

## “Beau-frog: The Art of Peter Archambault” opens at Museum L-A



Collections & Exhibit Coordinator Emma Sieh displays artwork that will be on display in the exhibit.

A new gallery exhibit opening at Museum L-A explores the Franco-American experience through the medium of cartoons. “Beau-frog: The Art of Peter Archambault” displays the artwork and political cartoons of a Madawaska native whose artwork for Le F.A.R.O.G. Forum, a monthly publication of the University of Maine at Orono that explores Franco-American themes, provided rich political and social commentary on Franco-American culture in Maine and New England.

An opening reception for the exhibit will take place on Monday, October 3 at 5:30 p.m. Susan Pinette, Director of Franco American Programs at the University of Maine, will discuss Archambault’s life and art on Wednesday, November 14, at 6:30 p.m. Both events are free and open to the public and will take place in the Museum L-A gallery.

The history of Franco-American communities in the 1970s and ’80s has yet to be written. Archambault created a character called

“Beau-frog” to reclaim the common slur often directed toward francophone and French heritage people during this era. The daily exploits of the frog illustrate the trials and tribulations of a minority figure coming to terms with their personal and cultural identity while surrounded by the pressures of an Anglophone majority, a theme that also speaks to the experiences of people in Lewiston-Auburn, a community deeply affected by French Canadian immigration since the 1850s. The

exhibit was created in partnership with the Holocaust and Human Rights Center of Maine and the UMaine Franco American Programs.

“This exhibit comes to our gallery at a very appropriate time, since Museum L-A is dedicating Fall 2018 to talking about immigration at the local and national level through the Becoming American program,” said Director of Education and Outreach Kate Webber. Becoming American is a public program series that features films, discussions, and other events across the Twin Cities through the collaboration of over 20 community partners. Museum L-A was selected as one of 32 sites across the country to host the series. For more information, see [www.museumla.org](http://www.museumla.org).

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

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# Newsmakers, Names & Faces

## Lisbon Crazy Kwilters support Safe Voices



Safe Voices has received more than 25 handmade quilts, along with pajamas, hats, and mittens, from the Lisbon Crazy Kwilters. The quilts will be distributed to residents in Safe Voices' domestic violence shelter programs. Pictured here are group members showing their handiwork to Safe Voices staffer Victoria Stanton at the MTM Community Center in Lisbon.

## Chamber Power Trip visits Sophia's House

On Wednesday, October 3, from 12 to 1 p.m., the LA Metro Chamber of Commerce will host a Power Trip to Sophia's House at 143 Blake Street in Lewiston. The Sophia's House project is in process of restoring a historic building where women will receive space and support to restore their lives.

Klara Tammany, Executive Director of the Center for Wisdom's Women,

and Americorps VISTA volunteer Sarah Barton will discuss factors that lead to women being trafficked, exploited, addicted and incarcerated and the obstacles they face in restoring their lives afterwards. Sophia's House will support women in overcoming the odds against them. Those attending will get to tour the beautiful old convent before its upcoming restoration and learn about the plans for the

building and the project it will house.

Sometimes you have to see it to believe it; events in the chamber's Power Trip series take participants on site to learn more about fellow chamber investors and see their businesses and organizations in action. The event is free, but those planning to attend are asked to register at [www.lametrochamber.com](http://www.lametrochamber.com). For more information, call 783-2249.

## Norway Savings names new VP, Loan Servicing Manager

Norway Savings Bank has announced that Jamie Arnold has accepted the position of Vice President, Loan Servicing Manager and will be working out of the bank's Norway office.

In her new position, Arnold will be responsible for managing the department which services all types of loans, including both consumer and business loans. She will provide training, coaching and de-

velopment for members of the Loan Servicing Team.

Arnold has worked in the financial industry for many years and comes to Norway Savings with several years of experience in loan production. She graduated from Southern New Hampshire University with a Master of Business Administration (MBA). She also attended the New England School for Financial Studies.



Jamie Arnold

## SeniorsPlus promotes Johnson to Community Services Supervisor



Laure Johnson is a licensed social worker who joined SeniorsPlus in 2012

SeniorsPlus has an-

nounced the promotion of Laure Johnson to Community Services Supervisor. She moves into the position after serving as the agency's Community Services Outreach Specialist in Franklin County.

Johnson is a licensed social worker who joined SeniorsPlus in 2012. In her new position, she will provide program coordination, supervision, and assistance to staff of the various programs in Community Services to assure the quality and timeliness of program services. She will ensure compliance with

regulations, policies and procedures, data collection, and federal, state, and grant reports; will work collaboratively with the Office of Aging and Disability Services and other statewide Community Services staff; and will ensure financial compliance and implementation of grant projects. She will also ensure geographical coverage of programs through staff outreach and community collaboration and networking.

SeniorsPlus is the Western Maine designated Agency on Aging and is headquartered in Lewiston.



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# Governor's Address: Smart investments in marine terminal have opened new markets to Maine companies

Dear Maine Taxpayer,  
A decade ago, the International Marine Terminal in Portland was nothing more than a derelict ferry dock in an overgrown, empty lot. Yet, in the 1800s, that same lot was booming with hundreds of ships and trains. We have brought this port back to life.

When I became Governor, MaineDOT Commissioner Dave Bernhardt laid out an ambitious vision for the IMT. Our administration secured investments that would transform the IMT back into a bustling, multi-modal freight facility.

By 2013, federal, state and private invest-

ments in the port led to Eimskip's decision to make Maine its North American headquarters, positioning our state for a new era in the global shipping industry.

The new International Marine Terminal has opened countless new trade and economic development opportunities in the Arctic and the North Atlantic for Maine businesses.

Business through the port has increased steadily over the last five years. This business growth prompted Eimskip to increase ship calls to Maine by more than 40 percent.

This shipping connection has led to even more innovation: the Maine Beer Box. The Beer Box is a re-



Governor Paul R. LePage

frigerated shipping container that highlights our craft beer industry. It has 78 beer taps and a fully contained draft system made by two Maine companies.

This idea started right here in Maine, between the

Maine Brewers' Guild and Eimskip. The Beer Box is filled with craft beer from our brewers and sent to another country to market them. The Beer Box is then filled with beer from that country and sent back here, where it is shared with craft beer lovers.

This is part goodwill trade mission, part economic development, and part marketing of Maine as a top craft beer destination in the United States.

In 2017, the Maine Brewers' Guild joined forces with Eimskip to take Maine's craft beers to Iceland. This first exchange provided our brewers the opportunity to explore new markets, collaborate with

fellow brewers, and establish relationships overseas.

Last week, the Beer Box participated in the 2018 Global Brewers' Trade event at Leeds International Beer Festival in the United Kingdom with beer from more than 60 of Maine's breweries.

The festival is one of the highlights of our UK and Ireland trade mission this month, where we are developing new markets for our lobster, forest products, and other industries - all made possible in part by our new shipping capacity.

For decades, businesses looked at Maine as too far from markets in terms of miles. But investments in our shipping infrastructure

have reduced the cost for Maine businesses to reach those markets.

This has opened new opportunities for Maine businesses, like our brewers. It can cost the same or less to ship beer to another country than it can to travel by truck to Florida.

Maine businesses now have access to North Atlantic and European markets that were once cost-prohibitive and out of reach. This is bringing more job opportunities to our state. Smart investments in infrastructure pay off.

*Thank You,  
Paul R. LePage  
Governor*

## Western Maine Community Action receives funding for Health Insurance Marketplace Navigators

Western Maine Community Action has received a 2019 Federal Navigator Grant from the Centers for Medicare and Medicaid Services that will support the work of Health Insurance Marketplace Navigators in Maine. WMCA coordinates a group of Navigators at Community Action Agencies across the state. This funding will support their work providing free, unbiased assistance to Mainers seeking more affordable health insurance options.

The WMCA-led group of navigators are very experienced; since 2013, they have been helping Mainers understand their health insurance options, enroll in coverage, and address

related issues. This year, adjustments made to the Affordable Care Act resulted in some uncertainty about the future of the Health Insurance Marketplace and the navigators who provide assistance with it. While some details remain unknown, the 2019 health plans will soon be available through the Marketplace.

Across the state, local navigators will be available to provide information about new options for health care coverage and to assist uninsured people with the enrollment process. Those who already have a plan through the marketplace should also remember to investigate new options available for 2019. Open

Enrollment Period – the time when any eligible person can sign up for this type of health insurance - begins on November 1 and runs until December 15.

"We want people to know that they can still apply and enroll in health coverage, often with tax credits, through the Health Insurance Marketplace at HealthCare.gov," said Hillary Barter, WMCA Health Navigator. "Anyone who needs assistance with enrollment (or re-enrollment) should contact a certified Health Navigator to schedule an appointment."

For more information or a referral to local assister, call (855) 806-7333.

