

Out & About with Rachel Morin At Sunday River for SeniorsPlus' Aging Well, Living Well Expo

Story and photos by Rachel Morin

The 11th annual Aging Well, Living Well Expo presented by SeniorsPlus attracted 175 attendees to the Grand Summit Hotel and Conference Center at Sunday River on October 5.

It was a warm, sunny day with white, fluffy clouds dotting the blue sky. The Western Maine autumn foliage was an excellent, colorful array of yellows, oranges, purples and reds. It seems like SeniorsPlus arranges lovely weather for this event every year.

We arrived early for the large breakfast buffet, including hot coffee and ice water pitchers that were refilled non-stop by servers at our large tables in the spacious Grand Ballroom. A large luncheon buffet is also served there from 11:30 a.m. to 1 p.m.

Betsy Sawyer Man-



Sarah DeCato, MSN, RN, IBCLC, is the Clinical Liaison at Androscoggin Home Healthcare and Hospice.

ther, President and CEO of SeniorsPlus, opened the session by welcoming the attendees and introducing Dr. Marilyn R. Gugliucci, MA, PH.D., who delivered

the keynote address.

Dr. Gugliucci's topic was "Granny's Got Her Groove On: Society, Aging, Sex, and YOU!" We didn't See Expo, page 8

Moving forward with positive accomplishments

By Rep. Bruce Bickford

The past two years has been a contentious time in American politics. Newly sewn divisions at the national level have bled down into our local politics like never before. It can be frustrating as a voter, and I can assure, equally frustrating as an elected official. In times like these, it can be easy for us to lose sight of positive accomplishments made all the more important and meaningful by the ability to overcome partisanship and deadlock.

Serving on the Joint Standing Committee on Taxation for the last two years has allowed me to be a major part of some of these important accomplishments:

After months of negotiating, we were able to pass the tax conformity bill, simplifying the Maine tax laws by aligning with federal tax law. As a result, approximately 435,000 Maine families will see a tax



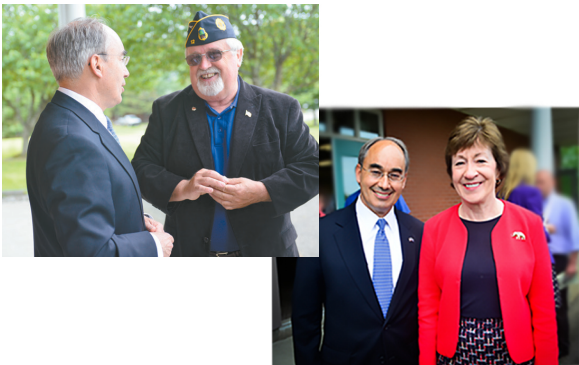
Bruce Bickford, State Representative

reduction this year through \$75 million in tax relief to individuals and small businesses. In addition, direct property taxpayer relief in

the form of Maine's Property Tax Fairness Credit has been expanded by \$11 million.

See Bickford, page 13

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Senator Susan Collins



Newsmakers, Names & Faces

CMCC to compete in national eSports league



Central Maine Community College has announced that, starting next fall, it will be joining the National Association of Collegiate eSports.

eSports (short for electronic sports) refers to the hugely popular and rapidly growing field of competitive video gaming. College varsity eSports began in 2014 when Robert Morris University in Illinois announced a scholarship-sponsored "League of Legends" team.

Andrew Morong, director of admissions at CMCC, notes that the college is currently recruiting top players in Maine and be-

yond to join the first teams for fall 2019. Students who participate will have to meet the same requirements as other athletes at the college. "We will be competing against other colleges in a sanctioned league."

NACE officially formed in July 2016 when only seven colleges and universities had varsity eSports programs. Interest has since exploded, with more than 90 member institutions with 1,500 student athletes now competing in varsity programs. Approximately 90 percent of all varsity eSports programs in the U.S. are members of NACE.

In addition to provid-

ing governance with standardized rules, NACE also provides a private discord server (voice-over software) for athletic directors and coaches. It also assists with student-athlete recruitment and competition between varsity programs. NACE has provided over 9 million dollars to participating students in scholarships and aid.

Member schools compete in a wide number of different game titles, with Counter Strike, League of Legends, Hearthstone, Rocket League, Fortnite, and Madden NFL among the most popular at the present time.

