



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, November 28, 2019 • FREE

American Legion Post 135 community fundraising breakfast



The American Legion Harry J. Conway Post 135 will hold its monthly public Community Breakfasts on Sunday, Dec 1, from 7:30 to 10 a.m., at the post building, 40 Island Road, Sabattus.

The Sabattus Legion

holds community Scholarship Breakfast the first Sunday of December, February, March, April, May and June. We have a special guest this month, Santa, who will arrive for the children at 8 am!

The cost is \$8 per person, WWII Veterans and

Children 10 and under are free.

The menu includes scrambled eggs, eggs to order, French toast, chipped beef, pancakes, sausage, ham, baked beans, two types of country fries, toast, muffins, orange juice, coffee, tea and milk. Proceeds from the breakfast support community and veteran's programs, such as veteran rehabilitation, national security, Americanism and children and youth.

The Sabattus American Legion has been serving the local community since December 1924. Please note, the eligibility date for Legion membership for active service has been extended from December 7, 1941 until present. Veterans are welcome to join us.

Mainers Boomerang back

A boomerang is an individual, who either grew up in Maine or spent time here, left the state, then chose to return to live and work in Maine.

While that may not be the definition of boomerang that many folks are familiar with, the team at Live and Work in Maine, in partnership with Maine's

Department of Economic and Community Development and the Maine State Chamber of Commerce, are looking to reach this important audience as part of the second annual Boomerang Weekend, which will take place over the Thanksgiving holiday, one of the busiest travel weekends of the year, with many Mainers now liv-

ing out of state coming back home to spend the holiday with family and friends.

Live and Work in Maine is once again seizing on the opportunity to connect with these people who already know Maine and the unsurpassed quality of life it offers—and let them know their home state is, more See **Boomerang**, page 17

Gorham Firemen and Aroma Joes partner to collect donated food



Gorham Aroma Joes celebrated their fourth anniversary with a food drive for Thanksgiving. On November 23, Aroma Joes and the Gorham Fire Department collected non-perishable food items to donate. In return, free drink coupons were given to those who donated three or more items. (Front l.) Sam Velazquez, Sarah Choroszy, Anneka Bryant, Carson Dyer and Isabelle Kovacs. (Back l.) Evan Giroux, Jacob Zelmanow, Matt Hoyt, Myles Kristofferson, Patrick Underwood, Alex Vida, Jack Bisson, Max Emrich-Shanks and Brandon Howard.



(Front l.) Myles Kristofferson, Isabelle Kovacs, Anneka Bryant, Carson Dyer, Sarah Choroszy, Amber Rocray and Jacob Zelmanow. (Back) Max Emrich-Shanks, Sam Velazquez, Brandon Howard, Alex Vida, Matt Hoyt, Evan Giroux, Jack Bisson and Patrick Underwood.

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Santa Clause Is coming to An Angel's Wing, Second Chance Retail.

We will have free treats, hot chocolate, & coffee. Each child will receive a stuffed animal and a book. Come join the fun! Dec. 14-15, 21-22 10AM - 2PM.

An Angel's Wing Inc
1567 Lisbon street Suite 1A, Lewiston,

Our mission is to fund rehabilitation for individuals seeking treatment for Substance Use Disorder.

Movie Listings Every Week! Only in TCT. See page 17. www.FlagshipCinemas.com

See all of this week's stories and ads online. Free!

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Hannaford Dietician hands out food samples and advice in Gorham



Kristine Taylor, Hannaford dietician was giving out food samples and advice to Thanksgiving Shoppers this week in Gorham. Recipes for healthy alternatives were shared. Kristine is happy to meet with customers and answer questions that shoppers may have.

Auburn-Lewiston Rotary Breakfast Club annual donation



Pictured l to r: Pastor Steve Bascom, Jan Wilkinson, and David Foster (A-L Rotary club president)

The Auburn-Lewiston Rotary Breakfast Club was proud to make its annual donation to the United Methodist Church of Auburn (UMC). Pastor Steve Bascom and Jan Wilkinson attended their weekly meeting two Wednesdays (November 13) ago to receive a check dedicated to their Thanksgiving

program. The UMC provides Thanksgiving meals for the neediest of families in the Auburn Lewiston region. This ministry would not be possible without the generous donations of those in our community & the UMC congregation. The Auburn-Lewiston Rotary Breakfast Club was honored to help.

The Auburn-Lewiston Rotary Breakfast Club meets every Wednesday morning at 7 a.m. at Gov-

ernor's Restaurant at 1185 Lisbon Street in Lewiston. Guests are welcome. Learn more at <https://www.auburn-lewistonrotary.org/>

Send all items for **Names & Faces to Editor@TwinCityTimes.com.** Deadline is **Friday by five.**

Installation of 2019 Christmas tree in Auburn

Auburn has found its "perfect" Christmas tree! The Auburn Public Works Department installed the 2019 Christmas tree at Festival Plaza on Wednesday, November 20. This beautiful, donated tree made its way from its old home on 8th Street to Festival Plaza on Main Street.

The City of Auburn would like to thank Mark and Kate Cornelio of 8th Street for so generously donating this year's spectacular Christmas tree and for helping us to bring holiday cheer to downtown Auburn. Special thanks to Cote Crane and Rigging of Auburn for their continued, generous support and assistance with moving and installing the City's tree each year.

The tree will be illuminated on December 6 as part of the "Twin Cities Holiday Celebration," officially kicking off the holiday season in beautiful downtown Auburn. It will remain at Festival Plaza throughout the holiday season, including Auburn's second annual "New Year's Auburn" event!

For more information on the Twin Cities Holiday Celebration, visit www.auburnmaine.gov.

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Sunday, December 8, 2019 at 2:00 p.m.

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Hannaford donates \$1 million to support hunger relief efforts

Hannaford Supermarkets announced a \$1 million donation as part of its new “Fuel Kids at School” initiative that is designed to directly address food insecurity and improve access to fresh and healthy food for children.

“Children can’t be at their best if they’re hungry—or thinking about where their next meal will come from. It is our hope that Fuel Kids at School will take us one step further in nourishing our communities, one child at a time,” said Mike Vail, President of Hannaford. “We want access to food to be easy for kids. Locating food pantries where they are at their schools should make a lasting and deep impact on child nutrition across our five states.”

Hannaford, in partnership with area hunger relief organizations, will establish over two years, 90 school food pantries across Maine and other northeast states. In Maine, Good Shepherd Food Bank received nearly \$300,000 to establish school-based food pantries in 30 Head Start preschools throughout the state.

“The correlation between access to nutritious food and early childhood development and learning makes Head Start locations the ideal match for our next phase of school-based pantries,” said Kristen Maile, President of Good Shepherd Food Bank. “We know that expanding our pantry sites to serve pre-school-aged children and their families will play an important role in ensuring a bright future for Maine’s youngest citizens.”

Designed to serve as a vital and convenient

resource to students and families in need while also increasing access to healthy and nutritious food, the in-school pantries are dedicated spaces where students can select food they enjoy according to preference and cooking abilities to provide nourishment both during the day and after the school day.

“The Fuel Kids at School funding, with its focus on Head Start programs, will enable us to make nutritious food readily available to more families at risk of hunger in the critical years before their children enter the public schools,” said Kathryn Sargent, Executive Director of the Locker Project.

The announcement took place in conjunction with a donation of \$1,000 in school food pantry staples to the East End Children’s Workshop along with chef-prepared food for the parents and students at the local preschool.

Hannaford Supermarkets has a longstanding commitment to supporting hunger relief in its communities. In 2018, Hannaford donated nearly 26 million pounds of food throughout the Northeast, including 5.3 million pounds in New York; and raised \$1.1 million in partnership with its shoppers to feed individuals in need through the annual Hannaford Helps Fight Hunger program. Earlier this month, Hannaford announced that it has donated more than \$1 million to non-profits throughout New York and New England as a result of its reusable bag program, a portion of which is dedicated to hunger relief organizations and has funded more than 1.8 million meals to date.

Minister of Music retires after 75 years of service



The West Auburn Congregational Church would like to thank Charles Marshall and wish him well upon his retirement after 75 years as our Minister of Music and introduce Ryan Slocum as

our new Organist! Please Join us each Sunday morning for our Sunday Service from 9 to 10 a.m. with Reverend John Williams. All are welcome. Other events taking place at

our church this holiday season include Christmas Pageant on Sunday, December 22 at 4 p.m. and a Christmas Eve Service, December 24 at 4 p.m. West Auburn Congregational Church is located at

811 W Auburn Rd, Auburn. The West Auburn Congregational Church Choir will be singing throughout the Thanksgiving and Christmas season.



