



# TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

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## Smith opens Junction Bowl in Gorham



Ben Smith, Owner of Junction Bowl in Gorham

Nervous and excited—that's how Ben Smith said he felt in January after leaving his career to start Junction Bowl at Station Square in Gorham. After over twenty-three years, Smith decided to leave the corporate world, branch out on his own and start his own business.

"I've been talking about this with my brother, Jon, for ten or fifteen years," Smith said.

Jon and Cindy Smith own Great Falls Construction responsible for constructing the Station Square Building. Ben recalls waiting for the building process to be over. He said watching everything being built just

seemed so slow. "I was really hoping it would be ready this summer, but it's ready now! I've been so involved I feel like I know every bolt in this place."

Smith's vision was to have a walking downtown culture filled with neighborhood fun—a place where there is something for everyone. That's exactly what he created, "We've had grandparents, parents and grandchildren come in together. The other day we had an eight-year-old girl in here wearing a princess dress for her birthday party. She and her friends had a great time."

Junction Bowl sits on the lot that housed the

old railroad silo where the original railroad passed through town. Their neighbor, Sebago Brewing, is in the old depot building. Just as a junction brings things together, Junction Bowl will bring family and friends together.

When entering a new venture there is always a steep learning curve just as Smith has discovered, "There was so much technology to learn to run this place." He commented. Just learning how to operate his machinery for the bowling pins took a week-long training course out of state. He laughed and said, "I have to be a both a mechanic and janitor. I was also a bartender in college and many years after. That's what happens when you're self-employed. You need to know how to fill in every role."

Junction Bowl officially opened to the public on November 18th after a few practice runs. "We had two soft openings, one for a Gorham business and one for friends and family. We also had a preview party for Great Falls Construction. It gave us a chance to work the bugs out before opening to the public," Smith said. He

See **Junction**, page 9

## Maine Music Society Chorale ready for Holiday concert



Maine Music Society Chorale

On December 14 and 15 at 3p.m., the MMS Chorale will present its annual Heritage Holidays concert featuring the exquisite Christmas cantata *Hodie* by Ralph Vaughan Williams at Gendron Franco Center, 46 Cedar Street, Lewiston. Come immerse yourself in this moving musical rendition of the familiar Christmas story composed by one of the most beloved British composers. Our featured soloists for *Hodie* will

send shivers down your spine and the chorale will have you wanting to shout Alleluia. Sopranos Becky Goodenough, Laura Grams and Torey Gimpel, Tenor Brian Pfohl, and Baritone Carl Steidel are superb in their storytelling roles.

In addition, the Chorale will perform seasonal Chanukah songs and Christmas carols selected to put you in the true holiday spirit. Keeping with tradition, the concert will end with

everyone joining in to sing a round of beloved Christmas carols.

Celebrating the holiday season with the Maine Music Society Chorale has become a beloved tradition in the L/A area, and you won't want to miss this highlight of the concert season. There'll be music for everyone. Come usher in your holiday joy with this extraordinary seasonal event!

For a preview of what's in store, listen in to John Corrie and Susan Trask on Maine's Big Z 105.5's Breakfast Club on Tuesday, December 3, at 8:00 a.m.

For more information visit our website at [www.mainemusicsociety.org](http://www.mainemusicsociety.org) or like us on Face book! You can also call our business office, SmART Management, at 207-333-3386.

Sponsors are Gleason Media, Maple Way Dental Care, Platz Associates, Paris Farmers Union and Liberty Mutual.

Ticket Information: Reserved Seating: Adult: \$22; Senior: \$20; Student: \$10; under 12: Free\*. \*When accompanied by an adult. Plus a \$2 handling fee per ticket. Group discount: 20% off price before handling fee for 10 or more tickets to the same performance.

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# Newsmakers, Names & Faces

## Dirigo FCU donates \$24,272 to help end hunger in Maine Communities



Pictured l to r: The Dirigo FCU management team presented checks to local agencies on November 18, 2019. Pictured Left to Right (front): Mark Samson, Ray Michaud, Nicole Mailhot, Betsy Sawyer-Manter, Kayden Boilard, Erin Reed, Jamie Caouette, Pam August, Linda Hooker, Kevin Joler. (back): Chris Bouchard, Irene Richard, Chris Bicknell, Jennifer Putnam, Janice Daku, Sandy Swett, Laura Vincent, Joel Furrow, Ethan Minton.

Dirigo Federal Credit Union partnered with the Maine Credit Union League's Campaign for Ending Hunger and donated \$24,272 for the 2019 Campaign. All money raised from the was distributed to hunger organizations and food pantries located in Androscoggin & Oxford

Counties on November 18, 2019 when leaders from the local organizations were invited to the Credit Union to receive donations. Checks were given to twenty local agencies including Rural Community Action Ministry, Trinity Jubilee Center, St. Martin de Porres, St. Mary's Food Pantry, Po-

land Community Church Food Bank, Oxford Helping Hands Food Pantry, Hope Haven, New Beginnings, The Root Cellar, Mannafed, Seniors Plus, Kaydenz Kitchen Food Pantry, The Store Next Door, Harrison Food Bank, and The Good Shepard Food Bank.

## Androscoggin Nurse Speaks at National Conference

Trisha Dubois, RN, WCC, OMS, Wound Resource Nurse at Androscoggin Home Healthcare and Hospice presented at Wild on Wounds, a National Wound Care Conference that was held in September in Las Vegas, Nevada.

Dubois led the topic, "Dressing for Dignity" where she presented a series of case studies demonstrating achievement of chronic and palliative wound care goals while providing efficient, cost effective and creative wound, ostomy and tube management solutions. Dubois led a similar presentation at the 2018 Wild on Wounds conference and was invited back to share her specialty.

Androscoggin Home Healthcare and Hospice's Director of Home Care, Lisa Avery, said "Trisha's contributions as a wound care specialist and educator at Androscoggin has helped improve the current standards of care by using



Trisha Dubois

effective interventions to make a difference in our patient's lives. We're proud of her recognition as a national clinical educator."

Androscoggin Home Healthcare and Hospice is the largest, non-profit independent home health and hospice organization in the state. They focus on health-

not illness - by making each individual's quality of life the best it can be. To learn more about Androscoggin Home Healthcare and Hospice including employment and volunteer opportunities, please visit [www.androscoggin.org](http://www.androscoggin.org) or call the Marketing and Development Office at 777.7740 ext. 1405

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## Making a Difference



Pictured l to r: Dave Foster & Leroy Brown

The Auburn Lewiston Rotary Breakfast Club made their annual donation of \$2,500 to the High Street Food Pantry. The check presentation took place during a weekly Rotary meeting, and was presented to Leroy

Brown, one of the pantry coordinators, and also a fellow Rotarian.

Leroy told the group, "The High Street Food Pantry relies on donations from philanthropic businesses and groups like Rotary to keep it thriving. This pantry serves approximately 3,000 families per year, gives more than 225,000 lbs. of food per year, which includes fresh produce, frozen meat, canned goods, bakery, and dairy items. Also, personal hygiene products, including diapers."

Dave Foster, current president of the Auburn Lewiston Rotary Breakfast Club, stated, "Our Rotary is a very active group that gets excited to give of themselves to help those in need. We're proud to say that we have donated \$10,500 to the High Street Food Pantry since our inception. Giving back to our communities is

who we are. It feels good to give back."

The High Street Food Pantry is a faith-based non-profit, run by two lead organizations: High Street Congregational Church and the United Methodist Church of Auburn. The food pantry has been in existence for more than 20 years, with a roster of more than 40 volunteers of all ages, with at least 15 volunteers necessary each week to keep things on track. They are open every Thursday, with a healthy breakfast for all who come. Visit [www.hightstreet-ucc.org/](http://www.hightstreet-ucc.org/) to learn more about the pantry.

The Auburn Lewiston Rotary Breakfast Club meets on Wednesday mornings at 7:00am at Governor's Restaurant, 1185 Lisbon Street, in Lewiston. Visitors are welcome. To learn more about Rotary, visit [www.auburn-lewistonrotary.org/](http://www.auburn-lewistonrotary.org/).

