

Franco Center offers “Fun in French” classes for kids



Participants in a previous Fun in French session included Rebecca Jacques, Amber Landry, Holly Aloegnikou, Lauren McNutt-Girouard, and Hayley Aloegnikou.

The Gendron Franco Center will start a new session of “Fun in French” classes on Saturday, January 13. One course for kids ages 4 through 7 will run

from 9:30 to 10:15 a.m., while a second course for kids ages 8 through 12 will run from 10:30 to 11:30 a.m. The classes will take place over six weeks. No

prior language experience is necessary. A parent, grandparent, or other adult caregiver should accompany each child under 18. See **Franco**, page 4

LPL to host winter reading and discussion series

Lewiston Public Library will host a reading and discussion series this winter called “Crossing Over: Works by Contemporary American Indian Writers.” Registration is required for this series, which will take place on the fourth Wednesday evening of each month from January through May.

“Crossing Over” is one of several book discussion programs offered through the Maine Humanities Council’s “Let’s

Talk About It” series, a free reading and discussion group that makes copies of the books available through the library. This program is provided by the Maine Humanities Council’s Maine Center for the Book, in cooperation with the Maine State Library.

Joseph Hall, Associate Professor of History at Bates College, will serve as facilitator for the series. His academic interests focus on American Indian history, colonial North

American history, and environmental history, with a current research focus on Wabanaki history of Western Maine.

In the works featured in the series, American Indian writers blend western writing techniques with oral tradition to mediate between two cultures. Series writers reflect a diversity of tribal backgrounds, including Blackfeet, Ojibway, Mi’kmaq, Spokane, and Laguna, but See **LPL**, page 4

L-A Children’s Foundation supports Museum L-A



The donation will support the museum’s “Kids as Curators” program.

Museum L-A has received an \$800 grant from the Lewiston-Auburn Children’s Foundation to support the museum’s “Kids as Curators” program, in which local students work with museum staff to create,

install, and share their own museum exhibits.

For many students, trips to Museum L-A and tours of the collection provide their first hands-on experience of local history, and building an exhibit is a real-world

application that promotes the development of skills in the areas of research, writing, and artistic design. In 2018, 160 students from Auburn Middle School and Lewiston High School will participate in the program.

Free “Guidance Through Grief” support groups at AHCH

Androscoggin Home Care & Hospice is offering free support groups for adults who are grieving the loss of a loved one. “Guidance Through Grief” brings together those who are coping with the many emotions that come with the loss of someone special.

In Lewiston, the group will meet beginning on

Tuesday, January 16, from 6 to 7:30 p.m. at AHCH’s office at 15 Strawberry Avenue. In Auburn, the group will meet beginning on Wednesdays, January 17, from 1 to 2:30 p.m. at the Hospice House at 236 Stetson Road. Each group will meet once a week for eight weeks.

The groups will be led

by a highly-trained expert who will help participants better understand the grief process and share their feelings and experiences with others who are grieving. Activities are designed to help participants find their way to a place of hope and comfort.

While pre-registration is required, See **AHCH**, page 4

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Newsmakers, Names & Faces

CMMC helps families through “Adopt a Child” program



With the help of the Promise Early Education Center, Central Maine Medical Center participated in the “Adopt a Child” program this holiday season. Various departments throughout the hospital adopted a total of 72 children, helping 31 families in the community.

Maine students go for the gold in first-ever WinterKids Winter Games

Students from 16 elementary schools representing each of Maine’s counties will compete in the WinterKids Winter Games during the month of January, ahead of February’s Winter Olympics. Students will compete in a four-week series of outdoor physical activity and nutrition challenges designed to help them be active in the winter and learn healthy habits. Each school is encouraged to involve volunteers, parents, and local healthy eating and active living organizations by holding a winter carnival to close out the month’s events.

WinterKids selected one school in each of Maine’s sixteen counties to participate in this new program. Schools compete for weekly points based on the total percentage of the student body that participates. Schools competing in the WinterKids Winter Games receive a toolkit of resources and incentives to

help students earn points, including the award-winning “WinterKids Guide to Outdoor Active Learning,” an easy-to-use resource to help kids move, learn, and explore outdoors while meeting education standards.

“The WinterKids Winter Games is a new program, but we’re already feeling the excitement from teachers and their students,” says Julie Mulkern, Executive Director of WinterKids. “This is a fantastic way to get kids excited about being active and learning outdoors in the winter and living healthier lifestyles.”

Schools participating in the WinterKids Winter Games accrue points for cash prize awards: \$5000 for the Gold Medal School, \$2,500 for the Silver Medal School, and \$1,500 for the Bronze Medal School.

The Opening Cere-

mony for the WinterKids Winter Games was held on January 2 at Skillin Elementary School in South Portland. Olympic Luger Julia Clukey and favorite Maine mascots were in attendance to help kick off the games.

The WinterKids Winter Games will engage 4,200 kids and 220 teachers statewide. For more details on the games and a leaderboard, see www.winterkids.org/teachers-and-schools/winterkids-winter-games.

WinterKids is the non-profit organization that helps children develop healthy lifelong habits through education and fun outdoor winter activity. The organization delivers innovative outdoor programs for families, schools, and communities. WinterKids’ Major Community Sponsor is Hannaford. WinterKids’ Supporting Sponsors are L.L. Bean and Irving Oil. Learn more at WinterKids.org.

Maine Arts Commission’s statewide Arts Iditarod coming to Lewiston

The Maine Arts Commission has launched its 2018 Arts Iditarod, a long and snowy regional tour with stops in Kennebunk, Houlton, Ellsworth, and Lewiston. The four regional meetings will provide professional development workshops, information, and discussion opportunities to the state’s diverse and far-flung arts and cultural organizations, as well as to artists, arts educators, and community members and policy makers interested in development in and through the arts.

“We’re the most rural state in the nation, and people often have to travel long distances to get services,” said Julie Richard, the commission’s Executive Director. “We’ve discovered these regional sessions to be the best way to stay connected and offer broad access to our programs.”

The Lewiston event will take place on Wednesday, February 14, from 1 to 4 p.m. at the Gendron

Franco Center. All Arts Iditarod events are free and open to the public. Each of the four gatherings will include three intensive workshops, on Cultural Tourism; Strategic Planning for Arts Organizations and Artists; and How to Be and Build a Better Board. In addition, information and updates will be provided on several Arts Commission initiatives, including the commission’s new nonprofit advocacy and support organization, ArtsEngageME; local and state economic impact data for the arts; and grants. Refreshments will be served.

In case weather necessitates schedule changes, advance registration is recommended and available at <https://maine-arts-iditarod-2018.eventbrite.com>.

The commission’s five-year cultural strategic plan, adopted in 2015, as well as information regarding the commission’s programs and Iditarod location and agenda details, are available at mainearts.com.

You can also register at the website to review the new year’s grant program guidelines and open applications; to receive the commission’s monthly e-newsletters containing information about grant and other opportunities and awards; and to follow the commission on social media @MaineArts #MaineArts.

The Maine Arts Commission supports artists, art organizations, educators, policy makers, and community developers in advancing the arts in Maine. For more than 50 years, the commission has encouraged and stimulated public interest and participation in the cultural heritage and cultural programs of our state; has worked to expand the state’s cultural resources; and has encouraged and assisted freedom of artistic expression for the well-being of the arts and to meet the needs and aspirations of persons in all parts of the state. Additional information is available at mainearts.com.

Better Business Bureau Tip: New Year, New Gym Membership

Is joining a gym on your list of New Year resolutions? If so, you’re not alone. January sees a huge surge in gym activity, up 50% from December. Before you sign on the dotted line, however, do some warm-ups! To get the most from your gym membership, consider the following tips from the Better Business Bureau.

Determine your fitness goals. Determining your goals in advance will help you select a facility that is most appropriate for you. It’s also a good idea to check with your physician before embarking on a new fitness regiment, especially if you have a medical condition.

Figure out your priorities. What is most important to you? Will a convenient location and extended hours help you stick to your fit-

ness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.

Check bbb.org. BBB has Business Profiles on more than 15,000 health clubs, fitness centers, and gyms. Read what previous customers have to say and see how the businesses respond to complaints. This information may help you narrow down the list of gyms you want to tour in person.