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Newsmakers, Names & Faces

Student Elected as Youth Governor of YMCA Youth and Government Program



Maine School of Science and Mathematics (MSSM), the state's first tuition-free, public, residential high school, announces Martin Brozman, a junior from Bangor, will serve as the 78th YMCA Youth Governor of the Great State of Maine. He was elected to the office by his peers at the 2019 Maine YMCA Youth and Government program

on Sunday, November 11. Brozman is the first MSSM student ever to hold the position. With his election, Brozman will attend the YMCA Youth Governor's Conference in Washington, D.C., representing the Maine YMCA, and he will serve as Governor of the 2020 Youth and Government program in Augusta.

The MSSM delegation returned to Limestone two weeks ago Sunday, where they were welcomed by a Limestone Police and Fire Department escort at the town line and a celebratory student body ready to welcome Governor Brozman and the rest of the group home. Additional recognition to this year's senior participants: Will Whitman (Swan's Island), Michael

Delorge (Biddeford), Toben Streevy (Bar Harbor), Taesu Joo (Republic of Korea), Jordan Theriault (Fort Fairfield), James Lau (Buxton), Jay Philbrick (North Yarmouth), Christian Chagnon (Eliot), Annie Giroux (Wales), Shea Sewall (Hope), and Madelyn Batcock-Emerson (Kittery).

Brozman's platform was based on a need for affordable healthcare here in Maine. He believes that this would "attract young people and families to live here and thrive. Without having to worry about healthcare costs, young families will be more likely to stay and be active members of their communities." Brozman comes from a family of doctors and plans to be either an orthopedic surgeon or a neurologist. Brozman went on to say, "This program has helped me realize the role of government, and now I have a better understanding of the politics behind medicine."

YMCA Youth and Government program allows any High School student in Maine to participate in a hands-on experience of how Maine's Legislative

Men's cross country wins its seventh team invitation to NCAA Championships



The 2019 Bates men's cross country team competed as a team in the NCAA Championships for the seventh time in program history, November 23 in Louisville, Ky. (Brewster Burns for Bates College)

Bates men's cross country received an at-large invitation Sunday to compete as a team at NCAA Division III Championships in Louisville, Ky., claiming the seventh team bid to nationals in program history.

The invitation comes after the Bobcats' fifth-place finish out of 54 teams at yesterday's NCAA New England Regional Championships at Bowdoin. And for the second straight year, and the third time ever, Bates' women's and men's teams both received at-large invitations.

Also selected from the loaded New England region were No. 2 Williams, No. 24 Colby, No. 12 MIT, No. 17 Amherst and No. 21 Middlebury.

Previous team trips to the NCAA Championships netted the Bates men a 10th-place finish out of 24 teams in 1999, 19th place out of 24 in 2004, seventh place out of 32 in 2011, sixth place out of 32 in 2012, 24th place out of 32 in 2013, and 26th place out of 32 in 2018.

Fulfilling the goal of an NCAA invitation might have seem far-fetched at the beginning of the year, with only three of the seven runners who competed in the 2018 NCAA Championships returning for this season. But the Bobcats leapt into the national rankings after their September 14 performance at the Bates Invitational, when they outraced Connecticut College, Middlebury, Southern

Maine and Tufts. They went on to win the Maine State Meet and placed fifth at the NESCAC Championships on November 2.

Sophomore Bart Rust (Croton on Hudson, N.Y.) and senior Justin Levine (Boca Raton, Fla.) finished 17th and 28th, respectively to lead the team and capture their second consecutive All-New England honors. First-year Eli Boesch-Dining (Concord, N.H.) has been one of the team's top three runners all season, and sophomore Henry Raff (Hailley, Idaho) had a breakout race Saturday by finishing 37th overall. Junior Tucker Barber (Wilton, Maine) will join Rust and Levine in racing in his second consecutive NCAA Championship, and junior captain Ryan Nealis (London, England), who attended nationals in 2018 as Bates' alternate, will race at NAAs for the first time after finishing 50th overall on Saturday. Sophomore Jackson Donahue (Princeton, N.J.) will also make his NCAA debut, and sophomore Nicholas Reznik (Bar Harbor, Maine) will serve as the team's alternate.

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Women's cross country wins its sixth team invitation to NCAA Championships



The 2019 Bates women's crosscountry team becomes the sixth in program history to earn a team invitation to the NCAA Division III Championships. (Brewster Burns/Bates College)

Bates women's cross country earned the sixth team invitation to the NCAA Division III Championships in program history last week, and competed for the national championship on November 23 in Louisville, KY. It was the third time in four years the Bobcats received an at-large invitation to nationals.

For the second straight year, and for the third time ever, Bates' women's and men's teams both received at-large invitations.

Ranked 18th in Division III as of three weeks ago, Bates received one of 16 at-large team invitations after placing fourth out of 54 teams at yesterday's NCAA New England Regional Championships at Bowdoin. Joining the Bobcats from the loaded New England region

are No. 4 Williams, No. 3 MIT, No. 9 Tufts, No. 22 Middlebury and Wesleyan.

Bates previously ran as a team at NAAs in 1995 (placing 18th out of 21 teams), 1997 (15th/21), 2012 (19th/32), 2016 (19th/32) and 2018 (17th/32).

The invitation to NAAs fulfills the team's goal at the outset of the season. Along the way, the Bobcats won the Maine State Meet, finished second out of 32 teams at the Oberlin Inter-Regional Rumble, and placed third out of 11 teams at the NESCAC Championships.

Bates' success this season comes with some measure of surprise, after the Bobcats graduated their top two runners, and four of their top seven, from last year's squad.

First-year Jillian Richardson (Auburn, Maine) and senior captain Olivia LaMarche (Lynnfield, Mass.), who have both won All-New England and All-NESCAC honors, have led the Bobcats in each race this season, and they were joined on the trip by junior Abby Hamilton (Yarmouth, Maine), sophomore Tara Ellard (Brewster, Mass.), first-year Jordan Wilson (Medfield, Mass.), first-year Lily Harding (Kenfield, Calif.), junior Vanessa Paolella (Dingmans Ferry, Pa.). Sophomore Elise Lambert (Amherst, N.H.) served as the team's alternate on the trip. LaMarche raced in her third career NCAA Championship, while Hamilton and Ellard both raced in their second straight.

OTELCO welcomes new employees in Alabama, Maine and Missouri



Daniel Hernandez

OTELCO Inc. provides wireline telecommunications services in Alabama, Maine, Massachusetts, Missouri, New Hampshire, Vermont and West Virginia. The Company's services include local and long-distance telephone, digital high-speed data lines, transport services, network access, cable television and other related services. With approximately 99,000 voice and data access lines, which are collectively referred to as access line equivalents, OTELCO is among the top 25 largest local exchange carriers in the United States based on number of access lines. OTELCO op-

erates eleven incumbent telephone companies serving rural markets, or rural local exchange carriers. It also provides competitive retail and wholesale communications services and technology consulting, managed services and private/hybrid cloud hosting services through several subsidiaries. For more information, visit the Company's website at www.otelco.com.

New OTELCO employees welcomed are:

Daniel Hernandez joins OTELCO as an I & R Technician in Oneonta, Alabama. He has an associate degree in Computer & Electronic Engineering and worked previously for 9 years at AT&T as a Service Tech, OSP Tech and Wire Tech. Hernandez is a resident of Oneonta.

Katelynd Sperry joins OTELCO as a Project Manager in its New Gloucester, Maine office. Sperry comes to OTELCO from Bath Iron Works. She has a Bachelor

of Science from Maine Maritime Academy and an MBA from Husson University. Sperry lives in Brunswick, Maine.

Clay Brown will serve as a Wireless Technician in OTELCO's Sedalia, Missouri office. He is a resident of Sedalia.



Clay Brown



Katelynd Sperry

Local woman raising funds for service dog

Cynthia Grimm of Auburn has always lived an active life. From working hard at her job while going to college, to serving on numerous boards of directors, to performing in community theater, to participating in outdoor activities like hiking, backpacking, and kayaking, she was always on the move. Her life has changed a lot in recent years due to a progressive disability, and

it is now very clear that a service dog is an absolute necessity for both her short-term and long-term health.

