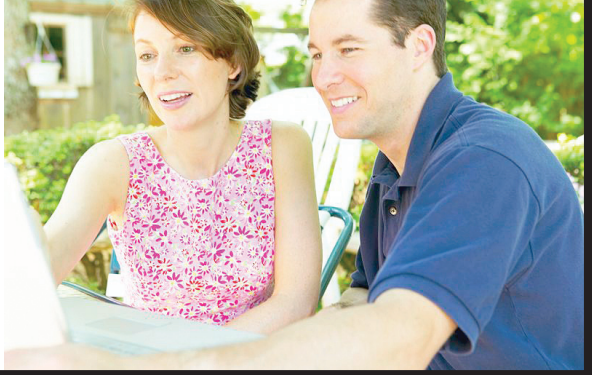
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*The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. One offer per customer. Insurance benefit, including Managed Care or federal reimbursements, cannot be combined with any of our promotional offers, coupons or discounts. Other terms may apply. See office for details. *After completing your hearing assessment and/or demonstration, you will receive a \$20 gift card with instructions on how to obtain the gift card for the brand of your choice. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. One gift per household. Offer valid for new patients only or those who have not had a hearing assessment within the past 12 months. Completion of hearing assessment required. Offer expires 12/31/18. Information within this offer may vary or be subject to change.

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