

Grammy-winning Celtic fiddler Eileen Ivers to play Christmas show at Chocolate Church Arts Center



Eileen Ivers

The Chocolate Church Arts Center will present a special Christmas performance from the Grammy-awarded and Emmy-nominated fiddler Eileen Ivers and her ensemble of musicians on Sunday, December 22 at 7:30 p.m. The show, Eileen Ivers' A Joyful Christmas, will mix traditional Irish songs, re-interpreted classical music and holiday tunes, and what Ivers affectionately calls "foot stomping and holler-

ing roots music."

Ivers, dubbed "the Jimi Hendrix of the violin" by The New York Times, is the daughter of Irish immigrants. She grew up in the Bronx, where at the age of eight, she became active in the Irish traditional music scene. She went on to win nine All-Ireland fiddle championships, and a tenth on tenor banjo. From there, Ivers hurtled to international stardom, performing as a founding member of

the acclaimed Celtic group Cherish the Ladies, as well as with superstars like Sting, Hall and Oates, and Patti Smith. Her recording credits include over 80 contemporary and traditional albums, and numerous movie scores, including Martin Scorsese's Gangs of New York.

For over twenty years, Eileen Ivers and her ensemble have been celebrating the holiday season with A Joyful Christmas. The voices and over twenty instruments of the ensemble weave together a Celtic tradition with a contemporary sensibility, as Ivers uses a loop pedal to create unique textures with sensational virtuosity. This will be a tuneful, soulful celebration capturing the Christmas spirit and rejoicing in the magic of the holiday season.

Tickets for Eileen Ivers' A Joyful Christmas range from \$38-\$42 in advance or \$47 at the door and are available at www.chocolatechurcharts.org or by calling 207-442-8455. Tickets can also be purchased at the box office of the Chocolate Church Arts Center, located at 804 Washington Street in Bath.

Sparkle Saturday



Sparkle SATURDAY
POP-UP RETAIL EVENT

Downtown Lisbon Street will be bustling with holiday activity for last minute shoppers at the 5th Annual Sparkle Saturday, December 14.

From 10 a.m. to 4 p.m. between Poise Yoga Studio and J. Dostie Jewelers, 30 venues will be open with 45 artisans presenting their work in shops along the street. Jewelry; specialty gifts; collectibles; ayurvedic oils; skin care products; handbags; beer; wine; specialty teas; floral arrangements; paintings; photogra-

phy; pottery; clothing; note cards; books; locally roasted coffee; stuffed animals; yarn; gift baskets; artisan oils and vinegars; shoes; wine tastings and more. And all 'round joie de vivre!

Downtown Lewiston is experiencing a renaissance boom in office, residential and restaurant development. But retail is a different story. The growth of online shopping has changed the face of many downtown and mall shopping centers.

Five years ago, three

individuals, Sandy Marquis, Heidi Audet and Tammie Grieshaber, organized the first Sparkle Sunday, wanting to bring a flash of the historic retail excitement that brought hundreds to Lisbon Street many years ago. With feedback from vendors and shoppers, the event moved to Saturday in 2018. And this year the newly formed Downtown Lewiston Association has stepped up to coordinate and provide support for the popular event.

This one-day pop-up retail experience aims to recreate the hustle and bustle of meeting your neighbors on the street while holiday shopping. Blue Sparkle flags will mark each venue, where maps with vendor listings will be available. The following restaurants will offer Sparkle Saturday food and drink specials: Boba, Mother India, Sonder & Dram, Cowbell, Forage Market, Baraka Market, Mogadishu Restaurant, Global Halal, Taste of Heritage, and Simones Hot Dogs. Two Grand Raffle Baskets of gifts and gift certificates will go to two lucky shoppers who visits 20 of the 30 venues during the event. Parking is free in the Oak Street and Canal Street garages.

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Newsmakers, Names & Faces

Maine School of Science and Mathematics graduate selected as a Schwarzman Scholar



Gordon McCulloh

Maine School of Science and Mathematics (MSSM), the state's first tuition-free, public, residential high school, announced MSSM graduate Gordon McCulloh, Class of 2016, has been selected as a Schwarzman Scholar and will undertake a one-year master's program at Tsinghua University in Beijing upon graduation from the United States Air Force Academy (USAFA) in 2020. A highly selective in-

ternational program, Gordon is the first student from Maine, and only the third from the USAFA, to become a Schwarzman Scholar whose programmatic focus is designed to prepare the next generation of global leaders for the challenges of the future. Gordon studies astrophysical engineering, applied mathematics, and Arabic at USAFA. He earned the 2019 USAFA cadet of the year award and held various leadership positions that focused on building others up, such as managing the academic performance of over 1,400 cadets. A proponent of commercial and international collaboration in the space environment, Gordon interned at Ad Astra Rocket and SpaceX. His intent to study in China is to inspire peaceful space policies and technological solutions as an engineer and acquisitions officer in the United States Air Force. Full details of the Schwarzman Scholarship Program can be viewed at: <https://www.schwarzmanscholars.org>

Seven Bates fall student-athletes named NESCAC All-Sportsmanship



Bates senior Abigail Ford is the Bates field hockey team's representative on the 2019 NESCAC Fall All-Sportsmanship, announced November 21, 2019

Seven Bates students have been named to the 2019 NESCAC Fall All-Sportsmanship Team announced by the New England Small College Athletic Conference. The All-Sportsmanship Team is comprised of one student athlete from each institution for each sport and is selected by the players and coaches from their respective team for their positive contributions to sportsmanship. The student-athlete selected must be in good academic standing and a member of the team at the conclusion of the

season in order to be eligible for selection. Bates' seven NESCAC Fall All-Sportsmanship honorees are: Men's Cross Country: Alex Brovender, Jr.; Boxford, Mass.; Women's Cross Country: Anais Gonzalez, Sr.; Hanford, Calif.; Field Hockey: Abigail Ford, Sr.; Wells, Maine; Football: Peter Dingley, Sr.; Wilmington, Mass.; Men's Soccer: James Peter, So.; York, Maine; Women's Soccer: Laura Jarry, Sr.; Calgary, Alberta; Volleyball: Olivia McCulloch, Jr.; Sunderland, Mass. The All-Sportsman-

ship Team recognizes student-athletes from each varsity sport who have demonstrated outstanding dedication to sportsmanship. These student-athletes exhibit respect for themselves, teammates, coaches, opponents, and spectators. They display sportsmanship not only as a participant in their sport, but also as a spectator and in their everyday lives. Through their positive actions and example, these student athletes inspire others to adhere to the quality of sportsmanship that the NESCAC and the NCAA endorse.

Pross appointed to Auburn Mayor's ethics panel

Skelton Taintor & Abbott shareholder Jim Pross has been appointed to the Ethics Panel for the Mayor of Auburn, Jason J. Levesque. The Ethics Panel is authorized to review matters relating to conflicts of interest and the incompatibility of employment positions and issue advisory opinions. Pross joins the five-member panel for a three-year term. Pross' practice areas include real estate, landlord/tenant, municipal and government law, social security



Jim Pross

disability and employment law. Active in the community, Pross has served as an Auburn City Councilor and as a member of the Auburn School Committee. He was recently elected to the Androscoggin Land Trust's board of directors, on which he previously served from 2009 through 2018, including two years as president. "I'm honored to have been nominated by Mayor Levesque and look forward to continuing my service

to the City of Auburn as a member of its Ethics Panel." Skelton Taintor & Abbott is one of Maine's leading law firms serving individuals and businesses in litigation and general representation throughout northern New England for more than 150 years. The firm has been named in U.S. News-Best Lawyers "Best Law Firms" in America. For more information, visit www.STA-Law.com or call 207.784.3200.



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Health care you know saves lives, that's obvious.

It shouldn't be a luxury to have health care, or a privilege reserved for, you know, well to do people, but more than 106,000 Maine people still don't have health insurance.

A new study by the National Bureau of Economic Research found that in Maine, about 180 people between the ages of 55 and 64 who died in the years from 2014 to 2017 would have lived if they had had better access to health care. That is simply unacceptable.

Everyone gets sick

at some point in their lives. Everyone needs to go to a doctor. As Governor, my top priority is to ensure that every Maine person can see a doctor, get preventive care and afford critical prescription medications, be healthy, work and care for their families.

While Washington politicians have attacked the critical health care services that we rely on, Maine has expanded Medicaid, known as MaineCare, and more than 42,000 people have signed up for health insurance under the MaineCare expansion so far this year.

One of those people is Kathy Stewart, a Waterville area hairdresser. She has emphysema and she has



Governor Janet Mills

struggled to afford oxygen until now, when she finally got MaineCare coverage this year.

I don't think any person should live with the constant fear of becoming ill or maybe even being unable to breathe because they can't afford to go to a doctor, can't afford to fill a prescription, or can't afford

to get life-saving care. Well like Kathy, now they don't have to.

In this legislative session, in addition to Medicaid expansion, I also signed LD 1, "An Act To Protect Health Care Coverage for Maine Families."

This legislation codified critical Affordable Care Act protections, including guaranteed coverage for pre-existing conditions, a ban on lifetime and annual caps on coverage and allowing young adults up to age 26 to remain on their parents' insurance, as well as coverage for essential health services such as ambulance services, prescription drugs, and pediatric care.