Cynthia has a connective tissue disorder called Ehlers-Danlos Syndrome that causes her joints to be unstable, leading to frequent falls and injuries. She also has dysautonomia, which is a disorder of the autonomic nervous system that controls things like heart rate,

blood pressure, temperature control, and digestion. This also leads to frequent falls and injuries because she isn't able to predict these sudden changes much of the time. A service dog who can predict these changes in heart rate and blood pressure will make a huge difference in her ability to continue being an active person and keeping up with her child. See **Dog**, page 16

Send all **Letters** and **Op/Ed** pieces to **Editor@TwinCityTimes.com**.
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★ 6	VOTED BEST BUFFET LOTUS RESTAURANT (241-0870)	279 CENTER ST. AUBURN	★ 1	VOTED BEST NEW RESTAURANT FRANK'S RESTAURANT & PUB (407-4606)	2 MAIN ST. LISBON FALLS
★ 6	VOTED BEST MORTGAGE COMPANY RESIDENTIAL MORTGAGE SERVICES, INC. DEBBIE BODWELL, (MLS #280336)	(777-1551) 181 CENTER ST. AUBURN	★ 1	VOTED BEST FRIED CLAMS GRIDIRON RESTAURANT SPORTS PUB (777-6353)	1565 LISBON ST. LEWISTON
★ 6	VOTED BEST MASSAGE THERAPY REVELATION MASSAGE (376-3233)	577 MAIN ST. LEWISTON	★ 1	VOTED BEST SPORTS PUB GRIDIRON RESTAURANT SPORTS PUB (777-6353)	1565 LISBON ST. LEWISTON
★ 5	VOTED BEST ATTORNEY FALES & FALES, P.A. (786-0606)	192 LISBON ST. LEWISTON	★ 1	VOTED BEST FITNESS FACILITY THE HEALTH CLUB & SPA (777-1300)	1977 S. LISBON RD. LEWISTON
★ 5	VOTED BEST HEARING AID CENTER BELTONE NEW ENGLAND (777-1134)	1761 LISBON ST. LEWISTON	★ 1	VOTED BEST EQUIPMENT RENTAL COMPANY KENNEBEC EQUIPMENT RENTAL CO. (783-2007)	629 WASHINGTON ST. AUBURN
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Workforce Training Partners Honor Certified Nurse's Assistants



Pictured l to r: Robin Doody, Northern Light Health Talent Acquisition Specialist.; Chelsea Whitmore, CNA; Ryan Francis, Northern Light Continuing Care Lakewood (NLCCCL) Assistant Administrator; Katie Johnson, Aime Worcester, Karina Wright, Michaela Brown, Jessica Lewis, Shannevia Yarns, CNAs; Chris Miller, NLCCCL Class/Clinical Instructor; Patricia Shuck, NLCCCL Director of Nursing; Myles Robert, Western Maine Community Action (WMCA) Employment & Training Specialist; and Desiree Knowles, NLCCCL Assistant Director of Nursing. Photo courtesy of Monica Millhime, WMCA.

Seven students successfully completed a collaborative program of 180 hours for a Certified Nurse's Assistant training, provided by workforce training partnerships with Western Maine Community Action (WMCA) at the Career-Center in Lewiston and Mid-Maine Regional Adult Community Education in Waterville. Northern Light Continuing Care Lakewood (NLCCCL) in Waterville, hosted a graduation ceremony at the facility on Friday, November 15 recognizing graduates as Certified Nurses Assistants. Patricia Shuck, Director of Nursing, welcomed administrators, staff, residents, family, friends, teachers and community partners to the pinning ceremony and presentation of certificates. Commencement remarks were shared by Class/Clinical Instructor, Chris Miller, R. N. Class/Clinical Instructor; Ryan Francis, Assistant Administrator; Monica Millhime, WMCA

Regional Employer Assistant Point; Vicki Dyer, LPN; and Desiree Knowles, R.N. Assistant Director of Nursing. The classroom/clinical curriculum, in addition to an On-the-Job program following graduation, empowers students with the skills and knowledge essential to the specific job field, "Working in healthcare requires not only technical skills but patience and compassion as well. Working with partners who understand the needs and can guide students through all aspects of the job makes the training meaningful. We are so grateful to our partners at NLCCCL for the fine job they do," shares Patti Saarinen, WMCA/WIOA Site Coordinator serving Androscoggin, Franklin, Oxford, Kennebec and Somerset Counties.

"The grant funding was very well spent. Our new team members are vibrant and so well prepared," shares Shannon Lockwood, NLCCCL Administrator. "There are many ways this

program ensures that we find the right people with the right skills and the right personality for this profession. We are grateful for the opportunity to benefit from this grant and the students are enthusiastic and excited about this rare and free opportunity to be paid to learn."

"It's exciting to open doors for individuals looking for a new career opportunity. NLH Continuing Care Lakewood has done just that by partnering with Adult education and WMCA to train and certify new Certified Nursing Assistants. This is a win-win for all," shares Talent Acquisitions Specialist, Robin Doody. The next class begins January 27. For more information email Doody at rdood@northernlight.org by January 3.

For more information on educational partnerships and opportunities call (207) 753-9005 or visit <https://www.facebook.com/WesternMaineCommunityAction/or> <https://wmca.org/>

What's Going On

The Infusion Center at St. Mary's Health System offers patients virtual reality experiences during treatment



goggles during treatment are far less aware of time. This type of experience offers an escape from a clinical environment and can reduce a patient's anxiety," Kim Thistlewaite, BSN, RN, OCN and Nurse Manager, Infusion Center at St. Mary's Center for Cancer and Blood Disorders. "We treat dozens of patients each day. Offering virtual reality is an innovative way to improve patient care quality, satisfaction and outcomes. Patients genuinely appreciate having the option to be distracted from treatment."

"I've been receiving infusion therapy for quite some time. Using the virtual reality headset during treatment kept me calm and distracted from what I was going through," said Jennifer Sawyer. "It was fun to view different outdoor scenes. The autumn sunshine, trees and leaves were very peaceful. Enjoying the outdoors without being cold was wonderful. I'd love to try a virtual reality action scene next time."

The Infusion Center currently has two pairs of MyndVR virtual reality goggles and is also adding Apple iPads, loaded with multiple apps, for patients' use.

The Infusion Center at St. Mary's Health System is happy to announce the addition of a MyndVR™ virtual reality experience for patients receiving difficult and lengthy treatments. The experience was funded through a grant from the Lepage Center for Patient Experience.

At the Infusion Center, patients receive chemotherapy, blood transfusions, intravenous fluid therapies, iron infusions and other types of supportive intravenous care on an outpatient basis. In some cases, pa-

tients may be seated in a treatment chair for up to 8 hours and often struggle with feelings of anxiety or boredom while being treated. Virtual reality offers patients an immersive experience that both distracts and entertains them. Patients may choose from a wide range of getaways ranging from the serene experience of a museum tour, nature walk, or waterfall visit to a more active experience of a safari adventure, parasailing or race car driving.

"Studies have shown patients using virtual reality

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Bates College reading series ends for 2019 with poet Franny Choi

Bates College's Literary Arts Live reading series presents Franny Choi, the author of the poetry collections "Floating, Brilliant, Gone" and "Soft Science", which Publishers Weekly described as "an exhilarating matrix of poetry, science and technology." Choi is an editor and podcast co-host as well as poet. Book signing follows the reading which begins at 6:30 p.m. Thursday, December 5, at 70 Campus Avenue, Lewiston. Event is free, for more information call 207-753-6963.



Poet Franny Choi reads from her work at Bates College on December 5. (Photos by Graham Cotten)

Virtuoso Guitarist Frank Vignola to play at Chocolate Church Arts Center

The Chocolate Church Arts Center, at 804 Washington Street in Bath, will present an eclectic holiday-themed show with world-renowned guitarist Frank Vignola and special guests on Friday, December 6 at 7:30 p.m.

Vignola, deemed "one of the brightest stars of the guitar" by The New York Times, has been the guitarist of choice for many of the world's top musicians, including Ringo Starr, Madonna, Donald Fagen, and guitar legend Les Paul, who named Vignola to his "Five Most Admired Guitarists" list for the Wall Street Journal.

The genre-spanning Vignola will perform everything from traditional holiday tunes, to guitar music by everyone from Beethoven, to Paul Simon, to Frank Zappa. He will be joined by a trio of world-class musicians, including fellow guitar giant Vinny Raniolo, who is one of the world's most in-demand rhythm guitarists. The group will also feature acclaimed bassist Gary Mazzaroppi, who has played with everyone from jazz legends like Stan Getz and Buddy Rich to contem-



Picture l to r: Vinny Raniolo and Frank Vignola.

porary artists like Alicia Keyes and Willie Nelson. Jazz vocalist Audra Mariel, known for her unique sound and sincere interpretations of timeless standards, will round out the group as a very special guest singer.

Frank Vignola has played over 1,000 shows in the past five years alone and is one of the most popular and sought-after guitarists on the international music scene. His dynamic music has brought him to 14 countries on three continents, and has allowed him to perform in some of the world's most illustrious venues, including the Sydney Opera House, Carnegie Hall, The Palace of Fine Arts in San Francis-

co, and the world's oldest indoor concert hall, Teatro Olimpico in Vicenza, Italy. The concert on December 6 at the Chocolate Church Arts Center will be an opportunity to see this virtuosic player and his group of acclaimed musicians in a unique, intimate setting, and will be ideal for fans of all kinds of music from holiday classics, to jazz, pop, and classical.

