

Out & About with Rachel Morin

Laying wreaths at Togus National Cemetery in Augusta



John Preston, Civil War Medal of Honor Recipient, served as a Landsman on the USS Oneida.

Story and photos by Rachel Morin

It was a lovely warm day. The sun was shining, no wind at all, just perfect as the USM Lewiston Auburn Senior College members set out for our fifth annual Wreaths Across America trek to Togus National Cemetery in Augusta. Led by Pat Vampatella and Cindy Boyd of the Outdoor Adventure Club, we marveled at the change in weather and realized we had dressed for a much colder day.

Saturday, December 15 was designated Wreaths Across America Day, synchronizing the laying of memorial wreaths on veterans' graves in Arlington National Cemetery and veterans' cemeteries across the USA. Over a hundred volunteers quickly placed a memorial wreath at each veteran's headstone, noting his or her name and branch of service.

We were excited and so pleased to learn that, this year, 9,387 fresh balsam wreaths with red bows were placed on the headstones of all U.S. veterans laid to rest at Normandy American Cemetery and Memorial, located in Colleville-sur-Mer France. Normandy sent a breath-taking photo of the luminaries outlining the symmetrical rows of white crosses against the

nighttime sky.

The beautiful, well maintained Normandy American Cemetery sits on a bluff overlooking the Omaha Beaches and the English Channel. The cemetery is one of 14 permanent American World War II military cemeteries on foreign soil. The government of France granted use of the land, in perpetuity. United States President Dwight D. Eisenhower and French President Rene Coty dedicated the cemetery on July 18, 1956.

It was the first time Wreaths Across America, whose mission is to remember the fallen, honor those who served, and teach the next generation the value of freedom, has sent U.S. wreaths to be placed on veterans' graves on foreign soil. The December wreath-laying event was a joint collaboration between the Normandy American Cemetery and American Battle Monuments Commission. It included ceremonial wreath placements on each of the five D-Day invasion beaches, at Pointe Du Hoc, and included a Canadian wreath presentation.

In walking through Togus National Cemetery following the dispersing of the memorial wreaths, we noted the grave of John

Preston, the Medal of Honor recipient who served as a Landsman on the USS Oneida in the Civil War.

We later met Nichole De Hahn of Augusta, a volunteer in the 3rd Maine Infantry, Company A, who was wearing a period dress of that time. We also met Rok A. Morin of Woolwich, who came for the first time but vowed "It will not be the last time," echoing what many first timers tell us. Rok is an executive officer for the Maine DeMolay Association, a youth organization. See **Wreaths**, page 8

Guest Column: Finish the Task

By Andy Torbett

Bruce Poliquin will, and must, continue his challenge to the Ranked Choice Voting system and the Constitutionality of the results. He will, because it is his choice as a citizen of this Republic and he has the freedom to do so. He must, because he is a Representative of the voters in the 2nd Congressional District (CD2) who, 20,000 strong, voted against RCV and feel disenfranchised by the results of the new voting system.

It bears repeating that those who decry the challenges to RCV as an effort to erode the voter's confidence in the voting process spent

millions in an effort to erode the voter's confidence in order to pass RCV. To one eligible citizen there is given one vote. That is the Constitution and, as Representative Poliquin took an oath to defend the Constitution, he is required by that oath to challenge this attack on the very foundation of our Republic.

In this light, the argument and subsequent mockery of Poliquin that he did not fully criticize RCV during the election and that this somehow invalidates his challenge is at best irrelevant and at worst laughable. The Representative is bound by his oaths of public servitude to his

constituents, the integrity of this Republic, and the ideals set forth in the Constitution of the United States. He is, of course, free to violate these oaths, as some do, for personal ease and deflection of responsibility, but the erosion of the individual voting rights of the citizen will only continue.

No, Bruce Poliquin is bound to see this through, to finish this task. In so doing, perhaps, he can raise the awareness of the too often apathetic voter. Maybe there can arise enough passion to repeal this travesty.

Andy Torbett (*meconservativevoice@gmail.com*) writes from Atkinson, Maine.

State employees set new mark for charitable giving

State employees set a second consecutive record in their support of the Maine State Employees Combined Charitable Appeal (MSECCA) in 2018 by raising more than \$666,000. Donors met this year's goal of \$505,000 and surpassed it with an additional \$161,000.

"Thanks to the generosity of Maine State Employees, many hundreds and thousands of lives will be touched in 2019," said Governor Paul LePage. "I am pleased and proud that

you have raised more than \$666,000 this year, making this the most successful MSECCA campaign ever for the second year in a row."

"Maine State Employees give in so many ways, with MSECCA being... a very important one," continued Governor LePage. "I thank all the agency coordinators and volunteers for their dedication to this year's campaign, and I especially commend Transportation Commissioner

David Bernhardt and his team at the Department of Transportation.

They have done another fantastic job promoting this year's MSECCA campaign and working with all employees to make it the most successful ever."

The amount is the total contributions as of close of business on December 12, the deadline for payroll deductions. Additional one-time donations may be made through the end of the calendar year.

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Newsmakers, Names & Faces

Androscoggin HHH supports New Beginnings



The staff of Androscoggin Home Healthcare and Hospice recently collected enough items to build at least 25 new apartment kits to support their chosen Community Partner organization for 2018, New Beginnings. The kits included an assortment of basic items one would need to establish a new home, including utensils, plates, bowls, cutlery, pots and pans, laundry items, cleaning supplies, paper goods, and towels. Based in Lewiston, New Beginnings serves runaway and homeless youth and their families.

DFD Russell Medical Center receives national award

DFD Russell Medical Center of Leeds has been recognized as a “Diabetes Prevention and Management Leader” by the Health Resources and Services Administration’s Health Center Program. The award recognizes health centers across the United States that have demonstrated delivery of high-quality diabetes care.

“We are thrilled to be recognized for this prestigious award,” said DFD Russell CEO Laurie Kane-Lewis. “DFD strives

to exceed the healthcare needs of our patients and is committed to providing exceptional preventative care for diabetes and other chronic diseases.”

The award is part of the Health Resources and Services Administration’s commitment to support public health priorities and the Health Center

Program’s focus on obesity and diabetes quality improvement. To qualify for the award, DFD Russell Medical Center

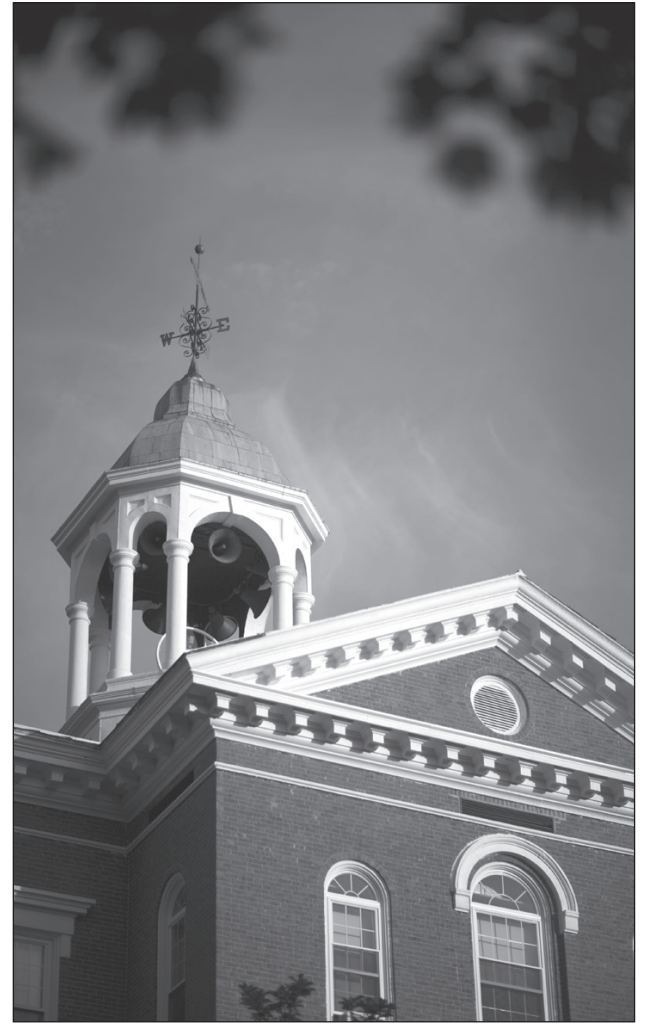
had to exceed the national benchmarks for a variety of clinical quality measures in the Uniform Data System Reports. DFD Russell was one of only two award recipients in Maine.

With locations in Leeds, Monmouth, and Turner, DFD Russell Medical Center meets and exceeds the healthcare needs of its patients through innovative, patient-centered primary care services. For more information, see dfdrussell.org.