## Training partners celebrate course completion



Lisa Hartnett (l.) of Western Maine Community Action and Patti Gray of the CareerCenter in Lewiston mark the completion of a Manufacturing Technician Program with Northeast Technical Institute by presenting NTI Director Jeff Burbine with a commemorative plaque featuring testimonials from recent graduates. The next manufacturing class will begin on Monday, October 22. An information session will take place on Monday, October 1, from 1:30 to 3:30 p.m. at the Lewiston CareerCenter. Valued at over \$4,500, the training is provided at no cost to eligible participants. For more information or to register, call the Lewiston CareerCenter at 753-9005 or (800) 741-2991. (Photo courtesy of Monica Millhime, WMCA)

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## Androscoggin Home Healthcare + Hospice receives "Best Places to Work in Maine" designation

Androscoggin Home Healthcare + Hospice has once again been named by the Maine State Council of the Society for Human Resources Management as one of the "Best Places to Work in Maine."

The designation recognizes companies that have established and consistently fostered outstanding workplace environments. The organization that manages the program, Best Companies Group, gathers information from all registered organizations, including

employee benefits, workplace policies, and employee responses to a comprehensive satisfaction survey.

Participating companies receive an employee feedback report in an effort to help them improve their scores. The report summarizes employee engagement and satisfaction data and includes employees written comments. The report is used by many for-profit companies and non-profit organizations to make significant improvements in

their workplace culture.

The program is part of a long-term initiative to encourage growth and excellence in businesses throughout the state. The winners, split into difference size categories, will be revealed in ranked order at an awards celebration on October 9 at the Augusta Civic Center.

AHCH was named one of the "Best Places to Work in Maine" from 2006-2016 and has won second and fourth place in the large employer category of 250 or more employees.

Androscoggin Home Healthcare + Hospice is Maine largest independent non-profit home health organization providing health, hospice and care management services to enhance the quality of life for all individuals it serves.

To learn more about the agency, including employment and volunteer opportunities, call the Marketing and Development Office at 777-7704, ext. 1311 or see [www.androscoggin.org](http://www.androscoggin.org).

## United Way of Andro. County welcomes Loaned Executives



This year's Loaned Executives are (l. to r.) Aaron Eicher of TD Bank, Carolyn Biegel of L.L.Bean, Jenn Kimborowicz of Hannaford Supermarkets, and Bob Rowe, who is sponsored by Tambrands Inc. and Central Maine Medical Center.

The United Way of Androscoggin County is pleased to welcome this year's Loaned executives for the 2018 Campaign. They are Aaron Eicher of TD Bank, Carolyn Biegel of L.L.Bean, Jenn Kimborowicz of Hannaford Supermarkets, and Bob Rowe, who is sponsored by Tambrands Inc. and Central Maine Medical Center. Loaned Executives func-

tion as extensions of United Way's fundraising staff in coordinating employee campaigns and soliciting employee pledges throughout Androscoggin County. To learn more about United Way or to conduct a workplace campaign, contact Director of Development & Marketing Brittany Myrick at 795-4000 or [bmyrick@unitedwayandro.org](mailto:bmyrick@unitedwayandro.org).

## Lisbon resident receives Coast Guard Foundation scholarship

The Coast Guard Foundation, a non-profit organization committed to the education and welfare of all Coast Guard members and their families, has announced that Steven Hammerton, son of DCC Steven Hammerton of Lisbon, is among the record-setting 177 new recipients who will receive a scholarship in 2018. Steven will attend Northeastern University in the fall.

In the 28 years of this program, the Coast Guard Foundation has awarded more than \$5.1 million to more than 960 college-aged young adults to help the families of Coast Guard members achieve their goals of higher education. To learn more about the Coast Guard Foundation or to help support its work, call (860) 535-0786 or see [www.coastguardfoundation.org](http://www.coastguardfoundation.org).

## Auburn Art Club presents guest speaker Rachel Desgrosseilliers

The Auburn Art Club will meet on Monday, October 1 at 2 p.m. at the Methodist Church on Park Avenue in Auburn. The guest speaker will be Rachel Desgrosseilliers, Executive Director of Museum L-A. The hostesses for this meeting will be Evelyn Larabee, Sally Plummer, Lula Farrington, Mary Goss, and Marian Marks.

Desgrosseilliers has received the Chamber of Commerce Ray Geiger Award for leadership in the community, has been named Auburn Citizen of the Year for Outstanding Service and Dedication to the Community, has been named Auburn Business Woman of the Year by the Professional Business Women's Association, and has been inducted into the state's Franco-American Hall of Fame for her work to preserve and promote the history of Franco-Americans in Maine.

Desgrosseilliers earned a BS in Accounting, graduating Magna Cum Laude from New Hampshire College, and a Master's degree in Hospital and Health Care Administration from St. Louis University in Missouri. She was Chief Executive Officer of the Marcotte Nursing Home Health Care Campus at St. Mary's Hospital for 11 years. She then became a health care consultant and developed the first walk-in health care clinic in Maine.

Since 2004 she has been at Museum L-A, where she developed the idea of millworker reunions, which evolved into a major oral history project that also included brick workers and shoe workers and is now moving towards including local business histories. These histories become the basis of exhibits, educational programming, sharing experiences, community engagement, and becoming a Museum Without Walls. She is now working towards the development and building of a new community museum for Lewiston and Auburn.

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<p><b>ALL ITEMS LABELED THE PAPER STUDIO®</b> Stickers, Gemstones, Chipboard, Chip Decor®, Letters, Shapes &amp; Mixed Media, Totes &amp; Organizers, Scrapbook Albums &amp; Refill Pages, Cards, Tags &amp; Envelopes, Embellishments, Tools, Punches &amp; Punch Sets, Paper Packs, Pads &amp; Page Kits, Vinyl Single Sheets &amp; Rolled Vinyl and Planners, Kits &amp; Accessories</p> <p><b>50% OFF</b></p> <table style="width: 100%; font-size: x-small;"> <tr> <td>Printed Specialty <b>4/\$1.00</b> Marked price* from .49¢ to 69¢</td> <td>Single Sheet Papers <b>50% OFF</b> Specialty Priced 79¢ to \$2.49</td> <td>All Cardstock <b>50% OFF</b></td> </tr> </table>				Printed Specialty <b>4/\$1.00</b> Marked price* from .49¢ to 69¢	Single Sheet Papers <b>50% OFF</b> Specialty Priced 79¢ to \$2.49	All Cardstock <b>50% OFF</b>																
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<p><b>CUSTOM FRAMES 50% OFF</b> Always 50% off the marked price* Applies to frame only. See store for details.</p> <p><b>We Guarantee Our Prices Are Lower Than Our Competitors' Larger Discounts!</b></p> <p>See our Great Selection. Satisfaction Guaranteed.</p>																						
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\*Discounts provided every day; marked prices reflect general U.S. market value for similar products. No coupons or other discounts may be applied to "Your Price" items.

## Good Food Bus reaches more citizens in third season



The Good Food Bus, a mobile, mostly-local food market operated by St. Mary's Nutrition Center and Cultivating Community, is reaching more shoppers in its third season, making healthy local food easier to access for people in Lewiston, Auburn, Gorham, and Westbrook through diverse neighborhood and business stops. Once a week, the bus also heads to Bath Iron Works in Bath.

"We're happy that this healthy food initiative is continuing to grow," said Kirsten Walter, Director of the St. Mary's Nutrition Center. "So far this year, we've increased the number of market stops to 15, we've seen an almost 80% increase in transactions, and 600 people have joined our new membership program, which provides updates, recipes, and discounts."

The market on wheels carries a selection of local, fresh fruit and vegetables along with foods from away, such as citrus. It also offers locally-sourced eggs, cheese, and bread; pre-prepared frozen lunch items such as burritos and soups; and Anchor Meals, boxes stocked with a recipe and all ingredients needed to prepare a delicious, nutritious dinner.

The project helps meet

vital community needs. A 2014 Community Food Assessment conducted by the Good Food Council of Lewiston-Auburn found that healthy food remains out of reach for many residents due to lack of access, convenience, and affordability. It also found pervasive food insecurity in some Lewiston neighborhoods.

The bus brings healthy food to where people live, work, and play. Everyone is welcome. Cash, credit/debit, SNAP/EBT, and WIC coupons are all accepted. Customers who use SNAP/EBT and/or WIC get twice as much fresh food at no extra cost. For more information, visit [maineharvestbucks.org](http://maineharvestbucks.org).

Bus staff and volunteers are also proud of increasing healthy food access for employees at BIW.

"The Good Food Bus visits BIW every Thursday," said a Bath Iron Works customer. "Typically, I buy two anchor meals each week, one for my niece. An anchor meal includes all the fixings (in one bag) for a healthy meal. I am hoping employers and the community will continue to support this project. This is great prototype for other communities to bring healthy and affordable food to citizens."

Like other food access

projects, the Good Food Bus would not exist without philanthropic support. The lead philanthropic partner for the project is the Harvard Pilgrim Health Care Foundation.