Tickets for Frank Vignola at the Chocolate Church Arts Center are \$25 in advance or \$28 at the door, and are available for purchase at www.chocolatechurcharts.org, or by calling the box office at 207-442-8455.

Model railroad celebration rolls into the Maine State Museum!



ALL ABOARD!

First Stop the Maine State Museum!

Join us for the Maine State Museum's Annual Model Railroad Celebration!
Free Admission!

Friday, December 6, 2019 & Saturday, December 7, 2019
9:00AM to 4:00PM 10:00AM to 3:00PM

Meet the members of The Maine 3-Railers Model Railroad Club and view a seasonal display operating O-gauge, N, Z, and TY-scale model trains and accessories.

accessories. Members of the club will operate the layouts all day and will be available to answer questions regarding model railroading.

The Maine State Museum, 230 State Street, Augusta, is open Tuesday through Friday 9 a.m. to 5 p.m. and Saturday 10 a.m. to 4 p.m. The museum is closed on Sunday, Monday, and all State holidays. Admission is \$3 for adults; \$2 for senior adults over age 62 and children 6 to 18 years of age; children under 6 free. Maximum charge for families is \$10. For more information please call 207-287-2301, or visit the Maine State Museum website: www.maine-statemuseum.org.

Come to the Maine State Museum for two days of chugging trains and tooting horns during our annual Model Railroad Celebration! The engineers flip their start switches on Friday, December 6 and run from 9 a.m. to 4 p.m. and stay

through Saturday, December 7, from 10 a.m. to 3 p.m. with free admission for all.

Meet the members of the Maine 3-Railers and check out the wonderful display of operating O-gauge and N, Z, and TY-scale model trains and

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Maine-ly Harmony "Christmas Remembered" performance



Maine-ly Harmony chorus members with director Kathy Greason centered, provided by the chorus.

Maine-ly Harmony will celebrate the season with "Christmas Remembered", featuring upbeat holiday songs and beloved carols at the Emmanuel Lutheran Episcopal Church, 209 Eastern Avenue, Augusta, on Sunday, December 1, at 2 p.m. All are welcome to this free-will offering performance, followed by refreshments and friendship!

Also performing are three diverse quartets and

a mixed ensemble composed of chorus members and singers from the men's Nor'easter Barbershop Chorus.

Maine-ly Harmony is an a cappella women's chorus, directed by Kathy Greason, that holds rehearsals at the church on Wednesday at 6:30 p.m. Members, young and old, who hail from several Maine counties, sing the barbershop style of four-part harmony for diverse

audiences in communities statewide, including our esteemed veterans at Togus.

For more information about "Christmas Remembered", as well as other upcoming performances, or information about becoming a member of Maine-ly Harmony, call Nancie at 293-4779, email her at hugabook4@yahoo.com, or visit the chorus Facebook page and website at maine-lyharmony.org.

TWIN CITY NIGHTS

Weekly Arts & Entertainment

CLT presents 'A Charlie Brown Christmas'



Dan Burgess, who plays Schroeder, holds Woodstock while Brock Rancourt, who plays Snoopy, looks on at right. At left is Becca Tinkham who plays Patty. 'A Charlie Brown Christmas' opens at CLT on December 6.

The L-A Community Little Theatre (CLT) will present the timeless classic "A Charlie Brown Christmas" live on stage on December 6 through 8.

"A Charlie Brown Christmas" includes the whole Peanuts gang as they try to produce their own Christmas play and ultimately learn the true meaning of Christmas. This live stage adaptation of the animated classic is set to the original special's dialogue as well as the famous Vince Guaraldi musical score.

The CLT cast of A Charlie Brown Christmas includes Michael Litchfield as Charlie Brown, Ashleigh St. Pierre as Lucy, John Guy as Linus, Brock Rancourt as Snoopy, Chris Hodgkin as Pig Pen, Eileen Messina as Frieda, Dan Burgess as Schroeder, Renee Mahon Davis as Violet, Carly Georgan as Sally, Becca Tinkham as Patty, and John Blanchette as Sherry.

After each performance CLT will host a reception with light refreshments, a sing along, photo

opportunities with the cast, a special "times 10" raffle, and two very special guests!

The theatre will present "A Charlie Brown Christmas" at 7:30 p.m. on Friday and Saturday evenings, December 6 and 7, and on Sunday December 8 at 2:00 p.m. Tickets are available for purchase online at <https://www.la-clt.com/>. Call 783-0958 for more information. All shows are held at the Great Falls Performing Arts Center at 30 Academy Street in Auburn.

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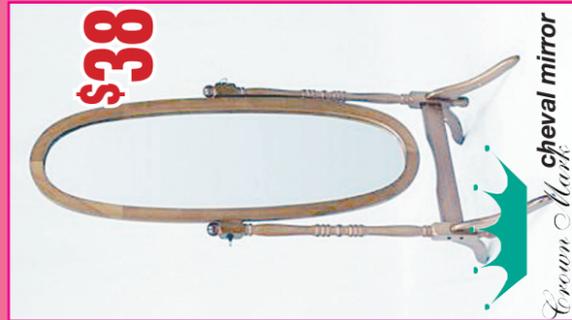
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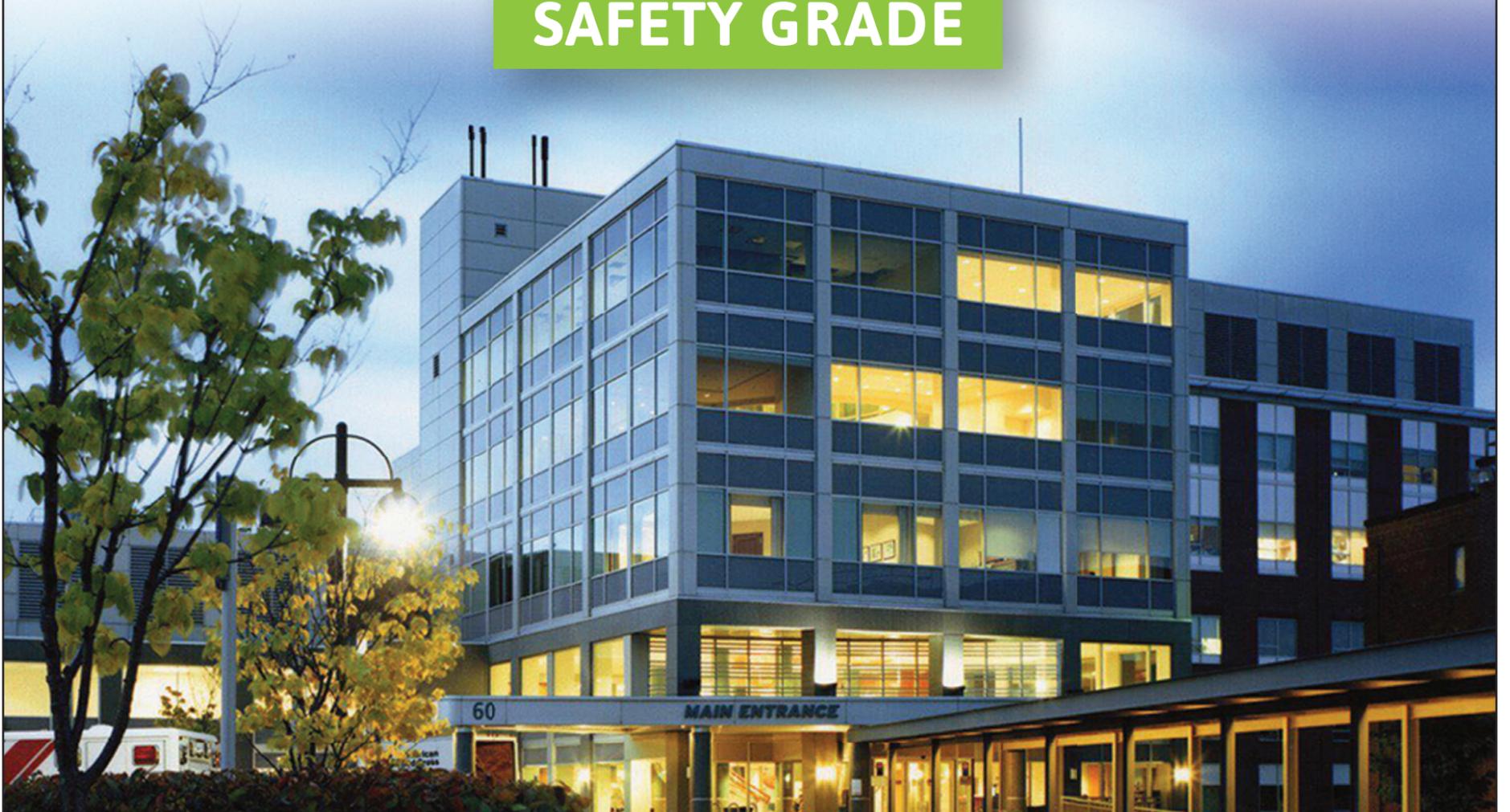
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Central Maine Medical Center Earns Third Consecutive "A" Safety Grade



At CMMC, we are proud to have earned an "A" for the third consecutive time in the most recent Hospital Safety Grades released by The Leapfrog Group. The Safety Grade uses national performance measures to evaluate 27 measures of a hospital's safety and quality, and receiving an "A" represents we have achieved the highest national standards in patient safety. This distinction validates our ongoing commitment to providing high-quality care and driving the best outcomes for our patients.