Bates College names community liaisons

Bates College has selected the following students to serve as community liaisons for the 2018-19 academic year. Established in 2013, the Bates College Community Liaison Program is supported by the Office of Campus Life and the Harvard Center for Community Partnerships. Students who serve as community liaisons for their clubs lead community engagement efforts, developing activities, programs, and partnerships that encourage civic learning.

Maddy Shmalo of Kennebunk, Maine has been named a Community Liaison for the Robinson Players, a student theater organization; Josh Caldwell of West Gardiner, Maine has been named a Community Liaison for the Bates Student Action Club; Tyler Simmons of Greene, Maine has been named a Community Liaison for the Chinese Language and Culture Club; Nick White of Brunswick, Maine has been named a Community Liaison for the Triathlon Club; and Samatar Iman of Auburn, Maine has been named a Community



The bell tower of historic Hathorn Hall on the Bates College campus (photo by Phyllis Graber Jensen)

Liaison for the Club Basketball team.

Community Health Options partners with LifeBalance

Beginning in early 2019, members of Community Health Options’ small- and large-group health plans in Maine will enjoy savings on thousands of well-being-related purchases. The benefit will be provided through a new partnership with Portland, Oregon-based company LifeBalance, which builds networks of member-exclusive discounts at recreational, cultural, well-being, and travel-related businesses.

For Community Health Options, the partnership offers another way to fulfill its goal of providing high-quality benefits that

foster improving the overall health of individuals and communities.

“At Community Health Options, we want to lead the way in transforming community health while creating a positive impact on local economies,” said President and Chief Executive Officer Kevin Lewis. “In LifeBalance, we found a program that will foster member well-being and also support local businesses within our communities. It’s a great fit for our organization.”

For LifeBalance, the partnership is another exciting development in a year

of continued growth. The company has long served clients on the West Coast, but in 2018 it expanded its network to serve Health Alliance Medical Plans in the Midwest and FirstCare Health Plans in Texas.

“It’s been an amazing year for LifeBalance,” said company co-founder Dave Miller. “We want to encourage everyone to lead healthy, happy, and balanced lives, and we’re thrilled to find new partners like Community Health Options who share our vision.”

“Our goal is always to provide numerous local discount options to participants,” continued Miller. “We’re looking forward to developing this new geographic region and unveiling a robust and valuable discount network for Community Health Options members in 2019.” While the savings opportunities will be focused on local businesses and regional attractions, they will also include offers from nationally-recognizable brands.

Licensed in Maine and New Hampshire, Community Health Options is a non-profit, member-led health plan providing comprehensive, member-focused health insurance benefits for individuals, families, and businesses. For more information, see HealthOptions.org.

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Governor's Address: Thank You for Letting Me Serve as Your Governor

Dear Maine Taxpayer,
As we approach the winter holidays, we often look back and assess what we have accomplished and set goals for the coming year. We accomplished much during my administration, but there is more to be done.

As my time in office comes to a close, let me first thank my wife Ann for her service to the people of Maine as First Lady. You have made Maine proud, and our family is proud of you.

I also thank our children. I appreciate my family's willingness to share my time with the duties of being Governor. It's a difficult balance.

As a homeless kid living on the streets of Lewiston, I never imagined I would one day make it to the Blaine House.

I came into office saying I will put people before politics, and I have tried to do that. Politics as usual puts our most vulnerable Mainers at risk.

I shook things up in Augusta and got results: I promised to pay off the hospital debt, and we did; I promised to reform welfare and put more Mainers back to work, and we did; I promised to restore the Rainy Day fund so programs don't have to be slashed when the economy slows down, and we did; I promised to lower taxes, and we did.



Governor Paul R. LePage

We reduced the size of state government, but at the same time improved services and gave our state employees the benefits they deserve. We reversed furlough days and reinstated their merit raises.

Now all Mainers are experiencing strong, record-setting economic growth. We end 2018 with so many new records: a record-high number of employers; a record-high number of private-sector jobs; record-high revenues for the state; record-low unemployment; and the fastest net-earnings growth in New England.

Our poverty rate has declined to the lowest it's been since 2005, and we have the fewest number of children in poverty in the past 17 years. This summer, we made critical reforms in our child welfare system. We've also made investments in fighting the opioid crisis and helping people get

rehabilitated.

Maine's future is the brightest it has been in decades: there's more new businesses, more money in your paycheck, and better opportunities for our children. And that's what it's all about: our children and the future of this great state.

In my Inaugural address, I made a pledge to the Maine people. I said I would: "put you before politics: the parents trying to make a better life for their kids; the retirees trying to hold onto their homes on a fixed income; the college graduate trying to find a good-paying job; the entrepreneurs with the courage to take a chance on an idea; and the taxpayers

tired of footing the bill for a bloated establishment in Augusta.

It is time to make state government accountable. It is time to deliver value. It is time to put Mainers first."

Those were the promises I made, and those are the promises I've kept.

It has been the biggest privilege of my life to work on your behalf as your Governor. I fought for you every day, and it has not been easy. But I would not have had it any other way.

Thank you, and Merry Christmas to all.

Paul R. LePage
Governor

CCFC named Microlender of the Year



Pictured here (l. to r.) are U.S. SBA Regional Administrator Wendell Davis, CCFC Loan Underwriter Natalie Beale, Community Concepts CEO Shawn Yardley, and SBA District Director for Maine Amy Bassett

Community Concepts Finance Corporation was recently honored by the Maine Small Business Administration as its Microlender of the Year for the fourth year in a row.

CCFC loans help entrepreneurs start new, innovative businesses and help existing businesses grow and expand their operations. In fiscal year 2018, 92 small business loans were made through the Maine SBA, with CCFC servicing 43 of them at a total of \$841,000.

"We are proud to be the leading lender in the State of Maine for small businesses for the fourth year in a row," said CCFC President Glen E. Holmes. "As we continue to strengthen our relationships with our lending partners, we will continue to support small

businesses across the state." Known for its rapid response to requests for business funding and assistance, CCFC has business advisors ready to assist business owners and entrepreneurs with their business

operations. The non-profit corporation is a part of Community Concepts, Inc. and is based in South Paris. For more information, call 333-6419 to speak with a business advisor or see CCFCMaine.org.



Here with CCFC Loan Underwriter Natalie Beale (c.) are CCFC Business Advisors Diane Peet (l.) and Kevin Smart.

Auburn UU welcomes new members



The First Universalist Church of Auburn welcomed several new members in November. Pictured here (l. to r.) are Mary Sylvester, Emily McConville, Rev. Dr. Jodi Hayashida, Dawn Westerfield, and Membership Chair Paula Spruill. The group learned about the history and principles of Unitarian Universalism and opportunities to minister within the church. New member sessions are offered by the Membership Committee twice per year. For more information, call 783-0461 or visit www.auburnuu.org.



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L-A Senior College announces winter class schedule

Lewiston-Auburn Senior College has announced its schedule of one-day winter classes. The classes are free to members, who are free to members, who courses this year when registration opens on January 3. After January 10, members may register for additional classes while space allows. To register for classes or to become a member, call 780-5960 or see usm.maine.edu/seniorcollege.

Class registration and new memberships will be confirmed by email from USM's Department of Conferences. Unless otherwise noted, all classes will take place at USM's Lewiston Auburn Campus at 51 Westminster Street in Lewiston. Class locations will be posted at all three major entrances.

Would you like to try ZOOMing? This winter, L-A Senior College will televise five classes that you'll be able to view on your computer anywhere in the USA. Just click on the ZOOM box when you register online; the day before your class, you will receive an email with a link that will take you into the classroom.