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## Governor's Address: Maine is ready to lead

While my home remains in Farmington, Maine, as Governor it is my honor and privilege to reside at the Blaine House—as governors before me have done since 1919.

The Blaine House is a living tribute to our state. It is owned by the people of Maine and it is faithfully maintained and has been modernized by stewards for generations.

For more than 100 years the Blaine House has welcomed world leaders in search of guidance, including President John F. Kennedy, Ulysses S. Grant, Teddy Roosevelt, William Tecumseh Sherman, Margaret Chase Smith, Andrew Wyeth, Amelia Earhart, and even heavyweight champion Jack Dempsey.

Well this week we honored that legacy and took another step towards leadership by unveiling 61 new solar panels on the Blaine House garage and the grounds—leading the way towards a clean energy future for Maine.

The solar panels, installed by Maine company Revision Energy, will supply 26,000 kilowatt hours per year of clean, renewable electricity—enough to cover at least 25 percent of the Blaine House's electrical needs. These panels are expected to eliminate large amounts of carbon pollution each year, about the equivalent of not burning 43 barrels of oil. 43 barrels of oil is a lot. When I talk about Maine people sending \$5 billion out-of-state every year to pay for fossil fuel, that is exactly what I am



Governor Janet Mills

talking about.

Whether it is heating the Blaine House or heating your house, filling up a state-owned car or your car, the big, out-of-state fossil fuel companies have too tight a grip on Maine people. They're always forcing us to dig deeper, to buy oil or gas that harms our pocketbooks, our health, our air and our environment. Enough is enough.

So, while these panels will have a substantial

impact on the efficiency of the Blaine House, we view them as only a start for state government. Maine is ready to lead. That's why I also signed an Executive Order this week directing Maine State Government to lead by example in pursuing energy efficiency, renewable energy, and sustainability.

It only makes sense that, as one of the largest consumers in Maine, our state government should be a role model in reducing energy use, embracing sources of renewables, curbing carbon pollution and recycling and reducing solid waste—all of which will lower operating costs at the same time.

This Executive Order directs state agencies to meet or exceed the state's renewable energy and greenhouse gas reduction targets. The goals for our state as a whole

should also be goals for state government, and we will do our part to meet them.

First and foremost, we will prioritize energy efficiency whenever we upgrade state buildings.

We will pursue renewable energy generation and energy storage on state property whenever possible, and if not possible, we will purchase our energy from low-carbon sources.

We will add more electric vehicles when replacing old vehicles in the state fleet and we'll install more electric vehicle charging stations at public facilities so that employees can charge their cars while they work. We will conserve energy and water and minimize waste and packaging. We will lead by example on the path to a cleaner, greener future and create green-collar jobs at

the same time.

Now, not every person in Maine needs to install 61 solar panels to make a difference. I ask you to think about small, affordable changes you can make - from changing lightbulbs, tightening up doors and windows, insulating your basement or attic - keeping more money in your pocket and protecting our environment at the same time.

As this residence greeted leaders of the past, now the Blaine House greets a new generation of leaders in a manner that strengthens our economy, and protects the irreplaceable and beautiful state and natural resources which we share and care for.

Thank You,  
Janet Mills  
Governor

### Optimist Club recognizes outgoing President, welcomes new Officers



Outgoing Optimist Club President, Mamie Ney (r) Welcomes incoming Club Officers, pictured l to r: President, Angie Snow, Vice President, George Mathews, Secretary, Sheryl Mathews, and Treasurer Joan Godbout.

The Clubs' upcoming service projects include assisting the Salvation Army this Christmas season by helping ring the bells at the Salvation Army donation Kettles and helping distribute Christmas gifts to those in need. The Club meets once a month at Chopsticks Restaurant in Lewiston and conducts several youth projects in the L A community. For more information on the club visit their Facebook page or call 783-5269.



Newly installed Optimist Club President Angie Snow (l) presents outgoing Club President Mamie Ney (r) with a Certificate of Appreciation for her service as outgoing Club President.

### 'CompTIA A+' Certification course offered at CMCC

The Center for Workforce & Professional Development at Central Maine Community College (CMCC) will offer a CompTIA A+ certification course starting on January 6, running on Mondays and Wednesdays from 10 a.m. to 3 p.m. until February 19.

Do you have an affinity for computers and tech? Curious about what goes on inside the machine? Or looking to jumpstart a rewarding career in the IT field? The ticket to admission with front row seating is the CompTIA A+ course;

its wealth of resources aims to give you the confidence to pass the certification tests to add 'A+ Certified' to your resume. The certification tests for this course are scheduled and proctored through the CMCC Testing Center.

Upon successful completion of a CompTIA certification exam, CMCC students may receive prior learning assessment credit. The cost of the class is \$2,000 and includes all instructional materials.

For more information or to register, please con-

tact CMCC's Center for Workforce & Professional Development at 207-755-5280, emailworkfordevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment. Registration deadline is December 30.

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

## Over 1,000 people gather for Grandparents' Day at Saint Dominic Academy

Louise smiled as her granddaughter, Reagan, snuggled up close, a serene look on her face.

"She is well trained for a kindergartner, huh?" joked the proud grandmother.

Similar heartwarming moments were on display throughout a full Callahan Family Memorial Gym on the Auburn campus of Saint Dominic Academy on Wednesday morning, November 27, as Bishop Robert P. Deeley joined the school community for a special Grandparents' Day Mass (17 pictures below).

Students were joined by their grandparents, great-grandparents, and other family members for the Mass, and students at the academy's Lewiston campus also attended with family members.

The annual event gives the school community a

chance to show their gratitude to a special group of people in their lives.

"Today, we give thanks to grandparents for their love," Bishop Deeley told the students during his homily. "Your grandparents thank you, too, because they are happy to be with you to see your school and what you're learning and how you show appreciation for the world in which you live."

The Mass was the final scheduled event before the students started their Thanksgiving break.

"Thanksgiving is a day to be grateful for all we have," the bishop said. "Giving thanks makes a community because you can't give thanks without giving that thanks to someone and, when we do, we show that we love and care for one another."

Bishop Deeley said that "thanksgiving" is not

just celebrated on a Thursday in November but, rather, every time Catholics come together for Mass.

"At Mass, we are thanking God for his goodness to us and we asking God to help us be grateful and generous. We thank God for the people in our lives and we are aware we must share what we have with others."

Before departing, grandparents and great-grandparents were welcomed to a coffee and tea reception that also featured holiday treats for their grandchildren, a group clearly overjoyed to be surrounded by those they love.

"We ask you, Lord, to watch over, protect, and bless these families," prayed Bishop Deeley. "Enable them to persevere in love, to remain united through fervent prayer, and to possess the gift of your peace."

## Maine Veteran Service Agencies to Co-Host Wabanaki Cultural Awareness Training

On Thursday, December 5 the Maine Bureau of Veterans' Services (MBVS) and the VA Maine Healthcare System co-hosted the state's first-ever Wabanaki cultural awareness training focusing on the service of Maine's Native American veterans and service members. As part of the presentation, Donald Soctomah, Tribal Historic Preservation Officer for the Passamaquoddy Tribe spoke on the topic of Maine Native American History and the role Native American veterans have had in the United States Military.

"The Bureau's mission is to serve all of Maine's veterans," said Sarah Sherman, Director of Strategic Partnerships for MBVS. "It's our hope that by providing cultural awareness training to our community partners, we will be better able to serve our Native American veterans. We hope to use this event as an opportunity to give voice to a group of veterans that has proudly served their country."

Over the past few months, MBVS has forged new partnerships with Native American tribes across the State of Maine in an

effort to improve services and collaborate at veterans' events.

MBVS and VA Maine are committed to providing quality care and service to all veterans. It is the Bureau's mission to ensure that each and every veteran who walks through the door receives the attention and assistance they deserve.

To learn more about available resources for Veterans and their families, please contact the Maine Bureau of Veterans' Services at 207-430-6035 or visit their website [www.maine.gov/Veterans](http://www.maine.gov/Veterans).

## Hydro-Quebec megadams and Central Maine Power corridor subject of Maine events

Last week, Indigenous community members and allies delivered a letter to Governor Mills asking her to withdraw support for the controversial Central Maine Transmission (CMP) corridor that will import Canadian hydropower to Massachusetts. The letter debunks the myth that large-scale hydro is a renewable resource and that instead, it destroys our rivers and ecosystems.

