

## Chocolate Church Arts Center presents "Scrooge! The Musical"



The talented ensemble cast is comprised of local actors of all ages.

The Chocolate Church Arts Center will present its 2017 holiday production of "Scrooge! The Musical" in performances December 15 through 17 on the center's main stage at 804 Washington Street in Bath. Featuring the singing and dancing talents of local actors of all ages, this production of Charles Dickens' holiday classic is based on the version adapted by renowned writer-composer-lyricist Leslie Bricusse for the 1970 hit screen musical "Scrooge!"

Based on Dickens 1843 novella "A Christmas Carol," this is the timeless story of Ebenezer Scrooge, a greedy miser who hates Christmas but is trans-

formed into a caring, kindly person through the fateful Christmas Eve visitations of four ghosts. Like the film, the musical follows Scrooge (portrayed by Iver McLeod) as he is visited by the ghost of his former partner Jacob Marley (portrayed by Reese Madarasz) and the Ghosts of Christmas Past (portrayed by Sarah Hanson), Christmas Present (portrayed by Mary Melquist), and Christmas Future (portrayed by Phoebe Hanson).

Each year the Chocolate Church Arts Center presents a family oriented, Christmas-themed production as a holiday gift to the community. This year's production is led by the team

of Wayne Otto as director, Ashley Steeves as choreographer, and Kyle Aaron as music director.

Performances will take place on Friday and Saturday, December 15 and 16, at 7:30 p.m.; and on Saturday and Sunday, December 16 and 17, at 2 p.m. Tickets are \$12 in advance or \$15 at the door. For an additional \$6 fee, audience members are invited to attend an opening night reception immediately following the Friday, December 15 performance for light refreshments and an opportunity to meet and greet the cast. To buy tickets, call the box office at 442-8455 or see [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org).

## Mitch Thomas and Friends return to Franco Center for "Holiday in Lights"



Pianist, singer, and songwriter Mitch Thomas has gathered a large cast of his talented friends for this fourth annual holiday music celebration on Saturday, December 16.

The fourth annual "Holiday in Lights" with Mitch Thomas and Friends will take place on Saturday, December 16 at 7:30 p.m. in the performance hall of the Gendron Franco Center at 46 Cedar Street in Lewiston. Thomas, a local pianist, singer, and songwriter who serves as the executive director of the Franco Center and directs and performs at

Community Little Theatre, will present several seasonal favorites, including his own composition "Light a Candle for Peace."

The event will also feature many other talented local artists, including guitarist Tony Morin; singer Krista Johnson, known for her portrayal of Connie Francis in "Among My Souvenirs"; Maddy Les-

lie, who has performed in many Community Little Theatre productions; her sister, Mia-Angelina Leslie; Carl Steidel, often a featured baritone with the Maine Music Society; Hayden Thomas, who played "Fiona" in CLT's production of "Shrek, the Musical"; Kristen J. Thomas, who recently co-starred in CLT's production *See Mitch, page 4*

## St. Dom's Christmas Classic at Norway Savings Bank Arena

The St. Dominic Academy Boy's Hockey program will present its 2017 Christmas Classic invitational hockey tournament Wednesday through Friday, December 27 through 29, at Nor-

way Savings Bank Arena in Auburn. Participants will include St. Dom's cross-town rival, Edward Little High School, along with teams from Notre Dame Fairfield of Fairfield, CT;

Bishop Brady of Concord, NH; St. Thomas Aquinas of Dover, NH; Rice Memorial of Burlington, VT; and Smithfield High School of Smithfield, RI. *See St. Dom's, page 4*

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## Sends Letter to Legislative Leadership Outlining Principles of Medicaid Expansion



**By Governor Paul R. LePage**

Since 2011, our administration has implemented policies that have yielded significant improvements in Maine's fiscal outlook and business climate. Some key accomplishments include: the largest tax cut in state history—8.5 percent to 7.15 percent; an unemployment

When I took office, our Budget Stabilization

**No Use of One-Time Funding or Budget Gimmicks.** Historically, politicians have relied on budget gimmicks, one-time

Full funding of our Section 21 and 29 waitlists, and no reduction of services or funding for our elderly or Mainers with disabilities and prioritization of cur-

The Department of Health and Human Services continually assesses their budget to ensure there are adequate resources to fund what is of the highest priority—and things already look challenging for SFY 19. They are already hearing from nursing homes and other providers to adjust rates so they can face financial pressures caused by under the new minimum wage laws. While Mainers with developmental disabilities wait for services, service providers are threatening to close their doors due to inadequate reimbursement rates. The most recent biennial budget included temporary rate increases for service providers; however, without the intervention of the Legislature and some serious prioritization in funding, those increases will go away on June 30, 2018. Additionally, a decision regarding Disproportionate Share reimbursement

While I remain adamantly opposed to the policy of expanding Medicaid because it threatens our state's financial stability, the Legislature is allowing it to become the law. You, the Legislature, now must do your job to fund it as quickly as possible so the Executive branch can do its job: execute the law. But I will not implement it without adequate funding. It's time to act responsibly to fund this referendum with real dollars based on real savings.

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Enough is Enough

Politics today involve more mud-slinging than skill

By Robert E. Macdonald  
MAYOR OF LEWISTON

Never nod when you can wink, never speak when you can nod, never write when you can speak and never discuss sensitive issues with more than two people in the room to maintain deniability.

This is effective if the other person is not wearing a wire. Good common sense advice. But in today's world, common sense is no longer practiced.

In days long gone by, politics was a skillful art, practiced by above-intelligent individuals familiar with foreign and domestic policies. Those desiring a career in politics would

hitch their wagon to a successful politician. This allowed them to be groomed on the finer points of politics.

Success dictated you had the ability to carefully listen to the information and not only make a clear decision, but also justify it using your acquired skill in public speaking.

But the final days of civility disappeared during the radical 1960s. Extremists masqueraded as college professors, forgoing the art of teaching and taking up preaching anarchy. They were aided by college administrators who did not have the intestinal fortitude to put a quick stop to this



Mayor Bob Macdonald

nonsense. Today, success in politics is not measured by policies and ideas, but how much mud you can throw and have it stick to your opponent.

Last week I was appalled and angry upon reading a story in the Lewiston Sun Journal stating that Lewiston mayoral candidate Ben Chin had referred to the people living in my Ward 6 neighborhood as "racist." This came to light after some of Chin's disenchanted former supporters leaked emails from his campaign.

The article appeared in the upper left corner on Page 2 of the paper's City section. On the lower third of Page 1 of the same City section was a story about a crack dealer sentenced to a decade in prison for a crime he committed on February 10 of this year.

My question: Which

story has more of an impact on Lewiston, the sentencing of a crack dealer or hard-working, law-abiding citizens of a respectable Lewiston neighborhood being branded as "racist" by Lewiston mayoral candidate Ben Chin?

The reporter asked how he, Chin, had determined that some of the residents were racists. Chin stated that they had made some comments, but failed to articulate those comments. Apparently, that was good enough for the obsequious reporter, and the interview was terminated.

My question: Why was Chin allowed to blow off this interview by providing a

meaningless, unclear explanation? I can tell you from past experience that if I had said or written something similar, I would have been on Page 1, above the fold, for a minimum of two or three days.

Lastly, after reading the local letters to the editor in the Sun Journal, it has become woefully apparent that a majority of voters do not understand the workings of city government. Far too many have no idea what the duties of the mayor, city council or the school committee are.

In order to have effective government, you have to have voters who understand how it works.

AARP

Continued from page 2

expand the delivery of buckets of salted sand to local residents ages 60 and older through a partnership of the Augusta Age-Friendly Committee and the city's Bureau of Parks, Cemeteries and Trees was front page news in October. The couple was recently recognized by Kennebec County with the Spirit of America Award for their work with Age-Friendly in Augusta at the Old County Courthouse. The Augusta Age-Friendly Committee was recently recognized by Spectrum Generation with its Distinguished Community Champion Award, which honors work to advance significant advocacy-related initiatives on behalf of older or disabled residents.