"Regardless of race, income, or geography, food impacts our health and our environment, and we know that prevention in health often starts with the food we eat," said Karen Voci, President of the Harvard Pilgrim Health Care Foundation. "At Harvard Pilgrim, we are committed to helping individuals and families get access to fresh, affordable, local fruits and vegetables to help improve their health. Across the country, organizations are using mobile markets to increase access to fresh food. Here in New England, Harvard Pilgrim supports a fleet of mobile markets to address this challenge and create better access to healthy food."

In addition to the Good Food Bus, Harvard Pilgrim funds mobile markets in Worcester, Mass., Hartford, Conn., Lowell, Mass., and the seacoast of New Hampshire.

Through the end of October, Maine's Good Food Bus will follow this schedule: [www.goodfood-bus.org/shop-with-us](http://www.goodfood-bus.org/shop-with-us).

## CMMC receives certification for high-quality orthopedic services

Central Maine Medical Center has recently been certified for quality of care in an array of orthopedic services. The certification by the Joint Commission, the nation's oldest and largest healthcare accrediting body, recognizes CMMC for providing the highest quality of patient care and safety.

The areas of excellence highlighted in the certification are total hip replacement, total knee replacement, total shoulder replacement, and hip fracture. The certification came after a rigorous inspection by the Joint Commission last month.

"Orthopedic care is in high demand in Maine, the most rapidly aging state in the nation, and we are proud that our work has been recognized with this certification," said Dr. David Tupponce, president of CMMC and Executive Vice President of Central Maine Healthcare. "Our patients rely on us for safe, effective, and high quality care and that is our ongoing

commitment."

In fact, a reviewer from the Joint Commission called the CMMC orthopedic program a "top tier program in the nation." More than 1 million total joint replacements, which are considered one of the most successful and cost-effective interventions in medicine, are done in the United States every year. At Central Maine Medical Center, 181 total hip replacements, 316 knee replacements, and 45 shoulder replacements were done in 2017. The hospital treated 162 hip fractures.

"I'm extremely proud of our team for this accomplishment," said Dr. Jeffrey Bush, a board-certified, fellowship-trained orthopedic surgeon with Central Maine Orthopaedics in Auburn. "We have an amazing group of providers caring for our patients from their initial visit through their pre-operative work-up, surgery, therapy and beyond. This certification reflects CMMC's commitment to continuous improvement in how we provide for our orthopedic

patients."

Greg Marston of Bridgton had both knees replaced at CMMC. To Marston, an avid skier and outdoorsman, the surgery "gave me my life back." He credits the joint replacements, and the rehabilitation services he received at Bridgton Hospital (part of Central Maine Healthcare) with allowing him to return to the sports he loves - and his work as a skilled traditional cabinetmaker and restoration specialist.

"Dr. Bush, CMMC, and Bridgton Hospital are responsible for giving me back my life," he said. "I tell everybody who is considering surgery, 'Do it, because it really is life-changing.'"

The Joint Commission has accredited hospitals for more than 60 years and more 4,000 hospitals nationwide currently maintain Joint Commission accreditation. CMMC's accreditation is an initial certification, and the hospital will have a recertification inspection every two years going forward.

# www.TwinCityTimes.com

## Southern Maine Senior Expo



9 a.m.-2 p.m. October 4, 2018

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Free refreshments & closing keynote 2 p.m.  
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# What's Going On

## Free money management class starts October 9

“My Money Works” is a free and practical four-week class to help you gain the skills and confidence to stretch your money, reduce your debt, plan for retirement, and set personal financial goals. Offered by New Ventures Maine, the class will meet on four consecutive Tuesdays, October 9 through 30, from 5:30 to 8 p.m. at USM’s Lewiston-Auburn campus on Westminster Street in Lewiston. The class is open to individuals and couples of all ages and incomes. Anyone interested in mon-

ey know-how and sharing resources is welcome.

“This course helps you take control over your money, instead of your money controlling you,” says course instructor Chris Davis. “Whether you are trying to make ends meet today or planning for a long-term goal, you will leave this class with a plan to achieve greater financial stability.”

Successful completion of the class also meets one of the requirements for Rainy Day Savings, a matched-savings program that enables eligible individ-

uals to double their savings for unexpected expenses with a matching grant of up to \$300, as well as requirements for the Family Development Account, a matched-savings program where participants can earn up to \$4,000 in matching money to use for buying or repairing a home, purchasing or repairing a car, or for emergency savings.

The class is free, but advance registration is required. For more information or to register, call Chris Davis at 753-6531 or see [newventuresmaine.org](http://newventuresmaine.org).

## CMCC, SBA present free small business marketing workshop

The Center for Workforce & Professional Development at Central Maine Community College, in partnership with the U.S. Small Business Administration, will present a free small business marketing workshop called “Hitting the Marketing Bulls Eye” on Thursday, October 11, from 8 to 10 a.m.

Presented by SBA

Economic Development Specialist Bill Card, the workshop will help identify practical methods and strategies to find new customers, increase customer sales, and boost profitability. Following the workshop, Card will be available to offer personalized marketing assistance and address participant’s specific needs or ques-

tions. This free workshop is designed to assist existing or prospective small businesses in the region.

The deadline to register is October 5. For more information or to register, contact the center at 755-5280, [workforcedevelopment@cmcc.edu](mailto:workforcedevelopment@cmcc.edu), or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment).

## YWCA of Central Maine appoints new Executive Director

The YWCA of Central Maine has selected Melanie LaMore Gagnon to be its new Executive Director. LaMore Gagnon brings more than a decade of experience serving the Central Maine area, most recently as the Director of Shelter and Housing Services at Safe Voices. She replaces Jane Morrison, who has served as Interim Executive Director since April. LaMore Gagnon will join the organization on October 15.

“We are very excited about our future with Melanie at the helm,” said Board President Kristine Kittridge. “She is a proven advocate for women and girls, with a wealth of experience in program development, client-centered service, and financial stewardship. Her visionary leadership, combined with her trained eye for empowerment and growth as a Licensed Clinical Social Worker, will be a valuable asset for both our staff and those they serve. Melanie is strongly aligned with the YWCA’s mission.”

As Executive Director of the YWCA, LaMore Gagnon will lead an organization with the urgent mission to eliminate racism and empower women. She will oversee the only fully accessible aquatics program in the area, including a thriving single-gender swim class designed to be culturally responsive to women’s needs for privacy and safety. LaMore Gagnon will also manage the Priscilla and Dolard Gendron Early Learning Center, which accommodates Central Maine’s need for affordable childcare and engages the region’s continually expanding diversity through its curriculum and daily practices.

“My career has largely focused on working with underserved and marginalized populations by creating safer, healthier communities,” said LaMore Gagnon. “With the YWCA, I



Melanie LaMore Gagnon

can continue this important work by proudly leading an organization that promotes social justice, supports families, and strengthens our community. Knowing that the underpinnings of all the YWCA’s work is to empower women, eliminate racism, and improve the lives of people in my community is why I’ve gladly accepted the position of Executive Director.”

As the Director of Shelter and Housing Services at Safe Voices, a non-profit that supports and empowers those affected by domestic violence while fostering the necessary social change to see its end, LaMore Gagnon oversaw the daily operations, growth, and future sustainability of multiple emergency housing facilities, ultimately expanding the organization’s resources and capacity to serve those in need. Prior to working at Safe Voices, she served as the Clinical Supervisor for Home and Community Based Treatment Services at Providence Service Corporation (now Pathways) of Maine.

LaMore Gagnon’s community involvement has included serving on the Board of Directors for the Lewiston Education Fund and as a member of the Governance Council for the Community Partnership

for Protecting Children. She has also served as the Vice Chair of the Androscoggin Collaborative and as a member of the Lewiston-Auburn Alliance of Services to the Homeless, Lewiston-Auburn Human Trafficking Collaborative, and Maine Shelter Network. In 2017, she was selected as one of Uplift LA’s “40 Under 40” honorees for her volunteer work in the community.

A native of Lewiston, LaMore Gagnon received her undergraduate degree from Clark University and earned her Master’s in Social Work with a concentration in Children, Youth, and Families from Boston College. She currently resides in Auburn with her husband and son.

Founded in 1878 as a service and housing provider for French-Canadian immigrant women working in Lewiston’s textile mills, the YWCA of Central Maine continues to work toward equity for all in the Central Maine area. Through the provision of quality and culturally responsive health and wellness, recreation, and childcare resources for women and working families and anti-racist and anti-sexist educational programming and advocacy, the YWCA ultimately strives toward gender, racial, and social justice for all.