Take a tour. Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it’s the cleanliness of the showers or the availability of Wi-Fi.

Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability and cost of trainers, etc.

Ask about free trials. Gyms often give a one-week-free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.

Don’t feel coerced. Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.

Calculate the true costs. Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.

Understand the terms. Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the document you sign, so don’t just take a

See *Gym*, page 4

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doctors and researchers who can make a difference, it can be anyone volunteering at their local hospital, planning fundraisers, or simply just spreading the word – all paving the way for a brighter future for children with cancer.

Luckily, efforts are being made to help by both private businesses and individuals across the country. For example, Aflac has raised and contributed more than \$118 million to the cause and is making strides to help increase awareness

to encourage others to get involved. Aflac herein means American Family Life Assurance Company of Columbus or New York. Since 2013, the company has donated \$2 to The Aflac Foundation for every use of the hashtag #Duckprints across social media, up to \$1.5 million per year. To learn more about how you can help, visit aflacchildhoodcancer.org.

With more support and increased funding, more children can get the care they need. (StatePoint)

Education Tools to Help Kids Succeed at School in 2018



In today's tech-driven world, the classroom is evolving rapidly. Students equipped with the right tools will get a leg up on their studies and long-term success.

So, what's effective in the world of educational tools today? Check out these innovative items.

Music Made Easier

Music has always helped children learn and succeed in their other classes. However, it can now be easier than ever before, as new tools have made learning to play easier. For example, the LK-265 keyboard from Casio has 61 full-size, touch-sensitive keys with a Key Lighting System that illuminates keys to indicate which notes to play, making learning easier. Combined with its intuitive Step-Up Lessons, kids can quickly learn to play both built-in songs, as well as favorites downloaded through a free compatible app called Chordana.

Science on Your Phone

The scientific process has never been so

user-friendly. Check out free apps for Android and iPhone that support science education -- from tools that give young scientists an opportunity to organize their hypothesis, notes and observations on self-driven scientific trials, to those that offer step-by-step directions and video demonstrations of experiments.

Math Support

To not only survive today's math classes but to thrive in them, students will need the advanced features of a next-generation graphing calculator, such as Casio's fx-CG50 Prizm, which will support their education through middle school, high

school and into college. With Natural Textbook Display and an intuitive icon-based menu, students will find it easy-to-use, and its brand-new 3D Graph Drawing and improved catalog function allow for greater engagement and real-life application in the classroom.

Taking it Down

Notetaking, a once manual often disordered endeavor, has gotten a facelift thanks to the modern age. New desktop and mobile apps make it easier for students to organize, sort and share notes, as well as quickly reference them later when it's time to cram for that exam. Many platforms offer free basic accounts, with the option of upgrading for more features. However, doing so may come with a subscription fee, which may be worth it depending on a student's note-taking style and needs.

Keeping up with the classmates is often like keeping up with the Joneses. Having the latest educational tools can mean a better learning experience. (StatePoint)

Swingin' Bears defy bad weather, collect stuffed toys for Oxford Hills kids



Eleanor Herrick, President of Swingin' Bears Square Dance Club, and Karen Ellis of Community Concepts of Oxford, pose with the 418 stuffed toys club members collected for "Right Start for Kids."

When the Swingin' Bears Square Dance Club had to cancel its annual Teddy Bear Dance on December 9 due to poor weather conditions, prospects for its annual Teddy Bear Collection Drive were not looking merry and bright. The project counts on the contributions of other area

square dance clubs, whose members bring their donated bears to the dance.

However, club members rallied by bringing the teddy bears they had collected to an impromptu Christmas party the following Wednesday, when club caller Ray Hilton called for an evening of square

dancing instead of the usual class and workshop. Club and class members enjoyed an evening of holiday revelry and took heart at the impressive 418 stuffed toys that were collected for "Right Start for Kids," a program administered by Community Concepts of Oxford County.

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Winter Wellness Tips



A busy lifestyle and cooler weather can take a toll on the body, especially for those who suffer from chronic aches and pains. Whether the cause of your pain is due to injury, stress, or poor sleep, there are many ways to feel better while avoiding future pain. To stay well this season and naturally manage

muscle pain, consider these tips from professional ballroom dancer Tony Dovolani, who’s no stranger to the subject of pain management.

- Stretch. Stretching is not just for before or after a workout. Stretch throughout the day to keep blood flowing, particularly if you have a job that keeps you sedentary.
- Eat right. Your diet should include lean protein and healthy carbs. “And I eat my vegetables, too!” says Dovolani. “Mainly spinach, string beans and broccoli.”

Figure out which vegetables you like best, and be

sure to incorporate them into your diet.

- Hydrate, hydrate, hydrate! Water is necessary for muscle repair. Drink water throughout the day and especially when you’re active.
- Apply heat. Heat is a timeless remedy, and it’s clinically proven to relieve pain associated with muscle tension and stress, helping to relax muscles and improve blood flow. The increased blood flow restores oxygen and nutrients to inflamed areas to help accelerate healing.

“After every rehearsal and performance, I use heat to soothe aches and pains and

improve blood flow to my neck and shoulder muscles,” says Dovolani, whose pain relief routine includes using The Sunbeam Renue Neck Wrap. “It’s great for providing relief to the back of my head, neck and shoulders.”

Because it features an adjustable neck collar that contours to the shape of the neck of the user, it can provide high-level, concentrated heat for targeted relief.

Don’t let aches and pains set you back. With a healthy, active lifestyle and simple, natural remedies, you can feel your best. (StatePoint)

Franco

Continued from page 1

eight years old.

Fun in French classes are offered free of charge thanks to grant support provided by the French American Cultural Exchange of the French Heritage Language Program of New York, the L-A Children’s Foundation, and other sources. The classes will be taught by Jacynthe Jacques, a native of the Eastern Township region of Quebec who has lived in the local area for over 20 years.

The program follows the Maine French Heritage Language Program curriculum, which provides a wide range of fun but educational activities influenced by the local Franco-American and other French-speaking cultures. The goal of the classes is to provide an opportunity for families to learn activities in French that they can build upon with each session.

The Gendron Franco Center requires a minimum of five students, and allows a maximum of fifteen students, per class. For more information or to register, call 783-1585, email jjacques@franco-center.org, or see franco-center.org.

LPL

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also the myriad ways in which American Indians negotiate cultures.

“Exploring ideas and issues through literature has a unique and fun way of creating community,” said Nicole Rancourt, director of Let’s Talk About It. “We find that there is great interest among adults in getting together to discuss what they’ve read with others. Having a discussion leader like Joe Hall, who is both excited about the readings and skilled in facilitating, can help to deepen this experience.”

Discussions will take place in the Library’s Couture Room at 6 p.m. on the fourth Wednesday of each month, beginning on January 24. The book to be discussed at the first session is “Fools Crow” by James Welch. The book tells the story of a young Blackfeet Indian in 19th-century Montana, who finds himself grappling with the intersection between his traditional way of life and the changes brought by the arrival of Euroamericans.

The other titles in the series are “Ceremony,” by Leslie Silko; “Tracks,” by Louise Erdrich; “The Lone Ranger and Tonto Fistfight in Heaven,” by Sherman Alexie; and “Song of Rita Joe,” by Rita Joe and Lynn Henry. Space is limited and pre-registration is required. To register for the series, call 513-3134 or email LPL@LewistonMaine.gov.

AHCH

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is required, there is no cost to participate. To register, please call 795-9468 or email Amy.Dulac@ahch.org.

Since its inception in 1966, Androscoggin Home Care & Hospice has grown to become one of Maine’s most respected home health and hospice care agencies. To learn more about AHCH, including employment and volunteer opportunities, call the Marketing and Development Office at 777-7740, ext. 1407 or see www.ahch.org.

Gym

Continued from page 2

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New Year, New Family Habits

Simple ideas to make healthy eating easier

When your family is transitioning back into a regular routine in the new year, it's the perfect time to recommit to healthy eating habits throughout the day. Getting the whole family on board may be easier than you think - just keep the focus on flavor and fun.