"One thing we are really proud of is the bench program," says Carol. "We approached grocery store chains that did not have bench seating inside and outside for seniors to use while waiting for a ride. Both Hannaford and Shaws put out new bench seating, and we highlighted them on our social media pages. We also approached the City of Augusta to put

bench seating along the routes that seniors walk to get to their shopping and the city is doing just that. It is exciting to see how small things like this can make us a more livable city and enhance aging in our community."

To learn more about the Augusta Age-Friendly Committee, find them on Facebook or download the Augusta Age-Friendly Guide, the first ever age-friendly community-specific guide of its kind in the United States. It's available at [augustamaine.gov](http://augustamaine.gov).

Bob and Carol have been married for 38 years. Carol has retired from a 30-year nursing career and Bob worked in logistics and transportation services for over 40 years. They have one daughter, Linsey. Besides working tirelessly to advance age-friendly initiatives in Augusta, they enjoy camping and gardening, and Carol is also an award-winning quilter.

The award was presented during AARP Maine's annual volunteer recognition celebration, held this year at Maple Hill Farm in Hallowell.

"AARP Maine's An-

drus Award acts as a symbol to our members and to the public that we can all work together for positive social change," said AARP Maine Volunteer State President Rich Livingston. "We are deeply proud to be presenting this year's award to Bob and Carol MacDougall, whose record of achievement, service, and commitment provides a shining example of Maine citizens making a significant difference in the lives of others."

AARP has long valued the spirit of volunteerism and the important contributions AARP volunteers make to their communities, neighbors, and the programs they serve. They welcome new volunteers to serve in a variety of roles. For more information, call 1-866-554-5380 or visit their website at <https://states.aarp.org/region/maine>.



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Local attorney joins Trinity Jubilee Center board



Timothy Kenlan

Timothy Kenlan of Lewiston, an attorney with the Berman & Simmons law firm, has joined the board of directors of Trinity Jubilee Center of Lewiston.

Located in Lewiston's downtown, Trinity Jubilee Center is a non-profit, secular organization that provides services and advocacy for

underserved populations, including the poor, elderly, homeless, immigrants, and refugees. The center's five programs, the Meals Program, Food Pantry, Day Shelter, Resource Center, and Refugee Integration Program, serve more than 1,000 people every week.

Kenlan has worked as an attorney at Berman & Simmons since 2012.

He represents clients with personal injury and product liability claims and has extensive experience handling insurance coverage issues. He is a graduate of Indiana University and the University of Maine School of Law. As a student attorney for the law school's legal aid clinic, he represented low-income Mainers in a wide range of legal matters.

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## First-Quarter Honor Roll for St. Dominic Academy-Auburn

The following students were named to the First-Quarter Honor Roll for Saint Dominic Academy's Auburn Campus, which includes Grades 7 through 12.

These students have achieved a 4.25 average and above in all courses and are on the Principal's List:

Grade 12: Janelle Bryant, Amelie Crowe, Caroline Gastonguay, Taylor Jorgensen, Margaret Kase, Eisa Lee, Qingwei Meng, Hannah Trotter-Braun.

Grade 11: Vanessa Bussiere, Abigail Castonguay, Paige Cote, Emily Gerencer, Alexandra Hammerton, Avery Lutrzykowski, Dominique Michaud, Mary Milligan, Cameron Palmer, Jingyuan She, Emma Theriault.

Grade 10: Avery Greco, Mia-Angelina Leslie, Simone Long, Skye Rogers, Yueyi Wu, Rebecca Zimmerman.

Grade 9: Sarah Brown, Anna Cote, Benjamin Kase, Gisele Ouellette, Ethan Rombalski, Elliana Smith, Lauren Theriault, Emma Wolverton.

Grade 8: Kathleen Dean.

Grade 7: Sarah English, Eadie Nadeau, Sasha Nevins, Laura Wong.

These students have achieved a 3.80 average overall, with no grade below 2.70, and have attained First Honors:

Grade 12: Victoria Chase, Lindsay Cook, Hunter Emery, Katya Fons, Zihong Huang, Madison

Leslie, Elizabeth Perkins, Matthew Roeser, Callie Samson, Raleigh Stebbins.

Grade 11: Madelyn Diaz, Dasha Fons, Joseph Frederick, Hunter Hughes, Caroline Johnson, Kylie Leavitt, Zhaocheng Pan, Morgan Roy, Mary Suckow, Abbie Zanon.

Grade 10: Isaac Banks, Zachary Davis, Paige-Jackalynn Errico, Emily French, Demetrios Gammaitoni, Raegan Hachey, Evan Rivard, Karitha St. Jean.

Grade 9: Alec Beaudin, Dominic Brunetti, Amelia Fortin, Lucy Frenette, Charlotte Gastonguay, Martha Geyer-Shaheen, Matthew Gosselin, Olivia Hallee, Hannah Kenney, William Levasseur, Cameron MacLean, Owen

Mitchell, Keenan St. Pierre, Sydney Stebbins, Madison Tyus, Emily Wallingford, Derek Wolverton.

Grade 8: Bryana Archer, Julianne Cook, Noah Cyr, Julia Gregory, McKenzie Lagerson, Patrick Manson, Chase McKeen, Isabella McMillen, Leandro Naous, Bella Perryman, Eleanor Russell, Molly Sirois, Kyla Wallace, Jessica Zimmerman.

Grade 7: Connor Brann, Natalie Brocke, Jazzlynn Clark, Desiree Fournier, Brianna Frederick, Miles Frenette, Rodanthi Gammaitoni, Noah Girardin, Eric Jones, Tyler Lac, Adam Laflamme, Anika Lammers, Colby Levasseur, Abigail Mitchell, Julia Perkins, Anna Seguin, Olivia

Servidio, Brady Vincent.

These students have achieved a 3.25 average overall, with no grade below 2.70, and have attained Second Honors:

Grade 12: Joshua Fortin, Ryan Paione, Mackenzie Pelletier, Sophia Velasquez, Payton Winslow, Xuting Zhao.

Grade 11: Bailey Deroyer, Matthew Gagnon, Benjamin Gosselin, Daniel Malkowski.

Grade 10: Mark D'Alessandro, Andrea Dolci, William Laflamme, Jacob Lewis, Jacques Ouellette, Zackary Pelletier, Ambrose Ward, Jaden Webster.

Grade 9: Dominic Chasse, Dominic Cyr, Victoria Cyr, Matthew Fletcher, James Gould, Nathan Jones,

Brian Lac, Noah Pratt, Lucas Pushard, Matthew Trischler, Cassie Wardwell, Erin White, Devdan Young.

Grade 8: Samuel Burnham, Carlo Cabrera, Charlotte Cloutier, Sydney Dick, Kristen Lachance, Emma Roy, Aaron Thibault, Isabella Webster.

Grade 7: Ava Apodaca, Lorelei Bonney, Matthew Gould.

These students have achieved a 3.0 average overall, with no grade below 2.70, and have attained Honorable Mention:

Grade 12: Drew Greco.

Grade 11: Ethan Bosse, Cassandra Roy.

Grade 10: William Fletcher.

Grade 9: Gage Smith.

## First-Quarter Honor Roll at St. Dominic Academy-Lewiston

The following students in Grades 2 through 6 were named to the First-Quarter Honor Roll for Saint Dominic Academy's Lewiston Campus, which includes Grades Pre-K through 6.

High Honors:

Grade 2: Gabrielle Adams, Elizabeth Carpenter, Avianna D'Auteuil, Koen Fairbanks, Kayleigh Follansbee, Christopher Johnson, Logan LeClair, Madison McGonagle,

Athina Nikas, Lila Patient, Elouise Porter, Whitney Richardson, Olivia Tassinari, Jackson Vincent, Cash Watson, Alana Wheeler.

Grade 3: Ian Cyr, Bayden Cyr Guzowski, Zane Deletsky, Sarah Ebersole, Naomi Fairbanks, Charles Marcotte, Corbin Poussard, Madelynne Stratman, Kai Taylor, William Wallingford, Howie Wu.

Grade 4: Ashton Ad-

dition, Alyssa Davis, Sela Russell, Molly Strout.

Grade 5: Sophia Brown, Cassidy Cote, Jaxon Errico, Lola Jones, Joshua Parenteau, Olivia Patient, Curtis Wheeler.