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Wiscasset Marketfest gift shop in Nickels-Sortwell Barn



Hand-turned wooden vessels by Dennis Curtis Woodturning will be featured during the Wiscasset Holiday Marketfest's gift shop in the Nickels-Sortwell barn on Federal St. Gift shop hours are Friday, December 6 and Saturday, December 7 from 10 a.m. to 4 p.m. and Sunday, December 8, 11 a.m. to 3 p.m. (Dennis Curtis photo).

The old barn on Federal Street, just behind the Nickels-Sortwell House, will be transformed during Wiscasset Holiday Marketfest into a seasonal gift shop full of Maine artisan creations and other specialty gift items, from December 6 through December 8.

Behind the scenes, Greg Uthoff, co-owner of BIRCH, and Betsy Kyle of White Pine Home, both in Wiscasset, are lending their extensive merchandizing know-how to creating an exceptional shopping experience in the barn. Both decorators were awed when they first walked into the empty barn a few weeks ago, and, with the help of Tim Peltzer, Preservation Manager for Historic New England, have been inspired by the rustic barn to create an inviting holiday atmosphere with strung lights, fresh greenery, and chock full of one-of-a-kind gift items. A recent excursion into the barn's loft resulted in a cache of homey antique objects which will become part of the barn's décor.

Two dozen local and regional artisans will be displaying their work in the shop. But rather than a traditional craft show, the gift shop will be set up with a single check-out allowing shoppers to make multiple

selections and check out with a single payment.

The variety of hand-crafted gift items is stunning. Historic New England, owner and manager of the property, will have a mini-book shop with its fascinating collection of books about New England subjects like lighthouses, historic gardens, the history of kitchens, and more.

The gift shop will highlight local favorites like Asian Accents in Wiscasset, Mermaid Bindery in Westport, and Watershed Center for the Ceramic Arts in Newcastle. Mindful Gardens will be displaying their beautifully decorated wreaths and other fresh greens while FLORA: Found Maine Flowers will



The Nickels-Sortwell House barn on Federal Street will be transformed into a dazzling gift shop during Wiscasset Holiday Marketfest featuring a curated collection of craft and artisan creations, holiday greens, and gifts for guys and gardeners! The gift shop will be open on Friday, December 6 and Saturday, December 7 from 10 a.m. to 4 p.m. and Sunday, December 8, 11 a.m. to 3 p.m. (Wiscasset Holiday Marketfest photo).

be bringing bunches of brilliant winterberries freshly harvested for the shop.

Gram J's Nets on Vinalhaven is offering hand-netted shopping bags in gorgeous colors. Whimsy from Bristol features cuff bracelets made from local maps; the bracelets have been featured in Down East Magazine and Shop. Wicks Forge, Snazzy Bags, Dennis Curtis Woodturning, Sheepscot Handwovens . . . the list of fine crafters is extensive. For a complete list of gift shop participants with links to their web sites, visit www.wiscassetholiday-marketfest.com and scroll down the SHOPS page. A portion of sale proceeds will go directly to support the Nickels-Sortwell House and barn.

Wiscasset Holiday Marketfest is a joint project of Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce. Major Sponsors for Wiscasset Holiday Marketfest are Carl M.P. Larrabee Agency, Carriage House Gardens, First Federal Savings, First National Bank, Midcoast Federal Credit Union, Red's Eats, Tim Dunham Realty, and Wiscasset Ford with additional support from BIRCH, Davison Construction, the Droby-Burns family, and Water St. Kitchen. For more information visit www.wiscassetholidaymarketfest.com.

Shaker Christmas Fair



Shaker Christmas Fair volunteers Beth Hansen of Mystic, CT and Cyndi Robbins of Poland Spring, ME make sure all visitors are having a fun time shopping and celebrating the season at Shaker Village.

The annual Shaker Christmas Fair at Sabbathday Lake Shaker Village will be held on Saturday, December 7 from 10 a.m. to 3 p.m.

Experience this nostalgic holiday tradition at America's only active Shaker Communi-

ty located at 707 Shaker Road in New Gloucester. Specialties include Shaker baked goods—wheat bread, Brother Arnold's beer batter bread, cinnamon-raisin bread, fruitcakes from Sister Frances' famous recipe, fresh-baked herbal bis-

cuits, cookies, and more. A wide selection of gifts and holiday items are available for everyone on your list such as Shaker cooking herbs and herbal teas, pickles, jellies, old-fashioned candy, maple syrup, pickles, cheese, woodenware, furniture, antiques, baskets, yarn, knit goods, toys, ornaments, decorated balsam wreaths, hot cider, homemade donuts, bake sale, 50/50 raffle and so much more! Lunch plates will be available for sale while supplies last.

Proceeds from the popular White Elephant Room, a second-time around 'garage' sale, benefit local food pantries.

Shaker Village is listed as a National Historic Landmark and on the National Register of Historic Places. Find out more at maineshakers.com or call 207-926-4597.



A wide selection of locally made fine crafts, books, and food are available for every person on your shopping list at the annual Shaker Christmas Fair:



The tradition of Sister Frances' flavorful fruitcake continues. Take home a taste of tradition at the Shaker Christmas Fair. Supplies are limited.



Decorated balsam wreaths and many other Christmas seasonal decorations will be available for sale at the annual Shaker Christmas Fair on Saturday, December 7.

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

SUPERIOR COURT OF THE COUNTY OF SPOKANE SUMMONS BY PUBLICATION

In the Superior court of the state of Washington for the county of Spokane, Christine Chavez, Petitioner vs. Isiah Soriano, Respondent. DOCKET No.: 19204531-32. The state of Washington to Isiah Soriano, Respondent: You are hereby summoned to appear on the 19 day of December, 2019, at 1:30 p.m., and respond to the petition at Spokane Superior Court, W 1116 Broadway, Spokane, WA 99260, Courtroom 202.. If you fail to respond, an order of protection will be issued against you pursuant to the provisions of the domestic violence protection act, chapter 26.50 RCW, for a minimum of one year from the date you are required to appear. A temporary order of protection has been issued against you, restraining you from the following: causing petitioner or any of the minor children residing with petitioner any physical harm, bodily injury, assault including sexual assault, and from molesting, harassing, threatening, or stalking the same; restrained from coming near or having any contact whatsoever with the parties, in person or through others, direct or indirectly; from entering the petitioner's residence, school, or place of employment. A copy of the petition notice of hearing, and ex parte order has been filed with the clerk of this court. CHRISTINE CHAVEZ, Petitioner.

WEBB'S Market Daily Specials

Sunday

Ham, Salami, Turkey Italian or Wrap \$1.99
Taco Pocket \$3.99

Monday

Hamburger, Cheeseburger \$2.29

Tuesday

Ham, Salami, Turkey Italian or Wrap \$1.99
Hot Ham and Cheese \$2.99

Wednesday

BLT Sub \$3.99 • 2 Hotdogs \$1.99

Thursday

Chicken Salad Sub or Wrap \$3.99
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Friday

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Saturday

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SeniorPlus Education Center December classes

SeniorsPlus has announced its Education Center classes for December 2019. Classes are held at 8 Falcon Road, Lewiston, Maine 04240, unless noted. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing Assistive Equipment is available upon request. Please register for classes by calling 795-4010 or 1-800-427-1241. For more information, visit seniorsplus.org/education-center.

Colon Health & Cancer Prevention, Tuesday, December 3, 1:30 to 2:30 p.m. Presented by Danielle Collins, University of Southern Maine nursing student.

As a current nursing student at the University of Southern Maine, Danielle's primary interest is exploring the role diet and nutrition play in prevention of colon cancer. Join her as she shares her knowledge on the topic — colon health and cancer prevention. There will be time for some questions as well.

Medicare Made Simple, Wednesday, December 4, 1:30 to 3:30 p.m. Instructed by Michelle Beers, SeniorsPlus staff.

Medicare is complex so learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

The Traveling Hanukkah Show! Tuesday,

December 10, 11 a.m. to noon. Presented by Alice Hornstein.

