

Gov. LePage attends Rails Ribbon Cutting in Lewiston



The new restaurant Rails held a ribbon cutting at its grand opening on December 10 in downtown Lewiston. Governor Paul R. LePage joined in the festivities and helped with the ribbon cutting. Rails is located on the corner of Lincoln and Beech Streets in Lewiston in the former Grand Trunk Railway Depot. Pictured is Chip Morrison of the Androscoggin County Chamber of Commerce, Lewiston Mayor Robert Macdonald, Stephen and Claire Dick of Rails, Governor Paul R. LePage, Richard Trafton of the Lewiston and Auburn Railroad Company and Patti Gagne of the Allstate Agency.

Holiday Open House at Revelation Massage



Lee and Elaine Fournier with Kim and Jeffrey Jacques. (TCT photo by Jen Pike)
(See more photos on page 2.)

On December 10, Revelation Massage held its annual holiday open house in Auburn. Those in attendance were treated to free chair massages, deluxe foot treatments and mini-polarity treatments. Door prizes and refreshments were also part of the night of pampering.

Christmas Lights are up on Vista



Vista Drive in Auburn is well known this time of year for its extraordinary Christmas light display. The show is up and running once again including the usual holiday music synchronized to the light show. Spectators can tune into Christmas Radio 88.3 to get the full effect. The owners encourage the general public to come out and enjoy the show for free. They ask in the spirit of the season to be courteous to the families that live on Vista Drive by not blocking the street or driveways. The schedule, map and general information can be found at www.auburnlights.com.

ALDI graduates honored at Chamber Breakfast in Lewiston



The ALDI Class of 2014. (TCT photo by Jen Pike)

The graduates of the Androscoggin Leadership Development Institute were presented with a Certificate of Achievement at the Chamber breakfast held at the Ramada in Lewiston on December 11. The Class of 2014 is the largest graduating class in the history of ALDI. The Androscoggin Leadership Development Institute is designed to enhance leadership abilities through skill building and interactive sessions with experienced leaders. FMI contact The Androscoggin County Chamber of Commerce at 783-2249.

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Newsmakers, Names & Faces

Elks give dictionaries to third graders

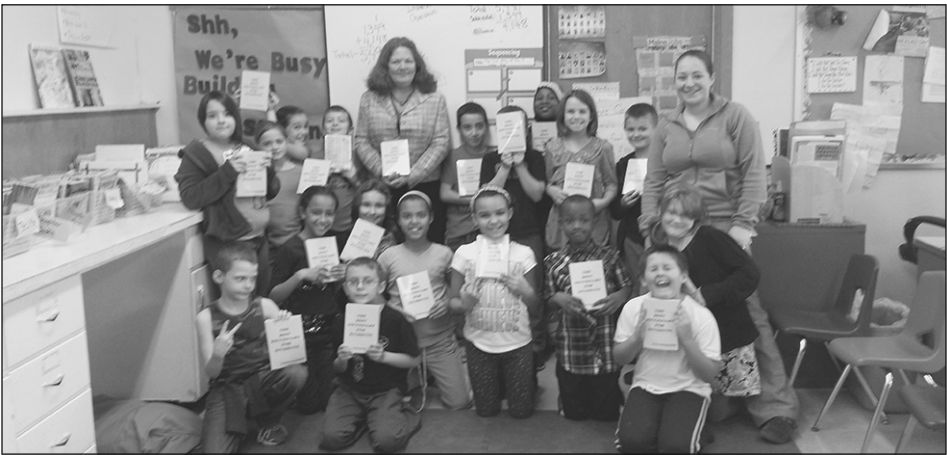


Mrs. Cummings' class

The Elks Lodge #371 of Lewiston participated in the Nationwide Dictionary Project to distribute free dictionaries to third grade students. Past Exalted Ruler Karen Staples, with the help of Lewiston City Councilor Leslie Dubois and her husband Michael, recently distributed dictionaries, along with school supplies from the Elks Drug Awareness program, to the third grade classes at Montello, Martel and Farwell Elementary Schools. Approximately 200 third graders in Lewiston received a dictionary through the project this year.



Mrs. Derouche's class



Mrs. Munsey's class

Butterfield joins CMMC Assoc. Prof. Staff

Certified physician assistant Taylor Butterfield has been appointed to the Central Maine Medical Center Associate Professional Staff. She works at High Street Family Medicine in Lewiston.

Butterfield is an alumnus of Saint Joseph's College in Standish, where she studied biology and chemistry, receiving a bachelor's degree in 2007. She earned a master's degree in physician assisting in 2009 from the University of New England in Portland. That same year, she was certified by the National Commission on Certification of Physician Assistants.

Butterfield recently worked at Rangeley Family Medicine in Rangeley, attending to patients' primary care needs, recreation- and employment-related



Taylor Butterfield

injuries, and educating patients on proper care. From 2009 to 2013, she worked in the primary care clinic and urgent care department of the Southcentral Foundation based in Anchorage, Alaska. The foundation serves the physical and mental wellness needs of the region's Native American community.

Her professional experience includes clinical rotations in the emergency

medicine department at Berkshire Medical Center in Pittsfield, Mass., the obstetrics-gynecology practice at Franklin Health Women's Care in Farmington and Penobscot Surgical Care in Bangor.

Between 2009 and 2013, Butterfield was active in the Anchorage, Alaska, chapter of Project Homeless Connect, a biannual, single-day event that makes basic health care available to local homeless populations through the volunteer efforts of care providers and the use of donated supplies.

Butterfield practices with High Street Family Medicine in association with Edward W. Bogner, M.D., certified nurse practitioner Katrina I. Funk and licensed clinical social worker Melissa K. Dumont. The practice can be reached at 753-7655.

Lisbon H.S. inducts students to Honor Society



On November 20, Lisbon High School inducted 17 new members to its Worumbo Chapter of the National Honor Society. Students are selected for inclusion in the society by faculty members based upon their demonstration of excellence in four areas: scholarship, service, leadership and character. The new members are (l. to r., from front) Cody Campbell, Stevie Charest, Victoria Swan, R.J. Sargent, Charlotte Mooney, Ashley Caron, Bree Sautter, Taylor Martin, Alyssa Briglio, (back row, l. to r.) Jake Angelico, Jordan Frederick, Jeff Willey, Johnny Yim, Kailyn Hill, BreeAnn Hartley, Connor Craig and Joe Philbrick.

Fournier graduates from basic training

Air Force Airman Nicholas D. Fournier has graduated from basic military training at Joint Base San Antonio-Lackland in San Antonio, Texas. The airman completed an intensive eight-week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare



Air Force Airman Nicholas D. Fournier

principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

The son of Donald and Sharon Fournier of Hartford, Fournier is a 2010 graduate of Saint Dominic Academy.

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Holiday Open House at Revelation Massage



Brittany Haskell, Kim Jacques and Brittany Boudreau. (TCT photo by Jen Pike)



John Pike enjoying a chair massage by Angelina Valentin. (TCT photo by Jen Pike)

Player of the Week



Central Maine Community College player Carrington Miller of Bingham was named the Yankee Conference Player of the Week recently. In a two-game span, Miller scored 47 points and grabbed 21 rebounds to lead the Mustangs to victories over Hampshire College and the University of Maine at Presque Isle. Miller is a second-year student in CMCC's Physical Fitness Specialist program.

Fighting Spirit relocating to Androscoggin Bank Colisee Junior Hockey in Lewiston/Auburn for 2015-2016 Season and Beyond

The owners and staff of the Androscoggin Bank Colisee, and owners of the Fighting Spirit, announce the team's relocation to the Colisee. The team will finish the current season in New Hampshire and relocate during the off-season.

The Fighting Spirit currently plays out of the Laconia Ice Arena. The team is in first place in the East Division of the North American 3 Hockey League

with a record of 19-3, and will host the Lockport Express in February, 2015, for

a two-game showcase.