If you're short on ideas to jumpstart better family eating, try these tips:

Keep it simple. Busy families often rely on the convenience of boxed meals, but you can get the same easy, delicious meal in a much healthier way. Everything cooks in one pot for easy clean-up, and this Cheeseburger Mac recipe swaps ground beef for leaner ground turkey. Not only is this an easy weeknight dinner, but leftovers can be packed in a thermos for lunch on chilly days.

Have fun. Try using creative shapes, textures and colors to make mealtime and lunchboxes more fun. Use cookie cutters to easily create butterflies, flowers, dinosaurs and more. Allow your kids to get involved in packing their own lunchboxes or helping with a meal. If your kids have a love of space or are learning about it in school, this bento box is definitely out of this world. Grapes create the dark backdrop while Swiss cheese is the perfect place for a moon landing. Clementine crescent moons and mini sweet pepper planet rings round out the meal.

Make a family promise. To keep the momentum going, rely on a resource like the Power Your Lunchbox Promise website, which offers everything from healthy lunchbox ideas to after-school snacks and dinners. All meal ideas have been approved by a registered dietitian, meet USDA guidelines and are

kid-friendly. What's more, for every Power Your Lunchbox Promise made on the website, health-conscious companies supporting the initiative will make a \$1 donation to Feeding



America's programs that support families and children. Learn more at poweryourlunchbox.com.

Cheeseburger Mac
Recipe courtesy of Produce for Kids

- 1 tablespoon olive oil
 - 1 pound lean ground turkey
 - 1 small onion, finely chopped
 - 1 cup mini sweet peppers, chopped
 - 1 1/2 teaspoons paprika
 - 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1/2 teaspoon chili powder
 - 1 1/2 cups water
 - 1 cup milk
 - 3 tablespoons tomato paste
 - 1 1/2 cups whole-grain dry macaroni
 - 1 cup shredded low-fat cheddar cheese
- In large skillet over medium high heat, heat oil. Add turkey, onion and peppers. Cook 7-10 minutes, or until turkey is cooked through.

In small bowl, mix paprika, sugar, salt and chili powder. Add to turkey and stir. Add water, milk,



tomato paste and pasta. Mix well. Bring to boil, reduce heat and simmer 10 minutes, or until pasta is cooked and liquid is absorbed. Remove from heat and top with cheese.

Space Exploration Bento Box

Recipe courtesy of Produce for Kids

- 1/2 cup red seedless grapes
- 1 whole-wheat sandwich round
- 2 slices low-sodium deli-sliced turkey
- 1 slice Swiss cheese
- 1/2 slice low-fat cheddar cheese
- 1 clementine, peeled and segmented
- 3 mini sweet peppers, sliced into rings
- 1 package freeze-dried fruit

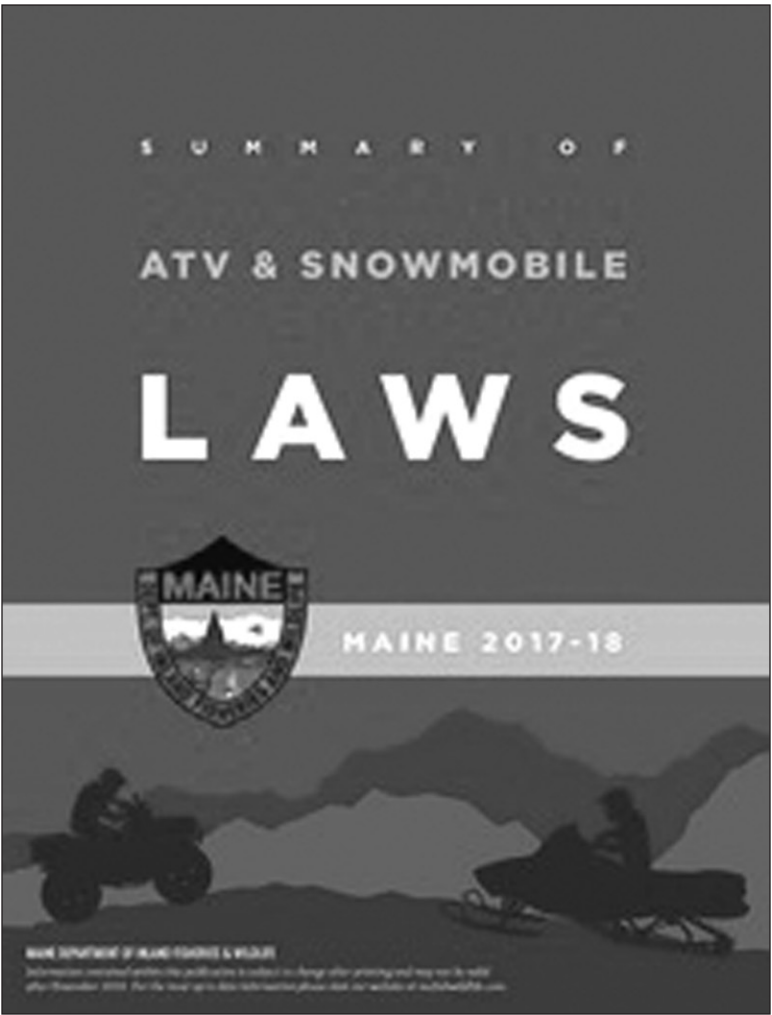
Add grapes to bottom of large section of bento box to create space background. Place bottom of sandwich round on top, add turkey and sandwich round top.

Lay Swiss cheese on cutting board. Using small bowl or other round object, cut into circle. Place on top of sandwich to create moon.

Lay cheddar cheese on cutting board. Using small star cookie cutter, cut out stars. Add to space around moon.

Pair with clementine "crescent moons," pepper "planet rings" and freeze-dried fruit. (Family Features)

DIFW switches to online format for "Maine ATV and Snowmobile Laws"



The Maine Department of Inland Fisheries and Wildlife is now providing the 2017-18 "Summary of Maine ATV and Snowmobile Laws" in an online format. Printed copies will no longer be available. Here's why:

It's convenient. Even without cell or internet service, smartphone users can access their pre-downloaded law book to check a technical rule, confirm registration fees, etc. If you always keep your phone on you and charged to take photos or use the GPS, this is a no-brainer.

It's flexible. You can download the full law book. You can also look up specific laws or rules any time on their website.

It helps the Maine outdoors. Every year, the

Maine Department of Inland Fisheries and Wildlife prints over 125,000 ATV & Snowmobile Law books. That's 1) a lot of paper, and 2) a lot of money that they think would be better spent preserving Maine's fish and wildlife and their habitats. Trusting that many of you will agree and opt for the digital version, they reduced the number of printed copies of the hunting law book a bit this year, and eliminated printing of the ATV & Snowmobile law book.

It's easy: Save yourself the trip to Town Hall and simply follow these instructions:

From your iPhone - In Safari, go to mefishwildlife.com. Click the link for the PDF you want to download. When it opens, tap on the first

page, then tap Open in iBooks. The file is now saved in your iBooks app.

From your Android - In Chrome, go to mefishwildlife.com. Tap on the menu (three dots) on the right, then tap Download. The file is now saved to your Downloads app. (Some Android users will also need to download the Adobe Acrobat Reader app.)

From your computer - Go to mefishwildlife.com to save a copy and/or print just the pages you need.

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High Intensity Training Hopefully Here to Stay!

By Laura Campbell

One of the biggest fitness trends of 2017 was the growth of “high intensity” training. High intensity training is often done in timed intervals, in which case it is known as High Intensity Interval Training, or “H.I.I.T.” I hope this trend stays with us as we move into 2018, and here is the main reason why: high intensity training gives us a clear distinction between Daily Living Activities (DLA) and Intentional Exercise (IE).

Many folks have a routine that involves some form of exercise by way

of a chore, like walking the dog or gardening. While these habits of movement are better than nothing, they are not the same as breaking a sweat and feeling out of breath during an intentional exercise session.

I believe that fitness technology is partly to blame. Many people track steps or can see on a watch or app how many calories they have already burned. Unfortunately, many also mistake this number for how many more calories they can consume. In fact, this number is simply the number of calories your body needs to go about its daily business, including



Laura Campbell

breathing, sitting, and basic functions.