Our Administration is

sponsoring a statewide campaign right now called CoverME to help Maine people including self-employed people and small businesses understand all of their health insurance options and to sign up for the coverage they need that's best for them.

This campaign is funded by a Robert Wood Johnson Foundation Grant, not with state dollars.

Maine is pursuing a state-based marketplace to put the state—not the federal government—in the driver's seat when it comes to health care, but you should know that private health insurance under the Affordable Care Act is available now to all Maine people.

The enrollment period

for Affordable Care Act plans is open now and goes until December 15. Almost 75 percent of Maine enrollees can find a plan for \$75 a month or less. Of course, you can sign up for MaineCare insurance if you're eligible at any time of the year.

If you need health insurance, or need to find a less expensive plan, please visit www.CoverME.gov to learn about coverage options for you and to get enrolled in an affordable and an effective health care plan.

Thank You,
Janet Mills
Governor

Highbrow's Canna Claus continues tradition of helping families in need

Highbrow, Maine's fastest growing upscale Cannabis provider is delighted to have helped 51 families in need celebrate Thanksgiving by supplying turkey dinner baskets. Dinner baskets filled with an assortment of groceries necessary to prepare and enjoy a traditional Thanksgiving including turkey, gravy, vegetables, stuffing, rolls and pies.

Canna Claus is now gearing up for Christmas, and Highbrow invites area residents and customers to participate by bringing non-perishable food items or making a donation at its Manchester, Topsham, or Waldoboro location. Highbrow's newest location is scheduled to open in Rockland at the end of this year.

"The success and spirit of Canna Claus are shared with the people of Manchester, Topsham, and Waldoboro," said Chaz Doherty co-founder of Highbrow. "We are excited to have

started this tradition to help people in need and give back to our communities. We are grateful to our customers and the people of these communities for their support."

Additional Canna Claus activities planned for the month of December include limited edition Canna Claus T-Shirts for sale with all proceeds benefiting Canna Claus and donation jars in each location will remain throughout the month of December.

Canna Claus is a seasonal fundraising drive. It holds events to raise money, such as the annual House of Horrors which attracts approximately 500 attendees. Fundraising begins in the fall and runs through the end of the year for the purpose of helping Maine residents who are facing financial difficulty during the holiday season.

Highbrow was founded in 2017 by three entrepreneurs who came together with a single mission in

mind: To give customers an exceptional shopping experience based on excellence in customer service, deep product knowledge and expertise, unparalleled product quality, and variety of offerings. All Highbrow's cannabis offerings are grown, nurtured, and hand trimmed to ensure the highest standards, quality control, and customer satisfaction.

Each Highbrow gallery offers a wide range of one-of-a-kind glass works of art, CBD-infused specialty items including skin care products, balms and oils, as well as a selection of gourmet delectable, coffees, and tinctures. Highbrow locations provide trusted medicine dispensed by a certified and knowledgeable team of care-giving experts in a private and compassionate setting. For more information go to <https://www.highbrowmaine.com>. Follow us on Facebook and Instagram.

Dog licensing for year 2020 is now due

Any Lewiston resident who owns a dog must license their pet for the 2020 calendar year. Dog licenses are due January 1 of each year. All dogs that are six months old or older within Lewiston must be licensed per state law. A pet owner can receive a license for their dog at the Lewiston City Clerk's Office located at City Hall. In order to license a dog, the owner must show proof that the dog has a current, State of Maine rabies certificate which is proof that the dog has been immunized against rabies. If an animal is spayed or neutered, the owner should bring proof from the veterinarian of this

as well. All dog licenses expire on December 31 of each year. Dog license fees are \$11.00 for a male or female dog and \$6.00 for a spayed or neutered animal.

Lewiston residents with questions regarding barking dogs or the City's animal control ordinance, should contact Lewiston Animal Control Officer Wendell Strout. Officer Strout can be reached at the Lewiston Police Department at 795-9010, ext. 322. Any stray, lost or injured dogs should be reported to ACO Strout as well. Residents are welcome to visit the City's website at www.lewistonmaine.com for information regarding dog licensing.

Rabies is a serious problem in the State. Residents are urged to take the time to protect their pet against this deadly virus. If an animal is suspected of having rabies, they are quarantined. If during this time, the signs of rabies still appear, the only way to test an animal for rabies is to euthanize the animal. Dog licensing ensures rabies vaccination which protects the health of your pet.

The City Clerk's Department has office hours on Monday through Friday, 8:30 a.m. to 4 p.m. Questions can be directed to the City Clerk's Department at 513-3124.

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What's Going On

SeniorsPlus awarded federal grant for Alzheimer's disease work

SeniorsPlus, the Area Agency on Aging (AAA) for Western Maine, has been awarded an Administration for Community Living 2019 award of \$693,362 for Alzheimer's Disease Program Initiatives.

The three-year grant is for a program entitled Dementia Capable Maine, which will bolster capacities to support caregivers and people living with dementia. SeniorsPlus and key partners will work to expand the integration between AAA's, the primary healthcare system, and community services in Western and Eastern Maine. Project partners Eastern Area Agency on Aging, Maine Behavioral Healthcare, Maine Health, the University of Southern Maine, and the Alzheimer's Association will work with SeniorsPlus

to improve and strengthen support and services delivered to people with dementia and their caregivers.

The program's reach will extend to Penobscot, Piscataquis, Hancock, and Washington counties, as well as Androscoggin, Oxford, and Franklin counties.

SeniorsPlus's grant was one of 13 cooperative agreements awarded for a total of \$10,370,642. The awardees are located in 11 states across the nation including Maine.

"We are very excited about the innovative programming we will be launching and making accessible to families and individuals dealing with Alzheimer's Disease," said Betsy Sawyer-Manter, President & CEO of SeniorsPlus. "A grant award of this size

will allow us to delve into programming that before we only dreamed of, including music and memory therapy."

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life of those we serve. It serves more than 17,000 individuals annually.

Mainers call for fairness in army corps review of CMP corridor

People from across Maine gathered in Lewiston to express their growing concern over the proposed Central Maine Power (CMP) corridor through Western Maine and call on the U.S. Army Corps of Engineers to conduct a rigorous environmental review for the controversial transmission line, as was done for similar projects in Vermont and New Hampshire.

Testimony at the public hearing, which was held only after pressure from Congressman Jared Golden, highlighted the overwhelming opposition faced by the troubled transmission line and focused squarely on the significant harm the massive project would have on the natural environment and recreational economy of Western Maine.

"As a fly-fishing guide based out of Kingfield, I get to share some of the most beautiful remote places in Maine with my clients," said Todd Towle, a registered Maine Guide and operator of Kingfisher River Guides. "Maine is the last stronghold in the nation for brook trout and has the largest remaining brook trout population in the country. The CMP corridor would unnecessarily threaten brook trout and their habitat, these special places, and these unique Maine experiences."

A central issue before the Army Corps and Maine people is whether the federal agency will conduct an Environmental Impact Statement (EIS) to fully evaluate the significant environmental impact the proposed CMP corridor would have in Maine. Such an EIS would also assess alternative routes for the project to lessen harm done to the natural environment. To date, the Army Corps has refused to commit to an EIS even though it performed one for similar transmission line proposals in New Hampshire and Vermont.

State and federal agency reviews of the proposed corridor have revealed significant problems with CMP's project, including a failure to properly assess alternatives that could have reduced the impact of the project on Maine's environment and people. In May 2019, the U.S. Environmental Protection Agency issued a strongly worded letter to the Army Corps saying it had major concerns with the review process as well as CMP's inadequate permit application that failed to fully examine less-damaging alternatives.

"While the totality of this project imposes significant environmental and social impacts on Maine, we are most concerned about the approximately 54 miles of new, permanently cleared transmission corridor," said Sue Ely, Clean Energy Attorney at the Natural Resources Council of Maine. "CMP's proposed project is not in the public interest, is opposed by an overwhelming majority of Maine people, and would significantly impact Maine's environment."

In addition to the Army Corps review, the Land Use Planning Commission (LUPC) and Department of Environmental Protection are still reviewing the project and have not yet decided whether to approve it. Their review was delayed after LUPC Commissioners expressed concern about the project's impact on remote Beattie Pond, forcing CMP to pursue an alternative route it had previously claimed was not available to them.

Throughout the extensive state and federal review of the controversial project, CMP has failed to demonstrate how its corridor project would benefit the climate by reducing global carbon pollution, a fact emphasized by the Massachusetts Attorney General in a December

2018 filing. In the 2019 legislative session, CMP spent more than \$100,000 on an army of lobbyists to defeat a bill passed by bipartisan majorities of the Legislature that would have required an independent evaluation of the project's greenhouse gas emissions impact.

"CMP and Hydro-Quebec fought an objective analysis of their claimed climate benefits because they knew it would reveal that these claims are false. Without demonstrable reductions in greenhouse gas emissions, this incredibly destructive project only benefits CMP and Hydro-Quebec," said Ely. "Simply put, this proposed project would not reduce greenhouse gas emissions but would significantly harm Maine's environment and is deeply unpopular in Maine."

Opposition to the CMP corridor remains widespread in every corner of Maine, especially among residents of Western Maine where the corridor would have the most impact.

To date, 25 towns have voted to oppose or rescind their support.

Two of the state's biggest unions as well as the Sportsmen's Alliance of Maine and Franklin County Commissioners have come out in opposition to the project.