Here is the class list in order by date:

Transforming Stress: The Heartmath Solution. Tuesday, Jan. 22: 6 to 8 p.m. (note time), Monica Dawe. Learn how the heart's rhythms and emotions can transform stress, anxiety, depression, and anger into the physiology of quick recovery, increased energy, better sleep and behavior change. (30)

Modern Sculpture. Wednesday, Jan. 23, 9:30 to 11:30 a.m. John Stass. Students will be introduced to some of the greatest sculptors of the last 100 years and will learn about the four approaches to creating sculpture. Expect to participate in plenty of dialog and classroom exercises. (30)

National Seed Swap Day. Wednesday, Jan. 23, 1 to 3 p.m., Jean Vose, Master Gardener. This program will provide an overview of saving seeds; bring your favorite saved seeds, catalogues, and gardening stories to share. Do NOT bring seed from hybrid plants or GMO. (30)

Zambian Life, Politics, and Jo-Jo's Once in a Lifetime Adventure on the Upper Zambezi River. Thursday, Jan. 24, 9:30 to 11:30 a.m., JoJo Bollinger. Learn about the political situation and how that affects WISE (Women's Initiatives that Strengthen and Empower) and non-profits in general in Africa. (30) (Zoom)

A Good Man with a Dog: A Memoir of 25 Years with the Maine Warden Service. Friday, Jan. 25, 1:30 to 3:30 p.m., Roger Guay (@Seniorsplus). Roger will speak about his 25-year career with the Maine Warden Service, share excerpts from his book, and engage in a Q&A session. (30)

Wizard of OZ and the Man who Introduced OZ to the World. Monday, Jan. 28, 9:30 a.m. to 2 p.m., Alan Elze. A look at the life See College, next page

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College

Continued from previous page

of L. Frank Baum, the man who wrote “The Wizard of Oz,” and how events in his life helped to invent the story. (30)

Ike and Me: All about Service Dogs. Tuesday, January 29, 9 to 11 a.m., Eric Bellevance. Learn about what defines service dogs from other dogs, as well as legal aspects, interaction etiquette, training, and acquisition; skills demonstration. (15)

Paris is Always a Good Idea. Wed. January 30, 1 to 3 p.m., Lucy Bisson. We’ll visit Paris, Versailles, the champagne region and Normandy. (30)

Let the Games Begin I: Trivial Pursuit. Thursday, January 31, 9:30 a.m. to noon, Alan Elze. If you enjoy trivia, this class is for you! (30)

Born to Run. Friday, Feb. 1, 1 to 3 p.m., David Bernier. A look at the career and music of Bruce Springsteen. (25)

Boston’s Great Molasses Flood of 1919. Monday, Feb. 4, 9:30 to 11:30 a.m., Carol Hanscombe. What caused the massive tank holding over two million gallons of molasses to collapse in the North End of Boston on January 15, 1919? Based on the book “Dark Tide” by Stephen Puleo, we will review this tragedy and the five-year lawsuit that followed. (30)

Bahubali-Epic Film from Tollywood. Tuesday, Feb. 5, 9 a.m. to noon, Judy Hierstein. One more film for lovers of Tollywood. Based on an ancient myth, this modern production is filled with special effects, yet retains those characteristics of Indian film - music, dancing and singing - we love so well: (30)

Meet the Artist. Tuesday, Feb. 5, 1 to 3 p.m., Mike Everett. Painter Michael Everett hopes his everyday approach to art will be contagious. During this afternoon session, he’ll discuss his influences, likes and dislikes, technique, and will illustrate his work with examples. (30)

Pursuit of a Net Zero Energy Home in Maine Climate. Wednesday, Feb. 6, 10 a.m. to noon, Mike Brakey. This workshop reviews a ten-year attempt to achieve a net zero-energy home (producing the same amount of energy as it uses) in Maine. (30)

The Science of Genetic Engineering, the Future of Mankind, and the Source of Human Happiness. Thursday, Feb. 7, 9:30 to 11:30 a.m., Charles Plummer (@Schooner). We will examine some of the experiments that have been carried out, the impact they may have, and sources that may, or may not, lead to human happi-

ness. (25)

Genealogy Quick Start. Friday, Feb. 8, 9:30 to 11:30 a.m., Lin Wright. Most Americans can start with themselves and build a four generation family tree in just a couple of hours. Explore some free resources to fill out yours and get ideas about where to go next. (30)

Let the Games Begin II: Gamer’s Choice. Monday, Feb. 11, 9:30 to 11:30 a.m., Sally and Paul Belisle. Bring whatever game you’d like to share. “Bethumped” and “25 Words or Less” will be available. (30)

Making Greeting Cards. Monday, Feb. 11, 1 to 3 p.m., Nancy Duplisea. Beginners or experienced card makers will have fun creating two or more cards using various resources, such as rubber stamps and stickers. (12)

Travelogue of China and Tibet. Tuesday, Feb. 12, 1 to 3 p.m., Rachel Morin. We’ll explore the Wonders of China - the Great Wall, Terracotta Warriors, Forbidden City, Yangtze River, pandas - and Tibet, Land of Mystery in the high Himalayas. (30)

A Pastor, a Priest, and a Rabbi: What Unites Us? Tuesday, Feb. 12, 1 to 3 p.m., Rabbi Sruli Dresdner, Pastor Stephen Carnahan, Father Robert Parent. Three dynamic religious leaders discuss the meaning of life as they see it. (30)

The Lincoln Highway. Wednesday, Feb. 13, 9:30 a.m. to 2 p.m., Alan Elze. Ten years before the fabled Route 66 made its debut, a no less interesting road crossed the United States, from Times Square to San Francisco; come learn about its beginning and how it is to travel today. (30)

Cultural Adventures in Saudi Arabia. Thursday, Feb. 14, 10 a.m. to noon, Kay Campbell. Kay Campbell, author, journalist and former resident of Saudi Arabia, shares her experiences researching and writing about traditional Saudi culture, especially the world of Saudi women. (30) (Zoom)

Some Shocking News about Electricity. Friday, Feb. 15, 9:30 to 11:30 a.m., Hugh Keene. This class will include the history and development of electric theory and will look at some interesting facts about electricity, such as how more resistors added to a line results in less resistance. (15)

When Presidents Come to Town. Tuesday, Feb. 19, 10 to 11:30 a.m., Doug Hodgkin. Presidents and presidential candidates have visited the Lewiston-Auburn area throughout history, beginning with Garfield and continuing through Trump. This presentation will illustrate how changes in views of presidents, campaigning, technology, and

election laws affect these important visitors to our small cities. (30)

The History of Reflexology. Wednesday, Feb. 20, 9 a.m. to noon, Lynn Poor. This course is a brief introduction to the history of this non-invasive holistic modality; a practical, hands-on course will be offered in the spring. (20)

Let the Games Begin III: Quest for the Antidote, Scrabble and other Board Games. Thursday, Feb. 21, 9:30 to 11:30 a.m., Carol Seward. We will feature Scrabble, Quest for the Antidote (a smash hit board game designed by Lewiston’s own Tom Deschene), or whatever game you care to bring. (20)

The Many Facets of Stained Glass. Thursday, Feb. 21, 1 to 3 p.m., Janet Parkhurst. The owner of Stained Glass Express explains what is happening in the art-craft-hobby world of glass, including creative possibilities and techniques, old and new, using this colorful medium. (30)

Four Generations of Fine Art. Friday, Feb. 22, 10 a.m. to noon, Anita Poulin. Artist Anita F. Poulin will show a video of her family’s art and speak about what inspires and excites her creativity. (30)

Sampler: 1860’s Civilian Life. Monday, Feb. 25, 1 to 3 p.m., Tizz Crowley. Have you ever wondered what life was like in the 1860s? It’s been over 150 years since the Civil War and the City of Auburn is 150 years old on February 22nd. Hear from a lady of those times. (30) (Zoom)

An Armistice Doesn’t End a War. Tuesday, Feb. 26, 10 a.m. to 3 p.m. (one-hour lunch), Christine Holden. The Armistice of November 11, 1918, is often referred to today as the end of World War I. But the war didn’t end until the signing of the last treaty in 1920. Learn about what happened in this case, and how some other wars ended - or didn’t. (25) (Zoom)

Gentle Chair Yoga. Wednesday, Feb. 27, 10 to 11:30 a.m., Tish Bremner. Increase vitality, gain a deeper sense of balance, and find your inner calm. This class combines meditation, easy warm-ups, light stretches, and gentle yoga postures with deep breath awareness to enhance a sense of well-being. (10)

Fake News. Friday, Mar. 1, 9:30 to 11:30 a.m., Marty Gagnon. The term “fake news” seems to be everywhere. This brief session will provide tips for looking critically at digital, television, and print media resources. Learn about your own biases, the business side of “fake news,” technology used to create it, and resources to help you find the truth. (20) (Zoom)

Blue Devils squeeze out win



Lewiston High School JV player Malik Foster drives through traffic on his way to the basket recently as the Blue Devils hosted the Deering High School Rams. The Lewiston JV team trailed the entire game before pulling within a couple of points and then squeezing out a 57-56 win with a last-second three-pointer. (Photo by Nathan Tsukroff)

Norway Savings Bank donates \$100,000 to area nonprofits

In recognition of a particularly strong fiscal year, Norway Savings Bank has donated \$100,000 among nine non-profit organizations serving Oxford, Androscoggin, Cumberland, York, and Sagadahoc Counties in Maine.

The organizations receiving the donations are the Progress Center (Norway), Responsible Pet Care (Norway), Oxford Hills Food Pantry (Norway), Tree Street Youth (Lewiston), Seeds of Independence (Brunswick), Tedford Housing (Brunswick), Lakes Environmental Association (Bridgton), Maine Center for Entrepreneurs (Port-

land), and Hospice of Southern Maine (Scarborough).