If your goal is to change your body composition (fat reduction), you need higher intensity exercise. That is exercise beyond

your normal DLA. What counts as higher intensity for you depends on your current fitness level. So, if you need to take your dog for a walk, add some hills to your route or walk faster for 20 seconds each minute. Get your heart pumping!

If you love technology and it helps motivate you, great. An accurate heart rate monitor can track what level of activity is higher intensity for you. Another simple method - and my preferred way for beginner and returning exercisers - is the Talk Test. If you can carry on a conversation easily, you are not working hard enough.

If you can answer questions with phrases, you are probably in the right zone. If you can answer with one word only between each gasp, you are working at a very high intensity. What I like about the Talk Test method is it is relative to the current fitness level of the individual.

I will also tell you that something is always better than nothing. In other words, if you don't have an hour to spend on exercise, spend what time you have, even if it's just one minute in the morning doing a plank while a toddler crawls on top of you (been there!). It all adds up,

and something is always better than nothing. Ten minutes in the morning and ten minutes at night will make a difference in your fitness level. That difference will be even greater if 3 to 5 of those minutes are spent in high intensity exercise.

Laura Campbell is the owner of Big Room Personal Training in Auburn. She loves cycling, gardening, cooking, and your questions, which you can email to bigroompersonaltraining@gmail.com. For more information, see www.bigroompersonaltraining.com.

Maine Event Comedy at Baxter Brewing

Maine Event Comedy will present 20-year stand-up veteran Ralphie Joyal at Baxter Brewing on Friday, January 5 at 7 p.m. The show will also feature Colby Bradshaw, Nellie Coes, Mike Levinsky, and Nick Gordon.

Joyal, who hails from Tewksbury, Mass., recently released his first DVD, “Tweaked to the Max.” His blue-collar brand of comedy includes stories of his childhood, marriage, holidays, and weight struggles. He also performs dead-on celebrity impressions, including Archie Bunker, Eddie Murphy, Tom Petty, and Forest Gump. Joyal has worked with international headliners Dane Cook, Bill Burr, and Joe Rogan.

Colby Bradshaw's charm and deadpan delivery earned him first place at Empire's Comedy Winter Classic in Portland. He's performed at The Stand and Gotham Comedy Club in New York City.

After competing against hundreds of moms throughout the country, Nellie Coes made it to the finals on Nick at Nite's Funniest Mom Contest. She also works as a con-



Headlining the show will be 20-year stand-up veteran Ralphie Joyal.

sultant for the advice site DearFrannie.com.

Mike Levinsky founded the weekly Portland Comedy Showcase and has played Portland House of Music and Comedy Studio in Cambridge, MA. His television credits include a \$37 overcharge from Time Warner Cable.

New Gloucester's Nick Gordon has been winning audiences over with his self-deprecating brand of humor and recently competed in the Empire Comedy Classic

in Portland.

The show is free and open to those ages 21 and older. Baxter Brewing is located at 130 Mill Street in Lewiston. For more information, call 513-0742 or email maineeventcomedy@gmail.com.



Simple Tips to Reduce Suffering this Flu Season

U.S. health officials are predicting a harsh flu season. While there is still no cure for flu, there are steps you can take to reduce suffering while the virus takes its course. Some experts suggest starting the quest to feel better by exploring your local health food store.

Dr. Lawrence Rosen, author of several books based on 25 years of practicing pediatric integrative medicine, is offering some advice to ease flu symptoms. While none of the items mentioned in this article have been evaluated by the U.S. Food and Drug Administration, most have a long history and are relatively inexpensive.

• Curative Foods and Beverages: The digestive tract accounts for 70 to 80 percent of the immune system. When battling a virus, foods rich in vitamin C are essential to immune function. Try drinking a cup of hot water and lemon daily. Onion tea can promote a healthy respiratory system by relieving a cough and sore throat.

Honey, which is a superfood, is a good choice, coating and soothing the throat, helping control cough, and promoting a restful night's sleep that is necessary for healing.

• Spiced-up Recipes: Add garlic and oregano to foods for immune support. Basil,

rosemary and thyme help the respiratory tract.

Try different recipes, too. One traditional bedtime treatment in the Dominican Republic is a paste of honey, finely chopped onion and garlic, and the juice of at least half a lime. The vitamin C content found in its ingredients helps boost immunity.

• Indispensable Oils: Add eucalyptus oil to a bath to ease body aches from flu, or inhale drops added to a steaming bowl of water for clearer nasal passages. Inhale fennel oil similarly as a cough expectorant.

• Homeopathic Medicine: There are few conventional over-the-counter (OTC) drugs specifically for flu symptoms. Antihistamines and decongestants help with head and upper respiratory symptoms that are mostly associated with colds. Flu affects the whole body with fever, chills, aches and fatigue, and a pain reliever can address some of these symptoms.

To shorten both the duration and severity of flu-like symptoms, consider a homeopathic medicine, such as Oscilloccinum. When patients took it within 24 hours of the onset of symptoms, nearly 63 percent showed “clear improvement” or “complete resolution” within 48 hours. It's the number one over-the-counter

flu medicine in France, where it's been on the market for more than 70 years. The key is to take quick action against early symptoms. Recommended for anyone age 2 and up, Oscillo is non-drowsy and doesn't interact with other medications.

• Healing Herbs and Plants: Homeopathic OTCs use microdoses of plants, animals and minerals; whereas herbal supplements are less diluted with a different therapeutic principle. Astragalus and echinacea supplements purportedly boost immunity. Try teas with eucalyptus leaves or calendula for fever. Elderberry, when taken in extract form, boosts the immune system, which helps the body respond quickly and strongly to viruses such as influenza.

For more information, check out Dr. Rosen's book, “Treatment Alternatives for Children,” a comprehensive reference guide for nearly 100 common illnesses, offering side-by-side comparisons between conventional and alternative treatment options.

Don't suffer more than you must this flu season. Homeopathic medications and natural homemade treatments may help reduce the severity of symptoms. (StatePoint)

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Maine State Music Theatre announces 60th anniversary season



Maine State Music Theatre of Brunswick has announced the plays that will headline its milestone 60th season. 2018 promises to be a year of excitement and celebration with main stage productions of the musicals “Million Dollar Quartet,” “Beauty and the Beast,” “Saturday Night Fever,” and “Singin’ in the Rain.”

The first show of the season will rock and roll in from June 6 through 23. Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins - a historic quartet brought together by an extraordinary twist of fate on a December evening in 1956. This meeting at Sun Records would become one of the greatest jam sessions of music legend. Based on a true story, the Tony Award-winning hit sensation “Million Dollar Quartet” brings that momentous occasion to life in an irresistible tale of broken promises, secrets, betrayal, and celebration that is both poignant and funny. Relive the era through the Billboard genres of rock ‘n’ roll, gospel, R&B, and country with such unforgettable numbers as “Blue Suede Shoes,” “Fever,” “Walk the Line,” “Great Balls of Fire,” “Folsom Prison Blues,” “Whole Lotta Shakin’ Goin’ On,” and “Hound Dog.”

The summer’s second show will bring back a beloved tale last seen on the Pickard stage in 2006. This timeless family favorite will be one of the largest productions of the season, with expansive sets, beautifully crafted costumes, and a large chorus with a robust sound. Disney’s “Beauty and the Beast” will return to Brunswick June 27 through July 14, reminding us to look for the beauty within. The play’s fanciful characters, including a tightly wound talking clock (the butler), an adorable tea cup (a young boy), and a kindhearted candelabra (the maître d’), are trapped in their spellbound forms until the beast, who is actually a young prince, can learn to love and have his love returned. The play is based on the Academy Award-winning animated feature and includes all the cheerful songs we know and love, such as “Be Our Guest,” “Gaston,” and “Beauty and the Beast.”