Ticket packages for the 2015-2016 Colisee season



will be announced soon.

The primary mission of the NA3EHL, managed organizationally by the North American Hockey League, is to provide a structured developmental environment for student athletes at the Tier III junior level, who have the ability and the aspirations to play at the collegiate level. The common goal is to produce athletes that are committed to excellence in academics as well as athletics.

Lisbon High School first quarter Honor Roll

Seniors - High Honors: Monica Austin, Patrick Dexler, Mia Durgin, Taylor Feehan, Amanda Hazelton, Cosette Holmes, Reilly Johnson, Arianna Kahler, Taylor Plourde, Hannah Stritch and Dustin Wood.

Seniors - Honors: Kyle Bourget, Allison Bubar, Ashley Caron, Stevie Charest, Connor Craig, Adam Desjardins, Loren Grant, Michelle Martin, Taylor Martin, Victoria Swan and Mikayla Yanez.

Juniors - High Honors: Samantha Bolduc, Alyssa Briglio, Brianna Livingston, Ashley Patten, Breeann Sautter and Eric Yim.

Juniors - Honors: Henry Adams, Jake Angelico, Cody Campbell, Jordan Frederick, Troy Galarneau, Evan Glidden,

Abigayle Potvin and Breann Vachon.

Sophomores - High Honors: Olivia Botting, Chase Collier, Bailey Eveson, Leona Kittrell, Jasmin Le, Kaylin Le, Ciera Miller, Mikella Kipri Steele and Hayley Wheeler.

Sophomores - Honors: Ryley Austin, Blake Berube, Garrett Caton, Damara Chesley, Silas Crosby, Cassidy Dall, Jacob Fusaro, Aliyah Gagne, Kyra Gamache, Amanda Mason and Christopher Normand.

Freshmen - High Honors: Zoe Feehan, Morgan Fenderson and Bradley Harriman.

Freshmen - Honors: Noah Buiniskas, Savannah Czechalski, Tyler Fowler, Caleb Hersom, Benjamin LeClair, Dennis Matthews, Junique Pagan, Blake Quatrano, Bridget Rowley,

Jonah Sautter, Hailey Splude, Megan Stone,

Teagan Stritch, Anna Willey and Melissa Wood.

LAC hosts Suicide Prevention Night

The Druker Office of Community Engagement at the University of Southern Maine's Lewiston-Auburn College recently collaborated with the National Alliance on Mental Illness to host an interactive session about suicide prevention with USM students and members of the community.

The session was funded by a grant from USM and created a safe space for those in attendance to engage in an open dialogue about suicide and mental illness. The event included a dynamic presentation from Heather Carter, Suicide Prevention Senior Trainer from NAMI Maine; personal stories from suicide survivors and those with family experiences of mental illness; and an informative presentation from

Dr. Robert Small of USM Cares.

"I have some background knowledge of suicide prevention, but hearing the personal stories shared puts it all into perspective," remarked a student who attended the session. "This was a powerful event. It will stay with me forever."

The event was facilitated by USM Students Tonya Bailey-Curry, Savannah Beaudry, Carmen Edwards and Steven Doyle. USM LAC's Druker Office of Community Engagement is a collaboratively led student-faculty office that coordinates LAC's multi-tiered community engagement work. For more information about DOCE, see www.usm.maine.edu/communityengagement.

Saint Dominic Academy Honor Roll

Saint Dominic Academy has announced its Honor Roll for the first quarter of the 2014-15 school year.

Principal's List (4.25 average and above in all courses):

Grade 12 - Bella Bennett, Yolande Bennett, Zoë Caron, Isaac Dean, Hailey Eason, Matthew Keaney, Samantha Ladd, Anya Lee, Emily Martin, Nicole Robitaille, and Changxing (William) Wang; Grade 11 - Jacob Charest, Nicholas Gammaitoni, David Wesley Haire II, Abigail L'Abbé, Gyeongun (Krystal) Lee,

and Diego Villamarin; Grade 10 - Matthew Boulet, Antoinette Carman, Megan D'Alessandro, Emily Dionne, Elliot Hachey, Justin Keaney, Sidney Sirois, Allie Veinote, and Kyle Welsh; Grade 9 - Margaret Kase and Aidan Sites; Grade 8 - Kristina Cornelio, Alexandra Hammerton, Miranda Kramer and Madeleine Tiner; Grade 7 - Serena Mower and Skye Rogers.

First Honors (3.80 average overall, with no grade below 2.70):

Grade 12 - Taylor Bergeron, Jessica Boulet, See **Honor**, page 5

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Laurie A. Steele
Publisher

Laurie@TwinCityTimes.com



Ashley Somma
Advertising Consultant

Ashley@TwinCityTimes.com



Jen Pike
Advertising Consultant

Jen@TwinCityTimes.com



Steve Bouchard
Copy Editor

Editor@TwinCityTimes.com

James Vangeli
Editorial Layout

Ads@TwinCityTimes.com

Laurie A. Hiscock
Ad Designer

Ads@TwinCityTimes.com

CIRCULATION
Levi Gervais
Brandon Meserve
Joseph Uwaechia

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What's Going On

Choice Center receives accreditation for Diabetes Self-Management Training Program



Pictured here (l. to r.) are the Choice Center's Elaine Blackwood RN, BSN, CDE, Kathy Young Reiki Master/Teacher, RMT, Marie Veselsky MS, RD, LD, CDE, BC-ADM, Chris Irish, RN, BSN, CDE, CPT, Tammy Dumais, ERYT500, Heidi Audet ERYT200, RYT500, AAYS. Not pictured Dustin Forrest BS, RN & Dr. Trish Murray.

The Diabetes Self-Management Training Program offered by Integrated Optimal Health's Choice Center for Diabetes and Weight Loss in Auburn has been accredited by the American Association of Diabetes Educators.

The accreditation certifies the program's application of best practices to meet national standards in diabetes self-management education and allows the Choice Center to provide diabetes self-management training classes covered by insurance to the public. These classes will start in January 2015, with daytime sessions on Fridays and Saturdays. Please call to register.

Integrated Optimal Health's Registered Dietitian and board certified advanced diabetes management educator Marie Veselsky has partnered with nurse and exercise specialist Chris Irish, RN, BSN, CDE, CPT, experienced registered yoga therapists Heidi Audet from Chill Yoga and Tammy Dumais, as well as nurses Elaine Blackwood, RN, BSN, BA, CDE, and Dustin Forrest, BS, RN, Reiki master teacher-practitioner Kathy Young and Dr. Trish Murray to develop an innovative "back to basics" diabetes program.

The Choice Center works with local doctors to provide choices for its patients. The program combines medical screening and interactive classroom instruction on all aspects of diabetes care, including the latest in glucose monitoring, medications/insulin, eye and foot care and prevention of disease progression. Classes are also available in the areas of cooking, exercise and stress reduction.

"We look at each person in a holistic manner as someone who has a unique

learning style and needs," said Chris Irish. "We want to make our classes fun and positive experiences that give people the tools they need to succeed in all aspects of their health and well-being."

"It's all about providing options for the consumer," said Marie Veselsky. "The person with diabetes is the one who suffers from the consequences of their uncontrolled disease, so they should have the ultimate say in the options they choose to stay well. It's their health and their choice. The focus of the classes is to get back to basics to help those

with diabetes better control their blood sugars through a combination of carbohydrate reduction, exercise, weight loss and other lifestyle changes, such as stress management."

To receive accreditation, which allows for reimbursement by Medicare and private insurers, the Choice Center was required to meet 10 national standards. For more information or to register for a class, call Integrated Optimal Health at 783-6800. www.integratedoptimalhealth.com, and www.choicecenterfordiabetes.com.