The bank’s gift to Hospice of Southern Maine is the first installment of a three-year commitment, aimed at helping the organization construct a new building to train and dispatch its nurses, social workers, and volunteers to serve more than 200 home-bound patients. Construction is due to begin in May 2019.

“2018 was a very good year for the bank,” said President and CEO Patricia Weigel. “Sharing this outstanding success with our communities is at the heart of our heritage. We decided to target nine organizations

throughout our branch footprint and surprised them with donations that will help them continue to fulfill their missions and the great work they are doing in our communities.

“We know that non-profits depend heavily on private businesses and individuals to support their communities and causes,” continued Weigel. “We are proud to be in a position to make these meaningful gifts, and the non-profits were surprised and delighted to get this news.”

For more about Norway Savings Bank’s community giving programs, see www.norwaysavings.bank.

Humane Society announces raffle winners

The Greater Androscoggin Humane Society has announced the winners of their “Cold Paws, Warm Heart” annual raffle, which this year raised over \$9,300 in ticket sales. The winners were Eve Duplissis of Lewiston, Ashley Rand of Gray, Christel Desjardins of Sabbattus, and Robert Lindahl of Auburn. They respective-

ly won \$600, \$300, \$200, and \$100 in home heating assistance and each also received a handmade quilt. All proceeds from the raffle directly benefit the Humane Society.

Located at 55 Strawberry Avenue in Lewiston, the Greater Androscoggin Humane Society provides a safe haven for over 4,500

sick, homeless, and abused animals in the greater Androscoggin area each year. The primary support for the shelter comes from fundraising events and the donations of concerned citizens. For more information about volunteering or adopting an animal, call 783-2311 or see www.SavingPetsInMaine.org.

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What's Going On

Chamber Annual Dinner & Awards

The LA Metro Chamber of Commerce will host its Annual Dinner and Awards on Thursday, January 24 at the Ramada Hotel & Conference Center in Lewiston. The event will begin with a social hour from 5 to 6:30 p.m. and will continue with awards presentations and other festivities through 9 p.m.

This year's award recipients are Stephanie Gelinas (Ray Geiger Chamber Champion Award), Diane Champoux (Theresa Samson Women's Business Leadership Award), Alan Hahnel (Ken Additon Small Business Advocacy Award), Safe Voices (Community Service Award), Community Health Op-

tions (Business Leadership Award), Clif Greim (President's Award), and Matthew Shaw (Outstanding Chamber Member Award).

Individual tickets are \$50 and table sponsorships are available for \$800. For more information, call 783-2249; to purchase tickets, visit www.LAMetroChamber.com.

S and J Enterprises supports St. Mary's Nutrition Center



S and J Enterprises, LLC recently donated \$1,000 to St. Mary's Nutrition Center. The donation will be divided evenly between the center's Food Pantry and Summer Youth Gardening Program. Pictured here with Eliza Huber Weiss and Fiston Mubalama Lowatiyiya of SMNC are S and J Enterprises co-owners Scott Berry (l.) and Jeffrey Stewart (r.).

Troop 121 offers curbside Christmas tree pick-up



Troop members Jacob Clark, Jack Wang, Elias Libby-Richards, and Jordan Burn prepare the mailing for their seventh annual Christmas tree recycling program.

Again this year, Auburn-based Boy Scout Troop 121 will offer curbside pick-up of Christmas trees in the cities of Lewiston and Auburn. While Auburn and Lewiston still provide locations for free disposal of discarded Christmas trees,

they no longer collect the trees at curbside.

For a minimum donation of \$5, the scouts will pick-up Christmas trees on the weekend of January 5 and 6. Trees should not be placed curbside until the morning of January 5.

Funds raised by this program will go directly to troop scouting activities. Troop 121 was created to give youth with special physical, mental, and emotional challenges the opportunity for success in a safe Scouting environment that builds character, encourages citizenship, teaches life skills, and develops personal fitness.

To make a pick-up request, send your donation by January 3 to Troop 121, United Methodist Church, 439 Park Ave., Auburn, ME 04210. The troop will then send you a tag to place on your tree when you place it at curbside. For more information about this program or the troop, call 783-0790.

Soul Path Artist wins Marketing Mini-Grant



Larissa Davis founded Soul Path Artist in 2017.

New Ventures Maine has selected Soul Path Artist of Hiram as the fall 2018 recipient of its Marketing Mini-Grant for Western Maine. The business was selected from a strong group of applicants from Androscoggin, Franklin, and Oxford counties.

Soul Path Artist was founded in 2017 by Larissa Davis, who offers motivational presentations, workshops, and retreats for individuals interested in using their inner creativity as a tool to achieve balance and experience happiness. She also sells colorful art t-shirts and posters in animal and nature themes.

The \$500 Marketing

Mini-Grant will be used to purchase social media advertising for a specific marketing campaign. The goals of the campaign include increasing the number of customers and expanding into a new customer demographic.

New Ventures Maine's Marketing Mini-Grant program aims to strengthen access to markets for micro-businesses. The program supports the development of marketing tools, materials, and activities. Applications for the next round of Marketing Mini-

Grant awards will due in May of 2019.

A statewide organization serving all sixteen Maine counties from ten centers and outreach sites, New Ventures Maine offers skill development and support in the areas of career planning, entrepreneurship, and financial management. For more information on Marketing Mini-Grants, as well as other programs, classes, and resources for small businesses, or to find the center closest to you, call 1-800-442-2092 or see visit newventuresmaine.org.

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Rotary Breakfast Club meeting



Ray Ruby

The next meeting of the Auburn-Lewiston Rotary Breakfast Club on Wednesday, January 2 at 7 a.m. will feature speaker Ray Ruby, Community Outreach Manager for the Maine Cancer Foundation. The club meets every

Wednesday at the United Methodist Church, located at 439 Park Avenue in Auburn. The cost for breakfast is \$15. All are welcome to attend.

Ruby is a 2005 graduate of Saint Joseph's College in Standish. In that same year, he was hired as a police officer for the City of Portland. After serving in many different roles for over seven years, he decided to make the leap into non-profit work in 2012. He and his wife, Danielle, live in Portland with their young daughter, Eloise, and her two bulldogs.

Total Eclipse Auto Detailing & Design opens in Oxford, plans Saturday Open House



With room to fully detail three vehicles and enough utility space to store 10 motorcycles and accommodate a U-Haul dealership, the repurposed Welchville School building at 136 School House Road is more than four times larger than Macha's former shop in Yarmouth.

Total Eclipse Auto Detailing & Design has opened for business in Oxford. Owner Scott Macha is dually certified by the International Detailing Association and the Detailing Success Network and has twice been selected as a member of the Air Force One Detailing Team at Seattle's Museum of Flight. On Saturday, December 29, he will host an Open House featuring the third annual Operation Sleigh Shine event.

Macha and his wife, Elizabeth, purchased the historic 6,000 square-foot Welchville School building at 136 School House Road in Oxford. Built in 1885, the repurposed schoolhouse is

more than four times larger than Macha's former shop in Yarmouth, providing room to fully detail three vehicles at a time and enough utility space to store 10 motorcycles and accommodate a U-Haul dealership.

Macha is also a paint correction specialist who is certified in paint correction and the installation of Gtechniq and Inspiration ceramic coatings. Paint correction is a process that revitalizes scratched or cloudy car paint on classic or aged, neglected vehicles by using a precision abrasive technique to remove contaminants and imperfections before machine polishing the paint out to a brilliant shine. This advanced tech-

nique often restores a vehicle to a higher gloss than when the vehicle was new. The process is completed by installing a long-lasting protective ceramic coating that keeps the vehicle shining for years, rather than months, with minimal maintenance.

The Machas started Operation Sleigh Shine three years ago to help families of active armed services members who are either struggling financially or need help for other reasons during the holiday season. At the event, Macha and a group of elite detailers will perform a complete interior and exterior revitalization detail with a paint correction and ceramic coating on the family's automobile. They will also send the family home with a large bundle of wrapped new Christmas gifts.

The family, whose identity has not been disclosed, will not know they have been chosen for this year's Operation Sleigh Shine, so the entire presentation will be a complete surprise. Local residents are welcome to donate new gifts for the family and their two-year-old boy by dropping them off at the shop before Friday, December 28.

Joining Scott Macha for the Operation Sleigh Shine detail will be "Dirty

What's Going On



OPERATION SLEIGH SHINE 2018



At the Open House and Operation Sleigh Shine event, a local military family will receive a free interior and exterior revitalization detail with a paint correction and ceramic coating on their automobile.