Morong also notes that CMCC will be competing largely against four-year colleges, since they comprise 90 percent of NACE membership. "We will be the only community college north of Virginia to offer competitive eSports," he added.

The college is developing a state-of-the-art facility, known as an "eSports arena," that will be ready next fall for practice and competitions. CMCC will

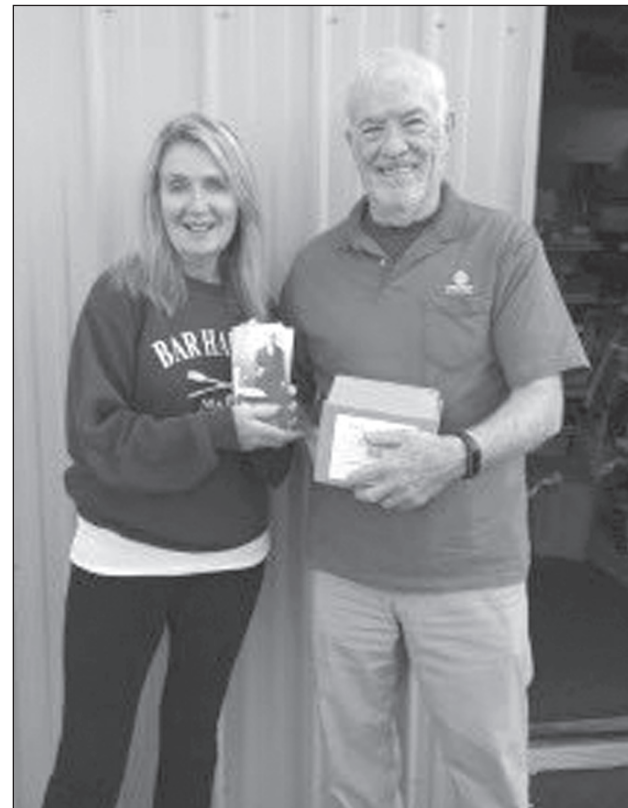
acquire 30 high-end gaming computers (Alienware 51Threadrippers) and five console stations for Xbox One and PS4 Pro.

CMCC President Scott Knapp points out that interest in eSports is growing rapidly, with viewership already surpassing that of some more traditional sporting events. "The 2017 Stanley Cup Finals had just over 29 million total viewers (broadcast and streaming)," he said. "This year's mid-season 'League of Legends' Invitational had 60 million total viewers."

According to the market research firm Newzoo, over 200 million people watched or played eSports in 2014. Huge eSports tournaments now take place all over the world in big arenas with large crowds. While eSports have long been very popular in Asia, North America and Europe now claim 28 million eSports fans, with the number growing by 21 percent a year.

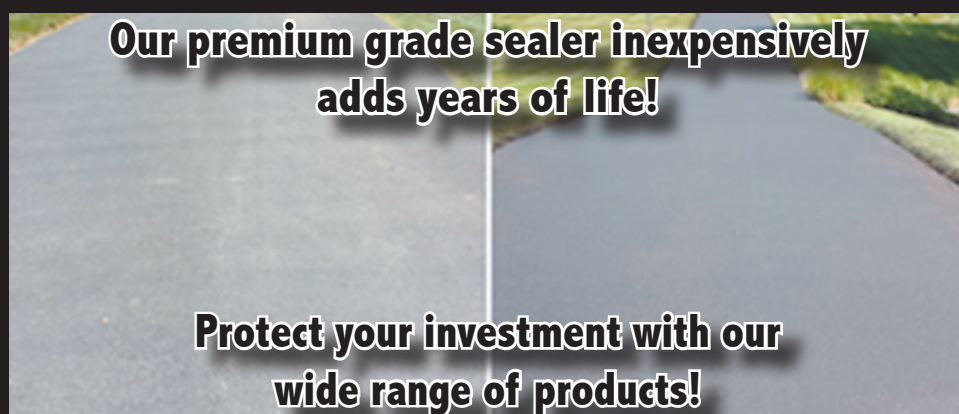
For more information on eSports at CMCC, contact Andrew Morong at 755-5448 or amorong@cmcc.edu.

Optimist Club donates Pocket Constitutions



Share Center director Lisa Rodrigues receives a donation of several boxes of pocket-sized U.S. Constitutions from George Mathews of the Lewiston-Auburn Optimist Club. The club donates hundreds of Pocket Constitutions each year to local schools in conjunction with Constitution Day in September. The Share Center is a nonprofit agency that collects surplus materials from businesses and industry to be used by schools and other member organizations. For more information about the Share Center, call 333-6671.