Grade 6: Rieslynn Bernier, Connor Cyr, Anna Geyer-Shaheen, Garrett Kendall, Tucker Kenney.

Honors:

Grade 2: Gavin Bisson, Payton Bureau, Cole Chretien, Zoey Cote, Teagan Crockett, Rilynn Daigle,

Landon Desjardins, Brooklyn Doucette, Nolan Heath, Elizabeth LaValley, John Lydon, Rachel Moyse, Hannah Sherman.

Grade 3: Tucker Berube, Lily Bonney, Sebastian Caine, Hunter Chadbourne, Edward Cobb, Anastasia Jalbert, Victor Lac, Ava Leidemann, Ryan Manson, Nathan McGillicuddy, William Michaelis, Landon Nagy, Veronica Perry, Krish Patel, Cole Pelletier, Logan Rous-

seau, Henry Walter.

Grade 4: Joseph Adams, Kellen Antoine, Isabella Bouffard, Abby Cushman, Riley Daigle, Benjamin Dumais, Haydon Emery, Sophia Franciose, Noah Gagnon, Kendall Gravel, Isabelle Hinkley, Victoria Lac, Aiden Mackenzie, Isaac Pippin, Meghan Rivard.

Grade 5: Aiden Belanger, Jack Brocke, Lewis Bunleng, Ashley Connor, Avaya Desjardins, Charles

Foster, Jack Gilpatrick, Phoenix Jalbert, Caitlin Michaelis, Sam Moore, Cameron Morin, Jaipal Patel, Cade Trundy, Aiden Robitaille, Anna Theriault, William White.

Grade 6: Dawson Archer, Ella Bouyea, Colby Daigle, Ridge Dionne, Carlotta Dolci, Colin Dube, Jack Ellingwood, Maggie Grady, Avery Gravel, Ashton Hammond, Abby Martel, Timothy Ouellette, Campbell Perryman, Natalia Russell.

## Tips for a healthier holiday season from the American Heart Association

As we prepare to gather with family and friends this holiday season, the American Heart Association reminds us that we can make smart recipe substitutions to keep our holiday meals - and the people we love - healthier. Over-indulging in traditional holiday foods can add extra pounds to our waistlines and increase our risk for obesity, diabetes, heart disease, and stroke.

More than 60% of Americans are overweight or obese, according to the AHA, so getting to and maintaining

a healthy weight is important during the holidays and year-round. The AHA recommends making small but impactful lifestyle changes to prevent heart disease and stroke, the nation's number one and four killers. Studies show that more than 80% of heart disease can be prevented with simple lifestyle changes like quitting smoking, exercising 30 minutes most days of the week, and eating healthier.

The American Heart Association says the first step is to determine your

daily calorie intake with an app or online calculator, then adjust your daily calories into the healthy range. A good place to start is by eating more fruits and vegetables, which are low in calories and high in nutrition.

"Many of the traditional foods and beverages served during the holidays can be healthy - the trick is to not load on the butter, salt, and sugar," said Lori Kaley, Registered Dietitian and Spokesperson for the American Heart Association's Maine chapter. "Add color and nutrition to your

plate with seasonal squash, roasted vegetables, and fruit-based desserts. Drink a refreshing glass of water in between other beverages and during mealtime."

All of the holiday parties and dinners can throw off your healthy lifestyle goals. The American Heart Association is offering its annual Holiday Healthy Eating Guide to help people navigate the holiday season in a healthy way. The 20-page free guide has tips, recipes, and resources to help maintain a healthy lifestyle during the busy holiday season. The guide is available

free online at [www.bit.ly/AHAHolidayGuide](http://www.bit.ly/AHAHolidayGuide).

Party with a Healthy Plan in Place: The AHA recommends healthy portions, limiting the empty calories from alcoholic drinks, and filling up on healthier fruits and vegetables first, before the less healthy options. Keep dessert temptations to small samples of your favorites instead of full servings, and eat mindfully to enjoy every morsel. Don't stand near the party buffet, and avoid mindless nibbling.

Plate-Up Healthy First: Be sure to pack your holiday meals with lots of fruits and vegetables, whole grains, beans and legumes, nuts and seeds, fish, skinless poultry, and plant-based side dishes and main courses.

### Collins

*Continued from page 2*

only to the State of Maine but to our country," said Senator Collins. "I am thrilled to welcome Mark back to my staff, where I know he will continue to work hard to serve his fellow Mainers."

Winter is a graduate of Maine Maritime Academy and the University of Maine School of Law. In addition to working for Senator Collins on the Homeland Security Committee, he previously served as General Counsel at the National Maritime Intelligence Center and as the National Security/Counter-Terrorism/Intelligence Specialist at the U.S. Attorney's Office in Portland.

In 2014, Winter was recalled to active duty, first serving as Chief of Staff at Joint Task Force - Guantanamo Bay, Cuba, and then as the Deputy Director and Director of the Detainee Affairs Branch on the Joint Staff in the Pentagon.

Winter resides in Freeport, with his wife, Meredith, and two children, William and Eleanor.

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## Tri-County Mental Health appoints officers, adds new members to board

Tri-County Mental Health Services has appointed the following board members as board officers for 2017-18. Jeffrey Barkin, M.D., DFAPA, of Portland was appointed president, Walter Riseman of Harrison was appointed treasurer, John Geismar of Minot was appointed vice president, and Mary Ellen Davis of Lewiston was appointed secretary. New members elected to the board this year are Stephanie Gelinas of Lewiston, Giselle St. Amand of Gray, Muhidin Libah of Lewiston, and Jane Cantral of Lewiston.

Dr. Jeffrey Barkin, M.D. is a Yale-trained, Board Certified general and geriatric psychiatrist with expertise in neuropsychiatry and psychopharmacology. He serves as Associate Medical Director of Goold Health Systems, a Change Healthcare company, and as Medical Director of Cornerstone Behavioral Health. He practices forensic and clinical psychiatry in Portland and has experience in healthcare policy analysis. He joined the Tri-County Board in 2015, serving most recently as board treasurer.

Walter Riseman has had a long career in financial oversight, serving first as Director of Finance and then as Chief Financial Officer for Community Concepts, Inc., in Lewiston, where he worked for more than 20 years. A graduate of Babson College, he now runs his own business, WRAssociates, which pro-

vides small businesses with expertise in numerous areas of business start-up and growth. He also serves as a substitute teacher for SAD 17 and has been a volunteer counselor for Oxford Hills SCORE.

John Geismar, Esq. is an attorney in the Lewiston office of Norman, Hanson & Detroy. A longtime member of Tri-County's board, he has served as both board president and vice president.

Mary Ellen Davis has been an advocate for mental health services for many years and became a member of the Tri-County Board in 2010. Since joining the Board, she has lent a strong consumer voice to the board and its work. She also uses her extraordinary singing voice to support the agency's services and efforts to reduce stigma at the annual Inspired Voices Benefit Concert, held each year in June.

Stephanie Gelinas is the founder and director of Sandcastle Clinical and Educational Services. An active member of the Lewiston community, she serves on the Board of Directors for the Lewiston Auburn Metropolitan Chamber of Commerce and as a Leader at Pathway Vineyard Church.

Giselle St. Amand is a TD Bank store manager with more than 20 years of banking experience. She looks forward to working with Tri-County and bringing her background in banking and in the local community to the board.

Muhidin Libah is executive director of the Somali Bantu Community Association of Maine. Libah is responsible for the oversight of the non-profit organization, which has as its mission to assist the Somali Bantu refugee community to transition to their new lives and home here in Maine.

Jane Cantral is a committed advocate for those dealing with behavioral health issues, an active member of the Lewiston community, and a talented performer who shared her talents in the 2017 performance of Inspired Voices.

Other returning board members are Steven P. Johndro of Poland, Eric Samson of Auburn; Lorrie Marquis-Evans of Lisbon, and Charles Bernacchio of Falmouth.

Tri-County Mental Health Services is Maine's most comprehensive agency dealing with the psychological and social well-being of children, adults, and elders, serving more than 5,000 people each year. For more than 65 years, Tri-County has provided innovative programs and services addressing mental health, substance-use disorders, developmental disabilities, and more. Its philosophy of building toward recovery and sensitivity to traumatic experiences of consumers gives hope to individuals, families, and communities in Androscoggin, Northern Cumberland, Franklin, Oxford, and York Counties.