Positioned in the third slot of the summer from July 18 through August 4, “Saturday Night Fever” will bring the music of the Bee Gees back in full force. Based on the 1977 blockbuster film, the play whisks us back to the 1970s, when open shirts, bell-bottoms, and disco were all the rage. Tony Manero, a talented, street-wise kid from Brooklyn, years to escape his dead-end job and become a “disco king” at the local club. He meets a young lady who can help him achieve his dance dreams, but will she accept his advances and help him change his world? Packed with legendary hits from the Bee Gees, including “Stayin’ Alive,” “You Should Be Dancing,” and “How Deep Is Your Love,” as well as other songs from the original hit movie soundtrack, Saturday Night Fever sizzles with a compelling story and explosive dance.


Closing out the company’s Diamond Jubilee season on the Pickard Stage from August 8 through 25 will be “Singin’ in the Rain,” faithfully and lovingly adapted for the stage by Broadway legends Betty Comden and Adolph Green from their original, award-winning screenplay. Each unforgettable scene, song, and dance is accounted for in the play, including the show-stopping title number. “Singin’ in the Rain” has all the makings of a Tinseltown tabloid headline - the starlet, the leading man, and a love affair that could change lives and make or break careers. In silent movies, Don Lockwood and Lina Lamont are a hot item, but behind the scenes, things aren’t always as they appear on the big screen. Without the help of a talented young actress to do the talking and singing for her, Lina’s squeaky voice might spell the end of her career in “talking pictures.”

In addition to its main stage shows, MSMT will offer three Monday Concerts. For the first time ever, this series will also be offered as a subscription. First up in the series on Monday, June 18 will be “I Love a Piano,” a celebration of the music and lyrics of Irving Berlin. Monday, July 30 will bring “Bye Bye Birdie,” a loving send-up of 1960s small-town America. Ending the series on Monday, August 13 will be “Broadway to Brunswick,” a celebration of MSMT’s last 60 years featuring favorite MSMT performers, past and present.


The company’s Theatre for Young Audiences shows for 2018 will include “Cinderella” on June 13 and 16 and “Pinocchio” on August 20. Once again in 2018, MSMT’s will wrap up its summer season with a co-production with Portland Stage. This year’s concluding play will be “Nunsense,” running August 14 through 26.

Subscriptions are now available over the phone by calling 725-8769 or in person by visiting the Box Office at 22 Elm Street in Brunswick. Single tickets for the 2018 season will go on sale in April. For more information, visit www.msmt.org.


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CMHRA meeting presents new year “Legal Update for Employers”



Peter Lowe of Brann & Isaacson

The Central Maine Human Resources Association will present a “Legal Update for Employers” on Tuesday, January 9 at 7:45 a.m. at the Carriage House in Lewiston. Intended for employers large and small, the program will present an overview of new developments in employment

law over the past year. Presenting the program will be a panel of attorneys, each of whom will speak for 30 minutes, followed by a final 30 minutes for Q&A. The panelists will be Kelly Hoffman of Norman Hanson & DeTroy, Rebecca Webber of Skelton Taintor & Abbott, and Peter Lowe of Brann & Isaacson.



Rebecca Webber of Skelton Taintor & Abbott

Combined, they have decades of experience in employment law and many practical insights to offer. Topics will include cellphones and their impact on the workplace;

political speech at work in a polarized world; recent developments regarding transgender employees; the latest news in sexual harassment; and those forever thorny “return to work”



Kelly Hoffman of Norman Hanson & DeTroy

issues. Feel free to submit questions in advance to CMHRA President Rebecca Webber at rwebber@sta-law.com or to incoming President Mary Lafontaine at Mary.J.LaFontaine@Maine.gov. The cost of the program is \$25 and includes breakfast. Attendance is free for CMHRA mem-

bers. Sign-in begins at 7:30 a.m. There will be time to network before and after the program. Online registration is preferred and available at www.cmhra.org. For more information about CMHRA membership, contact Cindy Letourneau at membershipchair@cmhra.org.

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Stanton Bird Club plans January event, announces results of Christmas Bird Count



This Yellow-Bellied Sapsucker was photographed during the club's annual Christmas Bird Count on December 16. Although Sapsuckers breed in Maine, they have usually migrated much further south by this time of year. This was the first one spotted on the club's Christmas Count since Stanton started participating in 1980. (Photo by Dan Marquis)

The Stanton Bird Club of Lewiston and Auburn will not hold a monthly meeting in January since USM's Lewiston-Auburn College, where the meetings are usually held, will be closed for the holidays. Instead, the club will lead a birding field trip on Saturday, January 13 from 8 a.m. to 3 p.m. to look for winter ducks, especially Harlequins and King Eiders, at Marginal Way and Ogunquit.

Participants will car-pool from the meeting place in the Promenade Mall parking lot, near Staples, at 855 Lisbon Street in Lewiston, and will travel to various viewing places. Bring warm clothes and a portable lunch. For more information, call trip leader Steve Reed at 319-6630. The trip is free and open to all.

Many people who enjoy watching birds keep lists of each species they see. The beginning of a new year is a good time to start a Year List. You might want to keep a small notebook to record in. You could include the name of the bird and the date you first saw it in

2018. You might also want to note where you saw it and a few interesting details. If you keep your Year Lists over time, you can compare when you saw your first Chickadee or Cardinal of the year. This can bring a sense of excitement for each new bird you see, starting January 1st, and can help you be more aware of the birds around your home.

Stanton Bird Club field trips can help you expand your Year List by bringing you out of your usual viewing areas under the leadership of experienced birders who point out and identify dozens of birds on each trip. If you attend enough field trips throughout the year, you have a good chance of listing over a hundred different kinds of birds on your Year List! Birders also keep Life Lists, which generates a lot of enthusiasm to find new birds. Why not start your own Year List this January, and come to the January 13 field trip to get off to a good start?

Just a few weeks ago, the Stanton Bird Club held its 38th Christmas Bird

Count. Twenty-two people participated, dividing up into six groups to spread out over Lewiston and Auburn. Jointly, they saw 53 different species of birds in just this one birding event. The first ever Yellow-Bellied Sapsucker seen on this group's Christmas Bird Count was photographed this year by Dan Marquis' team. Two other birds sighted that had not been seen for over fifteen years on this area's Christmas Count were a Yellow-Rumped Warbler and a Northern Pintail. Another treat and record count seen this year was a huge raft of 320 Common Goldeneyes on Lake Auburn.

People of all ages and backgrounds belong to the Stanton Bird Club, but all share a love of nature in general and especially birds. Today there are some 200 club members, including 20 Junior Naturalists. The club manages the Thorncrag Nature Sanctuary and the Woodbury Nature Sanctuary in Monmouth and Litchfield. For more information, find them on Facebook or see www.StantonBirdClub.org.

Maine CDC provides tips on staying safe during cold weather

Winter weather and cold temperatures can be hazardous - even for Mainers. With the state experiencing extremely low temperatures recently, the Maine Center for Disease Control and Prevention is reminding people to stay safe and healthy by being prepared for cold weather conditions.

Hypothermia and frostbite are the two main health concerns when it comes to extreme cold. Hypothermia occurs when a person's body temperature

becomes too low, which, in serious cases, may lead to death. Frostbite is caused by the freezing or near freezing of a part of the body resulting in numbness, tingling, or a change in color to pale, whitish, or blue. Fingers, toes, and the tip of the ears or nose are the most commonly affected areas.

Frostbite and hypothermia can both be avoided by remembering to wear layered clothing and proper footwear, as well as mittens, scarfs, and hats to reduce skin exposure. This is an im-

portant precaution to take, even if you'll be outdoors only briefly. If you suspect you might have hypothermia or frostbite, rewarm yourself slowly and seek medical attention as soon as possible.

Here are some additional tips to stay safe during cold weather: avoid prolonged outdoor activities; be prepared if you should become stranded in your car by having blankets, food and water, and extra batteries; be prepared for power outages, and always operate

See CDC, page 16

What's Going On

Super Bowl Sunday Table Tour at Viles Arboretum



Participants snowshoe, ski, or hike over groomed trails to various outdoor food stations offering culinary delights from some of the area's best restaurants and food provider

Viles Arboretum of Augusta will host its fourteenth annual Super Bowl Sunday Table Tour on February 4. Over two hundred participants gather at the Arboretum each year for this fun winter event to snowshoe, ski, or hike over groomed trails to various outdoor food stations featuring culinary delights from some of the best restaurants and food providers around the Capital City. No one leaves hungry, especially after enjoying sweet treats and a cup of freshly brewed coffee or other steaming beverage at the wrap-up dessert table. It's great way to have some healthy fun before settling down to watch the football game later in the day.