Auburn solid waste and recycling forum

The City of Auburn and its Solid Waste and Recycling Committee have scheduled a public information session to discuss the future direction of solid waste and recycling services in Auburn. The meeting will take place on Thursday, December 18 at 6 p.m. in the City Council Chambers at Auburn City Hall.

Over the past several months, the Auburn Solid Waste and Recycling Committee and city staff members have analyzed the city's solid waste and

recycling programs in an effort to improve services offered to Auburn residents.

The committee and staff will share the results of the research and data analysis on multiple options, which include an automated collection system, weekly recycling collection and a "Pay As You Throw" program.

Those unable to attend the meeting may submit comments to the Public Services Department by calling 333-6670 or emailing jbeeb@auburnmaine.gov.

Master Gardener Volunteer Training course

January 9 is the deadline to apply for the Master Gardener Volunteer Training course to be offered this winter and spring by the University of Maine Cooperative Extension at its Oxford County office at 9 Olson Road in South Paris.

The course will consist of 14 sessions, taking place on Thursdays from 5:30 to 9 p.m. from January 29 through May 15. Topics will include botany, composting, extending the season and how to best grow apples and berries. After completing

the training, participants will be required to provide 40 hours of volunteer work in Oxford County community garden projects, including those of Maine Harvest for Hunger, the One Tomato Project and the South Paris Maine Veterans' Home.

Class size is limited to 30. The cost is \$220, with a limited number of scholarships available. For more information or to request an application or disability accommodation, call 743-6329. More information is also available at www.umaine.edu/oxford/programs/master-gardeners.



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- **Reiki Share** 6:30pm-8:30pm Wednesdays, Reiki classes available. Also individual appointments available.
- **The Choice Center for Diabetes Self-Management Training**
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Enough is Enough

Old-time Christmas traditions have been replaced

By Robert E. Macdonald
MAYOR OF LEWISTON

It's the most wonderful time of the year: Christmas. It is a time of joy. It is a time to renew and solidify friendships.

It is a time when the Salvation Army bell ringers stand by their large red kettle, reminding us of the truly needy and giving the public a chance to help the destitute among us. It is a time that allows you the luxury of relaxing in your recliner and taking inventory of the many past Christmases locked away in your mind.

You remember Christmas as a child. The seemingly endless wait from Thanksgiving to the arrival of Santa Claus. The memories of the special day when your parents took

you to department store windows and retail toy departments so that you could place a toy order with the jolly old elf.

There was the annual Christmas parade. While you stood on the sidewalk or sat on the street curbing, eyes wide open, floats, bands, fire trucks and police cars passed by. Carolers marched by, singing religious and secular Christmas songs. Then, finally, the moment you had patiently waited for was upon you.

Santa and Mrs. Claus, along with their elves, passed by, wishing those lining the streets a "Merry Christmas" and having it being repeated back to them.

With the conclusion of the parade, you



Mayor Bob Macdonald

found yourself in a long department store line waiting your turn, along with hundreds of other kids, to speak with Santa and dictate to him what you expected to find under the tree on Christmas Day.

Getting older, your beliefs in a jolly old elf began to wane and finally

became non-existent. Now you entered a new stage: a warrantless search of your house. The prize? A sneak peak at your Christmas presents.

During Christmas your house was full of seasonal music. Turn on the television and you found Christmas shows abound on every channel. For the kids: "The Little Drummer Boy," "Frosty the Snowman" and "Rudolph the Red-Nosed Reindeer." For adults, there was "A Christmas Carol" and "It's a Wonderful Life," shown to remind all of the reason for the season.

Thanksgiving and Christmas Day were days for family gathering. Those family members unable to attend would call on the phone, ensuring their

presence was felt at the gathering. Aromas of the season danced throughout the house. The smell of fresh pine, roasting turkey and pies added to the enjoyment of the season. Laughter and small children made each holiday memorable.

But that was then. Today, these old-time gatherings have significantly been reduced. The holiday greeting from a loved one's voice has been replaced with a text message. Some are no longer at the table due to hundreds of miles of separation.

Others are no longer at the table to enjoy the family intimacy because they must work for retail giants that put profit over family. These corporations share equal blame with

those who provide the influx of customers to justify the company's extended hours.

Lastly, each year seems to bring greater restrictions on how we are permitted to celebrate Christmas and Hanukkah. Today little grinchies, who want their two minutes of fame, file law suits from laptops in the safety of their living rooms. They seek to destroy thousands of years of tradition because "Happy Hanukkah," "Merry Christmas," the sight of the menorah or a crêche offends them.

It is time to reinstate our holiday traditions back into our municipal buildings and schools. It's time to turn the tables on these joyless wretches. We're not going to take your whining anymore.

Honor

Continued from page 3

Emily Carney, Emily Caron, Matheson Dempksi, Jared Dye, Emmanuel (Manoli) Gammaitoni, Isabel Gerencer, Kymberlee Johnson, Alexis Laliberte, Keenan Lynch, Jennifer McLean, Jacqueline Schmitz, Ryan Spooner and Becket Wagner; Grade 11 - Abigail Bates, Clifford Greco, Steven Hammerton, Isaac Lapointe, Ryan Lutrzykowski, Alexandre Michaud, Nathan Richard, Tia Rotolico, Benjamin Trytek and Carla Tyce; Grade 10 - Ella Brown, James Cheleuitte, Chloe Dwinell, Camden Jalbert, Alexa Kesaris, Clare Kramer, Matthew Maguire and Hannah Phelan; Grade 9 - Janelle Bryant, Lindsay Cook, Amelie Crowe, Hunter Emery, Joshua Fortin, Caroline Gastonguay, Taylor Jorgensen, Eisa Lee, Madison Leslie, Elizabeth Perkins, Julian Rogers and Rileigh Stebbins; Grade 8 - Maria Bellegarde, Anna Caron, Abigail Castoguy, Paige Cote, Isabelle Frenette, Matthew Gagnon, Emily Gerencer, Benjamin Gosselin, Abigail Hart, Caroline Johnson, Erin Lachance, Avery Lutrzykowski, Dominique Michaud, Mary Milligan, Grace Siffermann, Emma Skelton, Mary Suckow, Emma Theriault and

Abbie Zanon; Grade 7 - McKenzie Boucher, Mark D'Alessandro, Zachary Davis, Andrea Dolci, Demetrios Gammaitoni, Avery Greco, Joshua Lane, Simone Long, Jacques Ouellette, Olivia Ouellette, Evan Rivard, Cameron Sirois, Tyler Stewart and Rebecca Zimmerman.

Second Honors (3.25 average overall, with no grade below 2.70):

Grade 12 - Bradford Berube, Michael Bryant, Matthew Chasse, Kirsten Conner, Johanna Cullenberg, Bryanna Handlon, Ryan Harvey, Samantha Roy and Adam Vining; Grade 11 - Jacob Bussiere, Sooyeon Byun, Olivia Chase, Mia Comis, Gabriela Cortellino, Jacob Hodsdon, Aidan Johnson, Evan Leclair, Mikayla Pietkiewicz, Zheyu Qin, Cooper Richard and Alexis Tremblay; Grade 10 - Thomas Arps, Sarah Clark, Rachel Kurtz, Kaylynn Linck, Kassaundra Stacy, Isaac Poliquin, Connor Samson, Noah Toussaint and Alexis Tremblay; Grade 9 - Markella Gammaitoni, Samuel Gould, Drew Greco, Matthew McLean, Ryan Paione, Matthew Roeser, Hannah Trottier-Braun and Sophia Velasquez; Grade 8 - Briley Bell, Christine Chasse, Reese Farrell, Kylie Leavitt, Samuel McGray and Jacob Story; Grade 7 - Brittin

Averill, Darrien Averill, Isaac Banks, Matthew Castagna, Alexander Deditch, William Fletcher, Emily French, Luke Jordan, Anna LeBlanc, Mia-Angelina Leslie, Emily Pease, Zackary Pelletier, Hanna Roy, Evan Saltis and Ambrose Ward.