## MaineHealth members adopt unification proposal

The member organizations of MaineHealth have adopted a proposal to join together under a single Board of Trustees that will oversee a unified financial and operating model for Northern New England's largest healthcare system.

MaineHealth members include Southern Maine Health Care in Biddeford and Sanford; Maine Medical Center in Portland; LincolnHealth in Damariscotta and Boothbay Harbor; Coastal Healthcare Alli-

ance, which oversees Waldo County General Hospital in Belfast and Pen Bay Medical Center in Rockland; Franklin Community Health Network in Farmington, which oversees Franklin Memorial Hospital; Western Maine Health in Norway, which oversees Stephens Memorial Hospital; and Memorial Hospital in North Conway, N.H.

Three additional members provide services throughout much of the organization's service area,

including Maine Behavioral Healthcare, NorDx Laboratories, and MaineHealth Care at Home, a home health care provider.

Votes on the proposal by the boards of individual member organizations began on Nov. 2 and were taken over the subsequent weeks, following more than a year of discussions over whether and how to change the healthcare system's governance model.

The unification proposal See **MaineHealth**, page 12

# What's Going On

## Diocese names new Director of Cemeteries



John Fencik

The Diocese of Portland has named John Fencik as its new director of cemeteries. Most recently, Fencik was the director for Catholic Funeral and Cemetery Services for the Diocese of Spokane, Washington from 2014 to 2017.

CFCS is a division of Catholic Management Services, a nonprofit organization specializing in providing strategic business planning and professional services to revitalize cemetery operations. The Diocese of Portland signed a management services contract with CMS in July.

The Diocese of Portland currently owns and operates two diocesan cemeteries, St. Peter's Cemetery in Lewiston and Calvary Cemetery in South Portland.

The diocese also collaborates with local parishes in the operation of more than 75 parish cemeteries. All cemeteries will continue to be owned by the diocese; cemetery staff will remain employees of the diocese but will be under the supervision of CMS.

"The diocese's partnership with Catholic Management Services is already bearing fruit," said David Twomey, the chief financial officer for the diocese. "Our dedicated staff members are benefiting from the expertise and resources of CMS, and I'm certain that John's appointment as cemetery director will allow us to discover new ways to better serve the Catholic community through our cemetery ministry."

"I'm looking forward to familiarizing myself with the cemeteries and introducing myself to the local pastors and cemetery personnel," said Fencik. "One of my initial goals will be to highlight this work as a true ministry of the Church, which reflects our call to bury the dead and comfort the sorrowful."

While serving in the Diocese of Spokane, Fencik oversaw the daily operations

of three diocesan cemeteries and advised parishes on administrative practices, effective training, and other special projects. From 2008 to 2014, he was the director of faith formation services/ecumenical officer for the Diocese of Helena, Montana. In that role, he was responsible for all religious education and adult formation programs in the diocese. He has also served as principal and headmaster at schools in Greenville, North Carolina and Merry Hill, North Carolina, respectively.

"I grew up on Long Island, New York, and my three children and first grandchild all live on the East Coast," said Fencik. "The opportunity to move back east, particularly to a beautiful place like Maine, was important to my wife and me."

Fencik earned master's degrees in Biblical studies from Fordham University in Bronx, New York and a master's of divinity from the Seminary of the Immaculate Conception in Huntington, New York. He holds a bachelor's degree in English literature from Cathedral College in Douglaston, New York.

## Central ME Detachment 810 donates Toys for Tots



In conjunction with Bedard Medical of Auburn, Central Maine Detachment 810 of the Marine Corps League recently presented over 100 new toys to Alpha Company, 1st Battalion, 25th Marines of Brunswick for the U.S. Marine Toys for Tots program. Pictured here (l. to r.) are Commandant Charlie Paul, Ben Nadeau, Mike Nadeau, Annette Nadeau, and Marine Sgt.-at-Arms Cliff Plourde.

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Out & About with Rachel Morin

Lorraine Dutile Masure’s “Growing Up Franco-American” at Auburn Public Library



Author Lorraine Dutile Masure talks about her life growing up in an “Old World culture” and her appreciation of her Franco-American heritage.

Story and photos by Rachel Morin

Lewiston Native Lorraine Dutile Masure won the hearts of her Auburn Public Library audience with her “Growing Up Franco-American” (with no black patent-leather shoes) stories of an Old World culture, a time in a slower-paced era that they all could relate to. No television, no internet, no hand-held devices.

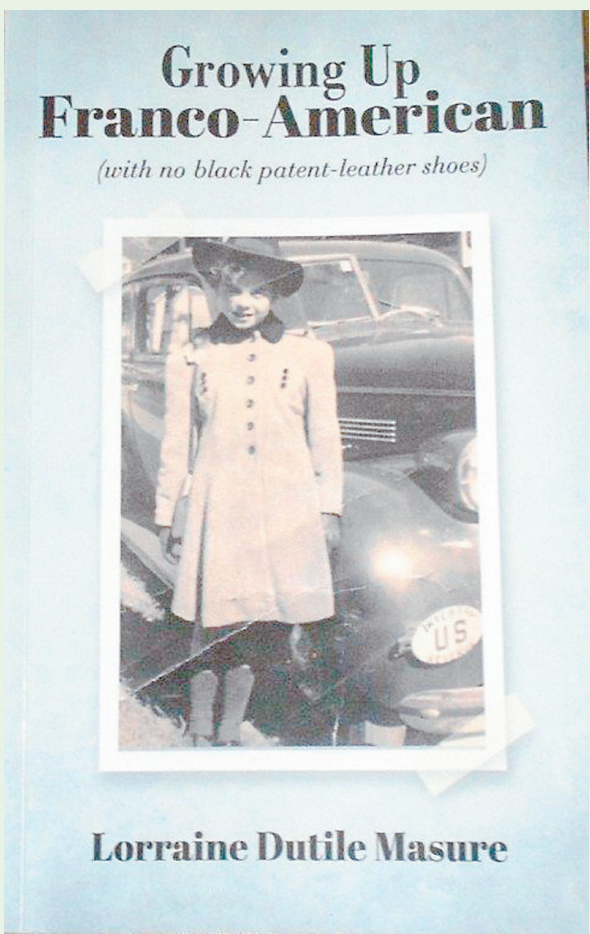
And her audience didn’t have to be Franco-American to appreciate the stories. Included amongst us were Irish, English, German, Lebanese and Syrian cultures, who could also relate to the food, music, church, school, rituals, holidays and family stories. We may be different, but our cus-



Marty Gagnon, APL Adult Services Manager, Arlene Jackson, Author Lorraine Dutile Masure and Doris Assarian



Nancy Jutras and Author Lorraine Dutile Masure discovered they had similar stories in their families.



Book Cover: The author, 11 years old, is properly dressed for Church. Note requisite hat, gloves, knee sox, and yes, perhaps patent-leather shoes. Also Dad’s Internal Revenue Service registration’s tag on his Hudson Teraplane vehicle.

tom and Dutile, made for fond memories.

But it was the love of her Franco-American culture that resonated throughout her story. Above all, her pride and respect for her French-Canadian grandparents, Joseph and Elmire (Beauchesne) Cote, who braved coming to a new country, arriving in Lewiston, 400 miles south of their homeland in Canada. Their story was at the core of her book and the reason she wrote it.

The author told us “My grandparents were unschooled. They lived a peasant and farming life. They were dependent on the weather to make their livelihood of growing crops and working in the woods as woodcutters. With a large family, and irregular paychecks, they had dreams

and looked south of the border for a better life for their family.”

And so, coming to Lewiston, not knowing the language and no skills to work in the textile mills or the shoe shops, her grandfather, along with other French Canadians quickly learned the repetitive skills of the trades in the mills and shops. The supervisors noted their work ethics and the pride they took in reliably doing their work steadily and efficiently. The French-Canadian work force was soon recognized, valued and in demand by the local industries.