A March 2019 poll found that 65% of Mainers oppose the CMP corridor while 90% of Franklin County residents and 83% of Somerset County residents oppose the project.

Opponents have organized a referendum campaign to put the CMP corridor on the November 2020 ballot and are in the process of gathering signatures to submit by early 2020.

For additional background on the CMP corridor project visit: <https://www.nrcm.org/programs/climate/proposed-cmp-transmission-line-bad-deal-maine/>.



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Mechanic Savings supports hospice drive



Pictured l to r: Kristin Melville, Director of Marketing and Development at Androscoggin Home Healthcare and Hospice and Jeff Gosselin, Senior Commercial Banker at Mechanics Savings Bank and Androscoggin board member.

Androscoggin Home Healthcare and Hospice (Androscoggin) has teamed up with Mechanic Savings to sell their holiday remembrance ornament to benefit hospice care.

The 2019 pewter Christmas tree ornaments may be purchased for \$25.00 and includes a stand and gift tag for your loved ones' name. Ornaments are available at all Mechanic Savings locations: Auburn, Lewiston, and Windham or online at <https://androscoggin.org/events/remembrance-ornament/>.

Kristin Melville, Director of Marketing and Development said, "We are honored to have the support of Mechanic Savings who recognizes the importance of hospice care in our community. Last year, Mechanic Savings helped Androscoggin raise \$10,000 for hospice care through ornament sales. It is a perfect way to remember a loved one at this special time of the year."

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, including employment and volunteer opportunities, please visit www.androscoggin.org or call the Marketing and Development Office at 795-9405 ext. 1405

What's Going On

Consider shopping local this holiday season

It's that time of the year again. The time between Thanksgiving and Christmas, when many of us often spend hours doing our holiday shopping and preparation or searching for bargains online. If you're like me, you save your holiday shopping for the last minute. While you're at it this year, I have an important thought for you: shopping at our local Maine businesses. There's never a bad time to visit some of our great locally owned businesses. The holiday season presents us with a great opportunity to gift others, or ourselves, some great Maine-made products while also supporting our family, friends and neighbors who own and work in the stores.

As I wrote about in my last column, I had an opportunity to visit some great locally owned businesses this fall with Senate President Troy Jackson, as part of our Fighting for Maine Agenda tour. We visited Planson International in New Gloucester, The New Gloucester Village Store, and Bell Farms in Auburn. The Village Store and Bell Farms provide our communities with great local produce, fresh baked bread, canned goods and more. Planson International demonstrates that being based in Maine doesn't prevent a company from expanding across the world. Not only do these businesses add an incredible value to our community, they provide jobs, and are examples of thriving businesses here in Maine. I was proud to be able to show off these great local businesses to the Senate President.

One great tradition that many folks recently took part in was Small Business Saturday. This day, the first Saturday after Thanksgiving every year, was created in response to "Black Friday," and "Cyber Monday." The day celebrates our local small businesses and encourages people to get out and do some of their holiday shopping at them. While Black Friday is known for its big box stores, and Cyber Monday known for its online deals, it's only right that small businesses get a day as well.

There are many reasons why you should consider shopping local. First, you're getting a great Maine-made product. As Mainers, we pride ourselves on the quality and craftsmanship of our goods, and we're lucky to get access to so many of these products close to home. Another great benefit to shopping local is that you're giving back to the community. When you visit a local business, you're not supporting a huge corporation headquartered outside of our state. You're supporting our families, friends and neighbors, who in turn give back to our community. We want everyone in our communities to succeed and shopping local is an important part of that! Shopping local keeps more money in the community. A 2003 study by the Institute for Local Self-Reliance and Friends of Midcoast Maine showed that three times as much money stays in the local economy when you buy local instead of from a national chain. Shopping close to home really does help our communities thrive.

This holiday season when you're doing your shopping, please consider visiting one of the many great local businesses in our community. You'll not only get a quality item; you'll be supporting your community.

Please don't hesitate to reach out to me if you have a question, comment, or just want to make your voice heard. I can be reached by email at Ned.Claxton@legislature.maine.gov, or by phone at (207) 287-1515.

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland

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What's Going On

University of Southern Maine Outsiders Club adventures



Pictured l to r: (front) Carmen Cohen, Elaine Bragdon, Janet Stenberg, Anne White, Suki Thompson, (back) row Jeanne Lessard, Diane Nadeau, Peggy Volock, Nancy Long, Janet Joseph.

The Outsiders Club, of the University of Southern Maine, Lewiston Auburn Campus, Senior College has had a very active summer and fall. Reine Mynahan and Janet Stenberg have skillfully planned hiking and kayaking outings on the beautiful trails and bodies of water in Maine. We have succeeded in getting outdoors to enjoy our beautiful state. Along the way we've gotten some exercise and have made new friends. Locally we have logged miles at Thorncrag and Mt. Appetite and carpooled to trails and ponds and rivers in Boothbay, Camden, Norway and Bryant Pond, to name a few. We are so fortunate to have all this splendor so near! The snow is starting to fall so it is time

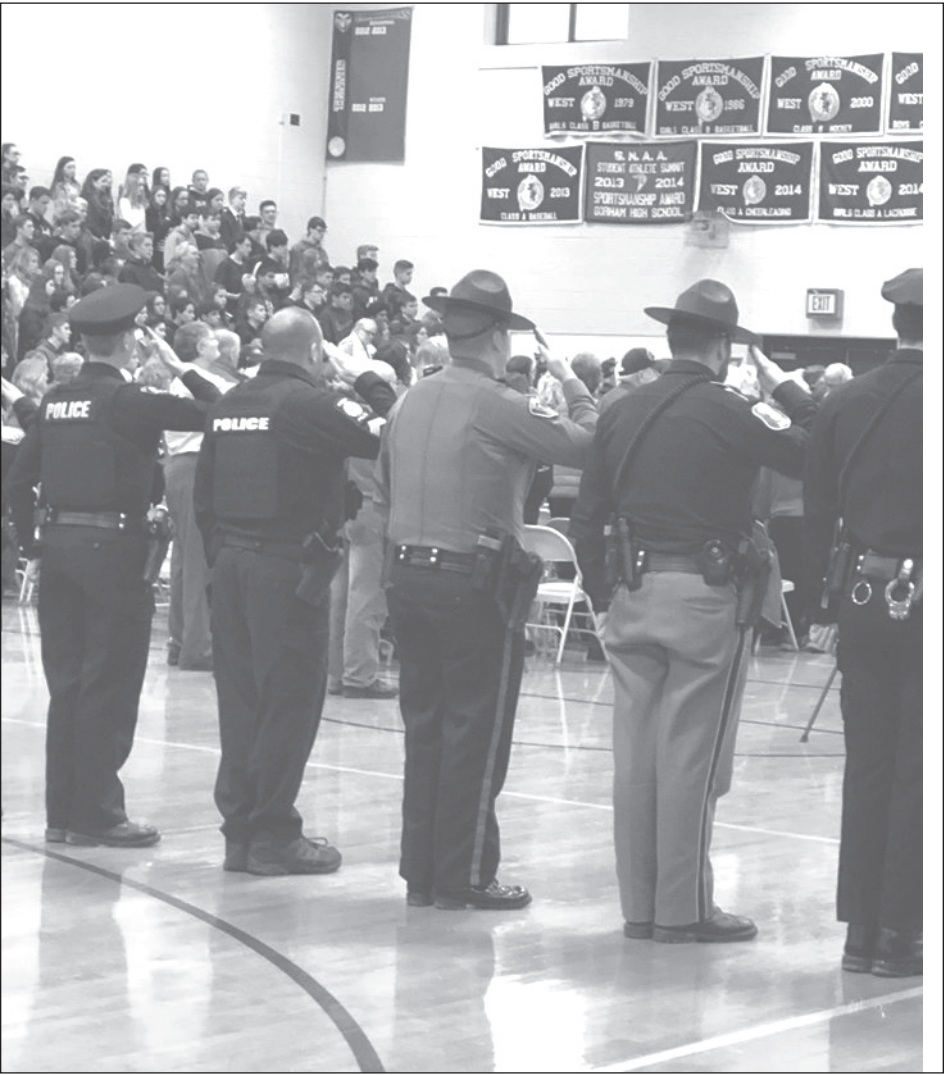
to get out the snowshoes and cross-country skis! If you are interested in join-

ing us please call USM Lewiston Auburn Senior College at 207-753-6610.



Pictured l to r: Michelle Ouellette, Pauline Paradis, Janet Stenberg, Nikki Frye

Wreaths Across America ceremony in Gorham



The Gorham Police Department participated in the Wreaths Across America ceremony hosted by Gorham High School. Local veterans and gold star families were hon-

ored for their service and sacrifice. The life of school resource officer Wayne "Pooch" Drown was honored during the Ceremony. Mrs. Cindy Drown and her family accepted a wreath in

his honor. Sergeant Ted Hatch and Officer Dean Hannon will be participating in escorting the convoy from Maine to Arlington National Cemetery.





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Americans Motivated to Improve Holiday Finances

(StatePoint) Americans are taking proactive steps to keep holiday spending in check and be financially ready for next year, according to an Experian national consumer survey.