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### Saturday, September 29, 2018 Schedule

<p>6:00 am – 7:30 am: Packet Pick-Up for runners/walkers</p> <p>7:00 am: Opening ceremonies led by Patrick Dempsey at the start stage</p> <p>7:30 am: 10K Run/Walk presented by Spectrum Healthcare Partners</p> <p>8:00 am: 5K Run/Walk presented by Spectrum Healthcare Partners</p> <p>8:00 am – 1 pm: Free, family-friendly Festival in the Park, featuring food trucks, music, activities, expo and more (open to the public)</p> <p>8:20 am – 1 pm: Hanaford 5 &amp; 10K Café (participants only)</p> <p>9:00 am – 2:00 pm: Packet Pick-Up for cyclists</p> <p>9:30 am – 9:50 am: Complementary Survivor</p>	<p>Walk shuttle from Fish Bones American Grill Parking Lot.</p> <p>(Shuttle is intended for Survivor Walk participants needing assistance getting into the park due to physical limitations.)</p> <p>9:45 am: Brief program before the Amgen Breakaway from Cancer® Survivor Walk.</p> <p>Visit Dempsey Challenge Information tent to be directed to the staging area.</p> <p>10:00 am: Amgen Breakaway from Cancer® Survivor Walk</p> <p>(Visit the Dempsey Challenge Information tent at the Festival entrance to be directed to the staging area for the walk.)</p> <p>10:30 am (approx.): “Thank You” from Patrick</p>	<p>Dempsey at the Entertainment Stage</p> <p>11:00 am: Kids’ Fun Run, start stage</p> <p>12:00 pm: Maine Cycling Club welcome ride at Rainbow Bicycle, 12-15 miles at a pace for any rider</p> <p>1:00 pm: Maine Cycling Club reception at Baxter Brewing Company</p> <p>4:00 pm: VIP Private Reception presented by TAG Heuer (invitation only; \$10,000 and above fundraisers).</p> <p>5:30 – 8:00 pm: Champions for Hope Celebration presented by TAG Heuer (invitation only; \$3,000 and above fundraisers).</p> <p>Visit <a href="http://www.Dempsey-Center.org">www.Dempsey-Center.org</a> for more information on fundraising levels and incentives.</p>
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# DEMPSEY™ CHALLENGE

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*Every dollar raised by Dempsey Challenge participants directly benefits the Dempsey Centers in Lewiston and South Portland, leaders in quality of life care for individuals and families impacted by cancer.*



### Sunday, September 30, 2018 Schedule

<p>6:00 am – 7:15 am: Packet Pick-Up for cyclists</p> <p>7 am: Opening ceremonies led by Patrick Dempsey</p> <p>7:30 am: Fundraising Rides presented by Specialized, cyclists released in waves: 100-, 70-, 50-, 25-, and 10-mile groups</p> <p>7:30 am: Short Folks</p>	<p>For Hope Foundation’s Vivian St. Onge Memorial Rickshaw Team riders depart (immediately following release of 10 mile riders)</p> <p>8 am – 5 pm Festival in the Park, continues</p> <p>9:30 am: Lobster Trap opens</p> <p>4 pm: Closing ceremonies</p>	<p>led by Patrick Dempsey, Entertainment Stage</p> <p>4:15 pm: After Party with live music in the Gritty’s &amp; Baxter Brewing Finish Line Beer Garden to cheer on the last finishers!</p> <p>11:59 pm: Final Fundraising Deadline to receive all other fundraising incentives.</p>
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## Food And Beverages

Gritty's & Baxter Brewing Finish Line Beer Garden

Saturday & Sunday  
Our beer garden is open to participants and the public — as long as you're 21 and bring your ID!

Hannaford 5&10K Café

Runners/Walkers, Saturday Only

Celebrate completing your challenge over a meal prepared by 60+ local chefs, using fresh ingredients provided by Hannaford Supermarkets! Chefs include Green Ladle students and alumni, as well as Central Maine Chapter members of the American Culinary Federation!

**MENU:** Omelets, vegetarian chili, corn bread, fruit, pizza (donated by local pizza shops) and more!

**BEVERAGES:** Water, hot beverages and other non-alcoholic beverages. Adults 21+ will receive one

complimentary beer from the Gritty's & Baxter Brewing Finish Line Beer Garden (via tear-off ticket on bib). Additional beer is available for purchase.

Only registered Run/Walk participants will receive entry to the Café via tear-off tickets on the back of their bib.

Food Trucks – available for the general public  
Tripps Primal – Friday, Saturday and Sunday

Vagabond Coffee – Friday, Saturday and Sunday

Saltbox Café – Friday and Saturday

Margarita's – Saturday and Sunday

Cousins Maine Lobster – Saturday and Sunday

Lobster Trap Cyclists, Sunday Only

Our favorite lobsterman, Proctor Wells, is back to put on another lobster bake for participants to enjoy after their ride! The

menu will include choice of lobster, grilled chicken or veggie burrito; corn, potato, roll and dessert.

Each cyclist will receive complimentary entry to the Lobster Trap via tear off ticket on your bib, as well as one complimentary beer from the Gritty's and Baxter Brewing Finish Line Beer Garden (21+ only; via tear-off ticket on bib). Additional beer is available for purchase.

Those wishing to purchase additional tickets for friends and family may do so at the time of registration. Tickets to the Trap will also be sold onsite on a first-come, first-served basis for \$20 (cash only, please).

Participants who wish to sit with friends and family who don't have Lobster Trap tickets are welcome to gather near the finish line or under the roof of the Gritty's & Baxter Finish Line Beer Garden tent.

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**Piano Concert Series**

**George Lopez**



Friday, September 28 at 7 p.m.

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### Survivor Walk - Saturday, September 29, 10am

The Amgen Breakaway from Cancer Survivor Walk is an inspirational stroll of togetherness and hope and is open to anyone impacted by cancer.

The event is on Saturday, September 29, 2018 at 10:00 a.m. at Simard-Payne Park. There will be a brief program beforehand at 9:45 a.m.

Visit the Information

tent at the Festival entrance to be directed to the staging area for the walk.

A highlight of Dempsey Challenge weekend, survivors, caregivers, families, and those honoring or remembering loved ones are all welcome to join the Amgen Breakaway from Cancer(r) Survivor Walk, led by the winner of the 2018 Amanda Dempsey

Award.

Walkers may visit the Information tent by 9:45 am for direction to the staging area for the walk. As there is a lot happening in and around the park, please allow plenty of time for parking and walking to the staging area.

This event is free and open to the public, and no pre-registration is required.

### Kids' Fun Run - Saturday, September 29, 11am



The kids Fun Run is being held Saturday, September 29 at 11:00 am.

Sign-in must be completed by 10:30 am at Simard-Payne Memorial Park, Lewiston

There is no registration fee. It is a free event.

Day of the Event: Please sign in and pick up your t-shirt at the KidZone. NOTE: t-shirts are only giv-

en to those who registered by September 1st.

Please register in advance, if possible. We'll accept onsite registrations the morning of the event.

Led by mascots like the Bates Bobcat and Slugger the Sea Dog, the Kids' Fun Run is a great opportunity for little ones ages 10 and under to par-

ticipate in the Challenge. Kids will run a distance of approximately ¼ mile. The Fun Run has a superhero theme, and we encourage all kids and families to come dressed as their favorite superhero. Whether a comic book character, or your own unique creation, have some fun and be a "Hero" in the fight against cancer!

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**More photos from Dempsey Challenge 2018 in next week's Twin City TIMES!**



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### #Hashtag Photo Wall

The #Hashtag Photo Wall is like an Instagram & Twitter fueled photo booth!

Instead of taking pictures in the booth, you can take them any time during the event.

Post them to Instagram or Twitter, and pick up your print later.

How does it work?

Just snap a photo from anywhere during the Dempsey Challenge. (You will need to make sure your profile is temporarily public.)

Post your photo to Instagram or Twitter, and add #DempseyChallenge.

Grab your photo at the hashtag printer in Simard Payne Memorial Park.

Keep your photo as a souvenir, and print an additional one to stick on our #Hashtag Photo Wall!

BONUS! Your photo will also show up on a live-feed on our big screen in the park!

When can I print my photos?

Saturday, September 29: 7:00AM – 11:00AM

Sunday, September 30: 7:00AM – 5:00PM.

View the 2017 gallery at [www.DempseyCenter.org](http://www.DempseyCenter.org).



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**10K run/walk**



**5K run/walk**



**Cycling Rides presented by Specialized, Saturday, 1:00**

In honor of the 10th Dempsey Challenge, we have all new routes!

Maine Cycling Club Welcome Ride is being held on Saturday, September 29.

1:00 - Dempsey Welcome ride with the club 12-15 miles at a pace for every rider, meet at Rain-

bow Bicycle.

2:00 – Informal reception at Baxter Brewing Company.

All cyclists must wear a helmet, and must have their bike inspected prior to the ride. We also ask all cyclists review our safety tips and guidelines.



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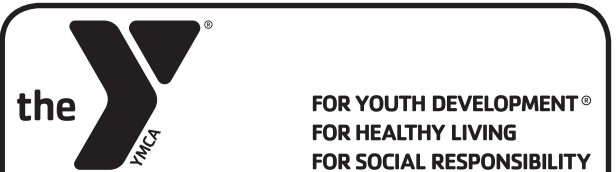
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# TWIN CITY NIGHTS

## Weekly Arts & Entertainment

### Concert series brings popular singer-songwriter back for return performance



Ellis Paul

Back by popular demand, Ellis Paul, one of Maine's most lauded singer-songwriters, will perform the next Concert for a Cause at the Unitarian Universalist Church of Brunswick on Saturday, September 29 at 7:30 p.m. The church is located at 1 Middle Street. Two-thirds of the series' net proceeds from 2018-19 will be donated to the Gathering Place and the Brunswick Teen Center.