Honorable Mention (3.0 average overall, with no grade below 2.70):

Grade 12 - Kristen Cornelio, Brian Genest, Caleb Labrie and Emma Samson; Grade 11 - Brendan Donovan, Natalye Masters and Nicole Pare; Grade 10 - Bethany Hammond; Grade 9 - Brenden Hanlon; Grade 8 - Carson Armstrong, Autumn Chapman, Cameron Cote and Caroline Reed; Grade 7 - Stephen Dick III and Jasmine Gagnon.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

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Norlands receives \$15k to restore windows

The Washburn-Norlands Living History Center in Livermore recently received a \$15,000 grant from the Belvedere Fund Historic Preservation Grants Program of the Maine Community Foundation, in cooperation with the Maine Historic Preservation Commission, to restore up to 12 historic windows in the 1867 Washburn Family mansion. The windows are located in the ell portion of the estate, which houses the original kitchen and a caretaker's apartment. The project consists of repairing sashes, re-glazing, replacing historic glass, painting, and refurbishing hardware, such as locks, weights and pulleys.

"We're not only thrilled that these historic windows will be saved for many more years, but that they will also be made more energy efficient with new weather stripping," said Jane Frost, president of Washburn-Norlands Foundation Board of Trustees.

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What's Going On

William J. Rogers American Legion Post 153 lists upcoming December events

Jean Louis helms karaoke on Fri., Dec. 19 and Sat., Dec. 20, from 7 to 11 p.m. Donations of new, unwrapped toys are being collected each day at the post, 71 S. Main Street, Auburn, from 1 p.m.- on through Dec. 20. Toys will be distributed at Dec. 21 Christmas party for members, veterans and the public with children from noon to 3 p.m. FMI on all events, call 782-1118 afternoons.

Registration open for CMCC Spring Semester

Open registration is now underway for spring semester courses at Central Maine Community College in Auburn. The spring semester will begin January 20, 2015.

Registration is on a first-come, first-served basis for qualified registrants. Those wishing to register for a course but who are not currently enrolled in a program should call 755-5292 or stop by the registrar's office in Jalbert Hall. Registration, payment information and full course listings may be found online at www.cmcc.edu.

In addition to the Auburn campus, courses are offered at Oxford Hills Comprehensive High School in South Paris, the Mount Blue Learning Center in Farmington and the CMCC/Lincoln County Healthcare Education Center in Damariscotta.

Applications for spring admission are also being accepted. The college offers associate degrees and certificates in career and technical fields and associate in arts degrees for students who plan to transfer to a four-year college or university. Those wishing to apply may do so online at www.cmcc.edu. Admissions staff may be reached at 755-5273 or enroll@cmcc.edu.

CMCC seeks coaches

Central Maine Community College is seeking a women's soccer coach and a co-ed cross country coach for the fall 2015 season. Interviews will take place after the first of the year.

For more information or to submit your resume, contact CMCC Athletic Director Dave Gonyea at 755-5251 or dgonyea@cmcc.edu.

Red Cross seeks Real Heroes nominees

An off-duty first responder who comes to the aid of a neighborhood; a classroom volunteer who makes a significant impact on the lives of young students; a cashier who administers first aid when an elderly customer is injured in a fall.

Maine is full of good people doing great things to help others. If you know of a Good Samaritan who performed an extraordinary act of heroism or courage this year, the Red Cross wants to hear their story.

The Red Cross in Maine is now accepting nominations for its annual Real Heroes Award. This award recognizes Mainers who have committed acts of heroism, provided outstanding community service, and shown courage, kindness, and unselfish character in service to others. Past awards have been presented to military personnel, law enforcement officers, firefighters, and other first responders, medical providers, teachers, teenagers, neighbors and everyday citizens.

Awards will be presented at events in Lewiston, Portland, Bangor and Caribou beginning in March. The nomination deadline is January 9, 2015. For more information or to access a nomination form, see www.MaineRedCross.org.

A nonprofit organization that depends on volunteers and the generosity of the American public to perform its mission, the American Red Cross shelters, feeds and provides emotional support to victims of disasters, supplies about 40 percent of the nation's blood, teaches skills that save lives, provides international humanitarian aid and supports military members and their families. For more information about the American Red Cross in Maine, see www.MaineRedCross.org.

Hobby Lobby set to open Auburn store

Headquartered in Oklahoma City, Okla., Hobby Lobby Stores, Inc. began as Greco, a miniature picture frames company in 1970. When David Green moved his business from the family's garage to a 300-square foot retail space in 1972, Hobby Lobby was founded.

Today, the company has more than 600 stores across the nation and offers more than 70,000 crafting and home decor products.

Departments include floral, fabric, needle art, custom framing, baskets, home accents, wearable art, arts and crafts, jewelry making, scrapbooking and paper crafting supplies. Store hours are Monday through Saturday from 9 a.m. to 8 p.m. All Hobby Lobby stores are closed on Sundays.

For more information about Hobby Lobby, its weekly specials, coupon offers, store locations and online shopping, see its website at www.hobbylobby.com or follow them on Facebook at www.facebook.com/hobbylobby.

Hobby Lobby, a privately held national retail chain of craft and home decor stores, will open its second location in Maine with a ribbon cutting ceremony and official grand opening celebration on Monday, December 29 at 9 a.m. Located at the northwest corner of Mt. Auburn Avenue and Turner Street, the Auburn store is 55,000 square feet in size and will be managed by Brett Webster.

The ceremony will be open to the public. Local dignitaries, ambassadors from the Androscoggin County Chamber of Commerce and other business leaders will attend.

"Customers new to Hobby Lobby will see that we are unique and that no one in the craft and home decor market is like us," said Assistant Vice President of Advertising John Schumacher. "Area customers are anticipating the distinct shopping experience that we will bring to the area. We're tremendously excited about becoming a part of the community."

Pubic Theatre performs "A Christmas Carol" for area students

More than 1,500 students from various schools throughout Maine attended special student performances of The Pubic Theatre's "A Christmas Carol" last week. Along with its regularly scheduled performances for the general public over the weekend, the Theatre presented the student performances at a price of just \$5 per ticket as part of its ongoing educational outreach program. The reduced ticket rate for students is made possible by funding support provided by foundations and local businesses.

"We're very excited to be able to introduce so many students to this wonderful story, as well as having the honor of giving many of them their first experience attending a professional theater," said Public Theatre Artistic Director Christopher Schario. "We love developing the theatergoers of tomorrow and giving them a memory that we hope will last a lifetime."

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Dollar General now hiring for new Maine stores

Dollar General is now seeking applicants for career opportunities for its five forthcoming new locations in Maine, including Store 15456 at 9 Buckfield Road in Turner, Store 15379 at 1083 Sabattus Street in Lewiston and Store 15441 at 807 Minot Avenue in Auburn.

Current opportunities include store manager, assistant store manager, two full-time lead sales associates and a part-time lead sales associate for each of these stores. The stores are currently under construction and slated for a spring 2015 grand opening. For more information about the positions or to apply, visit the Dollar General careers page at www.dollargeneral.com/careers.

“Dollar General is seeking to hire candidates who would like to start or build a career with one of America’s fastest-growing retailers and support our mission of serving others,” said Dollar General human resources director Aaron Belville. “With numerous growth and educational opportunities, industry-recognized training programs and a culture focused on helping employees develop their careers, Dollar General looks forward to welcoming new Maine employees to the company, especially as it grows its presence in the state.”

The country’s largest small-box retailer with over 11,500 stores, Dollar General announced plans to expand its presence into Maine in mid-2014. Based in Goodlettsville, Tennessee, Dollar General offers convenient locations for customers to purchase national name brand and private brand items of food, housewares, seasonal items, cleaning supplies, paper products, basic apparel, home décor, automotive needs, health/beauty products and more.