What is Hanukkah? Interested in learning more? Join Alice as she discusses The Festival of Lights. She will light the menorah, sing some traditional Jewish songs, spin the dreidel, and tell the story of a great miracle that happened 2000 years ago. Learn who King Antiochus and the Maccabees are, too. All while enjoying some potato latkes. She will also be available to answer some basic questions about Judaism. A lighthearted, fun way to learn about this holiday.

Medical Marijuana, Thursday, December 12, 9 to 11 a.m. Instructed by Danielle Miller and Kaela Soucy.

This presentation will cover how cannabis works in the body; ways to ingest it and how each method takes effect; how to track what you are trying and the success of your results; and how to make your own cannabis remedies.

Understanding Cognitive Loss & Dementia, Tuesday, December 17, 1:30 to 3 p.m. Instructed by Angela Moore, Beacon Hospice.

Angela is back to talk about dementia and memory loss as we get older. She will discuss how to identify dementia, how to learn to live with some memory loss, as well as how to approach friends and family who have memory loss. There will also be discussion on what is the difference between being "a little forgetful" vs. having dementia.

Game Day at SeniorPlus, Wednesday, Decem-

ber 18, 1 to 4 p.m.

Join us at SeniorsPlus for an afternoon full of fun, socialization, and popcorn! Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards — all are welcome! We hope to see you there.

Living Well with Diabetes

Thursdays, May 7 to June 11, 2 to 4:30 p.m.

Whether you're diabetic, pre-diabetic, or supporting someone who is, you can benefit from this free workshop. Join us in the SeniorsPlus Education Center this spring to meet new people in your community and gain tools you can use to better manage your symptoms and live life to its fullest. All completers of the workshop will receive a \$20 gift card to either Hannaford or Walmart. To register for this workshop, visit www.healthylivingforme.org or call us directly.

Ongoing Groups, Classes & Clubs include:

Coffee & Comfort, No group in December

Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. This group typically meets on the first Monday of each month from 3 to 4 p.m. and is facilitated by Beacon Hospice. The group will meet again next month on Monday, January 6. Please call to register so we can ensure there is enough refreshments for everyone.

Knitting Group, Wednesdays, 5 to 7:30 p.m.

Work on your own project or learn how to knit — bring yarn and knitting

needles. Please use back entrance.

Caregiver Support Group, Monday, December 9, 5:30 to 7 p.m.

Held on the second Monday of each month, this group offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff/volunteers.

Book Club, Wednesday, December 11, 2 to 4 p.m.

This peer-facilitated club meets on the second Wednesday of each month. The book to be read for this month's group is *A Thousand Splendid Suns*. The 2007 novel by Afghan-American author Khaled Hosseini followed his bestselling 2003 debut, *The Kite Runner*. Mariam is an illegitimate child, and suffers from both the stigma surrounding her birth along with the abuse she faces throughout her marriage. Laila, born a generation later, is comparatively privileged during her youth until their lives intersect and she is also forced to accept a marriage proposal from Rasheed, Mariam's

husband. Hosseini has remarked that he regards the novel as a "mother-daughter story" in contrast to *The Kite Runner*, which he considers a "father-son story." Columbia Pictures purchased film rights in 2007 and confirmed intentions to create a movie adaption of the book.

Chronic Pain Support Group, Monday, December 23, 2 to 4 p.m.

This peer-facilitated group was formed by participants of the Living Well with Chronic Pain workshop. This group is for people who have chronic pain. It meets on the fourth Monday of each month and is facilitated by SeniorsPlus staff.

Caregiver Support Group, Thursday, December 26, 8:30-10 a.m.

Instructors: Pam Smith and Isabell Kubeck, Woodlands Memory Care of Lewiston

The second support group occurs on the last Thursday of each month. The group offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by Woodlands

Memory Care of Lewiston staff. Please call to register.

Exercise Classes include:

Total Strength and Balance: Mondays, 11:15 a.m. to noon or 12:1 to 1 p.m.; Wednesdays, 11:30 a.m. to 12:15 p.m.; Fridays, 11:30 a.m. to 12:10 p.m. or 12:30 to 1:10 p.m. Instructed by Linn Morin, Certified Trainer

The cost is \$40 for 18 classes; \$30 for 12 classes; \$18 for 6 classes; \$5 drop-in. To register or for more info, call Linn at 523-9055.

Chair Yoga for Seniors, Mondays only, Next session is November 25 through January 13, 9 to 10 a.m. Instructed by Tisha Bremner. The cost is \$8 drop-in (space permitting) or \$40 for 8 weeks.

Designed to help you increase vitality, gain a deeper sense of calm, and find your inner awareness. This class combines meditation, easy warm-ups, energizing stretches, and balancing yoga postures with deep breath awareness to enhance a sense of well-being. Open to all experience and ability levels.

Chair Yoga, Fridays only. Session 1 is November 15 through December 20 (off Nov. 29; five-week session). Session 2 takes place January 3 through See **Classes**, page 16

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Merrymaking at the Mill to feature holiday village



The opening reception of the detailed holiday village will take place from 4 to 7 p.m. Wednesday, Dec. 4, at Museum L-A, 35 Canal St., Lewiston. Other festive activities and the museum's gift shop will add to the Merrymaking at the Mill event. (Mary LaFontaine photo)

Museum L-A will display Mary and Richard LaFontaine's 500-unit holiday village through the month of December with an opening reception, Merrymaking at the Mill, from 4 to 7 p.m. Wednesday, December 4, in the museum's gallery. A \$5 per person donation is suggested. "This is truly a unique event, as in prior years the village was seen only by family and friends. What a treat for

all Museum L-A visitors to have the opportunity to enjoy this spectacular holiday display," said Camden Martin, guest services coordinator.

Light refreshments, make your own holiday greeting cards and the ambiance of the season will add to the festive spirit.

Additionally, visitors can take advantage of the museum's unique gift shop, so bring your shopping list. This year, the museum will be

offering a one-of-a-kind holiday ornament for sale.

These are also the final days of the "Footwear: From Function to Fashion" shoe exhibit that has been so well received and was recently featured on a segment of News Center Maine's 207 show.

For more information about Museum L-A and its events and exhibits, visit www.museumla.org or call 207-333-3881. The museum is located at 35 Canal Street in Lewiston.

Advance care planning: It's about the conversation!

NursingWise, a tiny nurse led non-profit invites you to a community gathering led by Erin Pendexter Stone, registered nurse and Certified Advance Care Planning Facilitator.

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes?

Advance care planning is a process that helps you: think about your health care

values and goals; consider health care choices you will have to make in the future; talk about your choices with your primary care provider and your loved ones; and develop a written plan for the future (advance directive).

Join us in thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a health-care agent, explore goals for treatment, and take the first steps toward completing an advance directive. Present-

tation will be held Monday, December 2, 6 to 7 p.m. at First Congregational Church of New Gloucester—Vestry, 19 Gloucester Hill Road, New Gloucester. For more information, call 926-3260.

Following the presentation, you will have the opportunity to make an appointment with a Certified Advance Care Planning facilitator who will help guide you and your agent through the process of completing an advance directive at no cost to you.

CMCC announces new faculty member



Curry Caputo

Curry Caputo of Whitefield has been hired as an instructor in the Building Construction Technology program at Central Maine Community College.

A native of Pittston, Caputo graduated from the College of the Atlantic with a degree in Human Ecology. He is a certified building analyst through the Building Performance Institute

and served previously as president of Sustainable Structures, Inc. He resides in Whitefield with his family in an off-the-grid, energy-efficient home of his own design and build.

The building construction program at CMCC prepares students for successful employment in construction-related fields. Through a combination of

classroom study, mock-ups, and live projects, students obtain hands-on experience and become broadly familiar with methods, standards, and codes commonly associated with the construction industry. The jobsite track provides students with alternating on-campus training with paid, on-the-job experience.



Yuletide



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Thanks to local businesses Dempsey Center South Portland gets makeover



Dempsey Center's South Portland location has been given an upgrade thanks to donations from Hub Furniture in Portland and Wayfair in Brunswick.

The in-kind donations included office, waiting room, and classroom furniture as well as lamps, wall décor, and clocks. The donations, valued at over \$12,000, have immensely improved the look and

function of the space for cancer patients and their families.

"It was great to partner with two local businesses to provide a much-needed update to our South Portland site," said Jessica Blanchette, Dempsey Center Human Resources and Operations Specialist. "The outpouring of generosity by both businesses in the form of design consultation services and product donations made it possible to update

every room, making the space more comfortable and inviting to people who use Dempsey Center services."

The newly remodeled site is located at 778 Main Street, South Portland. All services are provided at no cost to cancer patients, survivors, caregivers, and their families. For more information, visit dempseycenter.org or call 877-336-7287.