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Governor's Address: The Attorney General Does Not Place a High Priority on Fighting Fraud

One of my proudest accomplishments has been the dramatic reduction of fraud in our welfare and unemployment systems. Unfortunately, the Attorney General does not consider fraud a high priority.

The anti-fraud efforts of the Departments of Labor and Health and Human Services have produced results. DHHS has been aggressively cracking down on welfare fraud. In 2011, when I first took office, DHHS only sent 32 cases to the Attorney General for prosecution. In 2015, we sent 105.

To date, we've sent 488 welfare fraud cases for prosecution. Of these, 137 are still pending. Democrats used to say that fraud in the welfare

system is just anecdotal. You don't hear that anymore - 488 cases in eight years isn't an anecdote.

The volume of cases DHHS refers has forced the AG's office to only prosecute felony-level cases with fraud allegations in excess of \$5,000. We should prosecute every case.

The Department of Labor identifies hundreds of fraudulent unemployment payments each year. But only the few cases where people haven't cooperated or repaid the money are sent for prosecution.

That's good, because once it's identified for prosecution, there's no guarantee it will be prosecuted. The year I took office, DAs refused all 23 unemploy-



Governor Paul R. LePage

ment fraud cases.

Since 2011, Labor's identified more than 350 cases for prosecution. As of early October, the Department had 139 fraud prosecutions pending action on DA's desks - some sitting there for two years.

The involvement of DAs and threat of prosecu-

tion are critical in fighting fraud. Recently, a DA's involvement resulted in a fraudster paying \$45,000 in restitution back to the Department of Labor.

Yet, since 2011, DAs have refused to prosecute about 10 percent of the 350 fraud cases. Even worse: in two counties the DAs won't prosecute fraud cases; the others take so few that another 65 cases are simply in limbo. The Attorney General is authorized under both state and federal law to supplement the District Attorneys' prosecution of unemployment fraud with her staff. Apparently, it's OK by her to let these crimes go unpunished.

Now, the Attorney General will tell you that her team can't prosecute more cases because I refuse

to pay her bills.

The truth? Yes, my administration has refused to pay her bills since May of 2018. It's because we've asked repeatedly for a transparent billing process, and she has refused.

When you hire an attorney in the private sector, you know exactly how much time the legal team is spending on your case. You get billed in six-minute increments.

However, the AG sends bills to state agencies with only lump sums and no detail. The agencies and taxpayers paying these bills should know exactly how much time the AG's staff is dedicating to the various legal issues they handle. It only makes sense, and it's what other states have done for years.

When you see hundreds of fraud cases waiting years for prosecution - while at the same time, the AG's office is joining dozens of lawsuits that directly contradict the policies of our executive branch - you have to wonder what the AG's staff are doing.

Fraud isn't a victimless crime. These con artists waste taxpayer money that should go to our neediest. Prosecuting fraud sends a strong message that we won't tolerate abuse of the system.

In the fight against fraud, Janet Mills has been a follower, not a leader.

Thank You,
Paul R. LePage
Governor

Student of the Month



The Mechanic Falls, Minot, and Poland Tri-Town Optimist Club has selected Marlee Sullivan, a sixth grader at Poland Community School, as its RSU 16 Student of the Month for October. Sullivan is described as a natural leader who leads by example and advocates for what is right. She started a Sign Language Club, participates in the school's Kindness Club, and is a positive role model for other students. She is pictured here with club president Jeff Gagnon.

Chamber Power Lunch Seminar

The LA Metro Chamber of Commerce will host a Power Lunch seminar on "How to Manage Your Chamber Website Listing" on Tuesday, October 30, from 12 to 1 p.m. in their conference room at 415 Lisbon Street in Lewiston.

Did you know that you can update and enhance your chamber website listing on your own? In fact, you can

add videos, logos, pictures, descriptions, highlights with links, hours of operation, driving directions, hot deals, job postings, events, and much more.

In this workshop, you'll learn how from LA Metro Chamber of Commerce staffers Jenny Moulton, Director of Marketing and Communications; Rachel Bishop, Membership

Services Manager; and Erin Simpson, Community Outreach Manager. WIFI is available, so bring your laptop. This seminar is free, but those planning to attend are asked to register at www.LAMetroChamber.com.