Dollar General also gives its customers more

than everyday low prices on basic merchandise as part of its mission of Serving Others. Dollar General is deeply involved in the communities it serves and is an ardent supporter of literacy and education.

Since its inception in 1993, the Dollar General Literacy Foundation has awarded more than \$97 million in grants to nonprofit organizations, helping more than 5.8 million individuals take their first steps toward literacy or continued education.

The new store locations will allow nonprofit organizations, schools and literacy organizations within a 20-mile radius to apply for adult, summer, family and youth literacy grants. For more information about the Dollar General Literacy Foundation and its grant programs, see www.dgliteracy.com.

The Dollar General Literacy Foundation also supports customers interested in learning how to read, speak English or get their General Education Diploma (GED). At the cash register of every Dollar General store, customers may pick up a brochure with a postage-paid reply card that can be mailed in for a referral to a local organization that offers free literacy services.

“Holiday Depression” is fixable and not something to be ignored

From the American Counseling Association

According to lots of advertising, TV specials and magazine stories, the winter holidays are a period of endless warm family activities, elaborate gift giving and wonderful parties with friends. For most people, the holiday season is indeed a happy time, but it can also be a period of sadness, anxiety and depression.

One major cause of the holiday blues is the unrealistic

Bank of America donation kicks off Virtual Food Drive

The Bank of America Charitable Foundation has donated \$45,200 to Good Shepherd Food Bank to help kick off the Food Bank’s Virtual Holiday Food Drive, which encourages people to donate online, saving costs and making it easier to give back.

“We are so grateful for this support from the Bank of America Charitable Foundation,” said Good Shepherd President Kristen Miale. “These funds will be used to purchase nutritious foods like vegetables, fruits, and whole grain cereal and pasta - items that our partner food pantries need for the families they serve. By leveraging grant funding and purchasing in bulk, the Food Bank is able to secure critical food resources for our partners.”

Good Shepherd Food Bank works to eliminate hunger in Maine by sourcing and distributing nutritious food to people in need, building strong community partnerships and mobilizing the public in the fight to end hunger.

In an effort to provide

nutritious meals for those in need, the Food Bank has set a goal of \$200,000 for this year’s Virtual Holiday Food Drive.

“According to the U.S. Department of Agriculture, a record 15 percent of Maine households face hunger,” said Bank of America Maine president Bill Williamson. “Kristen and her team have worked tirelessly to help bring this number down, and we encourage everyone to help by contributing to the Virtual Holiday Food Drive.”

For more information on nonprofit programs and services that are



Bank of America’s Bill Williamson and Elizabeth Tarantino present a donation check to Good Shepherd Food Bank’s Kristen Miale.

supported by the Bank of America Charitable Foundation, please visit www.bankofamerica.com/foundation. To learn more

about Good Shepherd Food Bank and donate to this season’s food drive, visit www.gsfb.org/donate/vfd/.

comparing ourselves to how things “ought to be” and that leaves us feeling we’re being cheated or missing out.

Fortunately, holiday depression is very fixable. The first step is simply recognizing that media-promoted perfect holiday images aren’t realistic.

Refuse to compare yourself to that “ideal” TV family or those neighbors you imagine are having incredibly wonderful holidays. Instead, focus on all the good, positive and real things in your own life and emphasize those things that you really enjoy during the season.

Another way to fight holiday depression is to focus on your lifestyle. The holidays can bring changes in your daily habits that directly affect your moods. You may be eating differently (holiday cakes, candies and possibly more alcohol), exercising less or not at all (you’re busier, it’s too cold, it gets dark early), and you may be more tired thanks to a busy holiday schedule.

Making a conscious effort to get back to a

healthier diet and to increase your amount of exercise can do a great deal to overcome holiday depression. So can planning your time better and getting a good sleep each night.

Lastly, don’t wallow privately in your depression. Go meet with friends, not to discuss your feelings but just to enjoy them socially. Friends and family can do a great deal to lift your mood.

But if you find that

your holiday depression is not going away despite your best efforts, try talking with a professional counselor. Serious depression is not a health problem to be ignored.

“Counseling Corner” is provided by the American Counseling Association. Comments and questions may be sent to the ACA corner@counseling.org or by visiting the ACA website at www.counseling.org.



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Out & About with Rachel Morin

Recapping the Senior College Fall Semester

Story and photos by Rachel Morin



Financial Investments instructor Andrew Saucier (3rd from r.) with students Ron Landry, Joan Hamann, Louise Theberge, Martha Sirois and Paul Robinson (Photo by Cynthia Peters)

The fall semester has ended at USM's Lewis-ton-Auburn Senior College. With the Christmas season nearly upon us, we take some time to look back on what we



Instructor Joie Crockett and students Don Favreau, Carol Hanscombe and Lynn Derderian display some of their artwork (Photo by Cynthia Peters)



Genealogy Instructor Lyn Wright does some research with students Curt Arey, Adria Hahnel and Mary Jane Beardsley (Photo by Cynthia Peters)



(L. to r., from front) Improv Theatre instructor Dan Marois with students Polly Robinson, Anita Poulin, Mary Desrosier, Don Favreau, Joel Goodman, Patricia Vampatella, Stephanie Hlister-Croteau, Bob Gardner, Roger Desrosier and Calvin Cutter. Absent from the photo is Barbara Randall



Instructor Charles Plummer, Ph.D. discusses Sensation, Perception and Aging with students (l. to r., from front) Hope Weston, Dorothy Prince, Tekla Upton, Monique Gendron, Ted Quigley, Ed Couture, Pauline Bailey and Jean Hersey at Schooner Estates

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accomplished during another successful semester.

Our classes have increased to 21, covering a wide variety of subjects, including physics, Chinese and Native American Culture, French, Spanish, art and painting, memoir and autobiographical writing, genealogy, financial investments, the Great Recession and opera, to mention only a few. History courses are perennial favorites at the college and this Fall Semester offered several courses to satisfy student demand. Living History drew the largest number of students ever at L-A Senior college, prompting class sessions to be held in USM LAC's large

See **Senior**, page 9

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Memoir Writing instructors Lee Picker and Pauline Fortin (standing) review the work of students Carol Hanscombe, Bob Gardner and Brigitte Whiting



Hugh Keene, Rose Goodwin, Charles Plummer and Phil Vampatella were co-instructors of a Living History course on their experiences of the major wars since WWII. Absent from the photo is Alan Elze



Instructor Christine Holden discusses People, Places and Events of the Great War with students Celia Treworgy, Bonnie Jefferson and Laura Sturgis (Photo by Cynthia Peters)



Robert Pelletier helps students Jeanine Arey, Elaine Moreau and Connie Hitchcock review their family trees (Photo by Cynthia Peters)



Dolores Bergeron and Jeannette Barriault are intent on their acrylic painting (photo by Anita Poulin)



French instructor Ann Anctil, seated, acknowledges the “Bonjour, Madame” greeting of students Therese Mac Lean, Claire Bilodeau and Jaye Goulet



Physics instructor Hugh Keene (r.) explains the Power of Force to students John Smith, Sandi Smith, Christine Lachance and Sharon Syret (seated)

Senior

Continued from page 8
function room 170. One of six instructors from Senior College taught each successive week on a different war s/he experienced. One instructor read from his older brother’s WWII diary.

It struck a chord with everyone to hear living veterans talk about their experiences while viewing the photos and memorabilia they shared. Hearing them talk about the different wars they experienced was an emotional experience for everyone and was much appreciated by the class.

Lectures were illustrated with PowerPoint or overhead illustrations. The presentations were very well done and brought us to the core of their experiences. Like fellow GIs always and everywhere, some employed humor to lighten their stories of the chaos and tragedy of war.