A majority of those surveyed (84 percent) say they're motivated to improve their finances this holiday season, with 66 percent paying for gifts in cash and 62 percent planning to pay off debt. Almost half (46 percent) will try to improve their credit score before the start of the new decade.

• Holiday shopping strains finances. Many Americans agree that holiday expenses affect their finances negatively (63 percent), and nearly two out of three feel stressed about their finances during the season. However, Americans plan to tackle these challenges with some smart approaches; many of those surveyed (65 percent) will set aside money for gifts, while 52 percent will tighten

their budgets to prepare for holiday shopping. Looking beyond gift giving, 42 percent will start financial planning to prepare for next year and beyond. Consumers' top New Year's resolutions are saving more (49 percent) and improving their credit score (33 percent).

• Credit as part of a holiday spending plan. Nearly one in four consumers plans to introduce open a new credit card during the holidays, according to Experian. If this describes you, it's important to go about it carefully.

"Debt you can't repay will certainly bring down your holiday spirit," says Rod Griffin, Experian's director of consumer education. "There's often the temptation to overspend, but the best gift you can give yourself is being financially smart. Make sure to create a budget and stick to it while using credit wisely. The key is strategic use of credit -- whether that's using a card

that provides low interest, rewards points or cash back -- to improve the shopping experience and stretch your dollars."

Whether to get the best credit card for holiday shopping or to be prepared for future loan needs, Americans can now boost their credit score instantly by using Experian Boost, a free tool that allows anyone to add positive payment history for utility or telecom bills to their Experian credit report, possibly increasing their FICO Score 8 in real time. Consumers who increase their scores average more than a 10-point bump. For more information, visit experian.com/boost.

• Holiday pressure may cause unwise financial choices. Sixty percent of survey respondents say they spend too much during the holiday season. In fact, despite being stressed about debt, they'll still spend an average of \$1,649 on gifts this year, compared to \$945



(c) gpointstudio / iStock via Getty Images Plus

in 2018, a whopping 75 percent more, according to Experian.

Additionally, the lure of deals is hard to resist; one in five Americans surveyed would risk becoming a victim of identity theft for a good Cyber Monday deal, and 56 percent would rather

get a 10 percent discount at a store than improve their credit score by 10 points.

Don't let the holidays

get the best of your wallet. Start the new decade on solid financial ground by making smart seasonal choices.

Tips for Families Gifting Kids Mobile Devices This Holiday Season

(StatePoint) Buying children mobile devices this holiday season? You're in good company. Fifty-three percent of children own a smartphone by age 11, and 84 percent of teenagers have their own phones, according to Common Sense Media.

While there are many great benefits to being digitally connected at a young age, there are certain issues families should address. Once the dust settles after your child receives their gift, consider these suggestions for safer, more responsible mobile device use:

1) Discuss Privilege and Trust. Have a casual, open-ended chat about the privilege and responsibilities of device ownership. Ask questions about whether their friends own devices, and what they're most excited to use it for.

2) Set Clear Agreements. Setting clear rules about device usage is essential. Depending on your child's age, you may agree that the device only to be used for certain purposes (for example: contacting you, FaceTiming relatives, doing homework). Even with older kids and teens, it's important to discuss appropriate online behavior, healthy digital habits and "screen etiquette." Consider putting together a "contract" to be displayed somewhere visible.

3) Buy a Protective Case and Warranty. Devices are easy to lose or break -- especially by kids. Consider buying a durable case and screen protector as additional presents, and definitely purchase a warranty through your carrier or a third party.

Finally, make sure you have a location monitoring app installed on your child's device, which offers peace of mind, saves headaches coordinating pickups and can help you locate lost devices in a pinch.

4) Download a Parental Guidance App. Download a parental guidance app onto your own device, such as OurPact, which allows you to install a simple profile on your child's device. Then, you can remotely set up automated schedules for when internet and apps are unavailable, or block access manually to the device for a specified period of time. With such features as URL whitelisting and blacklisting, daily screen time allowances and iMessage/SMS blocking, you can be engaged with how your child uses their device, letting you enjoy

the peace of mind knowing they aren't playing Angry Birds or Fruit Ninja past bedtime when they should be snoozing. Available at the iOS App Store and Google Play Store, parents can also sign up for an account at www.ourpact.com.

5) Screen Applications for Quality. Make sure all apps installed on your child's device pass your approval. It's good practice to have the App Store blocked using a tool like OurPact. This way, when your child wants to install a new app, you can research it together.

6) Practice What You Preach! Kids are more likely to respond to actions over words, so make sure that you're setting a good example. Don't send emails at the dinner table. Never text and drive. Make eye contact when you talk. Last but not least: always put relation-

ships -- especially with your children -- before devices.

For a joyful holiday season, be sure any gift of a digital device is used safely and responsibly by the recipient.

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

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Christmas at Norlands: a 19th Century Holiday Celebration



The 1867 Washburn mansion will be decorated inside and out during Christmas at Norlands.

The Washburn-Norlands Living History Center in Livermore will open on Saturday, December 14, 11 a.m. to 4 p.m., for a family-friendly interactive Christmas celebration. Experience a rural Christmas in the 19th century and participate in living history activities around this beautiful and tranquil estate. Journey back to a time when celebrations were much simpler than they would become in the 20th century. This event is made possible with support from Dead River Company.

Ongoing activities throughout the day include horse-drawn sleigh or wagon rides (depending on snow conditions), children’s craft activities, storytelling, parlor games, the one-room schoolhouse, and tours of the simply yet elegantly decorated 1867 Washburn family mansion. Old-fashion spelling bees take place in the schoolhouse at noon, 2 p.m., and 3:30 p.m.

Musicians Julia Lane and Fred Gosbee of Castlebay (Round Pound, Maine) will weave together seasonal tunes on the Celtic harp, guitar, fiddle and tin whistle. They blend history, legend and experience into their personable performance style and treat audience

members to a musical journey through time and across the Atlantic. They will perform in the Washburn mansion throughout most of the day during Christmas at Norlands.

The Rangeley Ringers Hand Bell Choir will perform at 1:30 p.m. Led by Sue Downes-Borko, this talented group of the Rangeley Congregational Church performs throughout the greater Rangeley community. With 3-octaves of hand bells and tone chimes, they pour their hearts into making beautiful music.

A historical church service will be held in the 1828 Universalist meeting house at 12:30pm and again at 3 p.m. Reverend David Thurston Stevens (b.1812 d.1897), portrayed by Norlands’ historical interpreter Ignacio Valdes, will lead a short service complete with a Christmas message, readings and hymns.

A Cookie Walk fundraiser benefits Norlands’ building fund. For only \$5, fill a bag with delicious homemade cookies to take home. Arrive early as this popular fundraiser sells out early.

Visitors may warm up with a cup of soup, a mug of mulled cider or hot

chocolate, and a sweat treat in the farmer’s cottage while supplies last.

The gift shop will be open and filled with unique treasures to meet your holiday shopping needs. Norlands own maple syrup, stick candy and old-time toys and games are just a few of the items showcased in the shop.

Tickets will only be sold the day of the event upon arrival; guests may purchase tickets inside the white church. General admission is \$10 per person (\$8 for members of Norlands); \$6 (\$4) ages 12 and under, and free for ages 5 and under. \$25 (\$20) family rate for 2 adults with up to three children under the age of 18. The Washburn-Norlands Living History Center is located at 290 Norlands Road in Livermore, Maine. For more information, call 207-897-4366 or visit www.NORLANDS.org.

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

This event is made possible with support from Dead River Company. “Dead River Company believes it’s both a privilege and responsibility to be an active member of the communities we serve. We are proud to support the Washburn-Norlands Living History Center and their mission of preserving Maine’s heritage and for the educational value it brings to present and future generations,” remarked Lisa Morrisette, Director of Marketing at Dead River Company.

Founded in 1909 by

Charles Hutchins, Dead River Company originated in the forest products industry, along the banks of the Dead River, from which the company took its name. Today, Dead River Company is the largest heating services provider in northern New England, serving the energy needs of homes and businesses. Known for their highly skilled and quality technical services, Dead River Company designs, installs and services heating equipment fueled by propane, heating oil, and kerosene. Energy professionals provide 24-hour emergency response service, as well as advice on how to achieve fuel conservation and efficiency goals. For more information, visit www.deadriv.com.



Castlebay Duo - Julia Lane and Fred Gosbee - will play seasonal tunes in the Washburn mansion during Christmas at Norlands.



The Rangeley Ringers Hand Bell Choir performs at 1:30pm during Christmas at Norlands.



Ray Fleury, Norlands Historic Farm Manager, drives the sleigh during a past Christmas at Norlands event. Photo by Ryan Burnham of Leeds Maine

WHA rotating art gallery



Photo of Moose by Ralph Staples

The Woman’s Hospital Association (WHA) Rotat-

ing Art Gallery at Central Maine Medical Center in

Lewiston is now displaying the paintings of Annette Lavallee and the photography of Ralph Staples.

A Maine native, Lavallee, has been well known over the years for her watercolor images. More recently she has explored the world of acrylic painting with the use of vivid colors to capture the world around her. The recipient of three “Best in Show” awards for her work and multiple other accolades, Lavallee has focused much of her recent art on scenes along the Nezinscot River in the Buckfield area as well as the Portland waterfront.