The book is divided into chapters depicting Historical Background, Personally Speaking, At Home, At City Hall, At the Workplace, At Church, At School, Dad, Mom, Happy Days, and A Taped Interview (30 pages) that the author conducted with her parents, Wilfred Dutile, Sr and Laurette Cote Dutile on their 60<sup>th</sup> Wedding Anniversary. It is a beautiful account of their life together and raising their five children.

It is important to note that her grandparents and parents embraced the new country and made it their own, cherishing the day, after much studying and learning the English language, that they became American citizens. They never forgot their birth country and kept the traditions and customs within their homes.

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toms and rituals all have a common thread. The author’s book is a book for everyone with similar backgrounds and tales.

The author’s warmth and easy delivery of her home-town childhood years, sprinkled with humor as the only girl with four brothers, Wilfred Jr., David, Richard and Fer-

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Dr. Thomas Shields and Margaret Craven enjoyed sharing a memory from earlier times.

the book is the author’s selection of quotations from poets or writers who set the scene before each chapter. I enjoyed this one particularly: “Father, Mother and Me, Sister and Auntie say All the people like us are We, and Everyone else is They.”--Rudyard Kipling

We can all relate to John Howard Payne’s “Mid pleasures and palaces though we may roam, Be it ever so humble, there’s no place like home!” Other contributors included Alexander Pope, Ralph Waldo Emerson, Jonathan Swift and Robert Louis Stevenson, ending with Tevye’s famous lines from “Fiddler on the Roof”—“You may ask, how did this tradition start? I’ll tell you—I don’t know. But it’s a tradition...”

Towards the close of her presentation, Lorraine



Leon Norris and Jacquie Emond were planning on buying books for their adult children.

encouraged the audience to share their own stories which many did. She concluded by inviting the audience to sing the French-Canadian Children’s song “Alouette” which made a perfect ending to the afternoon.

A graduate of Nasson College with a B.A. in English and an M.S. in Adult Education at USM, the author lives in Sanford. She is a former USM administrator and teaches Broadway Musical classes at USM Senior College in York County.

Lorraine has published articles locally and regionally and at the young age of 20, for a national trade magazine. Her son, Christopher, follows in his mother’s footsteps, pursuing a Ph.D. in Communications.

Area students nominated to U.S. Military Academies

Several area students were nominated for admission this year to the United States Military Academies by members of Maine’s U.S. Congressional delegation. To be considered for an appointment to a service academy, applicants must be nominated by an authorized nominating source, which includes members of Congress. Admission to the United States Coast Guard Academy, also a federal service academy, does not require a congressional nomination.

The area students nominated were Zachary Grant of Brunswick High School (U.S. Air Force Academy at Colorado Springs, Colorado); Elizabeth Diaz of Kents Hill School and James Mannette of Windham High School (U.S. Merchant Marine Academy at Kings Point, New York); Samuel Colesworthy of Greely High School, Elizabeth Garver of Mount Ararat High School, and Sierra Weston of Lawrence High School (U.S. Military Academy at West Point, New York); and Robert Hetherman of Hyde School, Emily Mousseau of Lewiston High School, Dylan Richmond of Hebron Academy, Sean Scanlon of Cheverus High School, James Waaler of Yarmouth High School, and John Wallace of Mouth Ararat High School (U.S. Naval Academy at Annapolis, Maryland).

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# TWIN CITY NIGHTS

## Weekly Arts & Entertainment

### Sparkle Sunday recalls Downtown Lewiston's holiday past

Downtown Lisbon Street will be alive with holiday activity for last-minute shoppers on the third annual Sparkle Sunday on December 17. From 10 a.m. to 4 p.m., between Poise Yoga Studio and J. Dostie Jewelry, 20 venues will be open to offer artisan gifts, face painting and art activities for kids, gift certificates, beer, wine and food tastings, and all 'round joie de vivre. Blue "Sparkle" flags will mark each participating venue.

Organizers want to bring a flash of the historic retail excitement that brought hundreds of holiday shoppers to Lisbon Street in decades past. The area is experiencing



a renaissance in office, residential, and restaurant development, but retail is a different story as the growth of online shopping has changed the face of many downtown and mall

shopping centers. This one-day pop-up retail experience aims to recreate the community feel of meeting your neighbors on the street while holiday shopping.

More than 50 artists

and artisans will present their products in shops along the street. Available for perusal and purchase will be Ayurvedic oils, skin care products, hand bags, jewelry, paintings, photography, pottery, clothing, note cards, books, stuffed animals, yarn, knit and hand sewn gifts. Regular Lisbon Street merchants will have gift certificates for sale, and Marché, Fuel, Ben's Burritos, Mother India, Forage Market, and Baraka Market will be open with Sparkle Sunday food and drink specials.

Plenty of free parking will be available in the Oak Street and Canal Street garages.

### Auburn Allstate agency collecting Toys for Tots

The Richard Moylan Allstate Agency of Auburn is one of hundreds of participating Allstate agencies across the Northeast working this holiday season to enable the Allstate Foundation to donate \$88,000 to the U.S. Marine Toys for Tots Foundation. Community members are encouraged to stop by the Moylan Allstate Agency at 791 Kittyhawk Avenue in Auburn through December 15 to donate new, unwrapped toys for local children in need.

"As a small business owner in Auburn, I see firsthand the opportunities and challenges facing our area," said Moylan. "Giving back is tremendously rewarding and provides a sense of purpose. I believe that when we help others, we can be a positive force for change in our communities, which is why I'm proud to support the Marine Toys for Tots Foundation."

"Finding a present under the tree on Christmas morning is an experience every child deserves," said retired U.S. Marine Colonel Ted Silvester, vice president of the Marine Toys for Tots Foundation. "Allstate has certainly done more than its fair share to help us bring that joy to children whose families have suffered so much. This has been an especially difficult year to raise corporate funds and toy donations, so Allstate's support of the Marine Toys for Tots program is a real

godsend."

The U.S. Marine Toys for Tots Foundation is one of thousands of organizations this year that will receive Allstate Foundation Helping Hands in the Community grants, secured by agency owners and financial specialists on behalf of the local nonprofits where they volunteer. The grants support organizations addressing youth empowerment, domestic violence, disaster preparedness, hunger and other issues.

The Richard Moylan Allstate Agency is open Monday through Friday from 8:30 a.m. to 5:30 p.m. Evening hours are available by appointment. To schedule a donation drop-off, contact Moylan and his team at 777-0050 or richardmoylan@allstate.com.

### Greater Giving Grant applications due Dec. 31

Androscoggin Bank is accepting applications for its 2018 bi-annual Greater Giving Grants through December 31. Greater Giving is the bank's community impact program, launched in 2015 to provide support to nonprofits that benefit the community in three specific areas: economic development, education, and the arts. It accepts grant applications twice each year, due June 30 and December 31.

In July 2017, the Greater Giving grants committee approved second cycle grants totaling \$10,000 to five organizations: A Company of

Girls, Auburn Public Library, Center for Wisdom's Women, Lewiston Public Schools, and Wayfinder Schools.

The Greater Giving program's philosophy is that "community impact through partnership" is not only an exercise in volunteer hours and money donated, but also an emphasis on community partnerships and choosing to focus giving efforts in strategic areas where the bank can make the biggest difference.

For grant criteria and applications, click on "Community" at <https://www.androscogginbank.com>.

### Sabattus Rec Club plans holiday Jingle Jogs

The Sabattus Rec Club Running Program will lead two Jingle Jogs this Christmas season. The first will take place on their regular weekly Group Run on Wednesday, December 20, starting at 6 p.m. from Mixer's Nightclub on Sabattus Road.

These free weekly Group Runs are held year-round unless there is severe weather. There are typically two or three groups and routes/paces to choose from. The runs last from 30 to 60 minutes and are open to those of any age or ability.

The second Jingle Jog will be on Saturday, December 23, starting at 11 a.m.

from Mixer's Nightclub. Groups will help spread holiday cheer by walking, jogging, or running along some of the area's village streets.

Anyone interested in getting some exercise while wearing their favorite festive attire is welcome to join in. Lights and reflective clothing are strongly encouraged for the night run, while showing off your favorite elf outfit will be fine for the daylight jog. Bells are also a great addition. Light refreshments will be available after both runs. For more information and updates, check the Sabattus Rec Club Running Program page on Facebook.