Harry" Sandwith of Dirty Harry's Detailing and the Hogfather Motorcycle Detailing in Rochelle Park, NJ; Andrew Swenson of Wolfeboro Car Wash & Executive Detail in Wolfeboro, NH; and Bob Wiener of Finer Details in Long Branch, NJ.

All four are members of the Air Force One Detailing Team and the Detail

Mafia, an exclusive group of practitioners dedicated to leadership and the mentorship of others within the detailing profession. Artisans in the care and maintenance of automotive paint and interiors, they are the most accomplished and technologically-advanced team of automotive detailers in the U.S., often crossing

state lines to participate in pro bono community projects for museums, military families, emergency services, and local charities.

For more information about Total Eclipse Auto Detailing & Design or how you can contribute to Operation Sleigh Shine, contact Scott Macha at (860) 576-3959 or (207) 539-4399.

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Wreaths

Continued from page 1

zation for young boys that promotes leadership and personal growth. He brought a group of young students to participate in the laying of wreaths.

A Wreaths Across America Service was held on December 12 at our own Veterans Memorial Park on Main Street in Lewiston. Bethel Shields and Charlie Paul laid a large fresh balsam wreath with red bow at the base of the large memorial. Nate Lewis, general transportation manager, representing WAA in attendance.

One million balsam wreaths left Columbia Falls in Washington County in a volunteer tractor-trailer caravan days before the scheduled December 15 WAA Day and arrived at Arlington National Cemetery in good time. Wreaths Across America began in 1992, when Maine wreath-maker Morrill Worcester donated a surplus of 5,000 wreaths to the cemetery.

“When I began placing wreaths at Arlington National Cemetery in 1992, I could never have imagined that this idea would impact people around the world the way it has” says Worcester. “To know that WAA will be able to place a wreath for

each of those veterans and say their names out loud is really incredible. I am so honored to be able to help this effort however I can.”

Kaye Bouchard, Volunteer Coordinator of Wreath Laying at Togus National Cemetery, welcomed the large crowd to the opening of the noontime ceremony, held simultaneously across the USA, and reminded us in her opening remarks that “We are one nation with one flag, with many peoples, many races.”

Representatives from all branches of the armed services were present to lay a commemorative wreath at the base of the American flagpole. We were pleased to see a contingent of Boy Scouts and Girl Scouts lay-

ing wreaths as well. We noted that the American flag flew at half-mast in memory and honor of President George Herbert Walker Bush’s recent passing. The ceremony concluded with a three-gun salute, followed by the procession of the colors.

As we wended our way home, we reflected on how touching and emotional this yearly ceremony is to us. It brings home the reality of what these veterans did for their country and fellow man. We look forward to Wreaths Across America every year as a small gesture of our thankfulness and appreciation and ensuring that our veterans are not forgotten.



Kaye Bouchard, Sue Tymoczko, Adriann Tucker, Rachel Morin, Pat Vampatella, Joan and Chris Leavitt, Cindy Boyd, Joanne Sabourin, and Grace Trainor (photo by Brad Carter)



Chris and Joan Leavitt



Grace Trainor



Pat Vampatella fills visitors in on the history of Togus National Cemetery and the veterans who are remembered here.



One of many sections of the cemetery now completely covered with memorial wreaths



“The future is all about advancing our great care and making it accessible, and that is a team-oriented proposition, start to end. With that in mind, I love the energy and new excitement at CMH, and respect the great traditions of Central Maine Medical Center, rich in history and training and well known for advancing specialty medicine. To work side by side with providers I would want caring for my loved ones — that’s why I’m joining Central Maine Healthcare.”

– Sean McGarr, DO, FACG

Dr. Sean McGarr Joins Central Maine Medical Center to Lead Gastroenterology & Endoscopy Teams

Central Maine Healthcare is proud to announce that Sean McGarr, DO, FACG, has joined Central Maine Medical Center as Chief of Gastroenterology and Director of Medical Endoscopy. Previously a Director of Gastrointestinal Oncology, he is recognized for his expertise in advanced endoscopy, including the diagnosis, staging and treatment of many GI conditions.

Proud to be a Mainer himself and a physician who has practiced in the state for more than 12 years, Dr. McGarr and his colleagues at Central Maine Gastroenterology provide a wide range of gastrointestinal care. He believes that teamwork and good communication are crucial to every care plan so patients never feel they’ve been lost in the system.

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Volunteers are ready for the noontime ceremony.



The crowd assembles for the noontime ceremony.



Nichole De Hahn of Augusta is a volunteer of the 3rd Maine Infantry, Company A.



A grandmother stands watch with her two toddlers.



An overflow crowd finds a spot on a knoll.



Kaye Bouchard, Volunteer Wreath Coordinator at Togus, welcomes the crowd at the noontime ceremony.



Preparing to conclude the ceremony by parading the flags off the grounds.



A three-gun salute is fired.



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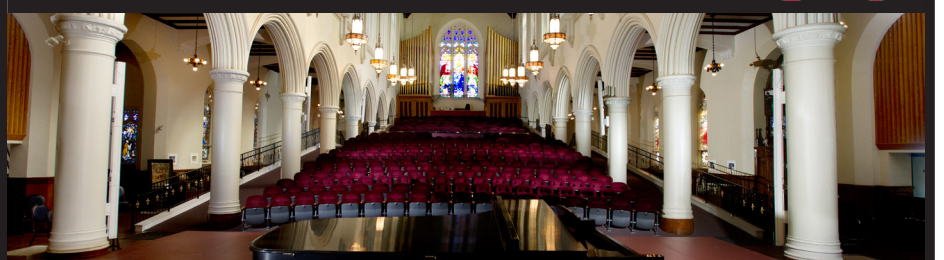
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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Stanton Bird Club meeting



The Pine Grosbeak is normally found in Canada, but in winter of certain years it irrupts into our area in large numbers. The male is redder in color than this female. Notice the large bill and no crest. They particularly like fruit still on trees. (photo by Dan Marquis)

The Stanton Bird Club of Lewiston and Auburn will hold its next meeting on Monday, January 7 at 6:30 p.m. in Room 285 at USM's Lewiston-Auburn

College. Speaker Michael Perry, former director of the L.L. Bean Outdoor Discovery Schools, will present his slideshow journey "Fab Fourteen: Exploring South-

ern Maine's Scenic Waterways by Canoe and Kayak."

Based on Perry's eighteen years of writing for his monthly "Canoeing in Maine" column in the Maine Sunday Telegram, the program will feature fourteen venues, highlighting lesser known paddling locations and hidden gems, from the Portland area to Bethel and from Kezar Lake country to the Belgrade Lakes Region.

Other club activities this month include a birding trip to Ogunquit's Marginal Way on Saturday, January 12 and a Centennial walk on animal tracking with Maine Naturalist Paula Curtis Everett at Thorncrag in Lewiston on Sunday, January 13. All programs are free and open to the public; for details, see www.StantonBirdClub.org.

St. Dom's Christmas Classic continues today

The 2018 St. Dominic Academy Christmas Classic invitational hockey tournament continues through Friday, December 28 at Norway Savings Bank Arena in Auburn. The tournament started on Wednesday, December 26 and features a field of nine teams: St. Dom's; Edward Little High School; Lew-

iston High School; Bangor High School; Bishop Brady High School of Concord, NH; St. Thomas Aquinas High School of Dover, NH; Medway High School of Medway, MA; Smithfield High School of Smithfield, RI; and Notre Dame High School of Fairfield, CT.

Games on Thursday, December 27, will take

place at 4 p.m., 5 p.m., 6 p.m., and 7 p.m., with match-ups depending upon the prior day's results. On Friday, December 28, championship and consolation games will take place at 10 a.m. and 12 p.m. The tournament schedule utilizes both rinks of the Norway Savings Bank Arena.

Tri-Town Optimist Club Student of the Month



The Mechanic Falls, Minot, and Poland Tri-Town Optimist Club has selected Savannah Tash, a sixth grader from Elm Street School, as its RSU 16 Student of the Month for December. Tash is an outstanding student with a positive attitude and contagious enthusiasm for learning. She consistently and patiently shares her support with classmates and also volunteers to help younger students in the school community. She is pictured here with club president Jeff Gagnon. Congratulations, Savannah!

Moxie Committee seeks artwork for 2019 festival

In preparation for Lisbon's 2019 Moxie Festival, the event's organizing committee has issued a call for artwork consistent with this year's theme, "Moxie Goes Artsy."

The Moxie Festival Committee selected this theme to inspire a "distinctively different" visual representation of the Moxie spirit, which by definition means energy, pep, and courage. It's also the official beverage of the State of Maine. The committee is seeking an artistic image as iconic as the beverage itself.