Rose Goodwin, a native of England, started the course by relating her experiences as a young woman during the London Blitz of WWII. Charles Plummer, a U.S. Navy fighter pilot, was shot down off the coast of Japan during the Korean War; Phil Vampatella, a U.S. Navy fighter pilot, served during the Vietnam War; Alan Elze, a U.S. Navy

Chief Petty Officer, told of his recollections of the Cold War; Gloria Hall, RN, a Major in the U.S. Army Corp Reserve, served as a military nurse during Desert Storm; and Hugh Keene shared the

diary excerpts of his brother, Shirley Keene, a bombardier in the Pacific during WWII. A poignant moment came at the end of the diary readings when the WWII veteran U.S. Army Air Corp Lt. Keene was es-

corted to the podium amidst spontaneous applause. Theater Improv instructor Dan Marois is new to Senior College but well-known in the local commu-
See Senior, page 11



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SUNDAY, DECEMBER 21

9:45am – MORNING WORSHIP

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Lost Valley says "Wear that ugly sweater!"

Let's tell it like it is: Some of those holiday sweaters are just plain awful. But on Sunday, December 21, Lost Valley Ski and Banquet Resort will give you a chance to put that ugly holiday

sweater to good use.

If you wear a holiday sweater on Lost Valley's Ugly Christmas Sweater Day, you'll ski from noon to 5 p.m. (weather permitting) for only \$15. Plan to participate in the group

photo at noon and ski in the Parade of Sweaters at 1 p.m. Lost Valley is located at 200 Lost Valley Road in Auburn. For more information, call 784-1561 or see www.lostvalleyski.com.

"Living Light" at Court St. Baptist Church



Under the guidance of musical director Kathy Haley, a shepherd choir rehearses for the upcoming "The Living Light" Christmas program.

Members of the Court Street Baptist Church will present "The Living Light," a dramatic musical experience for Christmas written by Ruth Elaine Schram, on Sunday, December 21 at 6

p.m. Featuring the CSBC Adult and Chime Choirs as well as children's angel and shepherd musical ensembles, the program will present in words and music the Christmas story as seen through the eyes of those

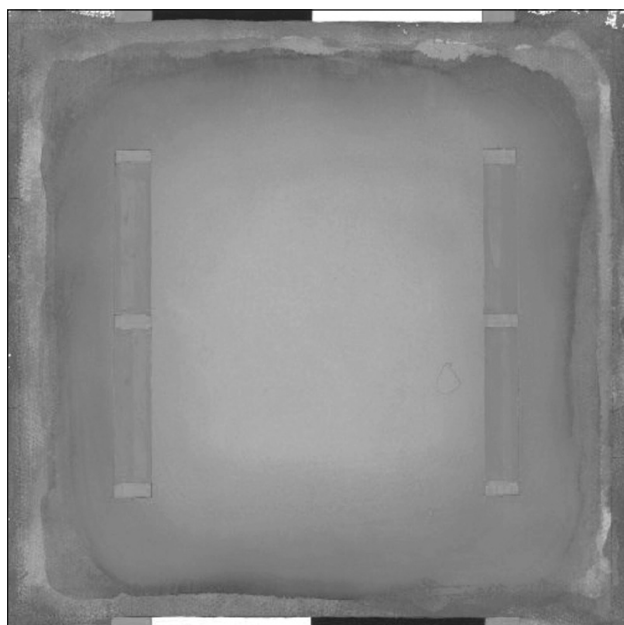
who witnessed Christ's birth in Bethlehem. As the church's Christmas present to the community, admission is free and all are invited to attend. The church is located at 129 Court Street in Auburn.

MECA Faculty Art Show runs through Dec. 22



"Nightfall," by Bennett Morris

Maine College of Art's Faculty Art Show is currently on display at the College's Institute of Contemporary Art in Portland. This annual event provides students and the public with a unique opportunity to see the work of MECA professors in a gallery setting. This year's show, "South of No North," has received a great response from Portland's creative community. Faculty members with works on display include Honour Mack, Bennett Morris, Sean



"Illumination #2," by Honour Mack

Glover and Christopher Stiegler. Daniel Kany wrote in the Portland Press Herald that the show "covers the topic of the viewer's physical relationship to the work with such unusual grace and clarity that even very casual viewers should come away with startling insights about what it means to experience contemporary art."

The show is open for viewing through December 22. Maine College of Art is located at 522 Congress Street in Portland. Admission to the College's Institute of Contemporary

Art is always free. Gallery hours are Wednesday through Sunday from 11 a.m. to 5 p.m., Thursday from 11 a.m. to 7 p.m. and first Friday from 11 a.m. to 8 p.m. The facility is wheelchair accessible. For more information, call 699-5040 or see www.meca.edu/ica.



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Out & About With Rachel Morin
Songs and Sounds of the Season

Story and photos by Rachel Morin



The Auburn Methodist Bell Ringers



The Wesleyan Singers perform "Freedom is Coming."

On the first Saturday in December, pews at the Auburn United Methodist Church on Park Avenue quickly filled to overflowing for the church's annual "Songs and Sounds of the Season" concert. Each year, people flock to the festively decorated church from afar to hear the beautiful sounds of this well-known annual event.

"Joy to the World," with Norma Rice-Gould at the organ, opened the concert, followed by "Star of the East" and "Away in a Manger" by

mother-daughter flute duet Becky and Megan Skilling. Vocalist Caroline Coffin and guitarist George Matthews then offered a rendition of "What Child Is This?" and William Buzza performed a Christmas trilogy on the saxophone.

The Wesleyan Singers, directed by Caroline Coffin, were impressive in their first number of the program, a dynamic and moving traditional South African song called "Freedom is Coming" that featured accompaniment

by drummer Kim Visbaras. Other selections included "Angels Carol," "Carol of the Bells," "Beautiful Star of Bethlehem" and Irving Berlin's always popular "White Christmas," which closed the first half of the program.

The second half opened with the Park Avenue Pickers, consisting of George Matthews, Caroline Coffin and Reid Buzza, playing the lively "Go Tell It on the Mountain," followed by a rendition of "Deck the Halls" accompanied by pianist Claire Cote. This was followed by "Adeste Fideles," sung by Caroline and Dana Coffin.

The Auburn Methodist Bell Ringers, conducted by William Buzza, played lovely arrangements of "Angel Songs," "What Child Is This?" and "Rise Up Shepherds and Follow!" The Bell Ringers and Wesleyan Singers then teamed to perform "Mary, Did You Know?"

An audience sing-along of "The First Noel," "Joy to the World," "Jingle Bells" and "We Wish



Working behind the scenes were Outreach Committee members, including Chair Donna Manson, Rosemary Malpass, Savannah Cummings, Nancy Blanchard, Shirley Keene, Nancy Wilkins, Janet Wilkinson and Nancy Beatrice.

Twin City Nights

"You a Merry Christmas" provided a merry ending to the concert. The last two songs put everyone in a joyful mood before adjoining to the parish hall, where the church's Outreach Committee treated everyone to a large assortment of home baked pies, cookies and beverages. Members of the committee baked pies and cookies for three days leading up to the event, and there was hardly a crumb left when the evening ended.



Becky Skilling and her daughter, Megan, perform a flute duet of "Star of the East" and "Away in a Manger."



George Mathews, Caroline Coffin and Reid Buzza (a.k.a. the Park Avenue Pickers) perform "Go Tell It on the Mountain."

Senior

Continued from page 9

nity as an actor, director and theater reviewer. His course provided the most fun and active participation - so much so that the final session drew an enthusiastic audience of family, friends and other Sr. College members, along with local press representatives. A YouTube video was filmed and the cast is still taking bows!

A winter series brochure listing one-day classes offered free to members will be mailed after New Year's Day. Final planning for the spring semester is underway.