“This is the only event

of its kind that I know of,” said, Mark DesMeules, the Arboretums’ Executive Director. “It offers a healthy and fun opportunity to meet people, get outdoors, and enjoy some terrific food while supporting the programs and initiatives of the Arboretum. The course is even more interesting this year, with dozens of beautiful stone sculptures at various points along the trail and warming fires at every food station.”

Tickets are \$20 (\$18 for members) for adults and \$5 for kids ages 10 and under; admission for toddlers is free. There is also a special rate of \$15 per ticket for groups of five or more, making a great opportunity to call your friends or plan a business outing.

Tickets can be purchased in advance by calling 626-7989 or from 10 a.m. to noon on the day of the event. The trails will open at 11 a.m. and trail food will be served until 1 p.m. Desserts, coffee, and other hot beverages will be served in the main building located at the end of the course until 2 p.m.

This event is a wonderful opportunity to become acquainted with other outdoor enthusiasts and the board members, staff, and programs of Viles Arboretum. Centrally located in Augusta on 224 acres of fields, forests, wetlands, the Arboretum features 20 botanical collections and an ever-changing selection of programs for school groups

See Arboretum, page 16



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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Chocolate Church to hold auditions for "Macbeth"

The Chocolate Church Arts Center will hold auditions for its spring production of William Shakespeare's "The Tragedy of Macbeth." Auditions will take place on Friday, January 19, from 6:30 to 8:30 p.m. and on Saturday, January 20, from 1 to 4 p.m. in the upstairs community room at Patten Free Library, located at 33 Summer Street in Bath.

Monologues of under two minutes are encouraged but not required. Those auditioning will also read from the script.

Rehearsals will take place in Bath on Tuesday and Wednesday evenings and on Saturdays each week beginning on Tuesday, January 23. Rehearsals will become more frequent the last two weeks before the play's opening.

Performances will be on the main stage of the Chocolate Church Arts Center, located at 804 Washington Street in Bath, on June 1, 2, 3, 8, 9, and 10. It is essential that those auditioning bring a reliable conflict schedule to the auditions.

For more information, contact director John Willey at 442-8455 or johnwilley1@comcast.net.

Auburn Public Library partners with Camden Conference for film series

Auburn Public Library will partner with the Camden Conference to present a series of programs to foster discussion on the conference's 2018 topic, "New World Disorder and America's Future." The first program will be a screening

of the film "Dirty Wars" on Thursday, January 11 at 2 p.m.

"Dirty Wars" follows investigative reporter Jeremy Scahill, author of the international bestseller "Blackwater," into the heart of America's covert wars, from Afghanistan to Yemen, Somalia, and beyond. What begins as a report into a U.S. raid gone wrong turns into a global investigation of the secretive and powerful Joint Special Operations Command, who kill selected targets, including U.S. citizens.

More information on additional programs will be available soon. Thanks to funding from the Camden Conference, the library has purchased several new books on the topic of global power.

The 2018 Camden 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. For more information about the Camden Conference, see www.camdenconference.org.

Crew for "Boeing, Boeing!"



Making up the crew for Community Little Theatre's upcoming production of "Boeing Boeing," playwright Marc Camoletti's high-flying spoof of the swinging sixties, are (l. to r., from front) Marissa Lussier, sound; Lynn O'Donnell, producer; Sophie Messins, assistant stage manager; Michelle Washburn, lights; Mark Hazard, assistant; Jean Mack, stage manager; and Dan Kane, construction. Performance dates are January 12, 13, 18, 19, and 20 at 7:30 p.m. and January 14 and 21 at 2 p.m. For more information, call 783-0958 or see www.laclt.com.

Auburn Christmas tree disposal options

The Auburn Public Services Department has announced several options for the disposal of Christmas trees. Trees can be dropped off by Auburn residents at the following locations: the public works garage at 296 Gracelawn Road (behind the community sand shed); Mid-Maine Waste Action Corporation on Goldthwaite Road (Monday through Friday from 7 a.m. to 4 p.m. and Saturday from 7 a.m. to noon); and the Engine 2 Fire Station at 181 South Main Street (next to the community sandbox).

The City of Auburn will not be doing curbside pick-up of Christmas trees. However, local Boy Scout Troop 121 will pick-up Christmas trees on the weekend of January 6 and 7 for a minimum donation of \$5. The troop will send participants a tag to attach to their tree prior to placing it curbside; trees should not be placed curbside until the morning of January 6. To request pick-up, Auburn

citizens should send their \$5 minimum donation to: United Methodist Church, Attn: Boy Scout Troop 121, 439 Park Avenue, Auburn, ME 04210.

This is not a city-sponsored pick-up program. Money raised by this program goes directly to the troop's scouting activities. Troop 121 was created to help give youth with special physical, mental, and emotional challenges the opportunity for success in a safe scouting environment that builds character, encourages citizenship, teaches life skills, and develops personal fitness. For more information about this program or Troop 121, call 783-0790.

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

Free pre-diabetes lifestyle change program at DFD Russell

DFD Russell Medical Center of Leeds will be the site of a free Central Maine Healthcare pre-diabetes lifestyle change program in 2018, starting with an information session on Wednesday, January 10 at 5 p.m.

The PreventT2 curriculum, approved for the CDC-led National Diabetes Prevention Program, features multiple sessions over 12 months that promote healthy long-term lifestyle changes to prevent or delay Type 2 diabetes. Adults with a pre-diabetes diagnosis or who are at high risk for pre-diabetes or Type 2 diabetes are welcome to join the program.

Participants will meet

in a small group led by a specially trained lifestyle coach. The program will begin with weekly one-hour meetings for eight weeks, followed by eight more bi-weekly meetings, and concluding with monthly meetings for six months as participants move toward a lifetime of healthy living.

DFD Russell Medical Center is located at 180 Church Hill Road #1 in Leeds. For more information about the program, see www.cmmc.org/diabetes-prevention.

Space is limited and advance registration is required. To register, contact Louise Ingraham at 330-7769 or preventdiabetes@cmhc.org.

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Inventory Accuracy course offered at Central Maine Community College

The Center for Workforce & Professional Development at Central Maine Community College will present an Inventory Accuracy course on Thursday, January 18, from 8:30 a.m. to 4:30 p.m. This workshop will focus on the first foundation of a good planning system, such as an ERP system that collects accurate inventory records. It is not enough to have a good idea of the status of your inventory; important decisions and actions are based on the accuracy of these records. This workshop will define Inventory Accuracy as a culture within an organization, provide the steps to achieving and maintaining Inventory Accuracy, and provide tools to eliminate the root causes of inventory errors.

The cost for this course is \$175. The deadline to register is January 11. For more information or to register, contact the Center for Workforce & Professional Development at 755-5280 or see www.cmcc.edu/training.

The Center for Workforce & Professional Development at Central Maine Community College provides a wide variety of customized training programs, certification programs, and non-credit classes to business, government, nonprofit, and other organizations throughout Androscoggin, Oxford, Franklin, and Lincoln counties.

Their mission is to promote economic development by offering the highest quality training and professional development courses to business and industry, coupled with access to training grants for new and expanding businesses.

January program highlights at SeniorsPlus

Highlights from the January program calendar at SeniorsPlus Education Center are listed below. Unless otherwise noted, classes are free of charge and take place at SeniorsPlus, 8 Falcon Road in Lewiston. For more information or to register, call 800-427-1241. To view their complete program calendar, including ongoing classes, see www.seniorsplus.org.

Breast Health: Risk Reduction. Tuesday, January 9, from 9:30 to 10:30 a.m. Instructor: Medical professionals from the St. Mary's Breast Health Department. This class will address how to best reduce one's risk regarding breast health, along with imaging for breast surveillance.