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## Museum’s new online store features historic Bates Mill designs



Through the website, Museum L-A offers customizable items featuring beautiful, historic designs created right here in Lewiston.

Museum L-A has launched a new online store featuring home and personal décor printed with historical artwork designed

by the workers and artists of Bates Mill. The unique and exquisite patterns are from Museum L-A collections that were rescued from

dumpsters by museum staff. “The items for sale were selected by our community through a Facebook poll,” said Museum L-A Executive Director Rachel Desgrosseilliers. “We listened to what people wanted, and we are encouraging people to remember us during the gift-giving season. There are many patterns and other items in our collections that we will feature in our new store shortly, so check back often!”

The Museum has partnered with Zazzle on the project. Through their website, the museum offers customizable items featuring beautiful, historic designs created right here in Lewiston. A percentage of shoppers’ purchases benefits Museum L-A’s educational programs, exhibits, and collections. The online store can be visited at [www.museumla.org](http://www.museumla.org).

Museum L-A is in the Bates Mill Complex at 35 Canal Street in Lewiston. Hours are Tuesday through Friday from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m. Special and large-group tours are available outside of these hours by appointment. For more information, email [info@museumla.org](mailto:info@museumla.org) or call 333-3881.

## Rotary Club to share “Twas the Night Before Christmas”



Longtime Rotarians Mac McPeake and Stephanie Gelinas will present a lively reading of the holiday classic on Dec. 21. All are invited.

The next meeting of the Lewiston-Auburn Rotary Club will feature guest speakers Mac McPeake and Stephanie Gelinas to share the holiday classic “Twas the Night Before Christmas” on Thursday, December 21, from noon to 1 p.m. at the Village Inn at 165 High Street in Auburn.

For this annual club tradition, McPeake and Gelinas will bring the spirit of the season alive with their narrations and personal reflections. The warmth and

friendship of Rotary membership provides a welcoming opportunity for friends and family to reflect upon holidays of long ago.

Mac McPeake has been a Rotarian since December 1988. He served as president of the Lewiston-Auburn Rotary Club in 1998-99 and has served as Club Service Director for the last couple of years. He volunteers on a regular basis at Sandcastle Clinical and Educational Services, where he reads to students

of all ages.

Stephanie Gelinas, M.S. CCC-SLP is the founder and executive director of Sandcastle Clinical and Educational Services and LA Hearing Center in Lewiston. She is the immediate past president of the LA Metro Chamber of Commerce’s board of directors, a recipient of the Paul Harris Fellow Award, and a past president of the Lewiston-Auburn Rotary Club. She serves on the Health Advisory Committee for Promise Early Education Center and on the board of directors for Tri-County Mental Health Services.

Guests are welcome and no reservations are required. Lunch is available at the restaurant. For more information, call 713-7045 or see [www.lewistonauburn-rotary.org](http://www.lewistonauburn-rotary.org).

Send all items for  
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# Twin City Nights

## Chocolate Church hosts annual Christmas sing-along

Families throughout the region will gather in Bath on Monday, December 18 at 7 p.m. for the Chocolate Church Arts Center’s 42nd annual “Sing! It’s Christmas!” community sing-along. Always held on the Monday before Christmas, this popular event brings people of all ages together to experience the holiday spirit through music. Located at 804 Washington Street in Bath, the center will be decked out in its finest holiday trim.

Doors will open at 6:30 p.m. for open seating.

In addition to the community sing-along, group and individual acts contributing to the festivities will include the Morse Concert and Mixed Choir, led by Sandy Foreman, to fill the stage and sing “In the Dark of Midnight”; dancers from Studio 48, led by Bethel Keith and Kate Andreau; local tenor Andy Barber, to sing “Chestnuts Roasting on an Open Fire”; and Pretty Girls Sing Soprano, to harmonize on James Taylor’s “Who Comes This Night.”

What began as a fundraising celebration with car-

ols led by Christie Linwood and Mrs. Raymond Huotari (now known as musical maven Martha Mayo) has grown into a regional touchstone of the holiday season. Children await the arrival of a special guest who never fails to excite and add the final touch to this special event. After the show, Wendy Jung of Soggy Dog will be on hand to take photos of children on Santa’s lap. Admission is free of charge, and hats will be passed to collect donations to support Chocolate Church. For more information, call 442-8455.

## Lewiston named one of U.S.’s safest cities by WalletHub

Lewiston came in at an impressive number seven on the recent compilation of “Safest Cities in America” by WalletHub, the online personal finance outlet. To determine where

Americans can feel most protected against life’s hazards, including non-physical forms of danger, WalletHub compared more than 180 U.S. cities across 38 key metrics. The data

set includes such factors as assaults per capita, unemployment rate, and road quality. To see the full report, search for “safest cities” at <https://wallethub.com>.

## State Treasurer sends out unclaimed property notifications

State Treasurer Terry Hayes has announced that the Office of the State Treasurer has sent notifications of unclaimed property to 2750 Mainers. Notifications were sent through the U.S. Postal Service on a postcard.

“If you do not receive a postcard from my office, you may still have property,” says Hayes. “Postcards were sent to select individuals with accounts that hold \$1,000 or more, but there are hundreds of millions of dollars in additional property. Every citizen needs to review the List of Unclaimed Property. It should be just as routine as filing taxes each year.”

Hayes also warns about fraudulent schemes purporting to be from her office. “If someone is asking for a payment or personal information, tear it up, or hang up the phone, because that is a scam. Call our

office directly or go to our website.”

At present, the Treasurer holds \$241,879,913 of unclaimed property, which consists of money and other financial assets considered

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# Twin City Nights

## Brunswick-Opoly makes unique holiday gift



This version of the beloved Monopoly board game features Brunswick businesses and organizations.

For those looking for a unique holiday gift idea, the Brunswick Downtown Association has created “Brunswick-Opoly,” a ver-

sion of the beloved Monopoly board game that features Brunswick businesses and organizations. Games are \$35 each, and all proceeds

support the events and programs of the Brunswick Downtown Association.

Brunswick-Opoly may be purchased at Cool as a Moose at 128 Maine Street, Timeless Cottage at 66 Maine Street, and the Brunswick Visitor Center at 16 Station Avenue (check or cash only) in Brunswick. Can’t make it into Brunswick to purchase Brunswick-Opoly? Orders can be placed online through the BDA website. Shipping is \$15 per game, making the full cost \$50 when ordered online. To order online, visit [brunswickdowntown.org](http://brunswickdowntown.org).

The BDA is a 501(c)3, non-profit organization. For more information, call 729-4439 or visit [www.brunswick-downtown.org](http://www.brunswick-downtown.org).

## MaineHealth

Continued from page 7

is subject to a due diligence review by MaineHealth and its member organizations. Also, the decision to unify by MaineHealth’s member in New Hampshire, Memorial Hospital of North Conway, is subject to review by the Charitable Trust Unit of the New Hampshire Attorney General’s office. Assuming this regulatory approval and no unexpected findings in due diligence, the 10 members of MaineHealth will be governed by a single Board of Trustees beginning in January of 2019.

The proposal adopted by the system’s members includes a significant ongoing

role for local boards, including formulating budgets and strategic plans, credentialing of physicians and other providers, and oversight of care quality.

Susannah Swihart, chair of the MaineHealth Board of Trustees, said MaineHealth initiated the dialogue with its members about changing their governing structure out of concern for community hospitals within the system. “In recent years, many community hospitals in Maine, New Hampshire, and across the country have struggled financially,” she noted.

Though a variety of factors have been squeezing the bottom lines of local

healthcare organizations, one of the most significant has been the migration of more complex procedures to major medical centers, which are able to leverage new technologies employed by highly specialized providers.

Across the MaineHealth system, this has created uneven financial performance among member hospitals, threatening the ability of some community hospitals to continue to deliver needed care. Meanwhile, Maine Medical Center in Portland, the system’s tertiary care hospital, has seen growth, both in volume and its bottom line, as complex procedures have migrated there.