Born and raised in Aroostook County, Paul has a literate, urbanly romantic folk-pop style that helped ignite the folk revival of the 1990s. Not only has he won 14 Boston Music Awards, but he is an artist-cartoonist who has published three books, played thousands of shows, and released 19 albums and a documentary film. His pop music songs

have appeared in movies and on television, bridging the gap between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger. In 2015, he was invited to give the commencement address at the University of Maine and received an honorary doctorate.

"Ellis Paul is one of the best singer-songwriters of his generation," writes Roberta B. Schwartz in the Folk and Acoustic Music Exchange. "For many of us, he is the face of contemporary folk music. Few are as smart, literate, and poetic."

Tickets are \$20 in advance or \$22 at the door. They may be purchased at the church office (729-8515), at Gulf of Maine Books (729-5083), or online at [brownpapertickets.com](http://brownpapertickets.com).

### October highlights at Stanton Bird Club



White-crowned sparrow

The Stanton Bird Club of Lewiston and Auburn has eight events planned for the month of October, with four of those happening in the first three days of the month. The club's Annual Meeting will take place on Tuesday, October 2 at 7 p.m. at the Green Ladle at 156 East Avenue in Lewiston. Part of the club's ongoing 100th anniversary celebration, the event will feature speaker Jensen Bissell, who served as director of Baxter State Park for 12 years.

On Wednesday, October 3 at noon, Eric Topper, Director of Education at Maine Audubon, will visit Auburn Public Library to present a program called "Bringing Nature Home." He will focus on Maine birds and their habitats and what can be done to manage our gardens and yards for

their full ecological benefit.

And on Wednesday, October 17 at noon, Stanton and Auburn Public Library will partner again to present the film "The Albatross" by photographer and artist Chris Jordan. This film about the pollution on Midway Atoll National Wildlife Refuge in the North Pacific Ocean combines the beauty of nature at Midway with graphic views of devastation and death caused by the perils of plastic for sea birds.

The topic of this month's Centennial Walk on Sunday, October 14 will be Nature Journaling. There will also be three Wednesday Bird Walks. All club events are free and open to the public. For more information, including a complete schedule, see [www.StantonBirdClub.org](http://www.StantonBirdClub.org).

### Ale House String Band plays Celebration Barn Theater



This trio's unique approach, which they call "chamber folk," combines techniques of classical music with traditional folk styles.

Celebration Barn Theater will present the Ale House String Band on Saturday, September 29, at 7:30 p.m. Originally formed in 2009 as a pick-up group at The Narrows Tavern in Waldoboro, the band developed its signature "chamber folk" style while playing traditional tunes and covers of popular folk music. Their unique approach combines the theory and techniques of classical music with traditional folk styles.

Oren is a classically trained vocalist, Brian is a wandering soul who picked up music and instrument-building along the way, and April has a Master's degree in Music

Performance. The three have an uncanny ability to improvise on the spot and occasionally offend random Baptists.

Tickets are \$14, \$12, and \$8 for adults, seniors (ages 60-plus), and kids (ages 17 and under), respectively. All tickets are general admission and members receive priority seating. Purchasing tickets in advance is strongly recommended. The lobby and concessions open at 6:30 p.m.

Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris. For more information or to purchase tickets, call the box office at 743-8452 or see [www.CelebrationBarn.com](http://www.CelebrationBarn.com).



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## Franco Center opens Piano Series with Lopez



Lopez is the Beckwith Artist-in-Residence at Bowdoin College.

Concert artist and teacher George Sebastian Lopez will open the 2018-19 Piano Series season at the Gendron Franco Center in Lewiston on Friday, September 28 at 7 p.m. with a program of works by Clara and Robert Schumann and Johannes Brahms. A pre-concert social hour will begin when the doors open at 6 p.m.

Unique in Maine and now in its 13<sup>th</sup> season, the center's Piano Series presents six programs each year by established artists and rising stars in a world-class setting for classical piano performance. This year, the

schedule includes the series debut of internationally acclaimed artist Diane Walsh and two concerts featuring works for two pianos and four hands, bringing both of the center's Steinway concert grand pianos to center stage.

Soloist Mauro Bertoli will appear on Friday, November 2, followed by Diane Walsh on December 21, Igor Lovchinsky and Matthew Graybil on March 8, David Fung and Henry Kramer on April 5, and Henry Kramer in a solo performance to close out the season on May 10.

This month, George Lopez began his eighth year as the Beckwith Artist-in-Residence at Bowdoin College, where he has also taken up the baton as conductor of the Bowdoin Chamber Orchestra. A dynamic performer, educator, and lecturer for nearly 30 years, he is known on several continents for his performance of the standard repertoire and for being a champion of newly-written works. His "Music in the

Museum" series at Bowdoin has consistently sold out to audiences who enjoy his creative and engaging lecture recitals on the relationship of music to art and ideas.

Lopez has given recitals and performed in chamber ensembles and with orchestras in the United States, Europe, and Australia. His interpretation of Bach's Goldberg Variations at the Concertgebouw in Amsterdam received critical acclaim, and the Los Angeles Times has praised his "...musical perspective, continuity, and kaleidoscopic colors." This summer, he performed in festivals in Switzerland, Italy, and the United States.

Admission is free for students and \$15 for others. A season pass for all six concerts is available for \$60. To purchase tickets, visit the box office, call 783-1585, or see FranoCenter.org.

The Dolard and Priscilla Gendron Franco Center is located at 46 Cedar Street in Lewiston and is wheelchair accessible.

## Authors for Young Readers series at APL

To celebrate the International Year of the Bird, Auburn Public Library's Maggie Trafton Authors for Young Readers series will present Melissa Kim, author of "A Snowy Owl Story," on Monday, October 1, from 6 to 7 p.m. The first title in Islandport Press's "Wildlife on the Move" series, the book was named one of the best bird books of the year by the National Audubon Society.

Kim will read her book and show children how to draw owl shapes. She'll be

joined by Audubon educator Molly Woodring, who will bring mounts of Maine owls from the Maine Audubon Society. Children will be able to examine the owl mounts and talons and hear owl calls. After the program, copies of the book will be available for purchase.

This program is best for children ages 6 and up. The program is free, but tickets must be reserved in advance. They can be picked up in the children's room or reserved by calling the library at 333-6640, ext. 3.



Melissa Kim is the author of "A Snowy Owl Story," named one of the best bird books of the year by the National Audubon Society.

## Maine writers reading series

Maine writers will speak to the dual theme "Fake-Real" by reading from their original fiction, creative nonfiction, and poetry on Friday, October 5, from 6 to 8 p.m. at Quiet City Books in Lewiston.

The writers scheduled to read include Linda Aldrich, the new poet laureate of Portland; Pemaquid's Jodi Paloni, the award-winning author of the short story collection "They Could Live with Themselves"; and Auburn's Lisa Mayer, a musician and singer known for her memoir monologues.

This is the fourth installment of the premiere season of themed readings, organized by fiction writers Claire Guyton of Lewiston and Josh Gauthier of Bowdoin and hosted by Quiet City Books owner Courtney Schlachter. Guyton and Gauthier came up with the idea as a way to build writing community in Lewiston-Auburn.

"We have so much writing talent in Maine and

never enough ways to share it," says Guyton. When she and Gauthier pitched the idea to Schlachter in March, they were delighted to find a like-minded champion of the arts.

"I absolutely envisioned this kind of event from the start," says Schlachter, who recently celebrated the second anniversary of the opening of Quiet City Books, a regular stop on L/A Arts' monthly downtown Art Walks. "I wanted a community of storytellers and story lovers gathering in a house of stories to celebrate the truths, the fictions, and the art and poetry of existence."

Local fine art photographer Gary Stallsworth has attended every reading and takes event photos he shares on Facebook. Stallsworth enjoys hearing writers read their own work. "Presenting art is putting a piece of oneself out in public - always a worthwhile risk," he says.

The programs in the series have addressed polar

concepts meant to reflect the high tension of our era. The final reading on November 9 will speak to "Chaos-Order" and will feature Freeport's Jefferson Navicky, Maine Literary Award-winner and author of two books of fiction, including the just released "The Book of Transparencies"; and Portland memoirist Catharine Murray, author of the forthcoming "Now You See the Sky." All readings are free and open to the public and include light refreshments.

"We're building on each event and 2018 is just the beginning," says Gauthier. They're planning an even more ambitious series of seven readings in 2019, with a new idea for themes and a growing pool of apprentice, emerging, and established writers.

"We care about the work, not the resume," says Guyton. "Join us October 5 and November 9, then stay tuned for more next spring." Quiet City Books is located at 97 Lisbon Street in Lewiston.