Senior College is always open to new members. Membership is open to those ages 50 and older with an annual fee of \$25, valid from September 1 through August 31. There are no entrance



After the concert, those attending enjoy pies, cookies and beverages provided by the Outreach Committee.

requirements, grades or tests. The courses are taught by volunteers who are retired instructors or specialists in their fields. Course fees, which include most books and materials, are \$25 each for the first two courses and \$10 for each course thereafter. Unless otherwise noted, all classes take

place during the day at USM's Lewiston-Auburn College, 51 Westminster Street in Lewiston.

The motto of L-A Senior College is "Forever Learning." If this describes you, call 783-6610 and leave your name and number. Your call will be returned.

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Twin City Nights

Castlebay to perform in Brunswick

On Friday, December 19 at 7:30 p.m., Maine's premier Celtic music duo, Castlebay, will drive cold winter away with joyous and mysterious seasonal songs and tunes from Ireland, Scotland and the British Isles, as well as their native New England.

The duo's Irish flute, Celtic harp, fiddle and guitar will be joined this year by a motley crowd of mummers who will perform a traditional play about the seasonal battle of Light and Dark. Audience members may also be recruited to fill roles in the play.

For the ancient people of the British Isles and Ireland, the winter solstice was one of the most important dates on the calendar. The word yule means wheel and symbolizes the turning of the sun-wheel. Many of the enigmatic circles of standing stones that rise from the wind swept landscape are oriented to the solstice. The music of these people is filled with the symbolism of light conquering darkness, rebirth and the evergreen power of life. Legends and lore



Castlebay

featuring the affirmation of life force in the form of the Green Knight and power animals, such as the stag and the wild boar, abound.

Here in the new world, cold starlit nights and crystalline days brought family and friends around a crackling wood fire to share convivial songs with roots in the old country. Castlebay will include

some of this homegrown fare honoring new traditions.

The newly reconstructed church is located at One Middle Street in Brunswick, just opposite Curtis Memorial Library. Doors will open at 7 p.m. Tickets are \$10 at the door. For more information, see "Church activities" at www.uubrunswick.org.

Christmas at Victoria Mansion



"Christmas 100 Years Past" runs through January 4.

Visiting Victoria Mansion, a National Historic Landmark located in downtown Portland, has become a Christmas tradition for many Maine families. This year's holiday theme, "Christmas 100 Years Past," highlights the late Edwardian era, a time

of peace before America was pulled into World War I. While interpretation of the mansion usually centers upon the house's original owners, Ruggles and Olive Morse, with this year's 20th-century theme, the focus shifts to the Libby family, who purchased the home in

1894. As a result, collection items that have never been publicly displayed are on view this year alongside stunning Christmas decorations.

Christmas at Victoria Mansion, located at 109 Danforth Street in Portland, runs through Sunday,



Portland's Victoria Mansion is located at 109 Danforth Street in downtown Portland.

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January 4. Doors open daily at 11 a.m. and last admission is at 4:30 p.m., except on Mondays, when last admission is at 6:30 p.m. to allow visitors to see the rooms transformed after dark. The mansion will be closed Christmas and New Year's Days. For more information, see www.victoriamansion.org.

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Thursday, December 18
Public Meeting. 6 p.m. City Council Chambers, Auburn City Hall. The City of Auburn hosts this forum to discuss future options regarding solid waste and recycling services. Those unable to attend may comment at 333-6670 or jbeebe@auburnmaine.gov.

Friday, December 19
Christmas Tree Sale. 4 to 6 p.m. Gray Mktplace Plaza, Rte. 100, Gray. The Blue Liners Hockey Club sells trees to benefit the 26ers high and middle school hockey programs of SAD 15, RSU 4 and RSU 16. Fri-Sun thru Dec. 21 (10-4 on Sats & Suns). 272-6582.

PAL All-Star Hockey Game. 7 p.m. Androscoggin Bank Colisee, 90 Birch St., Lewiston. Former Boston Bruins take to the ice to benefit the youth athletic programs of Lewiston PAL; autographs, photos

Calendar

See more Calendar at www.TwinCityTimes.com

avail. Tix sold on donations basis; kids ages 11- free. 513-3139.

Concert: Castlebay. 7:30 p.m. Curtis Memorial Library, One Middle Street, Brunswick. The Celtic music duo performs traditional and contemporary seasonal songs with roots in Ireland, Scotland and the British Isles. \$10 at the door. www.uubrunswick.org.

Saturday, December 20
Christmas Bake Sale. 9 a.m. to 5 p.m. Parking lot, Sports Trader, 707 Main St., Lewiston. A wide variety of delicious treats for sale; coffee and hot chocolate served. 50/50 raffle, prizes. Cont. 12/21. Proceeds benefit Tommy's Feral Felines. To donate

baked goods, call 240-3604.

Concert: Mitch Thomas & Friends. 2 p.m. United Methodist Church, 439 Park Ave., Auburn. The pianist-singer-songwriter leads an ensemble of talented local musicians in this annual "Holiday in Lights" family concert. Free, but a free will offering to support church programs will be received.

Concert: Mitch Thomas & Friends. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. The pianist-singer-songwriter leads an ensemble of talented local musicians in this annual "Holiday in Lights" family concert. \$15, reserved seating. 689-2000; www.francocenter.org.

Sunday, December 21
Ugly Christmas Sweater Day. Noon to 5 p.m. Lost Valley, 200 Lost Valley Rd., Auburn. Wear that ugly holiday sweater and ski today (weather permitting) for only \$15; group photo at noon, Ski Parade of Sweaters at 1 p.m. 784-1561; www.lostvalleyski.com.

"Living Light" Christmas Program. 6 p.m. Court St. Baptist Church, 129 Court St., Auburn. Church members and choirs present the Christmas story, as seen by those who witnessed the birth of Christ in Bethlehem, through words and music. Free and open to all.

Monday, January 6
Auburn Community Development Mtg. 5:45 p.m. Rm. 206, Auburn Hall. The public is invited to provide input on the city's next 5-year plan; tonight's topics: finalize priorities and strategies. 333-6601 ext. 1330; rmy-nahan@auburnmaine.gov.

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The Hunger Games:
Mockingjay Part 1 (PG-13) 1:05 3:50 7:30
Interstellar (PG-13) 1:15 2:05 4:40 6:55
Big Hero 6 (PG) 1:45 4:20 7:10
Fury (R) 2:00 xxx 6:40
Annie (PG) 1:20 4:25 7:15
The Hobbit: The Battle of the Five Armies (PG-13) 1:00 4:10 7:25
Night at the Museum: Secret of the Tomb (PG) 1:35 3:55 7:00

DECEMBER 19TH THROUGH DECEMBER 23RD

AUBURN

746 Center Street
Auburn Movie Hotline — 786-8605

Night At The Museum:	12:00	1:20	2:30	4:50
Secret Of The Tomb (PG)	6:55	7:20	9:40	
Annie (PG)	1:00	3:50	6:45	9:25
The Hobbit:	12:20	3:20		
Battle Of The Five Armies (PG-13)	4:30	7:05	9:10	
The Theory Of Everything (PG-13)	12:40	3:30	7:10	9:45
Penguins Of Madagascar (PG)	12:10	2:20		
	4:40	7:00	9:15	

The Hunger Games:
Mockingjay Part 1 (PG-13) 12:50 4:00 6:50 9:30
Exodus: Gods and Kings (PG-13) 12:30 4:20 7:30 xxx
Exodus: Gods and Kings will not show on Sunday (12-21) @ 12:30 and 4:20
The Hobbit: 1:10 7:40 xxx
Dumb And Dumber To (PG-13) 3:40 9:20
Big Hero 6 (PG) 1:30 4:10
Horrible Bosses 2 (R) 6:40

Free Patriots vs. Jets @ 1pm (12-21) 35 Foot Screen Hi-Def *Free*
Free Early Bird Classic Film "Christmas Vacation" Tuesday @ 10AM *Free*

TAPS offers holiday survival tips for those coping with grief

Holiday cheer and merrymaking may be everywhere this time of year, but for the thousands who are grieving the loss of a loved one, the holiday season can be an emotional minefield with no road map for easy navigation.