CMP will cut through vast swathes of pristine wildlife habitat in Maine to bring electricity from Canada to customers in Massachusetts while having tremendous negative impacts on rivers and their communities in Canada and the United States.

The letter was delivered as part of North American Megadam Resistance Alliance's (NAMRA) Northeast speaker tour raising awareness of the negative impacts of Hydro-Quebec's operations in Canada. The Tour held speaking events in the Portland area, Augusta, Farmington and featured speakers from Pimicikamak and Inuit communities and the Grand Riverkeeper Lab-

rador, Inc. whose lands and waters are being devastated by Canadian hydropower exported to the U.S. The tour ends at Plymouth, MA on Thanksgiving where members of Pimicikamak and Inuit communities will speak in honor of the 50th National Day of Mourning followed by a visit with the Herring Pond Wampanoag Tribe in Plymouth, MA.

Youth activist and spokesperson for the North American Megadams Resistance Alliance and the Sierra Club had the following to say:

"Hydropower development has altered 50,000 square miles of land that my people used for millennia to hunt, fish and trap and gather. We can longer practice our traditional ways like our ancestors before us," Carlton Richards of Pimicikamak territory, an Indigenous youth activist said. "This is cultural genocide. We travelled 2,200 miles from our home to tell the truth about what happens in the shadow of the dams."

"CMP cannot deliver on its promise to help the climate. Canadian hydropower takes more acres per

megawatt than any other form of energy to produce," Meg Sheehan, North American Megadam Resistance Alliance coordinator said. "Over the last 100 years, the industry has been responsible for massive industrial-scale destruction of rivers and communities in Canada. Consumers in the U.S. who import and use this power are complicit in this destruction. Hydro-Quebec's dams would never be allowed in the U.S., yet Maine and Massachusetts are supporting new megadams in Canada, falsely calling the power clean and green."

"Maine people don't want this transmission corridor, given the environmental havoc the line will create in Maine's Western mountains, and the permanent damage to our shared land and water resources, compounded by the unjust impact on Indigenous and front line communities," Alice Elliot, Director at the Sierra Club Maine Chapter said. "Not only do megadams destroy rivers, forests and their communities, they undermine the development of green, clean jobs using renewable resources here in Maine."

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## Lewiston Adult Ed Class Sparks New Life in Clown Car



Lewiston Adult Ed Class Sparks New Life In Clown Car

Small Engine & Power Equipment Repair students at Lewiston Adult Education bring in chainsaws and snowblowers with seasonal regularity.

When the weather gets warm again, instructor Richard Hussey will see the return of lawnmowers. But this fall, he had a student bring in a repair job that would not fit in with the others, though it did have a small engine.

Patrick Penley is a member of the Kora Temple Shrine, a Kora clown and the owner of a multicolored jalopy that had several owners before him.

“My goal was to get that running,” he said.

The clown car had a three-horsepower engine

and during the semester, it was removed and replaced by a power washer engine.

“We had to modify the engine. We had to modify the framework. We had to modify the drive system. And this was done primarily by the student. I just gave the guidance,” Hussey said.

He said that students can bring in gasoline engines at the start of the semester but are responsible for bringing them in and taking them home at the end of class. Penley brought the clown car in the back of his pickup truck.

“It has to come and go. That’s your size reference,” Hussey said.

The Small Engine class is finishing up for the fall semester but is sched-

uled to return for Winter-Spring 2020. The class listing will appear in the combined Lewiston Adult Education-Auburn Adult & Community Education brochure, which is set to come out in early January.

In addition to the clown car, Penley worked on a leaf blower and chainsaw in the class.

He hopes to have the car off and running in a 2020 parade. For those interested in seeing it run a little sooner, here is a link to a video of a test run on Tuesday night at Lewiston High School’s main entrance:

[https://drive.google.com/file/d/1R3ZSWt-F10QVIWpYNI-n-R\\_2xb9N-uEonU/view?usp=sharing](https://drive.google.com/file/d/1R3ZSWt-F10QVIWpYNI-n-R_2xb9N-uEonU/view?usp=sharing)

# What’s Going On

## Workforce training partners graduate welding students



Pictured l to r: Bancroft Contracting Corporation, and Workforce Training Partners Western Maine Community Action (WMCA) and Oxford Hills/Nezinscot Adult Education (OH/NAE). hosted a graduation at the Bancroft facility in South Paris for graduates of the Customized Welding Training Program on Thursday, October 17 to award completion certificates and celebrate the successful completion of the second welding Cohort. Pictured (l-r): Kyle Lamb, Bancroft Project Manager; Fred Locke, Bancroft Welding Instructor; Monica Millhime, WMCA Regional Employer Assistant Point; Toma Bakoula, welding candidate; Cathy Stairs, WMCA Employment & Training Specialist; Donald Ingerson, Fern Dulac, Morgan Gammon, Nick Reavis, welding candidates; Joseph Costello, Bancroft Vice President/HR and Tina Christopherson, OH/NAE Director. Not available for photo Greg Aptt. Photo Courtesy Heidi Durgin, OH/NAE.

Western Maine Community Action, located at the CareerCenter in Lewiston, and Oxford Hills/Nezinscot Adult Education, partnered with Bancroft Contracting Corporation in South Paris to provide a second cohort for a customized professional welding program. Students Greg Aptt, Fern Cohort, Donald Ingerson, Toma Bakoula, Morgan Gammon and Nick Reavis successfully completed the 72-hours of hands

on welding instruction, safety training, and 20-hours of math for welders, and job-readiness skills training on October 17th. The 92-hour long program offered students welding processes used by Bancroft Contracting Corporation and other local employers. “Low unemployment, combined with an aging workforce, create employment gaps that require different approaches to fill needs,” shares Pat-ti Saarinen, WMCA Pro-

gram Coordinator – Central/Western Maine CareerCenters. “Combining private industry, education and job training is an efficient and resourceful way to meet the challenges.” For more information on other programs available for training and partnerships, 207-753-9001. Visit <https://www.facebook.com/WesternMaineCommunityAction/> and <https://wmca.org/> for upcoming opportunities for workforce training.

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# TWIN CITY NIGHTS

## Weekly Arts & Entertainment

### The WLU Christmas open house and fair



The Women's Literary Union Christmas Open House and Fair will be December 6, 7, and 8 from 4 to 7 p.m. each night. Admission is \$2. Bring your camera on Saturday, December 7 to take photos with Santa from 4 to 7 p.m.

The Woman's Literary Union has decorated the first floor of the historic Foss Mansion at 19 Elm Street in Auburn for a Christmas

Open House and Fair. For sale will be gift baskets, holiday items and more. The grand staircase is decorated for the holidays offering an opportunity for your Christmas photos.

The festive holiday decor blends beautifully with the mansion's architectural splendor. Built between 1914 and 1917 for Horatio G. and Ella May Fletcher Foss. The distinctive man-

sion is a landmark of the Historic Downtown Auburn District and was placed on the National Registry of Historic Places in 1976.

The Woman's Literary Union of Androscoggin County is a 501(c)(3) charitable nonprofit organization. For more information check [womansliteraryunion.org](http://womansliteraryunion.org) or call Kathy Lawrence at 795-6134 or email at [km-lawrence@aol.com](mailto:km-lawrence@aol.com)

### Christmas sing-alongs at USM-LAC

A Christmas sing-along session will be held at 1:30 p.m. on Friday, December 13, at the University of Southern Maine Lewiston-Auburn College.

Les Troubadours will lead attendees in singing a selection of French Christmas favorites. Standing

from left: Alette Couturier, Jeannine Doucette, pianist Jeannette Gregoire, Mary Ann Leclerc, Gail Gregoire-Lawrence, Louise Bolduc, Rita Goselin. Seated: Madeleine Leblanc.

The monthly series of song sessions takes place

from September through May, usually in Room 170 at the college.

Admission is free to all. More information and weather cancellation is available by calling 207-576-3212. USM LAC is located at 51 Westminster St. in Lewiston.