# Twin City Nights

## Maine musicians recreate "The Last Waltz" at Chocolate Church

At one point in music history, The Band was one of the most popular and influential rock groups in the world. Their last concert on November 25, 1976 was considered to be such an iconic event that Martin Scorsese filmed it as the documentary "The Last Waltz." The concert featured a stellar guest list, including Van Morrison, Muddy Waters, Bob Dylan, Eric Clapton, and other rock music royalty of the 1960s and 1970s. On Saturday, September 29 at 7:30 p.m., local musicians will gather

at the Chocolate Church Arts Center in Bath to recreate this classic concert.

Musicians from popular Maine bands, including the Boneheads, the Maine Dead Project, the Colwell Brothers, the Fogcutters, and the Dave Mallet Band, will appear in character as they perform songs from the film. Hearing a Joni Mitchell doppelganger perform "Coyote" or a Neil Young stand-in sing "Helpless" will offer a nostalgic evening of live music not to be missed.

While a full Thanksgiving dinner will not be

served (5,000 guests attended the pre-show dinner at Winterland), ticketholders will hear favorite songs like "Caravan" (Van Morrison), "Baby, Let Me Follow You Down" (Bob Dylan), "Such a Night" (Dr. John), and "The Night They Drove Old Dixie Down" (The Band), among many others.

This time-traveling event has played around the state and usually sells out; advance tickets are advised. Tickets are \$15 in advance or \$17 at the door. They can be purchased by calling 442-8455 or at [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org).

## West Auburn Congregational presents Fall Fair

The West Auburn Congregational Church will be present its eighth annual Fall Fair on Saturday, October 6, from 10 a.m. to 2 p.m. The event will feature local crafters, vendors, a church bake sale and a luncheon, which will be served from 11 a.m. to 1 p.m. Guided tours of the

historic church will also be available. The cost for lunch will be \$6 for adults and \$3 for children ages 5 to 12. Proceeds from the event will help fund renovations of the church steeple. The church is located at 811 West Auburn Road. For more information, call 330-1871



Fair coordinator Diane O'Connor checks a detail at last year's event.

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Piano Concert Series

George Lopez

Friday, September 28 at 7 p.m.

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Fall Comedy Showcase

Friday, October 19, at 7:30 p.m.

Join Lewiston comedian Dawn Hartill as she hosts the Center's Fall Comedy Showcase with a night of stand-up comedy featuring Brian Brinegar, Ian Clark, Julie Poulin, and Leonard Kimble. Brian Brinegar won Maine's Best Comedian by the Portland Phoenix 3 Times! He was featured on the Comedy Time Network and has performed at the world famous Comedy Store in Los Angeles, the Ice House in Pasadena, and played the bartender in Toby Keith's "I Love This Bar" music video.

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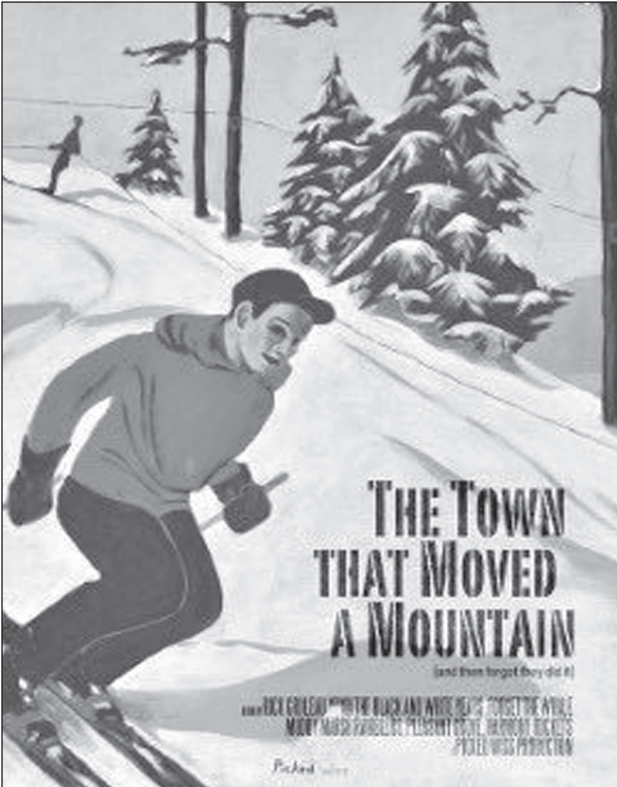
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# Twin City Nights

## Sawyer Memorial screens "The Town that Moved a Mountain"



Multimedia producer Rick Groleau will present his documentary film "The Town that Moved a Mountain" on Friday, September 28 at 2 and 7 p.m. at the Sawyer Memorial in Greene. The film chronicles how, in the late 1950s, a

group of ski enthusiasts built a ski area on Spruce Mountain in North Jay, clearing trails, buying and installing a rope tow, building a warm-up hut, and selling tickets. It was a great little slope and lots of people came to ski, but access to the area

was difficult, so after two seasons they moved the entire operation to a hilly cow pasture closer to town. They even moved the name of the area. Interestingly, most people in the towns of Livermore Falls and Jay today don't know that the original Spruce Mountain exists, even though it's the only actual mountain in the two towns.

More than just a quirky tale of memories lost, The Town that Moved a Mountain is a story of how three rope tows and the dedication of a group of volunteers brought together a community and made a positive impact that carries on to this day. The film's director, Rick Groleau, is a Boston-based multimedia producer from Livermore Falls.

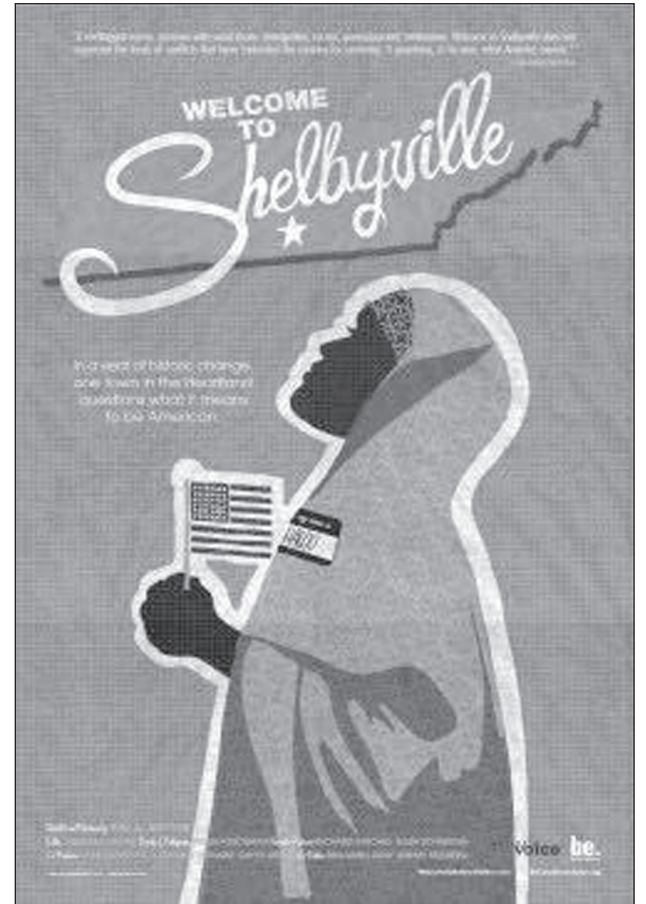
Both screenings are free and open to the public. The Araxine Wilkins Sawyer Memorial is located at 371 Sawyer Road in Greene. For more information, call 946-5311 or see [sawyer-foundation.com](http://sawyer-foundation.com).

## Lewiston Public Library hosts next film in "Becoming American" series

The next film screening in the "Becoming American" series will take place on Saturday, September 29 at 2 p.m., when Lewiston Public Library presents the one-hour film "Welcome to Shelbyville," followed by an hour-long public dialogue moderated by Reza Jalali of the University of Southern Maine. Free and open to the public, the program will take place in the library's Callahan Hall. Registration is encouraged but is not required. To register, see [www.museumla.org/becoming-american](http://www.museumla.org/becoming-american).

If attendees would like to learn something about the topic beforehand, a handout with a short essay, links to articles, and other information is available on both the LPL and Museum L-A websites.

Public dialogues are a way of communicating that invites people with different experiences and perspectives to be part of an open-ended conversation, with the goal of personal and collective learning. Those participating are asked to accept that it is possible for two markedly different perspectives to coexist and that it is not necessary to be



entirely correct or entirely wrong.

Becoming American is a project of City Lore in collaboration with the Immigration and Ethnic History Society and the International Coalition of the Sites of Conscience. The project has been made

possible by a major grant from the National Endowment for the Humanities: Exploring the Human Endeavor. This film screening is part of a series of events taking place during the Fall of 2018. More information about the series is available at [museumla.org](http://museumla.org).



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Register: [trinecancer.org/conferences](http://trinecancer.org/conferences)






**Thurs, September 27**

Work for Yourself@50+. 10 a.m. to noon. Auburn Public Library, 49 Spring St., Auburn. New Ventures Maine presents this AARP Foundation workshop. Free. 557-1885. Register at <http://bit.ly/WFY50AUBURN>.

HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Attorney Rebecca Webber presents "Return to Work and Accommodations." \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at [www.LAMetroChamber.com](http://www.LAMetroChamber.com).

Korean Spirit and Cultural Project. 1 p.m. Room 170, L-A College, 50 Westminster St., Lewiston. Goodwill ambassadors present a program featuring authentic costumes, samples of Korean delicacies, and a historical film about King Sejong the Great. Pres. by L-A Senior College. Free.

20th Anniversary Celebration. 3 p.m. Room 170, L-A College, 50 Westminster St., Lewiston. L-A Senior College celebrates this milestone with speakers, refreshments, and a retrospective slide show. Free.

Author Visit. 7:30 p.m. Muskie Archives, Bates College, 70 Campus Ave., Lewiston. Novelist Chinelo Okparanta reads from and discusses her work. Free. 753-6963.

**Friday, September 28**

Lunchtime in Kennedy Park. 11:30 a.m. to 1 p.m. Enjoy show tunes with Mitch Thomas and "Yoga in the Park" with Poise Yoga; Isuken Co-op's food truck will be on hand. Presented by the City of Lewiston.

"Planning for Retirement" Workshop. Noon 1 p.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. Learn how make sure your family's legal affairs are in order. \$50 (members \$25). 783-2249; [lametrochamber.com](http://lametrochamber.com).

Film Screening. 2 and 7 p.m. Sawyer Memorial, 371 Sawyer Rd., Greene. Multimedia producer Rick Groleau presents his documentary film "The Town that Moved a Mountain." Free. 946-5311; [sawyer-foundation.com](http://sawyer-foundation.com).

Manhattan Short Film Festival. 7:30 p.m. The Public Theatre, 31 Maple St., Lewiston. Audiences at venues across the globe view the same nine short films in one week and vote for the winner. Again 9/29. \$8. 782-3200; [www.thepublictheatre.org](http://www.thepublictheatre.org).

Concert: Pianist George Sebastian Lopez. 7 p.m. Franco Center, 46 Cedar St, Lewiston. The Beckwith Artist-in-Residence at Bowdoin College performs works by Clara and Robert Schumann and Johannes Brahms. Doors open at 6 p.m. \$15 (students free). 783-1585; Franco-

# Calendar

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

Center.org.

**Sat, September 29**

Make a "RoboPot." 10 a.m. Auburn Public Library. This three-hour program leads kids in Grades 5-10 in making a "RoboPot" with an electric circuit that waters your plant every 24 hours. Space limited; register at 333-6640, ext. 3.

Art Workshop. 10 a.m. to 1 p.m. Harlow Gallery, 100 Water St., Hallowell. This week's workshop is "Intro to Watercolor," with watercolorist Diane Dubreuil. Ages 16-plus; all materials provided. \$40/45. Register at 622-3813; [www.harlowgallery.org](http://www.harlowgallery.org).

Pig & Chicken BBQ. 11 a.m. to 3 p.m. Amvets Post #6, Rte. 100 (across from Hodgman's Frozen Custard), New Gloucester. BBQ pork or chicken, choice of two sides, rolls, dessert. \$12 (\$10 military/veterans), \$5 kids 10 and under.

Film Screening. 2 p.m. Callahan Hall, Lewiston Public Library. Part of the "Becoming American" series, this program presents the one-hour film "Welcome to Shelbyville," followed by a moderated public dialogue. Free. [www.museumla.org](http://www.museumla.org).

Concert: Ale House String Band. 7:30 p.m. Celebration Barn, 190 Stock Farm Rd. (just off Rte. #117), So. Paris. This trio's unique "chamber folk" approach combines the techniques of classical music with traditional folk styles. \$14/12/8. 743-8452; [www.CelebrationBarn.com](http://www.CelebrationBarn.com).

Concert: The Last Waltz. 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. Local performers in character recreate The Band's legendary final performance in a 100-minute live show. \$17 (\$15 in adv.). 442-8455; [www.chocolatechurcharts.org](http://www.chocolatechurcharts.org).

Concert: Ellis Paul. 7:30 p.m. Unitarian Universalist Church, 1 Middle St., Brunswick. Concerts for a Cause presents the acclaimed singer-songwriter for a return performance. \$22 (\$20 in adv.). 729-8515; [www.brownpapertickets.com](http://www.brownpapertickets.com).

**Monday, October 1**

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss "The Orphanmaster," by Jean Zimmerman. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

Auburn Art Club Meeting. 2 p.m. Methodist Church, Park Ave., Auburn. The guest speaker is Rachel

Desgrosseilliers, Executive Director of Museum L-A.

Children's Author Visit. 6 p.m. Auburn Public Library. The Maggie Trafton Authors for Young Readers series presents Melissa Kim, author of "A Snowy Owl Story." Free, but tix required. 333-6640, ext. 3.

**Wed, October 3**

Chamber Power Trip. 12 to 1 p.m. Sophia's House, 143 Blake St., Lewiston. Learn about the plan to restore an old convent to create a community where women can restore their lives. Free. 783-2249; register at [lametrochamber.com](http://lametrochamber.com).

Opening Reception. 5:30 p.m. Museum L-A, Bates Mill Complex, 35 Canal St., Lewiston. The museum celebrates the opening of its latest exhibit, "Beau-frog: The Art of Peter Archambault." Free. 333-3881. [www.museumla.org](http://www.museumla.org).

**Thursday, October 4**

Southern Maine Senior Expo. 9 a.m. to 3 p.m. Hilton Garden Inn, 5 Park St., Freeport. Exhibitors and speakers provide information on a wide range of services for Maine seniors. Free admission, parking. [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com).

**Friday, October 5**

Aging Well, Living Well Expo. 8:15 a.m. to 4 p.m. Grand Summit Hotel & Conf. Center, Sunday River, Newry. Pres. by SeniorsPlus, this day-long event features a selection of over 30 workshops on a variety of fun and practical topics. \$25 (incl. breakfast, lunch). 1-800-427-1241; [www.seniorsplus.org](http://www.seniorsplus.org).

Author Readings. 6 to 8 p.m. Quiet City Books, 97 Lisbon St., Lewiston. Local writers respond to current events by reading from their original works on the dual theme "Fake-Real." Free. Light refreshments.

**Saturday, October 6**

Fall Breakfast. 6:30 to 10 a.m. Fire Station, Rte. 106, Leeds. Pancakes, French Toast, eggs, bacon, sausage, ham, home fries, homemade muffins, coffee, sider, juice. Adults \$6, children \$4. Proceeds will help purchase structure firefighting equipment.

Fall Fair. 10 a.m. to 2 p.m. West Auburn Congregational Church, 811 West Auburn Rd. Local crafters, vendors, church tours, bake sale; lunch served from 11 a.m. to 1 p.m. (\$6/3). Proceeds support steeple renovation fund. 330-1871.

Baked Ham Supper. 4:30 to 6:30 p.m. Universalist Church, across from Gazebo, Rte. 117, Turner Center. Ham, vegetables,

rolls, pies, coffee and punch; music provided by "Relative Pitch." Donations benefit Andro. Home Healthcare and Hospice, the church, and the Ladies Circle.

Public Supper. 5 p.m. Paris Fire Station, Western Ave., So. Paris. Corned beef & cabbage, potatoes, vegetables, bread, macaroni & cheese, ass't. homemade pies and desserts. Pres. by the Dept. Auxiliary. \$10/5 (free ages 3 and under).

**Thurs, October 11**

"Hitting the Marketing Bulls Eye." 8 to 10 a.m. Center for Workforce & Professional Devel., CMCC, Auburn. Bill Card of the SBA discusses marketing strategies and techniques for small businesses. Free. Register by 10/5 at 755-5280, [workforcedevelopment@cmcc.edu](mailto:workforcedevelopment@cmcc.edu).

**Monday, October 15**

Auburn History Discussion. 6 p.m. Auburn Public Library. Staff from Museum L-A lead a discussion about what parts of Auburn history should be highlighted for the City's 150th Anniversary Celebration in 2019. Free. 333-3881, [kwebber@museumla.org](mailto:kwebber@museumla.org).

**Wed, October 17**

Fall Mixer & Community Partner Awards. 5 p.m. Bates Mill Atrium, Lewiston. Safe Voices presents awards to local and state leaders for supporting victims and survivors of domestic violence; silent auction, catering, cash bar. \$25. Register at 795-6744, [vstanton@safevoices.org](mailto:vstanton@safevoices.org).

**Monday, November 5**

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss "Euphoria," by Lily King. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

**Friday, November 9**

Author Readings. 6 to 8 p.m. Quiet City Books, 97 Lisbon St., Lewiston. Local writers read from their original works on the dual theme "Chaos-Order." Free. Light refreshments.

**Sat, November 10**

USMC Birthday Supper. 6 p.m. Marco's Restaurant, Lewiston. Hosted by Central ME Detachment 810; all Marines, FMF chaplains, corpsman, and anyone with a love for the Marine Corps is invited to attend. For more info, call Charlie Paul by Oct. 15 at 798-9548.