The winning artwork

will be reproduced on an exclusive and collectible t-shirt, posters, and other festival-branded items. In addition to seeing their artwork proudly displayed on thousands of t-shirts sold and worn during the Moxie Festival, this year's winner will receive a \$750 cash prize, media recognition, the first 2019 printed t-shirt, and the opportunity to judge parade floats designed and inspired by the theme.

Festival organizer Julie-Ann Baumer said the committee is looking for submissions from Maine artists. "We are looking

for a unique look and feel for this year's festival artwork, given the theme," she said. "There are so many amazing and hardworking creative people here in Maine, and I look forward to seeing their work."

The deadline for entries is Thursday, January 31 at 4 p.m. Winners will be announced on Thursday, February 14. Complete details and guidelines are available at the MTM Community Center, located at 18 School Street in Lisbon Falls, and at www.moxiefestival.com.



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Morse Library plans book discussion series

Morse Memorial Library in Greene will host a series of book discussions in 2019. Books to be discussed will include fiction and non-fiction titles on a variety of topics. The discussions will take place on the third Thursday of every other month. Multiple copies of the books will be available to borrow four weeks in advance.

Patrons are invited to attend any or all of the sessions; those unable to attend may comment on the books on the library's Facebook page. The complete schedule is:

Thursday, January 17 at 2 p.m. - "News of the World," by Paulette Jiles (fiction, 213 pgs.). Captain Jefferson Kyle Kidd lives a solitary existence as he travels through post-Civil War northern Texas, giving live readings from newspapers to paying audiences hungry for news. When he agrees to transport an orphan, just "rescued" by the U.S. Army from the Kiowa raiders who raised her, to relatives 400 miles south in San Antonio, their journey holds some perilous surprises.

Thursday, March 21 at 5:30 p.m. - "Hillbilly Elegy," by J.D. Vance (nonfiction, 264 pgs.). A Yale Law School graduate explores issues of social class and

economic decline through the lens of his own family, starting with his "dirt poor" grandparents who left Appalachia for Ohio in search of a better life. While they succeeded in attaining a middle-class income, a legacy of abuse, alcoholism, and trauma ingrained over generations of cultural isolation and poverty proved harder to escape.

Thursday, May 16 at 5:30 p.m. - "The Life We Bury," by Allen Eskers (fiction, 303 pgs.). Charged with finding an interview subject for a class assignment, college student Joe Talbert visits a local nursing home, where he meets Carl Iverson, a Vietnam veteran and convicted murderer with only a few months to live. Unable to reconcile the heroism of the soldier with the despicable acts of the convict, Joe is drawn deeper into the mysteries of Carl's life, with growing repercussions for his own.

Thursday, July 18 at 5:30 p.m. - To be announced; we'll discuss the 2019 selections from the MaineReads statewide summer reading program or a nonfiction book to be named.

Thursday, September 19 at 5:30 p.m. - "A Piece of the World," by Christina Baker Kline (fiction, 309 pgs.). Tied to her family's

farm in the small coastal town of Cushing, Maine by frail health and circumstance, Christina Olson seems destined for an unremarkable life. Then she meets her neighbor, artist Andrew Wyeth. Inspired by Wyeth's iconic and mysterious painting "Christina's World," this novel by the author of "Orphan Train" is a meditation on the power of friendship, passion, and art.

Thursday, November 21 at 2 p.m. - "Growing Up Franco American (With No Patent Leather Shoes)," by Lorraine Dutil Masur (nonfiction, 161 pgs.). The daughter of immigrant forebears who heartily embraced their new country while remaining true to cherished cultural traditions, Masur recounts the joys and challenges of growing up part of the vibrant Franco-American community of mid-century Lewiston, Maine.

Morse Library is located at 105 Main Street in Greene, just off Route 202 and a quarter mile down from Greene Central School. New for 2019, library hours are Tuesday, Wednesday, and Thursday from 12 to 7 p.m. and Friday and Saturday from 9 a.m. to 3 p.m. For more information, call 946-5544 or see www.morse.lib.me.us.

Local students recognized at Early College Awards Ceremony

Area high school seniors were among those recognized recently when the University of Maine at Augusta presented an Early College Awards Ceremony and Luncheon at the Senator Inn and Spa. The invited students, including Aleya Caron and Emma Williams of Lewiston High School and homeschooler Abigail Story of North Monmouth, maintained a 2.75 GPA or higher while completed

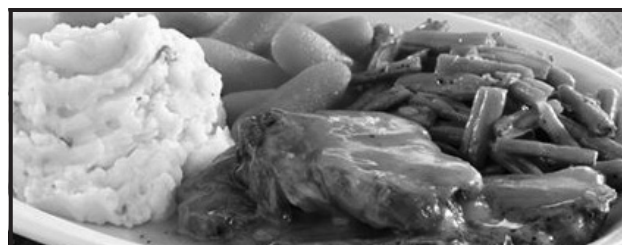
nine or more Early College credits with UMA.

As part of the ceremony, each student received a UMA Early College Scholarship for the 2019-20 academic year. This scholarship will allow the students to continue their studies at UMA after their high school graduation.

UMA's Early College program allows Maine high school juniors and seniors to take college courses while

in high school and earn college credit. The credit earned can often be applied toward a two-year associate or four-year baccalaureate degree. Courses available to students in the program include College Writing, Elementary Statistics, Introduction to Psychology, Introduction to Literature, and US History I. For more information, see <https://www.uma.edu/admission/early-college>.

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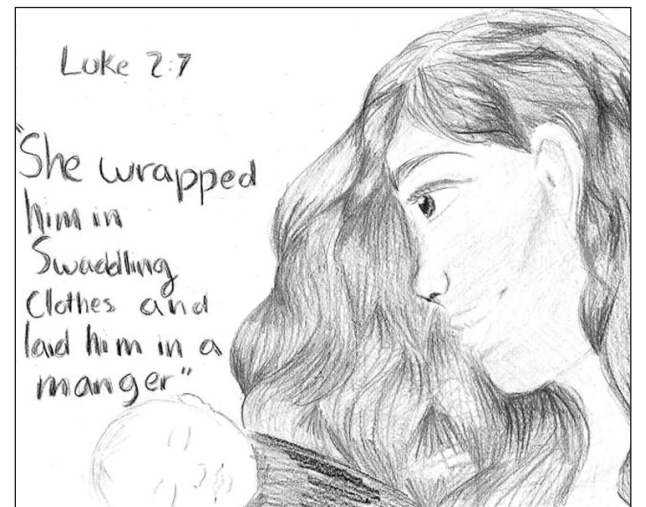
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Twin City Nights

St. Dom's student among Christmas Card Contest winners

Saint Dominic Academy student Gisele Ouellette was among the winners of the Roman Catholic Diocese of Portland's recent Christmas Card Art Contest. All Catholic school and faith formation students throughout the diocese were invited to participate. Over 125 submissions were received, each featuring original creations by the artists reflecting a passage from Scripture. Ouellette was the winner in the Grades 9 through 12 category. The winning entries appeared on the Christmas cards sent to 2018 Catholic Appeal donors.

"This is the story of Jesus, told by children," said Bishop Robert P. Deley. "These pictures capture the beauty of our faith. The



Along with the other winning entries, Gisele Ouellette's design appeared on the Christmas cards sent to the diocese's 2018 Catholic Appeal donors.

students did a magnificent job. Thank you for the work you've done, and thanks to the parents for passing on the faith to their children."

The bishop gave each winner a framed display of their artwork, a book, and rosary bracelets that he blessed at a recent recognition event.

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Twin City Nights

Tickets now on sale for Table Tour at Viles Arboretum



Participants snowshoe, ski, and hike on the groomed trails, which feature beautiful stone sculptures at various points.

Tickets are now on sale for Viles Arboretum's annual Table Tour, taking place this year on Sunday, February 3. Over two hundred participants gather at the Arboretum in Augusta each year for this Super Bowl Sunday event. They snowshoe, ski, and hike on the groomed trails while getting to enjoy various culinary delights from restaurants and food providers in and around the Capital City.

These may include hearty chowders, fresh baked breads, barbeque, Mexican, and even steaming hot turkey with all the fixings. No one leaves with an appetite, especially after the wrap-up dessert table and a cup of freshly brewed coffee or other beverage. This is a great way to get some fun exercise outdoors before settling down to watch the football game.

"This is the only event of its kind that I know of," said Executive Director Mark DesMeules. "It offers a healthy and fun opportunity to meet people, get outdoors, enjoy some terrific food, and support the new programs and initiatives being developed at the Arboretum. The course



Food stations along the trail provide warming fires, along with various culinary delights from restaurants and food providers in and around the Capital City.

is even more interesting this year with dozens of beautiful stone sculptures at various points along the trail and warming fires at every food station."