Power Lunches are sponsored by Community Health Options. Lunch will not be provided. For more information, call 783-2249.

Skyline Farm offers family "Great Pumpkin" event

Skyline Farm of North Yarmouth will present a Fall family event called "The Great Pumpkin!" on Sunday, October 28, from 1 to 4 p.m. Children are invited to come in their Halloween costumes to have their picture taken with Cinderella and the original Story Land Pumpkin Coach.

Other activities will include a demonstration of a wooden pumpkin hurling catapult, miniature horse wagon rides for \$5 per child, a Freestyle performance by Jessica Flaherty on her young Mustang horse, and

an exhibit of former harness racing horses now retrained for pleasure purposes by Futures For Standardbreds.

A judged costume contest for live horses, goats, and Breyer or other model plastic horses (alone or in a scene) will award prizes for first, second, and third places. Pumpkin-themed baked goods will be for sale, Triple Mountain Model Horse's new Breyer horse sales trailer will be on site, and Skyline Farm Carriage Museum's exhibit "Child Sized Vehicles: From the Sublime to the Ridiculous" will be

open for viewing.

Skyline Farm is a non-profit organization located at 95 The Lane in North Yarmouth. For more information, call Greg Cuffey at 892-0188, email sphomaine@hotmail.com, or see www.skylinefarm.org.

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

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Red Cross seeks nominations for Real Heroes awards



Do you know any real heroes in your community? If so, the American Red Cross of Maine invites you to nominate them for its 2019 Real Heroes awards.

Each year, the Red Cross recognizes ordinary people who go above and beyond in service to others by presenting awards to members of the commu-

nity who have performed extraordinary acts. They may be teachers, military personnel, first responders, or other types of everyday citizens. What they have in

common are acts of heroism, courage, kindness, or generosity they have performed in service to others. Award categories include Good Samaritan, Lifesaver, Service to the Armed Forces, Blood Services, and Community Service.

This year's Real Heroes will be honored at events in Lewiston, Brewer, Portland, and Aroostook County. Nominations are due by December 1. For more information or to nominate a Real Hero, see www.redcross.org/maineheroes.

Eyemart Express donates vision screener to Lewiston schools

Eyemart Express has donated a Welch Allyn Spot Vision Screener to the Lewiston School System to assist with the district's annual screening of more than 5,000 students.

Annual vision screenings at school help identify kids who may benefit from a thorough eye exam and corrective eyewear like glasses, as more than 25 percent of children who exhibit learning difficulties in the classroom are unable to see clearly, according to The Vision Therapy Center.

The state-of-the-art vision screener is a handheld device that gives a digital reading in five seconds and enables the district to screen every child in approximately three months. Traditional screenings conducted with a manual eye chart take the entire school year.

"Research shows that early vision detection is key for kids and their learning process," said Paula Blomquist, chief marketing and merchandising officer at Eyemart Express. "Our number one goal with this donation is to make a difference by directing kids who need it to the eye doctor."

The new vision screener is especially beneficial for younger kids with limited speaking abilities or language barriers. Also, the increased accuracy of digital readings will identify kids who may have barely passed the old screening method, but still had challenges seeing clearly.

"We are excited about

Eyemart Express' generous donation," said Wendie Bourgoin, MA, BSN, RN, school nurse coordinator for Lewiston Public Schools. "Our district will have the largest elementary school in Maine next year, so this screener will be a huge asset to our students and their families."

In addition to the vision screener, Eyemart Express is providing every Lewiston public school nurse with a kit to assist students with emergency eyeglass repairs.

"With the recent opening of our new Auburn store, we value being part of the Lewiston and Auburn communities and are happy to give back in a meaningful way," said Blomquist.

Eyemart Express, a leading optical retailer and the fastest provider of quality prescription eyewear in the industry, has been serving consumers for more than 28 years. With 187 stores in 36 states, Eyemart Express ranks among the Top 10 largest optical retailers in the country with its family of brands: Vision4Less, Visionmart Express, and Eyewear Express.

The company operates under its motto of Right Glasses. Right Price. Right Now: a unique mix of value, style and timely service. Each store carries more than 2,000 frames, and onsite labs allow 90 percent of glasses to be delivered on the same day. To learn more, visit EyemartExpress.com.

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Fall, Halloween, Christmas and items labeled The Spring Shop™ are not included in Home Decor sale.