### Maine Public Relations Council annual conference and awards

The Maine Public Relations Council (MPRC) is combining two of its annual events into one jam-packed night full of networking, education, and celebration. Taking elements of MPRC's yearly conference and Awards, the event will include a workshop, refreshments, and recognition of industry talent. The event will take place on December 11, at USM Abromson Center, 88 Bedford Street, Portland from 4 to 7:30 p.m. Admission for MPRC is \$40, \$45 for non-members, includes 1 drink.

"This year, we are blending the best of our con-

ference programming and our annual awards event. We are excited to have the industry's thought leaders come together for this unique opportunity to learn, network and celebrate each other's achievements," explains MPRC President Linda Varrell.

Attendees will get the opportunity to participate in an informational workshop in which two Maine agencies will present national client case studies of some of their award-winning campaigns. Participants will learn how Maine talent at Rinck Advertising and Marshall communications achieved great success with

national clients, including Orvis and Pet Naturals of Vermont.

The evening will commence with the Annual MRPC Golden Arrow Awards and Professional Achievement Awards Ceremony to celebrate the public relations talent right here in Maine. Among the awards to be presented are the Rising Star, Edward Bernays Lifetime Achievement, and Midge Vreeland Public Service awards.

In addition to the celebration, there will be lots of opportunities to connect with industry peers and friends. It will be a night not to miss!



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## Maine Event Comedy presents Tuck Tucker at Craft Brew Underground



Tuck Tucker

Maine Event Comedy presents the high-energy comedy of Tuck Tucker at Craft Brew Underground, Friday, December 6 at 8 p.m. The show will also feature Kevin Neales, Jeff Medoff, and Jake Jacobson.

Tucker's verbal wit and physical comedy have made him a favorite throughout New England. He's a founding member of Portland's Running with Scissors improv group and was a finalist on HBO's Lucky 21 Comedy Showcase. He's performed at the Hartford Funny Bone, the Rhode Island Comedy Connection and the Comedy Nest in Montreal.

Neales has worn a hat while slinging jokes at the Maine Comedy Festival and The Ice House in Pasadena. He was a runner-up in Portland's Funniest Professional contest and has worked with nationally touring comedians Mike Birbiglia, Justin McK-inney, and Tom Cotter.

Medoff recently advanced to the second round of the Last Comix Standing contest at Mohegan Sun. He's performed at Laugh Boston, The Comedy Studio, Nick's Comedy Stop, and dozens of other venues across New England and beyond.

Jacobson has seen

the world and he's not impressed. Born in Massachusetts, raised in Rhode Island, and enlightened in Africa, he now resides in Western Maine and specializes in intellectual-social-observational material.

The show is for ages 21-and-older; admission is pay-what-you-can. Craft Brew Underground is located at 34 Court Street in Auburn. It was voted the No. 1 Craft Beer Bar in Maine and offers more than 200 choices of craft beer, cider, and wine.

For more information call/text (207) 513-0742 or email maineeventcomedy@gmail.com.

# TWIN CITY NIGHTS

Weekly Arts & Entertainment

## Wood carving displays and demonstrations

On December 14, members of the Maine Wood Carvers Association will be in the Atrium of the Maine State Museum from 10 a.m. to 4 p.m. Participating members will be displaying examples of their finished work, as well as demonstrating wood carving techniques of interest to all ages, from carving spoons, to carving

bas-relief, and carving in the round. Come see this amazing demonstration of skill and artistry! Children can try their hands at soap carving, all materials and equipment will be provided. Free Admission to event and the Maine State Museum all Day!

The Maine State Museum is open Tuesday through Friday 9 a.m. to

5 p.m., Saturday 10 a.m. to 4 p.m., closed Sunday and Monday. Admission is \$3 for adults; \$2 for senior adults over age 62 and children 6-18 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

### Wood Carving Displays and Demonstrations

At the Maine State Museum in Augusta on December 14<sup>th</sup>

10:00 a.m. - 4:00p.m.

Free admission all day!



Members of the Maine Wood Carvers Association will be in the Atrium of the Maine State Museum demonstrating wood carving techniques appropriate to all ages and skills levels, from soap carving (for youngsters) through carving spoons, to carving bas-relief and carving in the round. All materials and equipment will be provided.

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## Dave Foster Joins Fontaine team as new agent



Dave Foster

Fontaine Family – The Real Estate Leader is pleased to announce the addition of Dave Foster to the team at their Auburn location.

Dave and his wife Tricia moved to the Auburn-Lewiston area in 2016 from Saco, Maine where they raised two children who have successful careers in education and government contracting. Dave quickly got involved with the Auburn-Lewiston Rotary Breakfast Club where he is currently the 2019-20 president.

### Junction

*Continued from page 1*  
added up all the hours he worked the first week they were opened and with a chuckle said, “I worked one hundred and one hours. It’s all good! It’s fun and time flies.”

Junction Bowl has seventy-five employees including thirty high school students. The students work in the kitchen doing prep work, making pizzas, working at the shoe counter, being hosts or hostesses, handling prize redemption, bussing tables and running food.

“American upscale pub food,” is how head chef, Patrick Lindsay described the menu. “Almost everything we make is from scratch, and we love to buy local ingredients as much as possible. We make almost everything. You’ll find soups, salads, appetizers, pizza, burgers, hand helds, desserts and a kid’s menu. The catering menu has additional unique offerings including appetizers, platters, pans and desserts. You can even get sushi,” Lindsay continued. He brought the menu to life by taking the basics and making it unique

Volunteerism is not new to Dave as he and his dogs Moose and Colton, are certified therapy dogs. He acts as a liaison for Pet Therapy contacts at Central Maine Medical Center. Dave and Tricia also raise guide dog puppies for Guiding Eyes for the Blind. Dave’s hobbies include skiing, hunting and music. He belongs to a local band, Jody Boys, playing guitar and keyboard.

Dave’s long and successful career in sales & marketing services will continue

with flair.

Smith started this business because he absolutely loves people and loves the social aspect of it. “I’m having a blast. It’s a fun place to go,” he commented, “We’ve got twenty-eight corporate events and holiday parties scheduled, and in January we are starting a bowling league. We’ve got a great staff and menu, about forty local craft beers to choose from and twenty-four tap lines.”

Junction Bowl has gift cards available and offer up to twenty-five dollars in bonus cash that can be used in the arcade, depending on the amount on the gift card that is purchased.

Smith is a native of Gorham. He has three kids: a twenty-year-old daughter and sons ages eighteen and sixteen, not to mention two crazy labs named Murphy and Teddy.

Junction Bowl is open daily. The dining room seats one hundred twenty-eight and the bar seats twenty. There are twelve lanes for bowling, an arcade and a function room all of which is ready for you to stop by and enjoy.

at Fontaine Team where he’ll specialize in process and negotiation with a singular focus on customer satisfaction. His broad experience in restaurant, retail and outside sales will bring a unique perspective to his clients. Dave is looking forward to representing both homebuyers and home sellers in the Auburn/Lewiston and Saco/Biddeford areas.

Dave comes to Fontaine with his Maine real estate sales agent license. He will be working out of both our Auburn and Scarborough locations and can be reached at 207-415-7501 or david.foster@fontaineteam.com. Follow Dave on Instagram, @digs\_n\_dogs.

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was recently presented the 2019 Maine Family Business of the Year Award, voted Best Real Estate Company in the Greater Portland Area, recognized by Real Trends as a 2019 America’s Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top ½ of 1% of Realtors outperforming 99.9% of the nation’s Realtors.

The Fontaine Family Team serves 8 counties – Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in three locations, 336 Center Street in Auburn, 432 US Route One in Scarborough and 43 Western Avenue in Fairfield. For more information visit [brendafontaine.com](http://brendafontaine.com) or call (207)784-3800 or (207)289-3830.

## Camden National Bank recognized for outstanding commitment to small business growth in Maine

The Finance Authority of Maine (FAME) presented Camden National Bank with the “Lender at Work for Maine” Award at its annual Showcase Maine event in Portland. The award category is reserved for lenders with assets of \$1.5 billion and above, and this is the bank’s tenth time as a FAME awardee. Earlier this month, Camden National Bank also received the 2019 U.S. Small Business Administration (SBA) District Director Award. Both recognitions highlight Camden National Bank’s outstanding commitment to supporting Maine business growth.

