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## Giving Back and Having Fun!

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Contributing to the local community is not only a good thing to do but it can be fun and lead to other things like friendships and work opportunities. Here are a few examples of how people at KFI are giving back to their community and having fun!

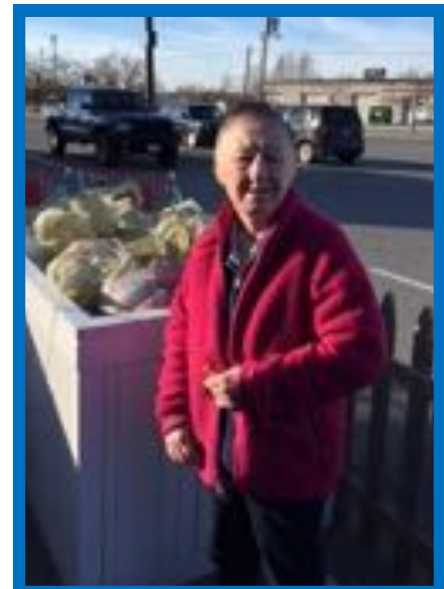


Melissa loves making snacks for the families at Ronald McDonald House in Bangor.

If it doesn't challenge you, it won't change you.



Christina enjoys helping the folks at Maine Audubon in Portland get their "ducks in a row!"



Sandy helped with the "Free the Z Turkey Drive" so everyone had enough to eat at the holidays.

See another "Giving Back" story on the back page.....



# Everyone Can Work!

Alizah is a ski coach for the Mini-Cuffer Program at Sugarloaf Mountain. She coaches a class of 3-5 year olds every Saturday and Sunday morning, focusing on basic skills and fostering a love of skiing. Alizah started as a ski coach in 2008, and has returned to it all but two of the past 7 winters. When asked why she keeps at it she replied "I like coaching because I like seeing how much fun the kids are having."

Alizah's love of skiing and comfort on the slopes helps put all the kids at ease before they hit the mountain.



## *Making Things Happen*



Sitting down and relaxing is not how we normally see Teri Farinaro. Teri has been a Community Advocate in Lincoln since November 2007 and doesn't stand still often! She understands that the best way for people to experience the good life is to make connections and one way to do that is to help

people be active in their communities. That is why Teri is so dedicated assisting people to volunteer in a way that is uplifting for everyone involved. Her guidance helped launch the very successful "Muffin Ministry" that is enjoyed by so many people in the Lincoln area.

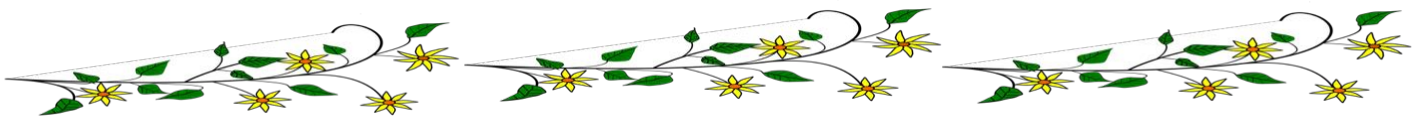


# IN MEMORIAM...



## **Shirley Christensen** **11.11.1951—12.29.2015**

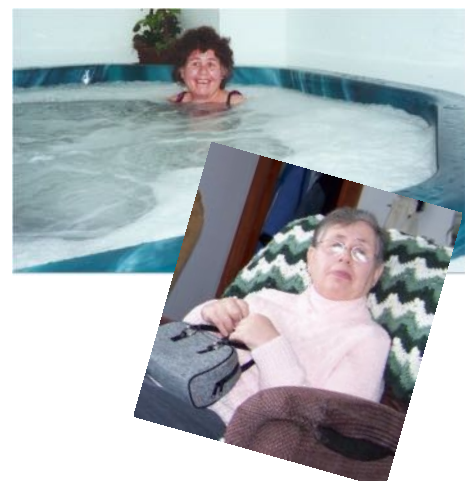
Shirley passed away after completing a major item on her bucket list—introducing the world to her new line of home and beauty products “Simple Solutions”. Her infectious smile and determined spirit will be missed by all who knew her.



## **Barbara Noyes** **10.01.1951—1.27.2016**



We will always remember Barbara’s wonderful sense of humor and how she led her life with a song in her heart and a smile on her face! She loved her church, singing, all animals and especially children. Barbara’s interests served her well as she was employed for a time at Chickadee Preschool.





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## Giving Back.....



Courtney, with a sampling of snacks, delivered to the Hope House.

Courtney began giving back to her community while she was still in high school volunteering for Relay for Life. Now she owns and operates Cyr Vending, a small business serving the Katahdin region. Thanks to the dedication of her support staff and family, her business has been so successful that she is in a position to donate generously to people in need. Cyr Vending donated over \$529 worth of snacks and beverages to the Hope House in Bangor right before the holidays when the need was greatest.



Having fun with High School friends and helping out at the same time.