

LEARN TO SKATE OFFERED BY BANGOR PARKS & REC

The Bangor Parks and Recreation Department is accepting registrations for its Learn to Skate and Free-Style Skate Lessons for ages 4 and up. Session II is Jan. 10-Feb. 14, at Sawyer Arena on Sundays. Times and fees vary based on program chosen.

Learn to Skate
4:10-5:10 p.m.
\$80 Residents/\$85 Non Residents

Learn to skate will have a half hour of instruction and a half hour of supervised free skate. However, we will be limiting the first hour for students in Learn to Skate Levels 1-3 The first hour will also include an adult Learn to Skate class.

Basic Level 4-8 & Free-Style Skate Levels 1-6

5:20-6:20 p.m.
\$95 Resident/\$100 Non Resident

These lessons will also be a half hour of lessons with a half hour of free skate to practice. Students who would like to compete and test at Basic Levels 4-8 and Free-Style Skate 1-6 must be members of the United States Figure Skating Association (USFSA). Your fee for this program includes membership to USFSA. There is no extra fee and there is no obligation to compete.

Free-Style Skate Level
4-6 p.m.
\$95 Resident/\$100 Non Resident

Synchronized Team Skating
6:20-7:20 p.m.

\$10 Resident/\$15 Non Resident

This program is for students in Free-Style Skate 4-6, Synchronized team skating, and practice for the advanced skaters. Will follow the same format as the previous 2 programs.

Synchronized Team Skating

This program will be offered as an introductory offer to those students registered for a skating class (open to those who can skate forward and backward, and do forward and backward crossovers).

To register, visit Bangor-ParksandRec.com or stop by the Bangor Parks and Rec. Center at 647 Main St. For information, call 992-4490.

Bangor native earns full-time berth on Web.com Tour



Jesse Speirs tees off during the second round of the Greater Bangor Open July 25, 2014, at the Bangor Municipal Golf Course.

PALM BEACH GARDENS, Florida — Bangor native Jesse Speirs has earned a full-time spot on the Web.com Tour. Speirs finished in a seven-way tie for 14th Sunday in the tour's final qualifying event at the PGA National Resort and Spa. Speirs carded rounds of

68, 71, 68 and 74 for a 5-under par 281 in rounds split over the Champion and Fazio courses. The top 45 finishers earned a berth on the Web.com Tour, which is the tour just below the PGA Tour. Adam Svensson of British Columbia won the

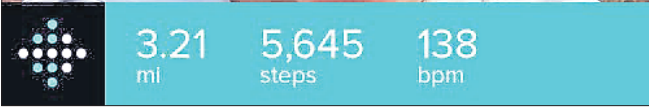
tourney title with a 20-under 266 while Ian Davis of Oklahoma and Jason Millard of Tennessee finished tied for second seven strokes back. Speirs, 29, advanced to the final stage of qualifying after finishing 14th in the second-stage tourney in mid-November.

Why I still run every day even though I haven't lost a pound in two years

BY PATTIE REAVES
SPECIAL TO THE WEEKLY

Original story from the blog After The Couch: A new Maine mom's journey from fat to fit. Read more at afterthecouch.bangor-dailynews.com.

I have had this blog for more than five years. The person who started this blog was a young professional, recently out of college, ready to make a change with her life. The person sitting down writing this post today has changed many times since then. Blog readers, it's time I come clean to you about a few things. Motherhood is hard. Being a working parent is hard. It's hard to keep updating this blog because I don't feel like the person I "became" in 2011. I had a great story about losing 50 pounds when I took up running, but if you look at me today, that isn't the truth any more. It was hard to lose the weight after I had a baby, and when I stopped breastfeeding full-time, I gained even more back. This blog post isn't an apology for not being the picture of health. Screw that. I'm still proud of some things. Since Lissie was born, I've been able to find time to exercise almost every day. When I started running, I wanted some assurance that the big difficult thing I was about to undertake was definitely going give me results. I think that's what a lot of people who found my blog think, too. "Before and



after picture from the Couch to 5K" is the number one search query that gets people here. If I didn't think I was going to get them, I probably wouldn't have started running. I completely missed the point. The reason why I still run most mornings even though I haven't lost a pound in two years. Running calms me down. Running wakes me up. Running lets me shut my brain off. Running makes me feel alive. Running is a great excuse to be alone. Running is a great excuse to be with friends. Running marathons, I learned I was capable of a persistence and goal setting in a way I never thought was possible. I could do anything.