Over the past year, Camden National Bank partnered with FAME on 48 loans totaling approximately \$13.6 million. This in turn helped to create 109 Maine jobs and retain an additional 484 jobs.

“It’s incredibly rewarding to support the growth and success of hard-working, local businesses which help our communities and local economy thrive,” said Tim Nightingale, Executive Vice President and Senior Lending Officer at Camden National

Bank. “We are honored to receive both FAME’s ‘Lender at Work for Maine Award’ and the SBA’s ‘District Director Award’ this year as these recognitions represent the long-lasting impact that our partnerships and capabilities have on Maine businesses, families, and communities.”

“Camden National Bank is a valued partner of FAME’s, and we are pleased to once again recognize them for utilizing our programs to help grow Maine’s economy and create and retain good-paying Maine jobs,” said Bruce Wagner, FAME CEO.

FAME is a quasi-independent state agency that provides financial solutions that help Maine people achieve their business and higher education goals. FAME, which is celebrating its 36th Anniversary, helps create a stronger Maine workforce by focusing on the nexus of economic and educational development.

Camden National Corporation (NASDAQ:CAC) is the largest publicly traded bank holding company in Northern New England

with \$4.5 billion in assets and nearly 650 employees. Camden National Bank, its subsidiary, is a full-service community bank founded in 1875 in Camden, Maine. Dedicated to customers at every stage of their financial journey, the bank offers the latest in digital banking, complemented by personalized service with 61 banking centers, 24/7 live phone support, 71 ATMs, and lending offices in New Hampshire and Massachusetts. Camden National Bank was named one of two “Customer Experience Leaders in U.S. Retail Banking” by Greenwich Associates, and in 2019, it was the only New England based organization included in Sandler O’Neill’s “Bank & Thrift Sm-All Star” list of high-performing financial institutions. The Finance Authority of Maine has awarded Camden National Bank as “Lender at Work for Maine” for ten years. Comprehensive wealth management, investment, and financial planning services are delivered by Camden National Wealth Management. To learn more, visit [CamdenNational.com](http://CamdenNational.com). Member FDIC.

## Alzheimer’s Association seeking community educator volunteers

The Alzheimer’s Association, Maine Chapter is seeking Community Educators in communities throughout Maine. Community Educators are volunteer public speakers who help raise awareness, provide education and expand the reach of Alzheimer’s Association programs in local communities. Community Educators deliver Alzheimer’s Association programs using prepared training materials on topics related to Alzheimer’s disease and other dementias as well as information for individuals and families impacted by the disease.

“I have had the privilege of being a volunteer presenter for the Alzheimer’s Association for the past nine years.” Says Anne Romney, Volunteer Community Educator with the Alzheimer’s Association, Maine Chapter. “I became a volunteer because my father had Alzhei-

mer’s disease and my family experienced, first-hand, the extreme challenges associated with dementia. We also learned how important a role education and support played in our ability to manage through. Almost everyone I know is or will be impacted by someone who experiences dementia. Being able to provide education and support is a way I can ‘pay it forward’ and I find each opportunity very gratifying. Alzheimer’s/Dementia is something no one should cope with alone and the Alzheimer’s Association is a phenomenal resource!”

The Association is seeking proactive, passionate and motivated volunteers with a history of public speaking and education skills to deliver presentations in their local communities. Our ability to reach and support those affected depends on people like you who are dedicated to the

fight against this disease. As an Association volunteer, you can use your unique talents to make a meaningful impact in your community while connecting with others who share your passion. To learn more about this opportunity or more about the wide variety of ways you can get involved and find the role that’s the best fit for you, email [alirus-sell@alz.org](mailto:alirus-sell@alz.org) or visit [alz.org](http://alz.org)/volunteer.

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer’s. Visit [alz.org](http://alz.org) or call 800.272.3900.



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# Seniors Not Acting Their Age

## Last Paddle

Commencing the sport in 2002, sea kayaking is a relatively new activity for me. When you're in your seventies, anything less than twenty years seems like last week. Already eligible for AARP membership when I began, I lacked the risk taking mentality of younger paddlers. Late fall and winter kayaking on the ocean has never had much appeal. Frigid air, wintry winds, icy water, and frozen hands increase the dangers and decrease the enjoyment.

Fifteen years ago, a friend recommended a December trip to Damariscove Island, the far end located five miles off the coast of Linekin Peninsula near Boothbay. A cloudy breezy

day with temperatures in the thirties, we departed from Ocean Point navigating past massive distinctive boulders called White Islands to Outer Heron Island in comparatively benign conditions. Leaving the protection of Outer Heron for a two mile open crossing directly into gusty piercing southwest winds to the southern terminus of Damariscove, the complexion of the excursion changed dramatically. Approaching the southeastern tip, large intimidating swells spewing a frosty spray rocked our tiny crafts. The prospect of accompanying the undulating waves as they crashed into nearby jagged cliffs seemed a disagreeable possibility.

Finally achieving relative safety in the sheltered cove, thoroughly chilled I resolved that cold weather sea kayaking was for younger tougher paddlers.

Since then, the Penobscot Paddle and Chowder Society fall outdoor weekend on Mount Desert Island has often resulted in my last sea kayak expedition of the year. With the possible exception of the Bold Coast, there is no more spectacular shoreline in Maine than the island explorer Samuel de Champlain called Isles des Monts Desert. Hence, it's an ideal setting to end a year of paddling. Typically, my friend Ken leads a club sea kayak trip as he did again this year. Several



Kayakers approach the Royal Caribbean cruise ship near the Porcupine Islands in outer Frenchman Bay



Kayakers begin a traverse of Frenchman Bay



A kayaker explores one of The Ovens on Frenchman Bay

members, mostly elderly boaters, were enthusiastically awaiting his choice. No shrinking violets in our geriatric group, the reality was we were all lobbying for individual preferences.

An offshore storm complicated decision-making. Turbulent seas rendered paddling along the completely exposed rugged southeastern shore or touring to outer islands potentially hazardous. Since those were the favored choices, a prolonged discussion ensued. A traverse of picturesque Frenchman Bay was the final selection. Infrequently paddled but still exceptionally scenic, the bay offered the benefit of probable sanctuary from predicted prodigious ocean waves. The strategy was a good one as calm conditions were experienced throughout.

Beginning the endeavor at a boat landing on Hadley Point, the island's northern extremity, we launched on the eastern end of Mount Desert Narrows just a short distance from the mainland. Journeying southeast close to shore, we were initially in search of a landmark called The Ovens. Vertical cliffs with hollowed out caves soon emerged. Pad-

dling into The Ovens is an essential element of the experience; even for seniors posing as youngsters.

Continuing southeast past Salisbury and Hulls Coves, the aptly named Porcupine Islands were directly ahead. Dominating a channel between two of the Porcupines was an immense vessel, the Royal Caribbean cruise ship. Inspecting the ocean liner and reconnoitering the Porcupines became an extended destination.

A sense of insignificance is guaranteed when approaching a cruise ship in a sea kayak. The gargantuan watercraft loomed over us like a small mountain. Surprisingly, no one in our aging group expressed any enthusiasm for embarking on a cruise. A succession of comical observations about the dangers of getting ill while on board followed. While perhaps lacking in good taste, a suggestion that such an outing required a cabin with a "throw up" window was probably the funniest.

Paddling amongst the Porcupine Islands is always a pleasurable diversion. Consisting of several closely connected diminutive atolls extending east towards Sc-

hoodic Point, they offer an entertaining escapade while normally ensconced from offshore winds and waves. Completing our exploration, we navigated towards the iconic coastal village of Bar Harbor. During the last mile of our voyage, a perpetual view of majestic Champlain, Dorr, and Cadillac Mountains was savored as we approached the bustling landing adjacent Bar Island. Fortuitously, we arrived just before an outgoing tide would have culminated in a muddy disembarkation.