A unified governance model would allow resources to flow across the system, better supporting the delivery of care in local communities. However, the change would also require ceding many aspects of local control to a single Board of Trustees, a concern that generated a lot of discussion among MaineHealth members and in the

## AARP seeks Tax-Aide volunteers for 2018 filing season

Not going south for the winter? Looking for something interesting, challenging, and rewarding to help the cold, dark winter months go by a little faster? If so, you might want to consider joining a team of dedicated AARP Tax-Aide volunteers to prepare and electronically file federal and state income tax returns for low- to moderate-income taxpayers. This program is provided totally free of charge to eligible taxpayers. As a volunteer, you will help your neighbors take away the frustration and stress often associated with income tax preparation.

In addition to tax preparation, many other volunteer opportunities are available. These include scheduling of appointments, greeting taxpayers, trouble-shooting computer and printer problems, assisting with publicity, or assuming one of several leadership roles.

Although the 2018 tax filing season is still a month away, recruitment and orientation of volun-

teers is done in the fall and early winter. Training takes place in December and January, with actual return preparation starting in February. The popularity of this program with volunteers is evidenced by the fact that most of them continue to return as volunteers each year. The demand for the AARP Tax-Aide program increases each year, so new volunteers are needed to meet the demand. Volunteers of all ages are welcome and do not need to be members of AARP.

Once trained, volunteers are asked to commit a minimum of 4 hours per week over the ten-week tax filing season. Many volunteers opt for more! All volunteers are reimbursed on a limited basis for qualified program-related expenses, including mileage. Any needed training will be done at Kaplan University in Lewiston, with tax preparation to take place at the Sacred Heart Church in Auburn.

The AARP Foundation

Tax-Aide program is the nation’s largest free, volunteer-run tax preparation and assistance program. Last spring in Maine, 286 volunteers met, answered questions, and prepared returns for more than 24,000 Maine taxpayers at 65 locations across the state.

To learn more about the program or to volunteer, contact district coordinator Joan Jagolinzer at [jagolinzer@gwi.net](mailto:jagolinzer@gwi.net) or visit [www.aarpfoundation.org/taxaide](http://www.aarpfoundation.org/taxaide).

As the charitable affiliate of AARP, the AARP Foundation works to ensure that low-income older adults have nutritious food, safe and affordable housing, a steady income, and strong and sustaining social bonds. They collaborate with individuals and organizations who share their commitment to innovation and passion for problem-solving to create and advance effective solutions that help struggling older adults transform their lives. For more information, see [aarpfoundation.org](http://aarpfoundation.org).

communities they serve. All of MaineHealth’s geographically based members conducted outreach into their communities, including one or more local forums open to the public.

As this input was being gathered, representatives from member boards met throughout the year to discuss opportunities and concerns raised about unification. Their goal was a proposal that could balance leveraging the healthcare system’s resources in support of local services while retaining a local voice in the governance structure.

“I think it’s fair to say we were skeptical at the start,” said Clint Boothby, chair of Franklin Community Health Network, which oversees Franklin Memorial Hospital in Farmington. “We joined MaineHealth in part because it offered a degree of local independence, and people legitimately asked, ‘Why give up more local control?’”

The answer, said

Boothby, is that, with so much uncertainty in a challenging healthcare environment, it made sense to leverage the full resources of the MaineHealth system in support of care in local communities. Boothby also noted that the unification proposal includes an ongoing role for local boards and provisions aimed at making sure that local organizations would continue to have a voice at the system level.

The proposal guarantees MaineHealth members at least one representative on the system board for the first five years. This was a topic of extensive discussion among MaineHealth members, as leaders wrestled with the fact that providing representation across the system creates a very large board that could prove unwieldy. The five-year guarantee, along with an ongoing commitment to maintaining geographic diversity on the board after that time, was a compromise reached as part of the discussion among MaineHealth members.

Bill Burke, chair of the Maine Medical Center Board of Trustees, said his organization has embraced unification because it is what

is best for patients. “We believe this is how we provide the best care for the 1.1 million people in the MaineHealth service area who rely on Maine Medical Center to be the place that’s there for them when they face the most serious illnesses,” said Burke. “We can’t fulfill our mission as the state’s premier tertiary care hospital without our partners in the communities we serve. Keeping those organizations in a position to deliver great primary and secondary care supports our tertiary care mission.”

For more information about MaineHealth’s unification initiative, see [mainehealth.org/about/unification](http://mainehealth.org/about/unification).

## State

Continued from page 11

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**Thursday, December 14**  
Chamber Breakfast Meeting. 7 a.m. Ramada Conference Center, 490 Pleasant St., Lewiston. Come learn about the Chamber's "Mini Market Place," take a tour of the Ramada, and congratulate the new grads of the Andro. Leadership Development Inst. \$30 (\$20 members). Register at [www.LAMetro-Chamber.com](http://www.LAMetro-Chamber.com).

Intro to Self-Employment. 10 a.m. to noon. Lewiston CareerCenter. Learn about the pros and cons of owning your own business, steps for start-up, elements of a business plan, and avail. resources. Pres. by New Ventures. Free. Register at 557-1885, [karleen.andrews@maine.edu](mailto:karleen.andrews@maine.edu).

La Rencontre. 11:25 a.m. Franco Center, 46 Cedar St., Lewiston. After a lunch of roast turkey, the Lorraine Ouellette Trio leads a Christmas Sing-Along. \$10. Reserve your spot at 783-1585 or [boxoffice@francocenter.org](mailto:boxoffice@francocenter.org).

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speakers are Bernard Fishman and Jennifer Dube of the Maine State Museum. No reservation required. 713-7045; [monica.millhime@maine.gov](mailto:monica.millhime@maine.gov).

**Friday, December 15**  
Open House. 2:30 to 4

# Calendar

See more Calendar at [www.TwinCityTimes.com](http://www.TwinCityTimes.com)

p.m. Andro. Historical Soc., County Building, Court St., Auburn. Come see society artifacts related to Edward Little; copies of the book "Dear Parent: The Biography and Letters of Edward Little" avail. for purchase and signing. Cont. 12/14 (10:30 a.m. to noon). 784-0586.

Art Walk L/A. 5 to 8 p.m. Happening every third Friday through Dec., this event converts over 20 downtown L-A businesses and storefronts into public arts spaces. For more info., call 782-7228; for event details, see [laarts.org](http://laarts.org).

Benefit Hockey Game. 6 p.m. Androscoggin Bank Coliseum, Lewiston. The Boston Bruins Alumni Team plays the Police All-Stars to benefit the Lewiston Police Athletic League. For tickets, call 219-9003.

"Scrooge! The Musical." 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. A talented cast of local actors presents this adaptation of Dickens' holiday classic. Again 12/16 (2 and 7:30 p.m.) and 12/17 (2 p.m.) \$15 (\$12 adv.). 442-8455; [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org).

**Saturday, December 16**

Christmas Bird Count. 7 a.m. to 4 p.m. Stanton Bird Club members and volunteers work with assigned leaders to count species as part of the annual No. American survey. To participate, contact Linda Seamans at 240-1380 (leave msg.) or [seamans.linda@gmail.com](mailto:seamans.linda@gmail.com).

Christmas Bake Sale & Bottle Drive. 9 a.m. to 4 p.m. In front of Chapter 11, 707 Main St., Lewiston. Donations of bake goods, redeemables, and cash needed; proceeds benefit Tommy's Feral Feline Friends. Cont. 12/17. [normblais39@yahoo.com](mailto:normblais39@yahoo.com).

"Holiday in Lights" with Mitch Thomas and Friends. 7:30 p.m. Franco Center, 46 Cedar Street, Lewiston. The pianist-singer-songwriter gathers a large cast of his talented friends for this annual holiday music celebration; doors and bar open at 6 p.m. \$15 (all students free). 689-2000; [Francocenter.org](http://Francocenter.org).

**Sunday, December 17**

Sparkle Sunday. 10 a.m. to 4 p.m. Along Lisbon Street in Lewiston. Experience the community feel of Downtown Lewiston's holiday past as 20 venues open to offer artisan gifts, art

and craft activities for kids, beer, wine and food tastings, and all 'round joie de vivre. Park for free in the Oak and Canal St. garages.

**Monday, December 18**

French-Language Film Screening. 6:30 p.m. Franco Center, 46 Cedar St., Lewiston. The center screens the 2012 comedy "Sous le figuier." Doors and bar open at 6:00; light concessions. Free admission. 783-1585; [www.francocenter.org](http://www.francocenter.org).