Ralph L. Staples is a nature and landscape photographer. He has studied at New England Institute of Professional Photography. He has also attended seminars with Nikon School of Photography, Rocky Mountain School of Photography, and studied with professional photographers John Shaw, Tony Sweet, and others. Ralph is a member of the Boothbay Harbor Art Foundation and the Capital Area Camera Club. Staples has received many print awards with the Maine Professional Photographers Association. His work has been featured in calendars, brochures,

and trade magazines. The works on display may be purchased through the WHA Gift Shop located adjacent

to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

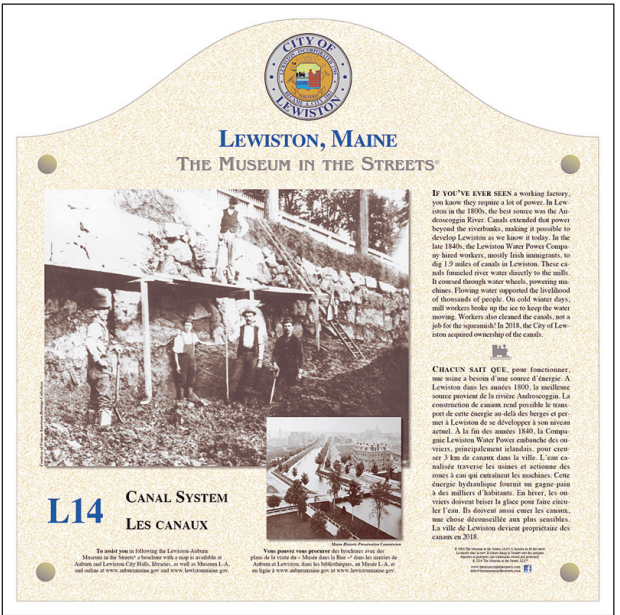


Widgery Wharf II – Acrylic painting by Annette Lavallee

LA magical history tour-museum in the streets



Lewiston and Auburn is once again on the move with a new Museum in the Streets LA River History Trail, showcasing 30 historical markers that straddles both sides of the river. The markers depict our proud heritage of community and have been written in both English and French so as to not only remind us of our rich Franco history but to help guide residents and tourists alike to be able to learn more about the two cities' history, all while walking along the River and around the two downtowns. Furthermore, the Androscoggin River and its Great Falls is to be one of the main focal points of the trail. The Great Falls or sometimes referred to as "Our Little



Niagara", fed the Native Americans for 10,000 years and led us into the Industrial Age and will continue to

lead us into the Future. Give this gift to family and friends—walk the LA River-Museum on the streets. Maps are available at both city's libraries and City Hall, or you can download it from the Lewiston Website.

The whole community is invited to participate and is welcome in joining our pride in community and Historic Riverfront.

Several years of hard work and research has been done to bring this day to fruition. A special thanks to our two Cities who were instrumental in not only funding, but working along with the team (The Androscoggin Historical Society, Grow L+A River Working Group, Museum LA, Androscoggin Land Trust, Healthy Androscoggin and Bates College) to make it happen. This is a great example of a public, private and non-profit project that shows working together for a common goal can give great results.

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

Check TCT every week for updated Calendar listings!

Book about Bates Mill textiles and designs featured at signing



Author Jacqueline Field will be at Museum L-A from 3 to 7 p.m. Thursday, Dec. 12, to sign her book "Textiles & Designs: Bates Mill 1930-1990."

The popularity of "The Art of the Bates Bedspread," a well-attended exhibit by Museum L-A's guest curator in 2016-17 showcasing the many designs involved in the making of our famous local product, indicated it was time to publish a book about Bates Mill as a local global economic engine and leader in design and fashion. "Textiles & Designs: Bates Mill 1930-1990" presents the first comprehensive study of Bates Manufacturing's mid- to late-20th century woven and printed textiles. In time for the holiday season, author Jacqueline Field will be at Museum L-A from 3 to 7 p.m. Thursday, December 12, to sign her book which has over 200 illustrations that highlight designs, fabrics, advertising strategies, mill stories and more. Aspects of the individual textiles, including technical innovations and patent awards are explored, and where relevant, human

interest mill stories are interwoven. "Jacqueline Field helped us fulfill our mission of honoring and memorializing the millworkers who, most with little education, were very creative and innovative as they worked to build an amazing community," said Rachel Desgrosseillers, founding executive director. "Museum L-A is proud to validate their work and their lives." Various home and fashion fabrics that made Bates a national household name in the post-World War II decades are explored in the book. These textiles provide a valuable record and constitute a monument to Lewiston's last generations of mill workers. Field tours many of Bates' products—from woolly lambs to astronauts and the moon landing—and the brilliant marketing strategies employed. She shares a teaser in a story

she unearthed in the Bates Company records, when in 1942 Bates produced the "Midway" bedspread commemorating the Battle of the Midway. The U.S. fleet of aircraft carriers, bombers, and battleships defended the atoll and defeated the Japanese fleet.

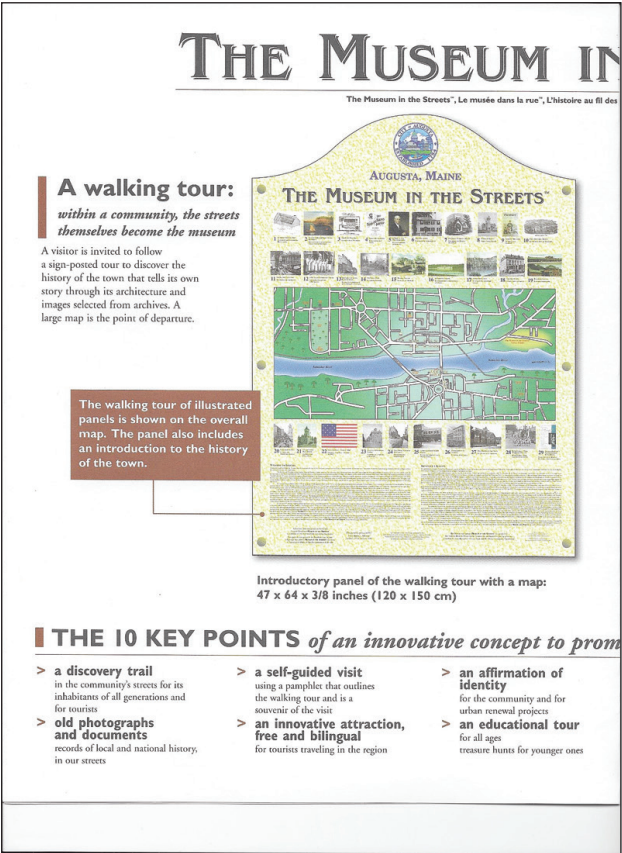
Textile historian Diane Affleck Fagan remarked, "Using corporate records, factory-floor pictures, and a wealth of promotional materials, Jacqueline Field's book, 'Textiles and Designs: Bates Mill 1930-1990,' tells a fascinating story about the Bates mills and their products. While she details the company's history and its evolution from a thriving New England textile manufacturer to its eventual demise, the real richness of the book is in the images and Field's narrative about the Bates textiles themselves and the company's advertising campaigns."

Field is a textile and dress historian. Born and educated in Scotland, she studied textiles at Edinburgh College of Art, began her career as a textile designer in Manchester, England and is now a long-time U.S. resident residing in Portland. After a long college career teaching textile subjects, she now devotes most of her time to researching and writing about textiles.

"Textiles & Designs: Bates Mill 1930-1990" is available both softbound and hardbound and can be purchased and signed by the author on December 12. It can also be purchased in the museum's gift shop during regular business hours. Copies can be reserved by calling 207-333-3881 or online at www.museumla.org. All proceeds from the sale of the book go directly toward the museum's programming and exhibits. The cost of publishing the book has been covered by a grant from the Coby Foundation as well as a gift from an anonymous donor.

Museum L-A is located in the Bates Mill Complex at 35 Canal Street in Lewiston, Maine. Enter the parking lot at 36 Chestnut Street. Its hours of operation are Tuesday through Friday from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m. For more information, email info@museumla.org.

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



Bedspreed image: The Bates "Midway" bedspread and matching drapery magazine advertisement with a tribute to the young pilots serving in World War II, was featured in various glossy magazines, and is one of many vintage advertisements included in "Textiles & Designs: Bates Mill 1930-1990."

TWIN CITY NIGHTS

Weekly Arts & Entertainment

Sing! It's Christmas: Community sing-along



A beloved tradition here at the Chocolate Church Arts Center! Pat Colwell and the Soul Sensations bring down the house with a powerful mix of Motown and Memphis soul music that's

guaranteed to get the party started. This is a 100% old school R&B revue, complete with female backup singers, a full horn section, and a show that will knock your socks off! Dancing in the

aisles is strongly encouraged. The event takes place 7 to 9 p.m. on Monday, December 23 at Chocolate Church Arts Center. For more information visit <https://www.chocolatechurcharts.org>

Lewiston citizen committee vacancies

Mayor-Elect Mark Cayer is seeking interested citizen volunteers to serve as members of the City's various boards and committees. Lewiston residents who are interested in applying can contact the City Clerk's Department to complete a committee volunteer application. Application forms are also available on the City's website at www.lewistonmaine.gov. Committee descriptions, meeting times and other information about committee service are also available on the City's website. Applications are requested to be submitted no later than 4 p.m., Friday, December 27.