Tickets are available at a discount rate of \$15 through the end of December. Starting January 1, tickets are \$20 (members \$18), or \$5 for kids ages 10 and under; toddlers enter at no charge. There is also a special group rate of \$15 per ticket for groups of five or more. To buy tickets in advance, call the Arboretum at 626-7989.

A limited number of tickets will be available from 10 a.m. to noon on the day of the event. This will also be the time to pick up tickets purchased in advance. Trails will open at 11

a.m. and trail food will be served until 1:00. Desserts, coffee, and hot beverages will be served at the main building, located at the end of the course, until 2:00

Viles Arboretum is centrally located on 224 acres of fields, forests, and wetlands in the heart of Augusta. Its 20 botanical collections offer an ever-changing selection of interactive, creative, and hands-on programs for the general public and for schools. For more information, call 626-7989 or see www.vilesarboretum.org.

ASSE Student Exchange seeks host families, local area reps

Give the gift of cultural understanding by hosting a foreign exchange student this upcoming year! ASSE International Student Exchange, a public benefit organization, is seeking local host families for high school students from over 30 countries, including Spain, Germany, Thailand, Denmark, Portugal, South Korea, Italy, France, Norway, and the former countries of the Soviet Union.

Couples, single parents, and families with and without children in the home are all encouraged to host. You can choose to host a student for a semester or for the school year. Each

ASSE student is fully insured, brings his or her own personal spending money, and expects to contribute to his or her share of household responsibilities, as well as being included in normal family activities and lifestyles.

Local area representatives are also needed to recruit and screen both potential host families and potential U.S. students interested in studying abroad. Representatives supervise the exchange students living in their community, organize activities with the students throughout the year, and provide support to host families, students, and schools.

Area representatives receive a stipend for each student placed and supervised.

ASSE is officially designated as an exchange visitor program by the United States Department of State and cooperates with the Canadian Provincial Ministries of Education. Founded by the Swedish National Department of Education, ASSE International (formerly American Scandinavian Student Exchange) is a non-profit, tax-exempt, public benefit organization. For more information, call (800) 733-2773, email as-seusawest@asse.com, or see www.ASSEhosts.com.

Governor's Award for Business Excellence presented to five Maine companies

Governor Paul LePage recently presented five Maine companies with a 2018 Governor's Award for Business Excellence during a reception at the Blaine House in Augusta.

The 28th annual awards, administered by the Maine Department of Economic and Community Development and sponsored by Consolidated Communications, recognize Maine businesses that demonstrate a high level of commitment to their community and employees and excellence in manufacturing or service provision.

Since 1991, the Governor's Award for Business Excellence has been presented to 157 Maine companies. Previous recipients have included Idexx Laboratories, L.L. Bean, GAC Chemical, Mathews Brothers, Jackson Lab, and Moody's Collision Center. The 2018 recipients are:

Enercon Technologies: Enercon Technologies of Gray provides electro-mechanical product development and contract manufacturing services to the medical, industrial, and defense markets. Its integration of engineering and manufacturing services streamlines the product development cycle, improving quality while reducing time-to-market and total project costs for their customers. A privately held, veteran-owned com-

pany since 1980, Enercon currently employs nearly 200 people in its recently completed, state-of-the-art Design and Manufacturing Center in Gray.

Howe and Howe Technologies: Internationally recognized for extreme vehicle fabrication and design, Howe & Howe Technologies of Waterboro was founded with the vision of producing innovative vehicles to enable life saving strategies. Founders and twin brothers Geoffrey and Michael Howe first gained notoriety in 2001 with the introduction of the world's fastest tank, the Ripsaw, and an unmanned ground vehicle designed for the U.S. military. Soon after they turned their talents in a different direction, creating extreme fire trucks, unmanned firefighting robots, and off-road tracked wheelchairs.

Main-Land Development Consultants, Inc.: Main-Land Development Consultants of Livermore Falls is a growing land consulting company that has provided engineering, land surveying, and environmental science services to land owners and municipalities since 1974. Main-Land's vision is that every landowner can use their land to achieve "the American Dream." Their mission is to help people add value to their land by understanding

it, developing it, and protecting it. Their strength is a personable staff who aim for friendliness, thereby achieving great service and lasting relationships with their customers.

Sappi North America: Sappi North America's roots can be traced back as far as 1854 to the S. D. Warren Company, up until its acquisition by Sappi Limited in 1994. Today, headquartered in Boston with over 2,000 employees and three mills in Maine and Minnesota, Sappi is a market leader in converting wood fiber into superior products that customers demand worldwide. Sappi is proud of its strong presence in Maine and is here for the long haul. In addition to its mills in Westbrook and Skowhegan, the company has a dedicated Technology Center in Westbrook and a Shared Service Center in South Portland. In 2016, the Sappi Somerset Mill modernized its woodyard and completed a major investment to rebuild Paper Machine #1, expanding the mill's capability to make high-quality, consumer-based packaging and coated graphics, representing a significant shift in Sappi's North American business. Together, Sappi invested more than \$200 million in these two projects.

Sea Bags: Incorporated in 2006, Sea Bags started by making totes and accessories from recycled sails in Portland. Today, the company designs and manufactures a diverse line of totes, bags, and home goods, all made in Maine from recycled sails. CEO Don Oakes, President and COO Beth Shissler, and CFO Bill McGonagle have worked together to grow Sea Bags from just three employees to now more than 140, with 18 retail locations up and down the east coast, saving over 600 tons of recycled sail cloth from landfills in the process.



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Thursday, Dec. 27

HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Representatives of Community Health Options and TD Bank discuss "LGBTQ and Diversity." \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetro-Chamber.com.

St. Dominic Academy Christmas Classic. Norway Savings Bank Arena, Auburn. Day two of this annual schoolboy invitational hockey tournament includes games at 4, 5, 6, and 7 p.m. Concludes Friday.

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 anyone interested in helping local veterans is invited to attend.

Friday, Dec. 28

St. Dominic Academy Christmas Classic. Norway Savings Bank Arena, Auburn. The final day of this annual schoolboy invitational hockey tournament features championship and consolation games at 10 a.m. and 12 p.m.

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.

Monday, Dec. 31

New Year's Auburn. 6 p.m. Main St., Downtown. Come help the city kick off its year-long Sesquicentennial celebration; live music by Hello Newman!, L-A Harley Band, and Justin & Shelley Carver; food trucks, cash bars, fireworks at midnight. Free.

Wednesday, Jan. 2

Rotary Breakfast Club Meeting. 7 a.m. United Methodist Church, 439 Park Ave., Auburn. This week's speaker is Maine Cancer Foundation Community Outreach Manager Ray Ruby. All welcome; break-fast \$15.

Saturday, Jan. 5

Annual Meeting. 10 a.m. to 1 p.m. Grange Hall, 44 Harris Hill Rd., Poland. The local working group of the Natural Resources Conservation Service seeks public input on local concerns and priorities; lunch

provided. Free. Register by 12/28 at 241-5374.

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.

Stanton Bird Club Meeting. 6:30 p.m. Room 285, Lewiston-Auburn College. Michael Perry, former director of the L.L. Bean Outdoor Discovery Schools, presents "Southern Maine's Scenic Waterways by Canoe and Kayak." Free. www.StantonBirdClub.org.

Friday, Jan. 11

Theater: "Lend Me a Tenor." 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents this fast-paced comedy classic involving the greatest tenor of his time, an outrageous bellhop, and mistaken identities. Again Jan. 12-13, 17-20 (Suns. at 2 p.m.). \$18/15/12. 783-0958; LACLTL.com.

Sunday, Jan. 12

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. The program features the world premiere of Rich Shemaria's "Concerto for Trumpet and Orchestra" with guest soloist Wayne du Maine. Students free; others \$20 (cash or check) at door, by calling 846-5378, or at www.midcoastsymphony.org.

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.

Thursday, Jan. 17

Book Discussion. 2 p.m. Morse Memorial Library, 105 Main St., Greene. This month's selection is 2016 National Book Award finalist "News of the World" by Paulette Jiles. Multiple copies avail. to borrow. 946-5544; www.morse.lib.me.us.

Theater: "Lend Me a Tenor." 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents this fast-paced comedy classic involving the greatest

tenor of his time, an outrageous bellhop, and mistaken identities. Again Jan. 18-20 (Sun. at 2 p.m.). \$18/15/12. 783-0958; LACLTL.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.

Thursday, Jan. 24

Annual Dinner & Awards. 5 to 9 p.m. Ramada Hotel & Conference Center, Lewiston. Following a social hour, the LA Metro Chamber of Commerce presents its annual awards. \$50. 783-2249; www.LAMetroChamber.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.