"Sing! It's Christmas!"

7 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. This popular annual sing-along features guest performers and the arrival of Santa for after-show photos with the kids. Free admission; donations collected. 442-8455.

**Wednesday, December 20**

Holiday Bake Sale. 8:30 a.m. to 4:30 p.m. SeniorsPlus, 8 Falcon Rd., Lewiston. Come by any time (until they run out!) to get your holiday goodies. All proceeds support the Meals on Wheels program. (800) 427-1241; [www.seniorsplus.org](http://www.seniorsplus.org).

Jingle Jog I. 6 p.m. Mixer's Nightclub, Sabattus Road. Join the Sabattus Rec Club Running Program for the first of two holiday-season runs; all ages, abilities welcome; wear reflective clothing.

**Thursday, December 21**  
Rotary Club Lunch

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Coco (PG)	1:10	4:10	6:55	9:20
Justice League (PG-13)	12:50	3:30	7:10	9:50
Wonder (PG)	1:00	4:20	7:15	9:45
Star Wars: The Last Jedi (PG-13)	12:40	4:00	7:20	
Star Wars: The Last Jedi (PG-13)	1:20	4:40	8:00	
Star Wars: The Last Jedi (PG-13)	2:00	5:15	9:00	
Star Wars: The Last Jedi (PG-13)	12:00	6:40		
Star Wars: The Last Jedi 3D (PG-13)	3:20	9:55		
Ferdinand (PG)	12:20	6:35		
Ferdinand 3D (PG)	3:40	9:10		
The Star (PG)	12:35	2:40	4:45	
Just Getting Started (PG-13)		6:45	9:15	

Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. Guest speakers Mac McPeake and Stephanie Gelinan present the holiday classic "Twas the Night Before Christmas." No reservation required. 713-7045; [monica.millhime@maine.gov](mailto:monica.millhime@maine.gov).

**Saturday, December 23**

Jingle Jog II. 11 a.m. Mixer's Nightclub, Sabattus Road. Join the Sabattus Rec Club Running Program for the second of two holiday-season runs; all ages, abilities welcome; wear your favorite festive attire.

**Wednesday, December 27**

St. Dom's Christmas Classic. Norway Savings Bank Arena, Auburn. St. Dom's hosts boys' high

school hockey teams from around New England for this annual invitational hockey tournament; first-round games take place today at 1, 3, 5, and 7 p.m. Cont. 12/28, 29.

**Thursday, December 28**

St. Dom's Christmas Classic Invitational Hockey Tournament. Norway Savings Bank Arena, Auburn. Second-round games take place today at 1, 3, 5, and 7 p.m. Concludes 12/29.

**Friday, December 29**

St. Dom's Christmas Classic Invitational Hockey Tournament. Norway Savings Bank Arena, Auburn. Championship and consolation games take place on both rinks today at 10 a.m. and noon.

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## Registration now open for annual Camden Conference; live streaming, pay-per-view options available

Registration is now open for the 31<sup>st</sup> annual Camden Conference, “New World Disorder and America’s Future,” February 16 through 18 at the Camden Opera House in Camden. The program will also be live-streamed to the Strand Theatre in Rockland, the Hutchinson Center in Belfast, and Luther Bonney Hall on USM’s Portland campus. A pay-per-view option is also available, allowing viewers to watch from home.

The Conference will explore shifts in global power and the implications for major players - especially the United States, China, and European countries - in pursuing their national interests. Conference speakers will address the impact of globalization, the rise of nationalism and populism, transformations in global economies, and the management of a range of future threats, such as cli-

mate change and population growth.

**T o m A s h -**brook, award-winning journalist and host of the nationally syndicated public radio call-in program “On Point,” will be the moderator. The keynote speaker will be Stephen Walt, the Robert and Renee Belfer Professor of International Affairs at Harvard University and a prominent figure in the realist school of international relations. His books include “The Origins of Alliances,” which received the 1988 Edgar S. Furniss National Security Book Award, and “Taming American Power: The Global Response to U.S. Primacy,” which was a finalist for the Lionel Gelber International Affairs Book Award and the Arthur Ross Book Prize. His most recent book, “The Israel Lobby and U.S. Foreign Policy” (co-authored with John J. Mear-

sheimer), was a New York Times best-seller and has been translated into more than twenty foreign languages. He also writes a weekly column for Foreign Policy, which can be found at <http://www.foreignpolicy.com/voices/walt>.

Other speakers for the weekend will include Gerald F. Seib, Wall Street Journal columnist and commentator and former Washington Bureau Chief; Matthew Goodwin, Professor of Politics, University of Kent, and Senior Visiting Fellow at the Royal Institute of International Affairs, Chatham House; Evan S. Medeiros, Manager of the Asia Program at the Eurasia Group, former Special Assistant to President Obama, and Senior Director for Asian Affairs at the National Security Council; Avril D. Haines, former Principal Deputy National Security Advisor to President Obama and

previously Deputy Director of the Central Intelligence Agency; Cleo Paskal, Associate Fellow in the Energy, Environment and Resources department of the Royal Institute of International Affairs, Chatham House, and a faculty member of Manipal University (India); Natalie Nougayrède, columnist and commentator for The Guardian (London) and former editor of Le Monde (Paris); and Charles (Chas) W. Freeman, Jr., former U.S. Ambassador to Saudi Arabia and senior State Department and Defense Department official. For more information about the speakers and the event, visit the conference website at [www.camden-conference.org/2018-camden-conference](http://www.camden-conference.org/2018-camden-conference).

The Conference has sold out in previous years, so register soon by calling the conference office at 236-1034 or online at [www.camdenconference.org](http://www.camdenconference.org).

Eating more? Walk more! A brisk walk before or after meals can help burn those extra calories. To find more simple ways you and your family can eat healthier, visit [www.heart.org/healthyeating](http://www.heart.org/healthyeating).

## 5 Winter Getaway Tips

Winter is an ideal time to travel, whether your motivation is to escape the cold weather or to frolic in it. Here are five travel tips for better winter vacations.

1. Leverage deals. Look for destinations offering discounts and deals. There are plenty of choices a bit off the beaten path. Both warm and cold climate locations will have discounted flights and hotel packages in winter months, so choose your preferred type of weather and search for the savings.

2. Don’t dry out. Flying, especially in winter, can be dehydrating and dry out skin. Stay hydrated and moisturized while traveling to ensure optimal comfort. Pack lip balm and moisturizer with SPF. Also, bring along an empty water bottle in your carry-on gear to fill up after you pass through security. This way, you won’t have to wait for that drink cart to come down the aisle in order to hydrate.

3. Stay sharp. Jet lag is rough no matter what, so make sure your travel accessories prepare you to keep up with time zone changes from anywhere in the world. Look for a timepiece, such as the Casio Edifice EQB501DB-2A that



features Bluetooth connectivity. A single button accesses your smartphone to automatically adjust to the new time.

4. Pack smart. If you choose a snowy getaway, rent winter sports gear on-site to save yourself the hassle of lugging it with you to the airport and checking it as oversize baggage. If you’re opting for a warm climate, dress in layers to travel so you don’t have to fill precious bag space with heavy clothing items you won’t use once you’re there.

5. Plan R&R. After the stress of the holidays, a winter getaway can be the perfect opportunity for relaxation. So, even if you are adventuring to see all the sights your destination has to offer, make sure to also plan some downtime. Schedule a spa treatment, a wine tasting or whatever will give you an opportunity to just unwind. (StatePoint) PHOTO SOURCE: (c) anyaberkut/stock.Adobe.com

**AHA**  
*Continued from page 6*  
leanest cuts. When it comes to poultry, light meat is lower in fat than dark. A serving size of meat is 3 oz., about the size of a deck of cards. Use herbs

and spices, like rosemary and cloves, to flavor dishes instead of butter and salt. Avoid the empty calories of sugar-sweetened beverages, particularly if you are going to indulge in small samples

of desserts.  
Of course, exercise is critical to weight management and overall health. The AHA recommends getting 30 minutes of vigorous exercise on most days of the week.

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