The following city boards and committees have current openings: Board of Appeals, Cable TV Commit-

tee, Complete Streets Committee, Finance Committee, Historical Preservation Review Board, L/A Community Forestry Board, Lewiston Area Public Health Committee, Library Board of Trustees and Planning Board.

Due to residency requirements in the City Charter, neither the Board of Appeals nor the Planning Board may have more than two members serving simultaneously from the same wards. This provision is to ensure adequate and balanced representation from all sections of the city.

Residents are welcome to contact the City Clerk's Department at 513-3124 with any questions they may have regarding the committee appointment

process. Completed applications shall be submitted to the City Clerk's Office for processing. Office hours are Monday through Friday, 8:30 a.m. to 4 p.m.

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A Christmas Carol returns to The Public Theatre

This holiday season, for one weekend only, Dec 13, 14, and 15, The Public Theatre, will present their acclaimed adaptation of A Christmas Carol followed by a holiday sing-a-long featuring Christmas Carol fiddler Jennifer Armstrong. The Public Theatre’s own version of Dickens’ classic has become a favorite holiday tradition in Lewiston/Auburn. This inventive adaptation, performed by six actors and a fiddler, was developed and written for The Public Theatre by Artistic Director Christopher Schario in 1993, and has since been published by Dramatists Play Service and is now regularly performed by theatres around the world.

“There’s a great reason why this story is told during the holidays and will never go away”, says author and Artistic Director Christopher Schario. “Sometimes it’s easy to forget the true meaning of the season in all the holiday shopping. Watching Scrooge’s journey always awakens my holiday spirit and gets me ready to celebrate Christmas.

Another thing worth celebrating, according to Schario, is The Public Theatre’s ticket price of only \$10 for children 18 and under. “With our \$10 ticket, we are hoping to introduce today’s youth to the magic of professional theatre and give them a gift they’ll have for

the rest of their lives. Plus, we are happy to offer quality family entertainment that people can actually afford to bring their family to.”

With all the different versions out there of this story, The Public Theatre’s adaptation remains many peoples favorite. “We stay true to the heart of the story, while at the same time telling it with a fresh sense of playfulness and imagination”, says Schario. “Much of Dickens’ original text is used, as six actors portray various characters using simple costume pieces. A live fiddler underscores the story with traditional Christmas music, and a hand-cranked wind machine and thunder sheet create a magical theatrical atmosphere. Uncluttered by spectacle, the audience’s imagination is free to soar, and this classic story comes to life in a way you’ve never imagined.”

The Public Theatre’s version begins with a child reading a copy of Dickens’ novel. As the child reads, five actors and a fiddler magically appear and slowly coax the child into joining the story and becoming the character of Tiny Tim. It’s a marvelous metaphor for the way literature grabs and transforms us, as well as an original way of telling this inspiring story of human redemption.

Leading the cast of A

Christmas Carol will be Michael O’Brien in the role of Scrooge. Michael is a familiar face to Maine audiences following a long history onstage with Theater at Monmouth and previous appearances at The Public Theatre. The rest of the cast features Russell Berrigan as Marley, Nicholas Perron as Christmas Present, Sheila Stasack as Mrs. Cratchit, Heather Irish as Belle and local young actress Charlie Re Dresdner in the role of the child/Tiny Tim. Returning as the fiddler will be acclaimed musician and storyteller Jennifer Armstrong.

With a top ticket price of only \$25 for adults, and \$10 for children 18 and under, it’s professional theatre at a price even Scrooge would love! Gift certificates for any production throughout the remainder of the season are also available for the holidays.

A Christmas Carol will be performed on Friday, Dec 13 at 7 p.m., Saturday, Dec 14 at 2 p.m. and 7 p.m., and Sunday Dec 15 at 2 p.m. For tickets visit the publictheatre.org or call the Box Office at 782-3200.

Season Underwriters: Platz Associates, Sun Journal, Austin Associates, Maine Magazine and Gleason Media Services. Corporate Sponsors: Lee Auto Malls and Mechanics Savings Bank.

Green Dot LA Quilt on view at LA Arts



Quilters Eileen Fair, Kitsie Claxton and Patty Weidler in front of the “KindSpring” quilt

Maine Event Comedy presents Tyler Morrow at Craft Brew Underground



Tyler Morrow

Maine Event Comedy presents Boston’s Tyler Morrow at Craft Brew Underground, Friday, Dec. 13 at 8 p.m. The show will also feature Keith Hebert, Brendan Williams, and Kevin Ryan.

Morrow co-hosts the unique No Recipes web series, where comedians are presented all the ingredients to cook something, sans recipe. He’s performed at

New York City’s Greenwich Village Comedy Club and Boston’s Nick’s Comedy Stop, Laugh Boston, Dick Doherty’s Comedy Vault, and the legendary Comedy Studio.

Whether he’s playing guitar with his band Objet or telling jokes throughout New England, Hebert aims to entertain. He a regular performer and producer at Empire Comedy Club and

has appeared on the popular comedy game show Make ME Laugh.

Williams, a San Francisco transplant, shares stories about his unique childhood while weaving in an abundance of pop culture references. He was recently a featured performer at the Hartford Fringe Festival.

Ryan was a finalist in the 2019 Maine’s Funniest Comedian competition and is a regular at Portland’s Empire Comedy Club.

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.

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

LA Arts will host an exhibition of “KindSpring,” a quilt created by local Green Dot LA members in support and celebration of the Green Dot bystander intervention program, designed to help reduce threats and violence in the Twin Cities. The quilt will be on view December 12 through January 10, in the LA Arts Gallery, 221 Lisbon Street in Lewiston. Gallery hours are Tuesday through Friday 12 to 4 p.m. and Saturday 11 a.m. to 3 p.m. The exhibition is free, and the community is invited to attend.

As a local volunteer initiative committed to making the community a better and safer place, Green Dot LA offers strategies for safe and effective responses to hurtful and hateful words and behaviors. The quilt’s design conveys the program’s central image of positive “green dot” actions that people can learn in response to negative “red dot” incidents of harassment and violence. The quilt makers include Kitsie Claxton, Eileen Fair, Linda Matzen, Patty Weidler, Wendy Mitchell, Betsy Dorr and June Zellers.

The quilt showcases a central Green Dot tenet that “no one can do everything but everyone can do some-

thing.” According to the artists’ statement, “the larger spiral formed by circles suggests the way in which the culture of our community can grow - as our small individual actions gather force and strength over time—in the direction of kindness and safety for all.”

Since 1973, LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community through arts and culture. The agency works with

governments, businesses, schools and local arts and cultural organizations to create opportunities for community members across the generations to experience, learn, and participate in the arts. LA Arts organizes arts programs and initiatives, supports the work of local artists and art organizations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at www.laarts.org.

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“Let’s Dance! Contras, Quadrilles, Jig & Reels”

UMaine Extension hosts dairy forage conference

Museum L-A has announced that its third workshop in the 55+ Creative Aging series funded by Aroha Philanthropies will be dance focused and led by local dance instructor Cindy Larock. “Let’s Dance! Contras, Quadrilles, Jig & Reels” is an eight-week series of dance classes in the old-time social dance traditions of Quebec and New England.
The Saturday workshops, held at Lewiston Public Library’s Callahan Hall, will kick off Saturday, January 11, 2020 and go through March 14. “Callahan Hall has a great dance floor,” explained Larock.
“Museum L-A hosted the first two workshops at the Bates Mill, but the offer by the Lewiston

Public Library to use its Callahan Hall for this dance workshop was too good to pass up,” said Denise Scammon, program coordinator for the museum. “People are familiar with the library’s location and parking on Lisbon Street is free on Saturdays.”
All those who wish to participate in this dance workshop must reserve their place in the class prior to January 11. Depending on the type of dance, each student will partner with another student in the class.
“Students will be switching partners with every dance. It’s traditional for everyone to socialize and dance with everyone else in the room, just like dancing at a family gathering,” said Larock. “The

dance workshop is for anyone age 55 and up, with opportunities for family members of any age to join the fun over the course of the class series.” Grandparents can bring young grandchildren, for example.
This no-cost workshop was made possible through a grant program called Seeding Vitality Arts in Museums. This initiative is funded by Aroha Philanthropies and was designed to support the development and expansion of successful creative aging programs. The goal is to inspire and enable older adults to learn, make, and share the arts in ways that are novel, complex, and socially engaging. For more information, call the museum at 207-333-3881.

University of Maine Cooperative Extension is hosting the annual dairy forage conference from 9:30 a.m. to 3:30 p.m., December 18, at Governor’s Restaurant, 376 Main St., Waterville.
UMaine Extension educators and industry experts will focus on managing diets with forages grown and harvested in challenging conditions and potential health concerns for livestock. Additional talks examine growing industrial hemp in Maine, corn silage variety trial data, solar farm leases and the potential for ergot contamination in feeds from wetter growing conditions.
The \$25 per person fee includes lunch. Register online. For more information or to request a reasonable accommodation, contact Rick Kersbergen, 207.342.5971; richard.kersbergen@maine.edu.
As a trusted resource

for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.
The University of Maine, founded in Orono in 1865, is the state’s land grant, sea grant and space grant university. As Maine’s flagship public university, UMaine has a statewide mission of teach-

ing, research and economic development, and community service. UMaine is the state’s only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100 degree programs through which students can earn master’s, doctoral or professional science master’s degrees, as well as graduate certificates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine, visit umaine.edu.