Classes

Continued from page 14

February 7 (six-week session). Class meets 8:45 to 9:45 a.m. Instructed by Mary Bishop. The cost is \$8 drop-in, \$25 for 5 weeks, \$30 for 6 weeks, \$35 for 7 weeks, or \$40 for 8 weeks.

Designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability.

Chair to Mat Yoga, Fridays only. Session 1 is November 15 through December 20 (off Nov. 29; five-week session). Session 2 is January 3 through February 7 (six-week session). The class meets 10 to 11 a.m. Instructed by Mary Bishop. The cost is \$8 drop-in, \$25 for 5 weeks, \$30 for 6 weeks, \$35 for 7 weeks, or \$40 for 8 weeks.

Bring your yoga mat and join Mary in this class that takes you from the chair to the mat. Designed to help with ease of movement and breath; finding stability and strength through yoga poses with the support of a chair, floor, and props.

Classes in Franklin & Oxford Counties:

Caregiver Support Group, Monday, December 2, 3 to 4:30 p.m. at SeniorsPlus, 218 Fairbanks Road, Farmington.

SeniorsPlus' Caregiver Support Group offers a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff and meets on the first Monday of each month.

Game Day at SeniorsPlus in Norway, Wednesday, December 4, 1 to 4 p.m., at SeniorsPlus, 9 Marston Street, Norway.

Per request, we've added game day to our Norway office schedule. Join us on the first Wednesday of each month for an afternoon full of games, fun, and socialization. Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards. All are welcome! We hope to see you there.

Student

Continued from page 4

process works. Delegates have a variety of duties such as drafting all the bills to be debated and discuss and electing their peers to serve in leadership positions to lead at the State House weekend. They also receive

training in how to complete all leadership roles for the weekend. YMCA Youth and Government Program Delegates serve as Youth Governor, Cabinet, Representatives, Senators, Lobbyists, and Media Staff, and have a unique opportunity to have access to the State House during the program. The program takes place in the actual chamber and committee rooms. For more information contact Lonney Steeves, Maine YMCA Youth and Government Director, atlonneysteeves@gmail.com.

Dog

Continued from page 5

whom she is raising on her own. Her dog will also help with mobility tasks like picking up dropped items, opening doors, and bracing while she stands or sits. "Getting that little nudge from my dog to tell me that I need to sit down will be the difference between falling and potentially injuring myself and just taking a short break to get my heart rate back to normal. I joke that I'm going to name him No More Falls," Cynthia said.

Acadia Goldendoodles of Seal Cove will be providing Cynthia with a golden retriever to be trained by Cynthia and local trainers to be her service dog. The total cost for purchasing the dog, training classes, task training, and service dog gear and testing, is expected to be about \$5000. Because much of the training is based on building the bond between handler and dog, the puppy will be able to perform some basic tasks pretty quickly and most advanced tasks within a year. "I've been researching and studying for years in preparation for the right dog to come into my life to be trained. We lost my unofficial service dog to cancer in May, so now I'm ready to move forward with the training plan. Her loss has really highlighted how much my dog did for me just assisting me at home. Having one who can go everywhere with me will literally be life-changing." If you would like to help with the fundraising, you can contribute online at <https://www.gofundme.com/f/jtuvv7-operation-service-dog> or mail a check made payable to Caroline Grimm to Service Dog Fund c/o Caroline Grimm, P.O. Box 605, Bridgton, ME 04009.

Word Search

Being the NFL's 100th season let's celebrate with our own game. How many teams can you find in this week's word search?

S	N	G	R	D	I	L	X	S	S	W	S	R	R
O	S	I	S	R	A	S	I	N	K	E	R	F	T
S	D	A	N	L	R	R	S	T	W	S	E	A	W
N	A	N	A	A	P	S	L	G	A	N	D	L	R
O	R	T	X	A	B	N	S	J	H	E	I	C	S
I	R	S	E	B	B	R	A	N	A	V	A	O	N
L	S	S	T	S	I	A	O	O	E	A	R	N	I
H	T	R	C	R	L	V	S	W	S	R	C	S	H
E	O	E	I	A	L	O	N	S	N	R	O	E	P
A	I	L	J	U	S	L	A	D	I	S	W	E	L
K	R	E	R	G	T	P	T	O	A	R	B	A	O
T	T	E	N	A	O	C	I	G	F	S	O	S	D
R	A	T	N	J	W	N	T	S	S	E	Y	T	W
T	P	S	R	A	E	B	B	N	F	W	S	P	A

- BROWNS
- LIONS
- RAIDERS
- TITANS
- PATRIOTS
- JAGUARS
- DOLPHINS
- GIANTS
- BEARS
- BILLS
- RAVENS
- STEELERS
- TEXANS
- COWBOYS
- FALCONS
- SEAHAWKS

What topic would you like us to do a word search on? Email us at info@twincitytimes.com.

Send all **Letters** and **Op/Ed** pieces to [Editor@Twin City Times.com](mailto:Editor@TwinCityTimes.com). Deadline is **Friday by five.**

Friday, Nov. 29

ExTRAINaganza at the Great Falls Model Railroad Club, 144 Mill Street, Auburn from 10 a.m. to 4 p.m. The club house will be decorated for Christmas with trains of various sizes operating on five permanent layouts throughout the two-story building. Tickets for decorating cookies, making ornaments, and playing games with prizes are \$1 apiece or 7 for \$5. Admission is \$5 for adults and free for children 12 and under. For more details and photos of the ExTRAINaganza in previous years, see www.greatfallsmodellrrclub.org

Saturday, Nov. 30

ExTRAINaganza at the Great Falls Model Railroad Club, 144 Mill Street, Auburn from 10 a.m. to 4 p.m. The club house will be decorated for Christmas with trains of various sizes operating on five permanent layouts throughout the two-story building. Tickets for decorating cookies, making ornaments, and playing games with prizes are \$1 apiece or 7 for \$5. Admission is \$5 for adults and free for children 12 and under. For more details and photos of the ExTRAINaganza in previous years, see www.greatfallsmodellrrclub.org

Sunday, Dec. 1

Maine-ly Harmony “Christmas Remembered” performance at Emmanuel Lutheran Episcopal Church, 209 Eastern Avenue, Augusta, 2 p.m. All are welcome to this free-will offering performance, followed by refreshments and friendship! For more information about “Christmas Remembered”, as well as other upcoming performances, or information about becoming a member of Maine-ly Harmony, call Nancie at 293-4779, email her at hugabook4@yahoo.com, or visit the chorus Facebook page and website at maine-lyharmony.org.

Community Fundraising Breakfast at American Legion Post 135, 40 Island Road, Sabattus from 7:30 to 10 a.m. Santa is making a special visit at 8 a.m. Cost is \$8 per person, WWII Veterans and children 10 and under are free.

Monday, Dec. 2

Advance care planning presentation at First Congregational Church of New Gloucester—Vestry, 19 Gloucester Hill Road, New Gloucester from 6 to 7 p.m. For more information, call 926-3260. Following the presentation, you will have the opportunity to make an appointment with a Certified Advance Care Planning facilitator who will help guide you and your agent through the process of completing an advance directive at no cost to you.

Wreath Making Class at Beaver Park, Lisbon, 6

Calendar

See more Calendar at www.TwinCityTimes.com

p.m. Fresh cut greenery, pinecones and other decorations provided. Cost is \$15. For more information and to register call Lisbon Parks and Recreation, (207) 353-2289.

Tuesday, Dec. 3

Wreath Making Class at Beaver Park, Lisbon, 6 p.m. Fresh cut greenery, pinecones and other decorations provided. Cost is \$15. For more information and to register call Lisbon Parks and Recreation, (207) 353-2289.

Wednesday, Dec. 4

Merrymaking at the Mill and Holiday Village, at Museum L-A, 35 Canal Street in Lewiston, from 4 to 7 p.m. \$5 per person donation suggested. Camden Martin, guest services coordinator. Light refreshments, make your own holiday greeting cards and the ambiance of the season will add to the festive spirit. Gift shop will be open and featuring a one of the kind ornament for sale. For more information about Museum L-A and its events and exhibits, visit www.museumla.org or call 207-333-3881.

Thursday, Dec. 5

Wreath Making at RSU Adult Education, 129 Elm Street, Mechanic Falls 6 to 8 p.m. Cost is \$27. Registration may be completed online at <http://mechanicfalls.maineadulted.org>, by mail at PO Box 129, Mechanic Falls ME 04256, in person at 129 Elm Street, or by calling 345-3217.

Bates College reading series ends with poet Franny Choi reading from her work at 70 Campus Avenue, Lewiston, 6:30 p.m. Book signing to follow. For more information call (207) 753-6963.