Becoming a mother, I learned I'm fallible. The only way I can do anything is if I say no to most other things. Eating when you're stressed out is so easy. I understand now why so many mothers end up here. It's a great way to make yourself feel better without taking any time and not taking that much money. Except I don't feel better after it's over. The cumulative feeling is pretty gross. If there is one thing I learned after staring down these numbers on the scale the first time, it's that it's what you do every day that moves you to the person you want to be. I'm not well like I wish I was now. And I don't know the path out of this. But I don't regret any part of the journey, and I'm willing to start it over again.

Jimmy "The Mouth of the South" at Downunder Club

BANGOR — Join Seasons Grille and Lounge and IWE Independent Wrestling Entertainment for an evening with WWE Legend & Hall of Fame inductee Jimmy "The Mouth of the South" Hart. This will be an all ages event consisting of stories and Q&A time with the doors opening at 6 p.m. at the Down Under Club at Seasons. Hart will be the inaugural guest for the club's monthly Q&A wrestling nights. Autographs will be able to be purchased after the show. Tickets available online or in person at Seasons Grille & Lounge. Children, \$10; Adults, \$15.

Maine Softball Coaches Association offers clinic

WATERVILLE — Maine Softball Coaches Association will offer a coaches clinic 8 a.m.-3 p.m. Saturday, Feb. 6, at Alford Center, Thomas College. Instructors will include Kaitlin Cochran, Lisa-Ann Wallace, Terry Parlin, Ryan Sullivan and Nick Caiazzo, who will teach hitting, base running, bunting, vision training, catching mechanics and drills, pitching, and organizing drills. Fees are \$30 fee per school plus \$40 fee per person. Checks may be sent to Maine Softball Coaches Association, 21 Wynmoor Drive, Scarborough 04074.

For information, contact David Billings at mathteacher@roadrunner.com . Registration at the door will be an additional \$10.

Husson Baseball Winter Camp set for Dec. 28-29

BREWER — Husson Baseball Winter Camp will be held 9-11 a.m. Monday and Tuesday, Dec. 28 and 29, at Sluggers Indoor Baseball Facility, 60 Acme Road, for ages 6-18. Camp will consist of hitting drills, throwing progression, fielding drills and pitching mechanics. Cost is \$50. For information or registration, email Jason Harvey at Harveyja@husson.edu or call at 992-4948.

Never Look Back. Upgrade to a Smart Garage Door Opener Today.

With a MyQ®-Enabled Garage Door Opener, it's quick and easy to connect to a MyQ account so you can:

- Open and close your garage door from your smartphone
- Receive real-time alerts if the garage door is left open
- Know when your family gets home safely

Starting at **\$479***

FREE INTERNET GATEWAY
Connects the 8355 or 8360 to a MyQ account, enabling smartphone garage door control from anywhere**

OVER A \$50 VALUE*

Don't wait to upgrade!
Offer ends December 31, 2015.

LiftMaster GARAGE DOOR OPENERS

Contact us today!

443-7426 Bath	947-1899 Hampden	532-0808 Houlton
764-0213 Presque Isle	230-0808 Rockport	872-7711 Waterville

P.D.Q. DOOR
Professionally Installed by:

Visit us online at www.PDQDoor.com

Give the gift of Maine

This holiday season give a loved one something they will enjoy all year long

BDN Bangor Daily News
Bangor Daily News gift subscription
Call 207.990.8040 today

*Call for pricing and availability