**Wed, November 14**

Gallery Program. 6:30 p.m. Museum L-A, Bates Mill Complex, 35 Canal St., Lewiston. Susan Pinette, Director of Franco American Programs at the University of Maine, discusses the exhibit "Beau-frog: The Art of Peter Archambault." Free. 333-3881. [www.museumla.org](http://www.museumla.org).

## FLAGSHIP CINEMAS

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The House With A Clock In Its Walls (PG).....	12:55	3:55	6:55	9:25
The Predator (R).....	1:30	4:30	7:20	9:45
A Simple Favor (R).....	1:00	4:00	6:45	9:20
The Nun (R).....	1:15	4:15	7:05	9:25
Peppermint (R).....	1:10	4:10	7:10	9:35
Christopher Robin (PG).....	12:50	3:50	6:50	9:10
Operation Finale (PG-13).....	12:35			
Fahrenheit 11/9 (R).....	3:35			
Life Itself (R).....		6:35	9:15	

**Monday, January 7**

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss "A Fine Balance," by Rohinton Mistry. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

**Monday, February 4**

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss "Future

Home of the Living God," by Louise Erdrich. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

**Monday, March 4**

Book Discussion. 12:30 p.m. Local History Room, Auburn Public Library. The Auburn Page Turners discuss "Evicted: Poverty and Profit in the American City," by Matthew Desmond. Open to all; copies avail. through the library. Free. 333-6640, ext. 4.

## Harvest Dinner

The First Universalist Church on Route 117 at Turner Center will present a Harvest Dinner on Saturday, October 6, from 4:30 to 6:30 p.m. A ham dinner with options for vegetarians will be served and local mu-

sicians from Relative Pitch will perform. A suggested donation of \$10 will benefit the church and the Androscoggin Hospice House. For more information, contact Vicky Catlett at 524-7741.

## Maine State Museum celebrates Jewish holiday with story and craft hour

The Maine State Museum will present a special story and craft hour to celebrate the Jewish holiday of Sukkot on Saturday, September 29 at 11 a.m. The event will feature "The Vanishing Gourds: A Sukkot Mystery," written by Susan Axe-Bronk and illustrated by Marta Monelli. Families are invited to attend the story and craft hour while visiting the museum's new exhibit, "Maine + Jewish: Two Centuries." The event is free with the price of museum admission.

Sukkot is a harvest-time holiday. Thousands of years ago, when Jewish people wandered

from place to place in the desert, they built temporary shelters called sukkahs that were easy to put up, take down, and transport. The holiday of Sukkot helps everyone remember what life was like long ago and is also an opportunity to give thanks for all the good foods that the earth provides.

The museum is located next to the Maine State House at 230 State Street in Augusta. Saturday hours are 10 a.m. to 4 p.m. Admission is \$3 for adults, \$2 for children and seniors, and free for those ages six and under. For more information, see <https://mainestatemuseum.org>.

### What do you think?

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

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to [Editor@TwinCityTimes.com](mailto:Editor@TwinCityTimes.com).

## Correction

Nominations for the Patience W. Norman Prize for Teacher Excellence must be postmarked and mailed by October 19, not October 21 as was reported last

week. The information originally submitted was incorrect. Complete guidelines and nomination forms are available at [www.mainecef.org](http://www.mainecef.org).

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## SeniorsPlus' Aging Well Living Well Expo set for October 5



Dr. Marilyn R. Gugliucci will give the keynote address at the day-long event, which offers a selection of almost 30 workshops.

The eleventh annual Aging Well Living Well Expo will take place on Friday, October 5, from 8:15

a.m. to 4 p.m. at the Grand Summit Hotel and Conference Center at Sunday River in Newry. Featuring a selection of over 30 workshops and lectures, this day-long learning opportunity for adults is presented by SeniorsPlus, the designated Agency on Aging for Western Maine.

Tickets are \$25 per person, which includes breakfast and lunch as well as entrance to workshops. Raffle and chondola ride tickets may also be purchased for an additional fee. Space is limited and advance registration is strongly recommended. For more information or to register, call 1 800-427-1241 or see [www.seniorsplus.org](http://www.seniorsplus.org).

Those attending will have opportunities to learn about practical topics, such as Medicare options and age-proofing your home,

and to explore recreational subjects like rock and gem collecting and bird watching. The workshops, which run for 75 minutes each, will cover a variety of topics, including law, health, exercise, cooking, and art. Sample titles include "Mindful Movement as Medicine," "Self Defense for Seniors," and "Medical Marijuana."

The event will begin with a breakfast keynote address by Dr. Marilyn R. Gugliucci, Professor and Director of Geriatric Education and Research at the University of New England's College of Osteopathic Medicine. Her address, "Granny's Got Her Groove On: Society, Aging, Sex, and You!" will expound on the pursuit of intimacy and sexual satisfaction in later life.

In March, Dr. Gugliucci was recognized by the Association for Gerontol-

ogy-Geriatrics in Higher Education with the group's highest honor, the Clark Tibbitts Award. Her "Learning by Living Research Project" and "48-Hour Hospice Immersion Project," signature programs at the University of New England's College of Osteopathic Medicine, admit medical students into nursing homes to live the life of an elder resident for two weeks or into the Gosnell Memorial Hospice Home for 48 hours to work with patients, families, and staff.

"Our goal is to offer new learning opportunities to enlighten and encourage active aging and improved quality of life," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. Almost 300 attendees attended the Expo last year. A complete program schedule can be found at [www.seniorsplus.org](http://www.seniorsplus.org).

## Speakers announced for Freeport Senior Expo

Ten speakers will address senior-focused topics at the Southern Maine Senior Expo on Thursday, October 4, from 9 a.m. to 2 p.m. at the Hilton Garden Inn of Freeport. The event will feature 42 exhibitors on topics ranging from senior communities to travel, along with free flu shots, antique appraisals, and Zumba Gold demos.

The speakers are part of the Successful Aging Forum, which begins at 10 a.m. in the Hilton's Town Hall building. The expo and speaker sessions are free, with no registration required. Those attending are invited to come for an hour or stay all day. For more information, visit [www.MaineSeniorGuide.com](http://www.MaineSeniorGuide.com).

Dr. Marilyn Gugliucci, a researcher specializing in geriatrics at the University of New England, will deliver the keynote address at 2 p.m. Her talk, "AGE: Attitude, Grace and Energy," will refute the negative stereotypes of aging. Complimentary refreshments will be served. The other speakers will be:

10 a.m. Spectrum Healthcare Partners will discuss total joint replacement, including what to expect and how to know when it's time to see a doctor; Disability Rights Maine

will demonstrate the free CapTel caption phone; and Dr. Carl DeMars of Mid Coast Palliative Care will discuss advanced care planning and making decisions as you age.

11 a.m. Greggus Yahr, PhD, DCMHS, of Mid-Coast Counseling & Senior Services will discuss how to tell the difference between depression and the onset of Alzheimer's or dementia; Thomas Wilson of Cruise Planners will present "Rolling on the River: Tips and Tricks for Riverboat Cruising"; and Dr. Robert Abrahamson of Advanced Vein Center will discuss the progression of venous diseases and available treatments.

12 p.m. Amy Anderson of Salvation Army will discuss common questions in estate planning (the Salvation Army will provide lunch for the first 20 people who attend); Anthem Blue-Cross BlueShield will present a Medicare 101 class and a review of plan types; and Deborah McLean of Maine Senior Guide will give tips and tricks for controlling clutter.

1 p.m. Expert surgeons from Maine Medical Partners Orthopedic, Trauma & Sports Medicine will provide an overview of minimally invasive joint replacement.

## Senior College celebrates 20<sup>th</sup> anniversary today

Lewiston-Auburn Senior College will celebrate its 20<sup>th</sup> anniversary with a pair of events on Thursday, September 27. Free and open to all, both events will take place in Room 170 at the University of Southern Maine's Lewiston-Auburn College at 50 Westminster Street in Lewiston.

At 1 p.m., the group will welcome the Korean Spirit and Cultural Project, who will present a program featuring authentic costumes, samples of Korean delicacies, and a historical film about King Sejong the Great, Everlasting Light of Korea. Founded in 2005, KSCP is a non-profit organization dedicated to the promotion of greater awareness and understanding of Korean history and culture. They have presented over

1800 programs for North American museums, veterans' groups, and libraries. Through their programs, they hope to repay the debt of gratitude their country owes those from the U.S. who served in the Korean War and its aftermath. They especially enjoy meeting those who have served in Korea over the years.

A formal reception will begin at 3 p.m. Speakers will include USM's Lewiston-Auburn College Interim Dean Brian Toy, Maine Senior College Network Coordinator Anne Cardale, and LA Senior College Board Chair Lucy Bisson. Refreshments and a retrospective slide show will follow the speakers. Raffle tickets will be available for a free membership, a free course, and a print by artist Anita Poulin.

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