The Ladies of St. Anne Sodality of Holy Family, Prince of Peace Parish, Annual Christmas Dinner at the Green Ladle on East Avenue, Lewiston at 6 p.m. Tickets are \$20. And are available by contacting any Board Members or Anita at 782-4516. Deadline to purchase tickets is November 27.

Friday, Dec. 6

A Charlie Brown Christmas by L-A Community Little Theatre at the Great Falls Performing Arts Center at 30 Academy Street in Auburn, 7:30 p.m. Tickets are available for purchase online at <https://www.laclt.com/>. Call 783-0958 for more information. After each performance CLT will host a reception with light refreshments, a sing along, photo opportunities with the

cast, a special “times 10” raffle, and two very special guests!

Virtuoso Guitarist Frank Vignola performance at the Chocolate Church Arts Center at 7:30 p.m. Tickets for Frank Vignola at the Chocolate Church Arts Center are \$25 in advance or \$28 at the door, and are available for purchase at www.chocolatechurcharts.org, or by calling the box office at 207-442-8455.

Model railroad celebration at the Maine State Museum, 230 State Street, Augusta, 9 a.m. to 4 p.m. Admission is free. For more information please call 207-287-2301 or visit the Maine State Museum website: www.maine-statemuseum.org.

Wiscasset Marketfest gift shop in Nickels-Sortwell Barn, 10 a.m. to 4 p.m. For more information visit www.wiscassetholidaymarketfest.com.

Saturday, Dec. 7

A Charlie Brown Christmas by L-A Community Little Theatre at the Great Falls Performing Arts Center at 30 Academy Street in Auburn, 7:30 p.m. Tickets are available for purchase online at <https://www.laclt.com/>. Call 783-0958 for more information. After each performance CLT will host a reception with light refreshments, a sing along, photo opportunities with the cast, a special “times 10” raffle, and two very special guests!

Shaker Christmas Fair at Sabbathday Lake Shaker Village, 10 a.m. to 3 p.m. Find out more at maine-shakers.com or call 207-926-4597.

Wiscasset Marketfest gift shop in Nickels-Sortwell Barn, 10 a.m. to 4 p.m. For more information visit www.wiscassetholidaymarketfest.com.

Model railroad celebration at the Maine State Museum, 230 State Street, Augusta, 10 a.m. to 3 p.m. Admission is free. For more information please call 207-287-230 or visit the Maine State Museum website: www.maine-statemuseum.org.

Holiday Fair at the Center for Wisdom’s Women, Lewiston (behind Healy Terrace Apts. off Bates Street) 9 a.m. to 2 p.m. Crafts, baked goods, raffle items, soups & stews available. Bring a new toiletry item (shampoo, toothpaste, deodorant, etc.) to donate and get a free raffle ticket! For more information 513-3922 or wisdomswomen.org. Snow date December 14.

Holiday Craft Fair

by the Minot Community Club at Minot Consolidated School, 23 Shaw Hill Road, Minot, from 9 a.m. to 2 p.m. For more event information, contact: Aubrey Russell (207) 266-5033 Russella3@gmail.com.

Sunday, Dec. 8

A Charlie Brown Christmas by L-A Community Little Theatre at the Great Falls Performing Arts Center at 30 Academy Street in Auburn, 2 p.m. Tickets are available for purchase online at <https://www.laclt.com/>. Call 783-0958 for more information. After each performance CLT will host a reception with light refreshments, a sing along, photo opportunities with the cast, a special “times 10” raffle, and two very special guests!

Wiscasset Marketfest gift shop in Nickels-Sortwell Barn, 11 a.m. to 3 p.m. For more information visit www.wiscassetholidaymarketfest.com.

Thursday, Dec. 12

ATRC Year-End meeting at 11:30 a.m. This is the annual meeting with Policy Committee, Technical Committee, and Transit Committee members. This year, MaineDOT Commissioner Bruce van Note will be joining us. More details will be provided as the date gets closer.

Friday, Dec. 13

“Basic Life Support” certification course at Central Maine Community College from 8 a.m. to 12 p.m. The cost of the class is \$89 and includes materials. For more information or to register, please contact CMCC’s Center for Workforce & Professional Development at 207-755-5280, email workforcedevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment. Registration deadline is December 6.

Sunday, Dec. 22

Christmas Pageant at West Auburn Congregational Church, 811 W Auburn Rd, Auburn, at 4 p.m.

Tuesday, Dec. 24

Christmas Eve Service at West Auburn Congregational Church, 811 W Auburn Rd, Auburn, at 4 p.m.

Boomerang

Continued from page 1

than ever, a vibrant career destination.

Boomerang Weekend, a statewide effort, encompasses two key components. The first is a series of grassroots events and giveaways to engage Boomerangs—those who have already returned to Maine—in talking with their peers about the great opportunities and benefits of coming back home. Social media efforts leading

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November 27th through December 4th

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Knives Out (PG-13).....	12:50 ...3:50 ...6:50 ...9:40
A Beautiful Day In The Neighborhood (PG).....	11:50 ...2:20 ...4:50 ...7:20
Midway (PG-13).....	12:30 ...3:30 ...6:30 ...9:30
Playing With Fire (PG).....	11:30 ...2:00 ...4:20 ...6:55
Frozen 2 (PG).....	11:45 ...12:45 ...1:15 ...2:15
.....	3:45 ...4:15 ...4:45 ...6:45
.....	7:00 ...7:15 ...9:15 ...9:45
The Irishman (R).....	12:20
Charlie's Angels (PG-13).....	4:30
Last Christmas (PG-13).....	7:10 ...9:35
21 Bridges (R).....	1:00 ...4:00 ...6:40 ...9:50
Ford v Ferrari (PG-13).....	12:00 ...3:15 ...6:35 ...9:10
Frozen 2 3D (PG).....	9:45
The Good Liar (R).....	9:20

up to Boomerang Weekend will be aimed at those who have not yet made the move back to Maine, encouraging them to connect with Boomerangs while they're home for the holiday to learn more about living and working in Maine.

“People are beginning to understand that there are many exciting opportunities in Maine at all levels, across a wide array of industries at employers large and small,” said Ed McKersie, Chairman of the Board of Live and Work in Maine. “This weekend gives us many opportunities to start conversations with people who have left the state but are missing the wonderful lifestyle here, to let them know they can come home again and be personally and professionally fulfilled.”

“Live and Work in Maine has done an amazing job showing people who come to visit our great state that Maine truly is a place where you can work where you live,” said Department of Economic and Community Development Commissioner Heather Johnson. “As a Boomerang myself, I am excited to partner with them as we continue to leverage the quality of life in Maine as a part of our talent recruitment strategy.”

Planned activities throughout the weekend include sponsorship of the Portland Turkey Trot four-mile road race with a party to follow at Shipyard’s tasting room. There will also be eye-catching giveaways at local bars, restaurants, hotels and other businesses statewide from southern to northern Maine to help spread the word about what a great career destination Maine is today.

“We are excited about Live + Work in Maine’s statewide boomerang campaign that addresses a very important issue for employers and would encourage other bars and restaurants to partner with them on this important project,” said Bruce Forsley, President of Shipyard Brewing Company. “We plan to participate at all of our locations through-

out the state from Federal Jacks in Kennebunkport to Sugarloaf in Carrabassett Valley.”

Live + Work in Maine interns currently employed on the campuses of UMaine, USM, Thomas College and Husson University will be coordinating efforts in their college towns. There will also be a strong social media component to the grassroots campaign.

Dana Connors, President of the Maine State Chamber of Commerce, says, “As our population ages, Maine needs a strong workforce to ensure employers continue to thrive into the future. Innovative programs like Boomerang Weekend help us ensure the message is getting out that you can come home again—and have a great career.”

Along with DECD and Maine State Chamber of Commerce, Live + Work in Maine has partnered with several local and regional organizations to spread the word about the Boomerang campaign.

If you have a bar, restaurant or hospitality venue and would like to participate in this exciting statewide, grassroots effort, please contact Live + Work in Maine directly at info@liveandworkinmaine.com.

Live + Work in Maine is an employer-driven initiative to promote Maine as a career destination. They want to send the message that when it comes to quality of life and career opportunities, you can have the best of both by choosing to live and work in Maine.

LiveandWorkinMaine.com is a robust resource for potential and current Mainers, that enables searching for employers and jobs based on lifestyle and/or geographic region within Maine. The site also includes “success story” testimonials from professionals who have relocated to Maine, details on internships and first career options for college students and new graduates, and information on the lifestyle offered by each of Maine’s eight geographic regions.

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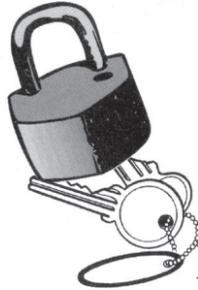
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