Diabetes. Tuesday, January 9, from noon to 1 p.m. Instructor: Christopher Irish, Diabetes Nurse Educator, Androscoggin Homecare & Hospice. This class, for those who have diabetes, have a family member with diabetes, or are trying to avoid developing diabetes, goes over the basics of the disease, its causes, and ways to best manage the disease to help avoid its destructive complications.

Book Club. Wednesday, January 10, from 2 to 4 p.m. The book club will meet on the second Wednesday of every month starting in January. The book for this month is "Love and Treasure" by Ayelet Waldman.

Dementia. Thursday, January 11, from 1 to 2:30 p.m. Instructor: Victoria Scattoloni, RN, CHPN, Androscoggin Homecare & Hospice. This class, about how to compassionately and safely care for those with Alzheimer's/dementia, covers disease progression, treating symptoms non-pharmacologically, and proper use of available medications.

Crafting with Corinne: Valentine's Day. Monday, January 22, from 1:30 to 3 p.m. Instructor: Corinne Saindon, local artisan. Cost: \$5 for supplies. Come celebrate friendship and love by creating two beautiful cards with a Valentine's Day theme.

Alzheimer's: The Basics. Tuesday, January 23, from 10 to 11:30 a.m. Instructor: Mark Pechenik, Alzheimer's Association. This class provides basic information that everyone needs to know about memory loss issues and what they mean for all of us. Topics covered include symptoms and effects; how Alzheimer's affects the brain; causes and risk factors; how to find out if it's Alzheimer's disease; benefits of early detection; how to address a diagnosis of Alzheimer's disease; stages of the disease; treatment; hope for the future; and ways the Alzheimer's Association can help.

Line Dancing. Tuesdays, January 23 through February 13, from 12:30 to 1:30 p.m. Instructor: Denise Herbert. Cost: \$10 for four weeks. Line dancing is all about fun, exercise, discipline, relieving stress, and good music. Learn simple, basic steps and you'll be dancing before you know it. No prior dance knowledge necessary, no partner needed. If you can walk, you can dance. Limit 15.

Fact or Fiction: Breast Cancer. Thursday, January 25, from 1 to 2 p.m. Instructors: Medical professionals from the St. Mary's Breast Health Department. This class will go over why mammograms are important and will explain how mammograms are performed.

Medicare 101. See *SeniorsPlus*, page 12

Twin City Nights

Concert fundraiser at UCC-Augusta

The Unitarian Universalist Community Church of Augusta will host a one-hour concert fundraiser called "Keyboard Music Spanning Four Centuries" on Saturday, January 13 at 4 p.m. Pianist Christine Letcher will perform solo works by Mozart, Chopin, and African-American composer Margaret Bonds. She will be accompanied by flutist Bill Moseley for J.S. Bach's Flute Sonata in B minor.


Christine Letcher is the assistant director of the Snow Pond Community Music School in Sidney, where she also serves on the faculty, and is an adjunct faculty member at the University of Maine at Augusta. Bill Moseley taught music for more than 40 years at the University of Maine at Augusta. Now retired, he offers private flute lessons. Local music lovers can hear him play as part of a jazz quartet on Sunday mornings at Bagel Mania in Augusta.

Admission will be by a suggested donation of \$10 per person. The church is located at 69 Winthrop Street in Augusta. For more information, call 622-3232



Pianist Christine Letcher

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Twin City Nights

APL presents winter-spring Teen Life Skills Series

Auburn Public Library will present its fifth annual Teen Life Skills Series in 2018. Each month, the library will host programs presenting important life skills for teens ages 12 through 18. For planning purposes, registration for these programs is requested but not required. To register for a program, call the library at 333-6640, ext. 4 or click on the “Events” tab at www.auburnpubliclibrary.org.

The 2018 series will begin in January, when Healthy Androscoggin will present a four-part program on nutrition called “Ten Tips for Teens. In this program, teens will learn about healthy eating by learning basic cooking skills. At each class, teens will make and eat a recipe and play games, which will include prizes. The classes will meet on Tuesdays, January 9, 16, 23, and 30, from 3:30 to 4:30 p.m. in the library’s Androscoggin Community Room. Attendance at all four classes is encouraged but not required.

The series will continue in February, when, in honor of Dating Violence Awareness Month, educators from Safe Voices and Sexual Assault Prevention and Response Services will present

three programs designed to educate teens about healthy relationships. The programs will take place on Tuesdays, February 6, 13, and 27, from 3 to 4 p.m.

The series will continue in March with programs on job searching, including applying and interviewing, and will conclude April 21 through 28 with Money Smart Week, offering programs presenting appropriate budgeting and money management skills. For more information on these or other teen programs at Auburn Public Library, email dwallace@auburnpubliclibrary.org.

SeniorsPlus

Continued from page 11

Thursday, January 25, from 5:30 to 7:30 p.m. Instructors: SeniorsPlus staff. Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money.

Foot & Ankle Health. Tuesday, January 30, from 10 to 11:30 a.m. Instructors: Dr. Pomeroy and Dr. Faught of New England Foot and Ankle &

St. Mary’s Center for Orthopedics. This class will be an open and informal conversation about common problems around the foot and ankle and how to avoid them. Learn how the muscles, tendons, and bones work, as well as how to stretch and best take care of your feet over time.

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Franco Center presents African Music Dance Party



DJ Nigel Katende will provide the music, including Afro-Beat, Lingala, Zouk, Soukous, and more.

The Gendron Franco Center will host its first African Music Dance Party & Social on Saturday, January 6, from 8 p.m. to 1 a.m. This five-hour event will bring all who love to listen and dance to African music together at the most inviting social spot in Central Maine. DJ Nigel Katende will provide the music, including Afro-Beat, Lingala, Zouk, Soukous, and more. There will be a \$5 cover charge at the door. A cash bar

and light snacks will be available.

“We are hoping that everyone will feel welcome to come and meet new friends from all over Africa and beyond,” said Franco Center Executive Director Mitch Thomas.

Located at 46 Cedar Street in Lewiston, the Franco Center is wheelchair accessible and has on-site parking. For more information, call the box office at 783-1585 or see FrancoCenter.org.

Troop 121 collects Christmas trees this weekend



Members of Boy Scout Troop 121, including Liam Rose, Kyle Mansur, Jacob Clark, Bryce Holt-Giard, Noah Phillips, Jordan Burns, and Matthew Kozak, prepare the mailing for their sixth annual Christmas Tree Recycling program.

Boy Scout Troop 121 of Auburn will again collect Christmas trees in the Cities of Auburn and Lewiston this year. While the two cities offer various locations for free tree disposal, they no longer collect the trees at curbside.

For a minimum donation of \$5, the scouts will pick up Christmas trees on

the weekend of January 6 and 7. To make a pick-up request, send your donation to Troop 121, United Methodist Church, 439 Park Ave., Auburn, ME 04210. The troop will in turn send you a tag to place on your tree when you place it curbside; trees should not be placed curbside until the morning of January 6. For more information, call 783-0790.

Money raised by this program goes directly to troop scouting activities. Troop 121 was created give youth with special physical, mental, and emotional challenges an opportunity for success in a safe Scouting environment that builds character, encourages citizenship, teaches life skills, and develops personal fitness.

Rotary Clubs host blood drive at Lewiston CareerCenter



April Caron, Business Development Manager for American Red Cross Blood Services of Northern New England, will facilitate the event.

The Lewiston-Auburn Rotary Lunch Club and the Auburn-Lewiston Rotary Breakfast Club will sponsor a blood drive on Thursday, January 11, from 10 a.m. to 3 p.m. in partnership with the Lewiston CareerCenter at 5 Mollison Way in Lewiston. For more information, call 713-7045 or see www.lewistonauburnrotary.org.

Facilitating the event will be April Caron of the American Red Cross. Caron is the Business Development Manager for American Red Cross Blood Services of Northern New England serving the Maine Region. She has been in non-profit leadership for

over 20 years, most recently as Executive Director of the Central and Mid-Coast Chapter of the American Red Cross and as Director of Development of the United Way of Androscoggin County.