Coping with grief over the death of a loved one during the holidays can be difficult. Memories of holiday traditions shared with a lost loved one may be painful. Mourners must navigate an emotional roller coaster ride during the holidays that can feel bittersweet with nostalgia and happy memories as well as painfully cruel and isolating.

The Tragedy Assistance Program for Survivors (TAPS), a national non-profit organization offering comfort and care to families of our fallen military troops, offers the following tips to help anyone who is grieving the death of a loved one during the holiday season:

Take charge of your holiday season. Anticipating the holiday, especially if it's the first one without a cherished family member, can be worse than the actual holiday. Take charge of your holiday plans and map out how you will spend your time. This can help relieve anxiety.

Make plans. Plan to spend the holidays where you feel nurtured, emotionally safe and comfortable. Having a plan will help you navigate the holiday season and its activities. Remember to plan for flexibility, as you may not know how your emotions will respond, especially if it is your first or second holiday season after the death of a loved one. Find sustenance for the soul. Your church, synagogue, mosque or other faith community may offer services, resources and support networks for

the bereaved. You may want to look for a support group for people who are grieving and have suffered a similar loss. Families who have lost a loved one serving in the military may find comfort by connecting with other survivors through the TAPS online community, peer support groups, peer mentoring or care groups.

Don't be afraid to change your holiday traditions. Some traditions may be a comfort, while others can cause pain. Consider which traditions to keep and which ones to forego this year. Do not feel like you have to do something because you have always done it that way. Include your lost loved one in gift-giving. Give a gift on behalf of your loved one to someone else. Consider making a donation to a charity in memory of your loved one.

Create a tribute. Light a candle, display a favorite photograph or set a place at the dinner table to represent the missing loved one. Consider writing a letter to your loved one about the holidays and your special memories with that person. Be gentle with yourself. Realize that familiar traditions, sights, smells and even tastes may be comforting or may jolt your emotions. This is the time of year when you need to be careful with your emotions and listen to yourself.

Attend holiday func-

tions if you can. Consider attending holiday parties and events, especially if you'll be able to spend time with supportive family members and friends. Make an escape plan in case the event is more than you can handle. If you think a holiday gathering might be more than you can bear, it's okay to stay home.

Don't pretend you haven't experienced a loss. Imagining that nothing has happened does not make the pain of losing a loved one go away, nor does it make the holidays easier to endure. While holiday memories may be painful, they can also be comforting. It's okay to talk with others about what you have lost and what the holidays mean to you.

Pay attention to your health. It's often difficult for people who have experienced a recent loss to sleep. Make sure you get regular rest and drink lots of water. Do not overindulge in sweets or alcohol. If you feel overwhelmed, talk with your medical care provider.

Take stock of both joy and sadness. Give yourself permission to feel joy as well as sadness. Don't feel like you have to "be a certain way" because of your loss or because it is the holidays. Just be yourself.

Express your feelings. Bottling up your feelings may add to distress, not lessen it. To express your feelings,

use your creativity to write a poem, talk with a supportive friend, create a painting or pen a journal entry.

Share your holiday season with someone else. There are many lonely people who might like to experience the holiday season alongside someone else. Consider volunteering with a local charity or soup kitchen, inviting a neighbor for a special holiday meal or including others in your holiday activities.

For more tips on dealing with grief during the holidays, look for the Holiday Survival Guide at www.taps.org. As the national organization providing compassionate care for the families of America's fallen military heroes, the Tragedy Assistance Program for Survivors (TAPS) has offered support to more than 50,000 surviving family members of our fallen military and their caregivers since 1994.

TAPS provides peer-based emotional support, grief and trauma resources, grief seminars and retreats for adults, Good Grief Camps

for children, case work assistance, connections to community-based care, online and in-person support groups and a 24/7 resource and information helpline for all who have been affected by a death in the Armed Forces. Services are provided free of charge. For more information, call the toll-free TAPS resource and information helpline at 1.800.959.TAPS (8277) or see www.taps.org.

Lavallee, Rowles support A-T Children's Project



Allison Lavallee recently presented her friend, Emersyn Rowles, with a donation of \$325 for the A-T Children's Project to help fight the rare disease, Ataxia-Telangiectasia. For Allison's birthday, she asked for donations in honor of her friend. The girls, now in the third grade, have been friends since kindergarten at McMahon School.

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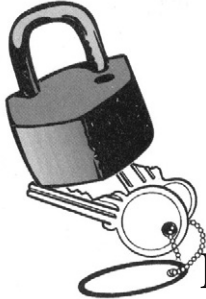
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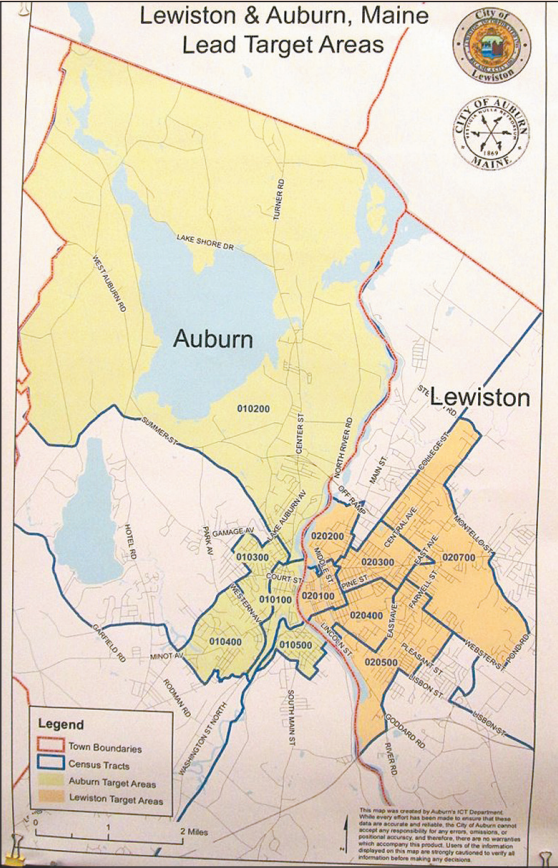
Agencies discuss lead abatement efforts at press conference



Representatives were on hand to discuss the roles of various partner agencies in the effort.

a plan to free local homes of hazardous substances, such as lead, and to cope with the medical, developmental and legal problems exposure to such substances can cause in young children.

Partners involved in the effort have included the state's U.S. Congressional delegation, the Maine Department of Housing and Urban Development, the



Targeted Areas map

A press conference took place at Lewiston City Hall recently to discuss how federal grants received by the City of Lewiston, Healthy Androscoggin, Pine Tree Legal and the Lewiston School



Ed Barrett praises the plan's multi-pronged approach.



The John T. Gorman Foundation's Nicole Witherbee and Lewiston City Administrator Ed Barrett

Department will be used to fund a multi-pronged effort to combat childhood lead poisoning in the Lewiston-Auburn area.

"Enough is enough; this is going to stop," said Lewiston Mayor Robert Macdonald about a problem that affected a reported 171 young children in Auburn and 507 young children in Lewiston from 2003 to 2012. At the event, various community partners outlined their roles in

Maine Center for Disease Control, the John T. Gorman Foundation, Community Concepts, Central Maine HealthCare, St. Mary's Health System, Healthy Androscoggin, Head Start, Bates College, the Lewiston and Auburn Housing Authorities, and the Lewiston and Auburn Community Development

Departments.

For more information about the program, call economic development specialist Misty Parker at 513-3126 (TTY/TDD 513-3007).



Lewiston Mayor Robert Macdonald expresses the city's commitment to end lead poisoning in children.



Healthy Androscoggin Executive Director Steve Johndro.



Bill Burney of HUD.

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