Monday, Jan. 28

Film Screening. 6:30 p.m. Franco Center, 46 Cedar St., Lewiston. The center screens the comedy "Super Lola," a 2013 made-for-TV movie from France; in French w. English subtitles. Free; donations accepted. www.francocenter.org.

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.

Super Bowl Sunday Table Tour. 11 a.m. to 1 p.m. Viles Arboretum, 153 Hospital St., Augusta. Prepare for the big game by getting some outdoor activity on the groomed trails while sampling foods from area eateries. \$20 (\$5 ages 10-); toddlers free. 626-7989; www.vilesarboretum.org.

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 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

Overcoming the Barriers to Change

By the American Counseling Association

The New Year is a time when many of us think about a new start, about changing something in our lives that hasn't been making us happy or hasn't been contributing to good health. It may be a commitment to stop smoking, lose weight, exercise more regularly, or even just spend more enjoyable time with those we love.

Changing behavior can be a good thing, but it's important to remember that change doesn't just happen overnight. There are frequently barriers that can make changing behavior difficult.

In many cases we may not, at first, even recognize that there is a behavior that needs to be overcome. We may even feel a desire to continue that behavior, even a harmful one, by rationalizing the lack of need to change ("Smoking relaxes me.").

When you do identify a less than desirable behavior, consider the pros and

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Spider-Man: Into the Spider-Verse (PG)	12:50	3:50	7:10	9:50
Mary Poppins Returns (PG)	12:45	3:45	6:45	9:40
The Mule (R)	1:15	4:15	6:55	9:30
Holmes & Watson (PG-13)	12:00	2:20	4:35	7:15
Dr. Seuss' The Grinch (PG)	12:15	2:30	4:40	6:50
Mortal Engines (PG-13)				9:00
Ralph Breaks The Internet (PG)	11:45	2:15	4:45	
Aquaman (PG-13)	12:20	3:30	6:40	7:30
				9:25

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.

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

cons of making the change. How will your life be better, or worse, if you do or don't make the desired change.

Next, identify the barriers that can keep you from taking action. Maybe you aren't motivated enough. Maybe friends and family won't really support your actions and you'll feel isolated or silly. Are there financial limitations that keep you from moving forward? Will a dietary change make your food choices more expensive? Does it seem impossible to find time for that gym or other regular exercise?

Once you identify your barriers to change, then make a plan on how to overcome them. Check if healthier food choices really will raise your food bill. Look at your schedule and see where you could fit in brisk walks or aerobics classes. If it's a difficult change, such as smoking cessation, check with your physician, a professional counselor, or local hospital program for resources to help you.

You want to develop

a real commitment and passion for changing the behavior you've identified. Make a plan, put it into action, and then work to maintain that plan.

Most importantly, if you relapse to your old behavior, don't give up. Look carefully at why you've stalled or slipped and seek ways to overcome that issue when you try again.

Don't try to change several things all at once. And don't give up if you don't succeed the first time you try. Serious behavioral changes are always difficult, but with good planning, they are achievable.

Counseling Corner" is provided by the American Counseling Association. Send comments or questions to ACACorner@counseling.org or see www.counseling.org.

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



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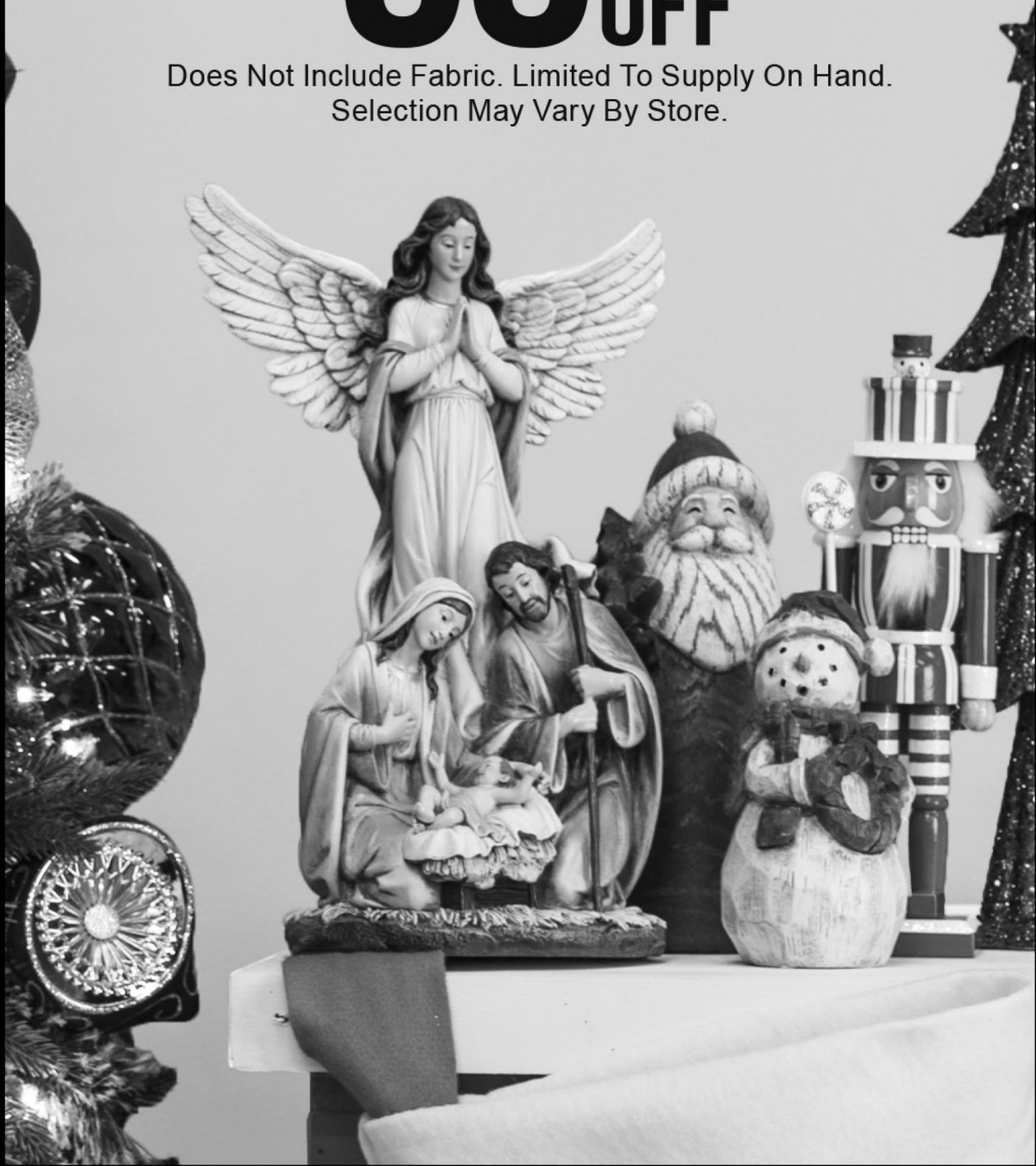
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Andro. County United Way will cover territory of closed Oxford affiliate

Oxford County nonprofits that help children, senior citizens, and low-income families will continue to receive support from the United Way, thanks to the Androscoggin County affiliate of the organization.

At the direction of United Way Worldwide, United Way of Androscoggin County will now serve the geographic area formerly covered by United Way of Oxford County.

The Oxford affiliate recently dissolved operations and stopped accepting donations for its partner agencies and programs.

Board members of the United Way of Androscoggin County voted last month to support the Oxford County territory. The organization is now accepting donations for Oxford into a designated fund. All money raised in Oxford County will be distributed to Oxford County United Way agencies unless specified by the donor.

“United Way of Androscoggin County is happy to be able to continue the mission of strengthening communities, families, and the lives of children in Oxford County,” said Androscoggin County Executive Director Joleen Bedard. “We see this as an opportunity to reinvigorate the impact of United Way in the region and continue the support and mechanism for businesses and individuals to continue their donations to United Way agencies.” Bedard plans to add two or three Oxford County residents to her board of directors in the new year.

“As a partner agency, I am delighted that United Way of Androscoggin County will serve our community,” said Jennifer Putnam, executive director of Progress Center, Inc. in Norway and a former board member for United Way of Oxford County. “They already have relationships with many of the nonprofit agencies serving Oxford County and we are looking forward to working with them.”

United Way of Androscoggin County’s name will not change, but marketing materials may be updated to note that the organization covers two counties.

The Oxford chapter formed in 1989 and was based in South Paris.

It was the smallest of Maine’s 10 United Way organizations.

For more information about the United Way of Androscoggin County, call 795-4000 or see United-wayandro.org.

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