Corelli’s Christmas concerto at Oasis

A string quartet performance of Corelli’s Christmas Concerto will be featured at the Oasis of Music Wednesday December 18, beginning at 12:30 p.m. This work, to be performed by Jessie Boardman and Kate Gray, violins, Greg Boardman, viola, and Philip Carlsen, cello, is a seasonal favorite from the Baroque era of music. Published posthumously in 1714, it was composed in the 1690’s to be performed on Christmas Eve. Its six movements have a story-telling character, culminating in its Pastoral, an angelic lullaby for the Christ child, one of Baroque music’s most endearing melodies.
The Oasis of Music takes place at Trinity Church, 247 Bates Street in Lewiston. Admission is free, with donations accepted. For more information call 344-3106.

Join us for a Ribbon Cutting at Sophia’s House on December 13 at 12 p.m. Sophia’s House is located at 97 Blake Street in Lewiston.
After years of planning, fundraising, and hard

work, Sophia’s House is excited to celebrate the Grand Opening! Sophia’s House, a project of The Center for Wisdom’s Women, will be a residential community for women survivors of traf-

ficking/exploitation, prison and addiction, based on the model of Thistle Farms in Nashville, TN. The ribbon cutting will begin at 12 p.m., with an open house and tours until 3 p.m. A dedication and blessing of the building will take place after that, with Regina Mullins-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 during the open house.
Those who attend the Friday events are invited to bring gifts of hygiene items for the Center’s hygiene pantry! (Only basic, full size, unopened containers—shampoo, conditioner, deodorant, toothpaste and feminine pads are most needed)
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. For more information call 513-3922 www.wisdomswomen.org

Ribbon cutting at Sophia’s House

Word Search

We all remember the childhood excitement of our favorite toys as the holidays approach. Did your favorite toy make this week’s list?

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

HOT WHEELS

WEEBLES

SUZY HOMEMAKER

BEANIE BABIES

JENGA

NERF BALL

FURBY

ATARI

LITE BRITE

GI JOE

UNO

SIMON

PET ROCK

RUBIKS CUBE

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Email us at info@twincitytimes.com.

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

Send Calendar listings to Editor@TwinCityTimes.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 or by calling the box office at (207) 442-8455.

Book signing by Jacqueline Field at Museum L-A 3 to 7 p.m. “Textiles & Designs: Bates Mill 1930-1990”. “Textiles & Designs: Bates Mill 1930-1990” is available both softbound and hardbound and can be purchased at the book signing. It can also be purchased in the museum’s gift shop during regular business hours. Copies can be reserved by calling 207-333-3881 or online at www.museumla.org.

Friday, Dec. 13
Maine Event Comedy presents Tyler Morrow at Craft Brew Underground, 8 p.m. 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.

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

Ribbon Cutting at Sophia’s House, 97 Blake Street, Lewiston, 12 to 3 p.m. Those who attend are invited to bring items of hygiene for Center’s hygiene pantry. Basic, full size, unopened containers only—shampoo, conditioner, deodorant, toothpaste and feminine pads are most needed. Parking at the Center is limited but is available on the street or a few blocks away in the Park Street garage. For more information call 513-3922 www.wisdomswomen.org.

Christmas sing along at USM-LAC, USM LAC is located at 51 Westminster St. in Lewiston, 1:30 p.m. Admission is free to all. More information and weather cancellation 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

Calendar

See more Calendar at www.TwinCityTimes.com

Fryeburg, 7:30 p.m. Tickets are \$20 for adults and \$5 for students (general admission). Order online at www.fryeburgacademy.org/pac, or call the box office at 207-935-9232. For additional information go to www.fryeburgacademy.org/pac. More artist info is available at 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 or visit www.cmcc.edu/professionaldevelopment. Registration deadline is December 6.

A Christmas Carol returns to The Public Theatre, 7 p.m. a top ticket price of only \$25 for adults, and \$10 for children 18 and under. For tickets visit the publictheatre.org or call the Box Office at 782-3200

Saturday, Dec. 14
Sparkle Saturday, Downtown Lisbon Street, Lewiston, 10 a.m. to 4 p.m. This one-day pop-up retail experience aims to recreate the hustle and bustle of meeting your neighbors on the street while holiday shopping. Blue Sparkle flags will mark each venue, where maps with vendor listings will be available.

Holiday Fest and Craft Show at the Hampton Inn, 15 Lincoln Street, Lewiston 12 to 4 p.m. For more information contact Emma Dudley at (207) 330-5330 or emmadudley40@yahoo.com.

A Christmas Carol returns to The Public Theatre, 2 p.m. a top ticket price of only \$25 for adults, and \$10 for children 18 and under. For tickets visit the publictheatre.org or call the Box Office at 782-3200.

A Christmas Carol returns to The Public Theatre, 7 p.m. a top ticket price of only \$25 for adults, and \$10 for children 18 and under. For tickets visit the publictheatre.org or call the Box Office at 782-3200.

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

Bean Supper at the Calvary United Methodist Church, 59 Sabattus Street, Lewiston, 4:45 p.m. Adults \$8, Children \$4. Please use Blake Street entrance.

Christmas at Norlands: a 19th Century Holiday Celebration at The Washburn-Norlands Living History Center, 290 Norlands Road, Livermore. 11 a.m. to 4 p.m. Tickets will only be sold the day of the event upon arrival; guests may purchase tickets inside the white church. General admission is \$10 per person (\$8 for members of Norlands); \$6 (\$4) ages 12 and under, and free for ages 5 and under. \$25 (\$20) family rate for 2 adults with up to three children under the age of 18.

Sunday, Dec. 15
A Christmas Carol returns to The Public Theatre, 2 p.m. a top ticket price of only \$25 for adults, and \$10 for children 18 and under. For tickets visit the publictheatre.org or call the Box Office at 782-3200.

Christmas Craft and Vendor Fair, Ramada Hotel and Conference Center, 490 Pleasant Street, Lewiston, 9 a.m. to 3 p.m. For more information contact Emma Dudley at (207) 330-5330 or emmadudley40@yahoo.com.

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

Wednesday, Dec. 18
UMaine Extension hosts dairy forage conference at Governor’s Restaurant, 376 Main St., Waterville, 9:30 a.m. to 3:30 p.m. The \$25 per person fee includes lunch. Register online. For more information or to request a reasonable accommodation, contact Rick Kersbergen, 207.342.5971; richard.kersbergen@maine.edu.

Corelli’s Christmas Concerto at The Oasis of Music, Trinity Church, 247 Bates Street, Lewiston, 12:30 p.m. Admission is free, with donations accepted. For more information call 344-3106.

Saturday, Dec. 21
Holiday Pop Up Extravaganza, Marco’s Restaurant, 12 Mollison Way, Lewiston, 11 a.m. to 3 p.m. For more information contact Emma Dudley at (207) 330-5330 or emmadudley40@yahoo.com.

Sunday, Dec. 22
Christmas Pageant at West Auburn Congregational Church, 811 W Auburn Rd, Auburn, at 4 p.m.
Christmas show featuring Grammy-winning Celtic fiddler Eileen Ivers at Chocolate Church Arts Cen-

ter. Tickets for Eileen Ivers’ A Joyful Christmas range from \$38-\$42 in advance or \$47 at the door and are available at www.chocolatechurcharts.org or by calling 207-442-8455. Tickets can also be purchased at the box office of the Chocolate Church Arts Center, located at 804 Washington Street in Bath.

Tuesday, Dec. 24
Christmas Eve Service at West Auburn Congregational Church, 811 W Auburn Rd, Auburn, at 4 p.m.

Op-ed: Law passes to bring trauma-informed care model into Maine public elementary schools

By Lizzy Wolf, Ashley Taylor and Sadie Russell of University of Southern Maine

On June 27, 2019 the state of Maine passed LD 997, An Act to Promote Social and Emotional Learning and Development of Young Children, which aims to restructure public schools with a more trauma-informed approach to education. This bill was sponsored by Senator Cathy Breen of Falmouth who stated that “children’s social and emotional well-being” depends on teachers’ willingness to implement trauma-informed care in their classrooms. Collaboration has already begun between the Department of Education and the Center of Excellence for Infant and Early Childhood Mental Health Consultation to develop a training program for teachers in Maine. Starting in September 2020, this program plans to cover topics such as adverse childhood experiences, sensory processing, building trust, emotional dysregulation, neurological and biological development in children, misconduct in the classroom, and attachment difficulties. Teachers across the state of Maine will also be provided with ongoing support from early childhood development consultants throughout the 2020-2021 school year.