At my age, I consider myself blessed to have enjoyed another year of exceptional sea kayaking opportunities along the coast of Maine. No cold weather ocean adventures for me, time is nearing for winter hiking and Nordic skiing instead. My last paddle of the year, fortunes willing, I'll be back in my sea kayak come spring.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



Kayakers approach Bar Harbor with Champlain, Dorr and Cadillac Mountains looming behind.

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## 5 Tips for a Merry Holiday Home



Photo: (c) manaemedia / iStock via Getty Images Plus

(StatePoint) A merry holiday season starts at home. Here are some nice ways to add cheer to the rooms and spaces where people gather.

- **Light a Fire:** It may be the most primitive technology in existence but lighting a fire is still one of the best ways to create a rich holiday atmosphere. Bonus: use aromatic firewood such as pine, fir or cedar.

- **Project a Movie:** Decorating for the holiday season can be as easy as setting up a projector and playing seasonal movies on a loop. From classics like “Miracle on 34th Street” to contemporary favorites like “Elf,” these films provide the perfect backdrop to the holiday season. With the ability to run all day, the

LampFree Projectors in Casio’s Slim Series are ideal for this purpose.

- **Bake Cookies:** Make the whole house smell amazing (and become everyone’s favorite person) by popping cookies and other desserts in the oven that include spices evocative of the season, like nutmeg, cloves, cinnamon and vanilla. For a lighter option, you can get the same effect by brewing tea with these same ingredients.

- **Host a Sing-a-Long:** Securing yourself a digital piano with an authentic concert grand sound may just be the best gift you give your family this holiday season. The Casio GP-500 reproduces the three-dimensional sound field generated by an acoustic grand to fill a room with rich, complex

sound, making it a great place to gather for holiday sing-a-longs. The piano itself can also be a decoration destination -- think garlands and candles. Be sure to set out sheet music and other instruments like tambourines or bells so that guests can join in the fun.

- **Add Flora:** Spruce up your living spaces – literally. Holly, Christmas cactus, poinsettias and spruce add color and vibrancy to mantels, staircases, coffee tables and other nooks and crannies. What’s more, many of these plants will continue to thrive long after the lights and tinsel come down.

The holidays come but once a year. Make the most of the season by turning your home into a winter wonderland.

## Tips to Protect Your Winter Wardrobe

(StatePoint) If you are like many people, your winter wardrobe requires a bit of extra care. Between fine cashmere sweaters, favorite woolen outerwear and your snazziest cocktail attire, your special care garments should look as crisp at the end of the season as they do today.

Unfortunately, winter often brings with it slush, mud, salt and other threats to fabrics. To protect your winter wear affordably, consider the following tips:

- **Be smart about footwear:** On wet or slushy days, tuck pants into durable, waterproof boots. Any delicate footwear should be brought along in a waterproof bag and changed into at your destination -- or protected by waterproof shoe covers.

- **Use at-home dry cleaning:** Many winter items carry tags that say “dry clean only” or will shrink when washed. Slash dry cleaning expenses up to 90 percent and skip the hassle and harsh chemicals by opting for at-home dry cleaning. Using your own dryer and the right product, you can safely and thoroughly clean your special care clothes at home without experiencing fading, shrinking or stretching.

In the case of Dryel --

which works in as little as 15 minutes for a quick refresh and in 30 minutes for a deep clean -- the heat of the dryer activates a cleaning solution that removes body soils and odors from clothes, and a fabric protection bag maintains the optimal balance of cleaning agents and heat, allowing the steam to work through the clothes, and then slowly vent vapors out of the bag and dryer. This is a convenient, cost-effective way to treat such gear as sweaters, jeans, hats, suits and more.

- **Fight stains immediately:** The more quickly you deal with stains, the better, so be prepared with a stain pen wherever you go, and,

try to launder items that have been soiled as soon as possible. A stain pen, such as the kind provided by Dryel, can also be used at home to pre-treat garments before cleaning them.

- **Know when to hang vs. fold:** A big part of keeping winter clothes looking good as new is knowing how to store each item. While suit jackets, most dresses and anything that wrinkles easily should be hung (never on wire hangers), sweaters and knitwear, as well as anything stretchy that could lose its shape should be folded.

With proper care, you can protect your clothing from all of winter’s most common wardrobe woes.



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## 2019 Leaders & Luminaries Awards and \$22,000 in grants

Camden National Bank recognized six non-profit board directors with 2019 Leaders & Luminaries Awards and \$22,000 in grants for their respective organizations. The awards breakfast took place during Maine Association of Non-profits' executive forum, "Focus on Strategic Board Recruitment: Connecting People with Purpose."

Since the Leaders & Luminaries Awards began in 2011, Camden National Bank has now given \$152,000 to 43 Maine non-profits through its private charitable foundation, The Bank of Maine Foundation.

"Our Leaders & Luminaries Awards aim to shine a spotlight on the critical impact that volunteer board directors have each day," said Greg Dufour, President & CEO of Camden National Bank. "We couldn't be prouder of this year's awardees who bring passion, strategic vision, and leadership to their organizations in order to strengthen our communities."

This year, over 55 nonprofit board members grants.

2019 Leaders & Luminaries Award Winners:

**John Manganello, Co-Founder & Board President, Boots2Roots:** John co-founded Boots2Roots with Colonel Dave Hickey in 2016 when they saw a significant gap in services for active duty military members separating from service or retiring to Maine. John helped draft the original Boots2Roots business plan, and he was instrumental in nonprofit incorporation, drafting bylaws, recruiting a diverse board, hiring staff, and creating long-term sustainability. Boots2Roots is now the only organization in Maine focused on proactively working with soon-to-be veterans up to a year before they come to Maine, and John has been instrumental in their success.

**Lydia MacDonald, Board Trustee and former Board President, Island Community Center:** Lydia, a lifelong resident of Stonington, first joined the Island Community Center board of trustees in 2016. Passionate,



dedicated, and a natural leader, Lydia eventually became the Board President during a challenging time for the Island Community Center. Significant funding was needed to repair and upgrade their building, but Lydia stepped up to rally the board, reinvigorate positivity, recruit new board members, and develop a "Save Our Center" public campaign. Lydia was the driving force in building open lines of communication with key partners and putting the community center on a new path of stability and success.

**Katie Feliciano, Board Vice-Chair, Literacy Volunteers of Greater Augusta (LVA):** Katie first became involved with LVA in 2014 as a passionate volunteer tutor, and in 2016, she joined the board. In addition to eagerly attending events and fundraisers, Katie brought her experiences as a tutor to board conversations in order to propel advancement and growth. At the board's strategic planning retreat in 2018, she played a key role in establishing a sub-committee for tutor support that would work to engage board members in tutor outreach and develop easily accessible online trainings for tutors. With the support of

the full board, Katie helped propose action items that would lead to a culture focused on making LVA part of a cohesive learning community.

**Barrett Brown, Board President, Midcoast Recreation Center (MRC):** Barrett joined MRC's board of directors with a focus on achieving measurable goals, building a strong community, and creating long-term sustainability. As Board President, he led the process of hiring a new Executive Director with the skills to improve best practices, create tighter financial controls, increase board involvement, and initiate annual support campaigns. As a result, the organization reached exciting milestones with audits in place, an active finance committee, and a new treasurer and finance director as well. Barrett also focused on creating a strong, strategic board of directors by aligning board practices, creating a governance committee, and recruiting new members with needed skillsets. Board job descriptions, by-laws, succession planning, and recruitment practices were all updated and put into action, uniting the board's vision for success as they began a strategic planning process.

Receiving the 2019

**Emerging Leader Award, Katie Shorey, Board Chair, Startup Maine:** Katie had been serving as a loyal volunteer at Startup Maine for several years when the Board nominated her to become the new president. During this time, the organization faced a challenging situation and a public relations crisis, but Katie immediately stepped up to lead with strength and diplomacy. Under her leadership over the past two years, Startup Maine has officially become a nonprofit with an expanded mission and several new key partnerships. Katie has helped rebuild and rebrand Startup Maine and grow its community of supporters. With Katie at the helm, Startup Maine is creating a strong, lasting impact in Maine's entrepreneurial ecosystem.

Receiving the 2019 Spotlight Award, Clayton Cleaves, Board Director, Four Directions Development Corporation.