Caron attended Wheaton College in Norton, MA, where she earned a degree in International Relations, and obtained a Master’s Degree in Political Science from George Washington University in 1997. She is proud to uphold the mission of the American Red Cross to prevent and alleviate human suffering in the face of emergencies. Every two sec-

See Rotary Club, page 16

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Friday, January 5
Maine Event Comedy. 7 p.m. Baxter Brewing, 130 Mill St., Lewiston. Tonight's line-up features comedians Ralphie Joyal, Colby Bradshaw, Nellie Coes, Mike Levinsky, and Nick Gordon. Free. Ages 21-plus. 513-0742; maineeventcomedy@gmail.com.

Winter Lecture Series. 7 p.m. Camping Dept. Atrium, L.L. Bean flagship store, Freeport. Author and Himalayan mountaineer Ed Webster discusses "The Savage Mountain: A New History of K2, 1924-54." Free.

Concerts for Cause. 7:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. Bold Riley performs songs ranging from classic folk favorites to unlikely covers and rousing originals. \$15 (cash or credit) at door. 783-0461; uuconcerts.org.

Saturday, January 6
Public Supper. 5 p.m. Paris Fire Station, 137 Western Ave., So. Paris. The Paris F.D. Auxiliary serves up a meal of turkey pie, potatoes, vegetables, bread, mac & cheese, and homemade desserts. \$8/4 (ages 3-free).

Concert: The Grass-

Calendar

See more Calendar at www.TwinCityTimes.com

holes. 7:30 p.m. Village Coffeehouse, 19 Gloucester Hill Rd., New Gloucester. This five-piece Bluegrass band plays half originals and half traditional tunes and covers. \$10 at door.

African Music Dance Party & Social. 8 p.m. to 1 a.m. DJ Nigel Katende provides the music, including Afro-Beat, Lingala, Zouk, Soukous, and more. A cash bar, light snacks avail. \$5 cover. 783-1585; FrancoCenter.org.

Monday, January 8
Blood Drive. 9 a.m. to 2 p.m. Kaplan University, 475 Lisbon St., Lewiston. Co-sponsored by the LA Metro Chamber of Commerce. 783-2249. To register, enter LAMETRO at www.redcrossblood.org.

Tuesday, January 9
Central Maine Human Resources Assoc. Meeting. 7:45 a.m. Carriage House, 1119 Lisbon St., Lewiston. Three experienced employment attorneys present a "Legal Update for Employers" for businesses large and small.

\$25 (free to CMHRA members), incl. breakfast. Register at www.cmhra.org.

Thursday, January 11
Chamber Breakfast Meeting. 7 a.m. Ramada Conference Center, 490 Pleasant St., Lewiston. The new mayors of Auburn and Lewiston discuss workforce development and the community's image. \$30 (\$20 members). Register at www.LAMetroChamber.com.

Rotary Club Blood Drive. 10 a.m. to 3 p.m. Lewiston CareerCenter, 5 Mollison Way, Lewiston. The Rotary Breakfast and Lunch Clubs host this event in partnership with the Lewiston CareerCenter; for more info, call 713-7045.

Film Screening. 2 p.m. Auburn Public Library. In partnership with the Camden Conference, the library screens the film "Dirty Wars," which follows investigative reporter Jeremy Scahill into the heart of America's covert operations.

Friday, January 12

Theater: "Boeing, Boeing!" 7:30 p.m. Great Falls Performing Arts Center, 30 Academic St., Auburn. In this farce from the swinging sixties, a free-spirited lothario juggles stewardesses from competing airlines; pres. by Comm. Little Theatre. Again Jan. 13-14, 18-21 (Suns. at 2 p.m.). For tix, call 783-0958 or see www.laclt.com.

Saturday, January 13
Field Trip. 8 a.m. to 3 p.m. This Stanton Bird Club excursion to observe winter ducks at Marginal Way and other Ogunquit sites carpools from the Promenade Mall parking lot, in front of Staples, at 855 Lisbon Street in Lewiston. Free; all welcome. 319-6630.

Concert Fundraiser. 4 p.m. Unitarian Universalist Community Church, 69 Winthrop St., Augusta. Pianist Christine Letcher presents a one-hour program called "Keyboard Music Spanning Four Centuries." Suggested donation \$10. 622-3232.

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. This "Orchestra on Display" program spotlights different sections of the orches-

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Star Wars: The Last Jedi (PG-13)	12:40	4:00	7:20	
Star Wars: The Last Jedi (PG-13)	12:00	3:20	6:40	9:25
Coco (PG)	1:00	3:45		
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Thursday, January 18
Theater: "Boeing, Boeing!" 7:30 p.m. Great Falls Performing Arts Center, 30 Academic St., Auburn. In this farce from the swinging sixties, a free-spirited lothario juggles stewardesses from competing airlines; pres. by Comm. Little Theatre. Again Jan. 19-21 (Suns. at 2 p.m.). For tix, call 783-0958 or see www.laclt.com.

Saturday, January 20
Nature Journaling

Workshop. 10 a.m. to 2 p.m. Viles Arboretum, 153 Hospital St., Augusta. This workshop takes participants outdoors to observe and draw winter tree. \$45 (members \$35). 626-7989; www.vilesarboretum.org.

Sunday, February 4
Super Bowl Sunday Table Tour. 11 a.m. to 1 p.m. Viles Arboretum, 153 Hospital St., Augusta. Prepare for the big game by getting some outdoor activity on the groomed trails while sampling foods from area eateries. \$20 (\$5 ages 10-); toddlers free. 626-7989; www.vilesarboretum.org.

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What’s Going On

CDC

Continued from page 9

an emergency generator outdoors and away from any open window; make sure your smoke alarms and Carbon Monoxide (CO) detectors are working; do safety checks on your elderly neighbors and those that are ill; don’t leave your pet outside for extended period of time; if you use a medical or life support device, be sure to have extra batteries on hand, and notify your utility company, local fire, or local police department if you need assistance; for information about warming shelters near you, contact 211 Maine (see below).

Those with qualifying incomes may be eligible to receive assistance to pay for the cost of heating oil and propane. A local Community Action Agency (CAA) administers fuel assistance programs in each county. For more information, contact 211 Maine for a referral to a local CAA.

You can contact 211 Maine in any of the fol-

lowing ways: dial 211; dial 1-866-811-5695; dial (toll free, in or out of state) 1-877-463-6207; text your zip code to 898-211; or visit <https://211maine.org>.

For more information on staying safe all winter long, visit the Center for Disease Control at <http://emergency.cdc.gov/disasters/winter/guide.asp>.

Arboretum

Continued from page 9

and the public.

They focus on interactive, creative, and hands-on teaching of natural history that unlocks everyone’s innate ability to understand the natural world. For more information about the Arboretum and its volunteer opportunities, call 626-7989, visit their Facebook page, or see www.vilesarboretum.org.

Rotary Club

Continued from page 12

onds, someone in the U.S. needs blood. The Maine team works hard to ensure that blood is available to

patients in need. In addition to collecting blood, the Red Cross provides disaster relief; service to the armed forces; preparedness, health, and safety services; and international social services.

Caron also serves as an advisor with the Olympia Snowe Women’s Leadership Institute at Oxford Comprehensive High School; is a member of the Southern Mid-Coast and Lewiston Metropolitan Chambers of Commerce; and is a proud recipient of the Maine Women’s Network - Androscoggin County Chapter Member of the Year award.

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**Friday by
five.**

Town of Lisbon launches new website

The Town of Lisbon has announced the launch of its new website. The development of the new site was approved as part of the Town Council’s commitment to improving communication, openness, and transparency. Following a competitive process in the spring of 2017, the project was awarded to Virtual Towns & Schools.

While retaining its original address, the website was redesigned with a

few goals in mind, including a clean and simple appearance, ease of navigation, and content and functionality that was driven by the needs of end users, including residents, businesses, investors, and visitors.

The new website has several new features, such as the ability to submit a service request, a “Find It Fast” button, easy access to online forms and documents, online payments, a sign up for e-alerts, and

an “Emergency Banner” to send out emergency news to residents and businesses. The site is also designed to be easy to view on any type of device, including smart phones and tablets. The new design meets guidelines established by the Americans with Disabilities Act by including such accessibility features as a screen reader and the ability to change font size and contrast. See it at www.lisbonme.org.

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