FLAGSHIP CINEMAS

December 13th through December 18th

DOORS OPEN AT: 11:15 am

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Richard Jewell (R)	12:30	3:30	6:30	9:25
Knives Out (PG-13)	12:40	3:40	6:50	9:40
A Beautiful Day In The Neighborhood (PG)	1:00	4:00	7:00	9:30
Jumanji: The Next Level (PG-13)	12:50	1:20	3:50	4:20
	6:40	7:05	7:30	9:25
Jumanji: The Next Level 3D (PG-13)				9:50
Frozen 2 (PG)	11:45	12:45	1:15	2:15
	3:45	4:15	4:45	6:45
	7:15	9:15	9:45	
Black Christmas (PG-13)	12:00	3:15	6:35	9:10
Ford v Ferrari (PG-13)	12:00	3:15	6:35	9:10

This change to Maine’s education system needs to be supported and here is why. Increasing research shows a significant connection between trauma exposure and low academic performance. Research also shows that a student’s home life can have a major effect on their in-school behavior. For instance, a student experiencing physical abuse at home may struggle to pay attention during class. Their teacher may yell at them for appearing disinterested and now the student associates the yelling with their abuser, considers the teacher a threat, and refuses to discuss why they appear bored. These writers have all worked closely with elementary school students who have had varying degrees of adverse childhood experiences such as neglect, abuse, family violence, drug and alcohol exposure, and complex stress. Punitive measures have been witnessed against these students in the form of denying food, revoking outdoor time, derogatory name calling, and the use of inappropriate physical force. With LD 997 in place, teachers will begin learning strength-based strategies from mental health professionals in order to promote trauma-informed care in the classroom.

It is important to acknowledge those who are

opposed to our position on LD 997. While we recognize the benefits of carrying our LD 997 in Maine’s public schools, we have not considered the cost of this law. During public hearings, individuals such as Karen Kusiak from the Department of Education and Steven Bailey from Maine School Boards Association vocalized their concerns over the lack of funds in the current state budget to train teachers and offer them ongoing support during the 2020-2021 school year. Although Kusiak and Bailey are in favor of the bill, they worry it will not be fully implemented by September 2020 due to the cost of carrying it out statewide.

Despite our differences, we can agree that children being mistreated in the classroom is an important social issue that deserves to be addressed. We have witnessed students in elementary schools experiencing re-traumatization by teachers when there is a lack of training in trauma-informed practices. These are the students who may appear disinterested, isolated, excessively tired or hungry, vigilant, or anxious. With the passing of LD 997, Maine’s current education model is being reshaped to reflect a more research-based training and education model for teachers and school communities.

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WASHINGTON, D.C. - APRIL 23 - 29, 2020. Trip includes 6 nights lodging, 10 meals, NEW BIBLE MUSEUM, WWII Memorial, Korean and Vietnam Memorials, Lincoln Memorial, tram ride through Arlington National Cemetary, evening guided memorial & monument tour, admission to Mount Vernon Estates. A \$75.00 deposit is due when signing up. Price is \$759.00 pp double occupancy.

ITALIAN VISTAS TOUR- MAY 16-28, 2020-Trip includes 13 days and 17 meals.

MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with a visit to “Michigan’s Little Bavaria”. A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy.

VIRGINIA BEACH, C O L O N I A L WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the

Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

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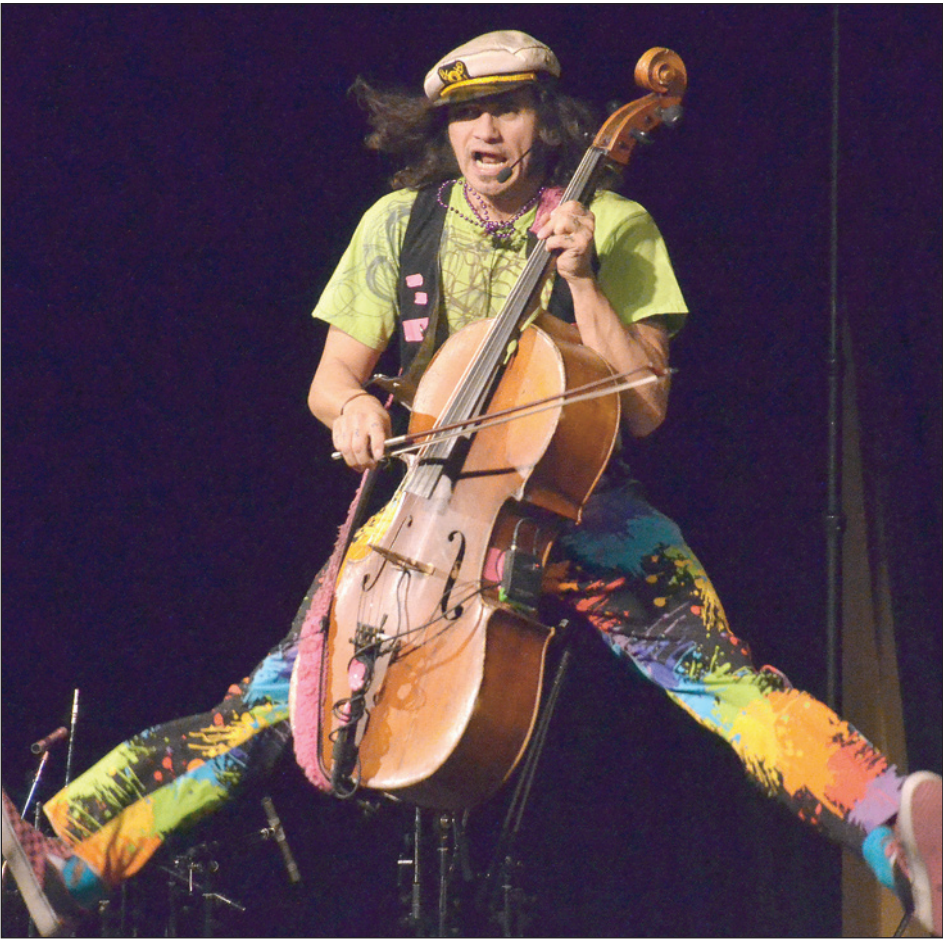
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Rushad Eggleston in concert



The eclectic phenom cellist Rushad Eggleston will give a rare Maine appearance at Trinity Church in Lewiston, Saturday December 14 at 7:30 PM. Eggleston was a 2002 Grammy award nominee while still a student at the Berklee College of Music for his work with Darol Anger, Michael Doucet and Bruce Molsky in Fiddlers Four. Since then he has broken a lot of new territory for the cello, as a member of the acclaimed bluegrass band Crooked Still and performer

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and recording artist with Childsplay and Hanneke Cassel, to name a few. As a performer and clinician at the Mark O'Connor Fiddle Camp, Maine Fiddle Camp, New Directions Cello Festival and countless others he has inspired an entire new generation of cellists through his prodigious technique and improvisatory skills. Eggleston's solo show will feature many of his own songs and instrumentals, delivered with his signature style and theatricality.

A suggested donation of \$10. will be payable at the door. For more information call 344-3106.

Camden National Bank makes donates \$10,000 and 625 pounds of toiletry items



Chad Daley, Geoffrey Grayson, Ashley Simmons, and Jamie Pellerin from Camden National Bank present \$2,000 and several bags of donated toiletry items to Preble Street Executive Director Mark Swann at the Joe Kreisler Teen Shelter in Portland, Maine.

This fall, Camden National Bank celebrated its Customer Appreciation Week, highlighted by a \$10,000 donation to five homeless shelters in Maine. The shelters receiving funds all provide vital support to Maine youth and teens. The bank's employees also donated more than 625 pounds of toiletry items, collected at the bank's 2019 Employee Appreciation Night, to local homeless shelters. The unrestricted funding and in-kind donations are part of the bank's larger Hope@Home program which has provided more than \$440,000 to homeless shelters in the bank's service area over the past five years.

"Our Hope@Home program has received enthusiastic support from customers and employees since it began in 2015," said Greg Dufour, President and CEO of Camden National Bank. "These additional donations represent our commitment to this cause as well as the program's effort to increase awareness for the issue of homelessness in our communities."

The five shelters that received donations for teen and youth services are: Emmaus Homeless Shelter in Orland, Shaw House in Bangor, New Beginnings Inc.

in Lewiston, Hospitality House in Rockland, and the Joe Kreisler Teen Shelter at Preble Street in Portland.

"We're humbled by the continued support the Hope@Home program has provided to youth at Preble Street," said Preble Street Executive Director Mark Swann. "Every dollar that goes to our Teen Services supports young people on their journey to stability, and we know firsthand that a seemingly simple toothbrush or a bar of soap can greatly impact the health and dignity of a person experiencing homelessness."

All five shelters will also receive 125 pounds each of assorted toiletry items—



Members from Camden National Bank's Human Resources team collect donations of toiletry items at the bank's Employee Appreciation Night.

like toothbrushes, shampoo, tissues, and more—donated by Camden National Bank employees.

"The collection boxes at our 2019 Employee Appreciation Night were overflowing with donated items from our employees," continued Dufour. "It was an incredible reminder of just how committed each employee at Camden National Bank is to giving back and supporting someone going through a tough time."

To learn more about Hope@Home, please visit: <https://www.camdennational.com/hopeathome>.

Camden National Corporation (NASDAQ:CAC), headquartered in Camden, Maine, 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 that offers an array of consumer and business financial products and services, accompanied by the latest in digital banking technology to empower customers to bank the way they want. The Bank provides personalized service through a network of 61 banking centers, 71 ATMs, and lending offices in New Hampshire and Massachusetts, all complemented by 24/7 live phone support. Greenwich Associates named Camden National Bank a 2018 Greenwich CX Leader in U.S. Retail Banking, a designation that recognizes top U.S. banks in customer experience. For nine years, Camden National Bank has received the "Lender at Work for Maine" Award from the Finance Authority of Maine. 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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