When Clayton first heard about Four Directions Development Corporation, a Native American Community Development Financial Institution which provides support to members of the Wabanaki tribes, he saw an opportunity to help the Passamaquoddy people. As

the Director of the Passamaquoddy Housing department on the Pleasant Point/Sipayik reservation, Clayton had seen too many houses in need of repair and causing health problems, high bills, and unsafe conditions for families. He also understood the challenges the tribe faced when trying to get a mortgage due to tribal and federal legal restrictions. As board director leading with passion and humility, Clayton demonstrates outstanding leadership as a coach and mentor on the board, and he has played an essential role in developing new, safe infrastructure on the reservation.

About Camden National Corporation Camden National Corporation (NASDAQ:CAC) is the largest publicly traded bank holding company in Northern New England with \$4.5 billion in assets and nearly 650 employees. Camden National Bank, its subsidiary, is a full-service community bank founded

in 1875 in Camden, Maine. Dedicated to customers at every stage of their financial journey, the bank offers the latest in digital banking, complemented by personalized service with 60 banking centers, 24/7 live phone support, 71 ATMs, and lending offices in New Hampshire and Massachusetts. Camden National Bank was named one of two "Customer Experience Leaders in U.S. Retail Banking" by Greenwich Associates, and in 2019, it was the only New England based organization included in Sandler O'Neill's "Bank & Thrift Sm-All Star" list of high-performing financial institutions. The Finance Authority of Maine has awarded Camden National Bank as "Lender at Work for Maine" for nine years. Comprehensive wealth management, investment, and financial planning services are delivered by Camden National Wealth Management. To learn more, visit CamdenNational.com. Member FDIC.

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# 10<sup>th</sup> Anniversary of Central Maine Eucharistic Adoration

A special gathering to celebrate Central Maine Eucharistic Adoration at Rivier Chapel, and its ten years of offering Catholics the opportunity for quiet prayer and contemplation with the Blessed Sacrament, is scheduled for Sunday, December 8, from 7 to 8:30 p.m. in Holy Cross Church, located on 1080 Lisbon Street in Lewiston. All are welcome to attend.

The Rivier Chapel is located on the Baird Avenue side of the church and is open for adoration from Thursday morning at 8 a.m. to Saturday afternoon at 3 p.m. as well as on Sunday (2 p.m. to 9 p.m.), and Monday through Wednesday (8 a.m. to 10 p.m.). During adoration, a consecrated host, the real presence of Jesus Christ, is left exposed on the altar in a holder called a monstrance. Although it is not necessary to have the host exposed for adoration to take place, those who participate say it adds to the feeling of closeness to Christ. The chapel always welcomes new adorers.

The gathering on December 8 will be an evening of Taizé prayer and adoration with Father Bob Vaillancourt, a native of Lewiston and the current pastor of St. Brendan the Navigator Parish in Camden. Taizé song is named after the ecumenical community founded by Brother Roger in Taizé, France, in the 1940's. Today, the Taizé community is made up of more than 100 brothers, Catholic and Protestant alike, coming from more than 25 nations. Prayers and songs are usually sung in many languages and include chants and icons from the Eastern Orthodox tradition. The music emphasizes simple phrases from psalms or other pieces of Scripture, often repeated over and over.

For more information about the gathering on December 8, call Connie at (207) 784-2180 or Margaret at (207) 783-0534. For more information about the chapel and the adoration schedule, call Prince of Peace Parish in Lewiston at (207) 777-1200.

# Op-ed on Diabetes prevention program



Dora Anne Mills, MD, MPH

area serving 1.1 million people in Maine and Carroll County, N.H. From Sanford to Stockton Springs, from North Conway to New Vineyard, and from Portland to Paris, this program is being offered near you.

The MaineHealth Diabetes Prevention Program brings participants together in small groups of 5 to 15, led by a trained instructor-coach. Meetings are held weekly for the first four months, then once or twice per month for the next eight months. We hope to launch an online version in the coming year as well.

With coaching and peer support, participants learn to eat healthier, increase their physical activity and maintain a food and activity diary with the goal of losing 10 – 20 pounds over the 12 months. By following this course, people are shown to be less likely to develop diabetes, avoiding the complications [https://www.diabetes.org/diabetes/complications?language\\_content\\_entity=en](https://www.diabetes.org/diabetes/complications?language_content_entity=en) of this serious disease. These include increased risk of cardiovascular disease, kidney disease, damage to vision and other serious conditions.

As an added bonus, program participants feel better and often inspire their

families to do the same.

With pre-diabetes found in over one-third of adults in Maine, and in about half of Mainers over 64, this program is critical if we are to stem the tide of people being diagnosed with diabetes. Without interventions such as the Diabetes Prevention Program, about half of those with pre-diabetes will develop diabetes within five years. By participating in the program, people can dramatically cut their chances of developing diabetes by 50% – 75%.

Who should participate in the MaineHealth Diabetes Prevention Program? Find out your risk for diabetes by taking this simple quiz: [https://mainehealth2.formstack.com/forms/diabetes\\_risk\\_test](https://mainehealth2.formstack.com/forms/diabetes_risk_test).

Those at risk include people who are overweight or obese, have family members with type 2 diabetes, have had gestational (pregnancy-related) diabetes, struggle with physical inactivity, have high blood pressure, or are over 45 years of age. If you're at risk for diabetes or just want to get healthier, the MaineHealth Diabetes Prevention Program may be for you.

Check out the availability of classes, including informational classes near you at: <https://mhprevention.coursestorm.com/>. Not sure or have questions? Check our website at <https://mainehealth.org/services/endocrinology-diabetes/diabetes-prevention-program>.

Or contact us by email at: [prevention@mainehealth.org](mailto:prevention@mainehealth.org) or call us at 207-661-7294.

Indeed, there is good news this month. The MaineHealth Diabetes Prevention Program is launching and is part of our commitment of working together so our communities are the healthiest in America.

Dora Anne Mills, MD, MPH, is the chief health improvement officer at Portland-based MaineHealth, Northern New England's largest integrated health care system.

As Diabetes Awareness Month has drawn to a close in November, there is bad news and good news.

Bad news: diabetes has grown to be one of the leading causes of disability and death in the United States, and diabetes rates have tripled in Maine since 1990, from 3.6% of adults to 11%.

Good news: People can take proactive steps to keep the most common form of the disease at bay, and MaineHealth is offering a free program that shows how you can prevent diabetes type 2.

MaineHealth is launching the National Diabetes Prevention Program across our service



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# Word Search - All things Maine

*We all love this amazing state of ours. Here are some of the items Maine is best known for.*

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

- LIGHTHOUSE
- CHICKADEE
- ATLANTIC
- BAXTER
- KATAHDIN
- ALLAGASH
- DIRIGO
- STEPHEN KING
- LONGFELLOW
- LOBSTER
- TOURMALINE
- PINE CONE
- WHOOPIE PIE
- MOOSE

*What topic would you like us to do a word search on? Email us at [info@twincitytimes.com](mailto:info@twincitytimes.com).*

## Craft Fair

**December 14th  
8AM -3PM**

**The Sarah Frye  
Home**

**751 Washington  
Street North  
in Auburn**

**784-7242 for  
more information.**

**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](http://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.mainestatemuseum.org](http://www.mainestatemuseum.org).

Wiscasset Marketfest gift shop in Nickels-Sortwell Barn, 10 a.m. to 4 p.m. For more information visit [www.wiscassetholidaymarketfest.com](http://www.wiscassetholidaymarketfest.com).

Maine Event Comedy presents Tuck Tucker at Craft Brew Underground, 34 Court Street in Auburn at 8 p.m.. The show is for ages 21-and-older; admission is pay-what-you-can. It was voted the No. 1 Craft Beer Bar in Maine and offers more than 200 choices of craft beer, cider, and wine. For more information call/text (207) 513-0742 or email [maineeventcomedy@gmail.com](mailto:maineeventcomedy@gmail.com).

# Calendar

See more Calendar at [www.TwinCityTimes.com](http://www.TwinCityTimes.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 [maineshakers.com](http://maineshakers.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](http://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 207-287-2301 or visit the Maine State Museum website: [www.mainestatemuseum.org](http://www.mainestatemuseum.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](http://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](mailto:Russella3@gmail.com).

**Sunday, Dec. 8**

10<sup>th</sup> Anniversary of Central Maine Eucharistic Adoration celebration, Holy Cross Church, located on 1080 Lisbon Street in Lewiston, 7 to 8:30 p.m. For information about the celebration, call Connie at (207) 784-2180 or Margaret at (207) 783-0534. For more information about the chapel and the adoration schedule, call Prince of Peace Parish in Lewiston at (207) 777-1200.

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](http://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.

A Fairy Tale Christmas Carol at the Chocolate Church Arts Center, 7:30 p.m. Tickets are available at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org) or by calling the box office at (207) 442-8455.

**Friday, Dec. 13**

A Fairy Tale Christmas Carol at the Chocolate Church Arts Center, 7:30 p.m. Tickets are available at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org) or by calling the box office at (207) 442-8455.

Christmas sing along at USM-LAC, USM LAC is located at 51 Westminister St. in Lewiston, 1:30 p.m. Admission is free to all. More information and weather cancellation is available by calling 207-576-3212.

The Heather Pierson Jazz Trio’s “Charlie Brown Christmas Show” at the Leura Hill Eastman Performing Arts Center, 18 Bradley Street in Fryeburg, at Fryeburg Academy in Fryeburg, 7:30 p.m. Tickets are \$20 for adults and \$5 for students (general admission). Order online at [www.fryeburgacademy.org/pac](http://www.fryeburgacademy.org/pac), or call the box office at 207-935-9232. For additional information go to [www.fryeburgacademy.org/pac](http://www.fryeburgacademy.org/pac). More artist info is available at [www.heatherpierson.com](http://www.heatherpierson.com).

“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](mailto:workforcedevelopment@cmcc.edu) or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment). Registration deadline is December 6.

edu or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment). Registration deadline is December 6.

**Saturday, Dec. 14**

A Fairy Tale Christmas Carol at the Chocolate Church Arts Center, 7:30 p.m. Tickets are available at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org) or by calling the box office at (207) 442-8455.

**Sunday, Dec. 15**

A Fairy Tale Christmas Carol at the Chocolate Church Arts Center, 2:30 p.m. Tickets are available at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org) or by calling the box office at (207) 442-8455.

**Sunday, Dec. 22**

Christmas Pageant at West Auburn Congregational Church, 811 W Auburn

## FLAGSHIP CINEMAS

**December 6th through December 11th**

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	9:30			
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
	9:50			
Midway (PG-13)	12:30	3:30	6:30	9:30
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			
Ford v Ferrari (PG-13)	12:00	3:15	6:35	9:10
21 Bridges (R)	9:20			
The Aeronauts (PG-13)	1:00	4:00	6:40	9:50
Playing With Fire (PG)	11:30	2:00	4:20	6:55
	9:25			

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.



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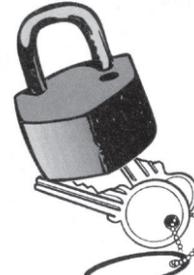
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### Chocolate Church Arts Center presents A Fairy Tale Christmas Carol



The Chocolate Church Arts Center turns the holiday spotlight on family entertainment with a theater production of A Fairy Tale Christmas Carol. The cast of adults and children from Bath, Brunswick, and beyond will perform the show on December 12 to 14 at 7:30 p.m., and on Sunday, December 15 at 2 p.m.

Charles Dickens' A Christmas Carol takes on a new twist in this charming production, as the classic tale is told by beloved fairy tale characters – the big bad wolf takes on the role of Ebenezer

Scrooge, King Midas adopts Jacob Marley, and the show features appearances from the three little pigs, Mother Goose, Cinderella, Hansel and Gretel, and more.

A Fairy Tale Christmas Carol will be directed by Michael Millett of Topsham, who recently appeared as the endearing King Pellinore in the Chocolate Church Arts Center's fall production of Camelot. Billy Rankis of Brunswick takes on the simultaneous role of the big bad wolf and Ebenezer Scrooge, and Mother Goose will be played by Bath's

Deborah Patterson. Other cast members include Keith Libby, Carolyn Frederick, Charles McDonald, Jodi Rodriguez, and Shirley Bernier.

A holiday theater production has become a tradition at the Chocolate Church Arts Center, and A Fairy Tale Christmas Carol is ideal for family members of all ages to soak in the festive spirit. Tickets for the show at the Chocolate Church Arts Center, located at 804 Washington Street, are available at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org) or by calling the box office at (207) 442-8455.

### Sophia's House Opening



Regina Greenlee

After years of planning, fundraising and work, Sophia's House, will celebrate its opening with several events this December 12 and 13.

Sophia's House, a project of The Center for Wisdom's Women, will be a residential community for women survivors of trafficking/exploitation, prison and addiction, based on the model of Thistle Farms in Nashville, TN.

Regina Mullins Greenlee, one of the first graduates of the Thistle Farm program, and an instrumental person in its growth and development over the years will be in Lewiston for the events.

Regina will be present at the December Chamber Breakfast on Thursday morning the 12. She will make a brief presentation there and be available at The Center's Herban Works table at the breakfast Marketplace.

That same day at noon, Regina will be the featured speaker at a Great Falls Forum at the Lewiston Library at noon. She will discuss her life and journey to healing at Thistle Farms in Nashville,

TN with a topic "Finding My Way Home."

At 5 p.m. Thursday, at Sophia's House, in the former chapel space, there will be a "Wise and Strong Women SPEAK!" event. This is a semi-annual event sponsored by The Center. Two remarkable women share in a public conversation about their lives and an interest they hold in common.

The speakers this time are two women involved in development of Sophia's House. One is the architect for the project Gabriella Russell of Platz Associates. She will be joined by Amy Smith of Healthy Homeworks who will be providing rental management support for the project. Their common focus will be on the commitment they both have to the city of Lewiston and creating safe and healthy environments for those who live here.

On Friday, December 13 there will be a ribbon cutting ceremony at Sophia's House at noon, followed by an open house with tours until 3 p.m. A dedication and blessing of the building

will take place after that, with Regina Greenlee and others speaking. Interfaith Chaplain, Sarah Shepley, and Sarah Gillespie, chaplain at St. Mary's hospital will preside over the ceremony.

Light refreshments will be offered at the "Wise and Strong Women SPEAK!" event and during the open house.

No reservations are required for events that take place at Sophia's House, just come and bring a friend to celebrate. Those who attend the Friday events are invited to bring gifts of hygiene items for the Center's hygiene pantry! (Only full size, unopened containers please, and only basic items of shampoo, conditioner, deodorant, toothpaste and feminine pads.)

The Center for Wisdom's Women is a day drop-in center for women. Sophia's House is located on the corner of Blake and Walnut. Parking at the site is limited, but is available on the street or a few blocks away in the Park Street garage. FMI: 513-3922 [www.wisdomswomen.org](http://www.wisdomswomen.org)

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THURSDAY DEC. 5TH  
 SPECIALS RUN DEC. 5TH-7TH

486 Sabattus Street, Lewiston, ME 04240

### 'CompTIA A+' Certification course offered at CMCC

The Center for Workforce & Professional Development at Central Maine Community College (CMCC) will offer a CompTIA A+ certification course starting on January 6, running on Mondays and Wednesdays from 10 a.m. to 3 p.m. until February 19.

Do you have an affinity for computers and tech? Curious about what

goes on inside the machine? Or looking to jumpstart a rewarding career in the IT field? The ticket to admission with front row seating is the CompTIA A+ course; its wealth of resources aims to give you the confidence to pass the certification tests to add 'A+ Certified' to your resume. The certification tests for this course are scheduled and proctored

through the CMCC Testing Center.

Upon successful completion of a CompTIA certification exam, CMCC students may receive prior learning assessment credit. The cost of the class is \$2,000 and includes all instructional materials.

For more information or to register, please contact CMCC's Center for Workforce & Professional Development at 207-755-5280, [emailworkforcedevelopment@cmcc.edu](mailto:emailworkforcedevelopment@cmcc.edu) or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment). Registration deadline is December 30.

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Check TCT every week for updated Calendar listings!