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<p>FLORAL 50% OFF Categories Listed <small>Does not include Seasonal Department or items labeled "Special Occasions"</small></p> <p>Potted Trees & Plants</p> <p>Floral Stems Floral and greenery stems <small>Does not include feathers</small></p> <p>Floral Arrangements Flowering and greenery <small>Does not include custom designs</small></p>	<p>FURNITURE ALWAYS 30% OFF THE MARKED PRICE*</p>	<p>HALLOWEEN 40% OFF <small>Does not include candy or fabric</small></p>	<p>YARN & NEEDLE ART</p> <table style="width: 100%; font-size: x-small;"> <tr> <td>All Artiste® Floss & Threads <small>Cotton floss & craft thread packs, nylon, acrylic and cotton crochet threads</small></td> <td style="text-align: right;">30% OFF</td> </tr> <tr> <td>Premium Poly Foam, Nu-Foam® & Smart Foam</td> <td style="text-align: right;">30% OFF</td> </tr> <tr> <td>Packaged Quilt Battings & Pillow Forms</td> <td style="text-align: right;">30% OFF</td> </tr> <tr> <td>Poly-fil® 100% Polyester Fiberfill with Stuffing Tool 12 oz</td> <td style="text-align: right;">3.99</td> </tr> </table>			All Artiste® Floss & Threads <small>Cotton floss & craft thread packs, nylon, acrylic and cotton crochet threads</small>	30% OFF	Premium Poly Foam, Nu-Foam® & Smart Foam	30% OFF	Packaged Quilt Battings & Pillow Forms	30% OFF	Poly-fil® 100% Polyester Fiberfill with Stuffing Tool 12 oz	3.99
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Rotary, TD Bank donate care packages for the homeless



The project was spearheaded by Callie Cook, a manager at TD Bank and member of the Lewiston-Auburn Rotary Club. Kids that Care, a group started by a nine-year-old boy, organized a crew of children to pack the donated supplies into care packages.

TD Bank, the Lewiston-Auburn Rotary Club, and Kids that Care recently held donation drives enabling them to provide the Trinity Jubilee Center's Day Shelter with more than 200 care packages for the homeless.

The project was spearheaded by Callie Cook, a manager at TD Bank and member of the Lewiston-Auburn Rotary Club. "At TD Bank, our community is very important to us," said Cook. "We realized that Trinity Jubilee Center was really helping those in need and more supplies were needed, so we organized a donation drive across Lewiston-Auburn to help get the shelter ready for winter."

The donation drive collected shampoo, razors,

shaving cream, deodorant, laundry soap, hand warmers, pairs of socks, toothpaste, toothbrushes, and bars of soap, as well as winter boots and backpacks. Kids that Care, a group started by a nine-year-old boy, organized a crew of children to pack the supplies into care packages. On October 13, teams from TD Bank, the Rotary Club, and Kids that Care spent the afternoon at East Auburn Baptist Church, preparing the care packages.

The supplies were greatly needed at the Trinity Jubilee Center's Day Shelter. "When people can shave, put on deodorant, and brush their teeth, it gives them back a little dignity," said Executive Director Erin Reed. "Many of our clients sleep outdoors or work out-

doors, so these hand warmers and warm socks are a huge help. We had run out of almost all of the supplies they collected!"

The Trinity Jubilee Center's Day Shelter provides a warm place for homeless people to seek shelter during the day. Through the Center's Meals Program, Food Pantry, Resource Center, and Refugee Integration Program, clients can receive food, diapers, medical attention, help with job applications, and other assistance getting back on their feet. Donations of toiletries and winter hats and gloves are needed and can be dropped off at the center. For more information about Trinity Jubilee Center, see trinity-jubileecenter.org.

Community Health Options named "Psychologically Healthy Workplace"

Community Health Options is one of 23 employers nationally who have been honored by the American Psychological Association in 2018 as a Psychologically Healthy Workplace. The honorees include nonprofit, for-profit, and governmental institutions of all sizes. The honor is awarded for outstanding efforts to foster employee health and well-being while enhancing organizational performance. Community Health Options is the only health insurance company on the list.

"The employers receiving this honor have demonstrated a commitment

to programs and policies that take people and performance into consideration," said David W. Ballard, PsyD, MBA, head of APA's Center for Organizational Excellence, which oversees the program. "The leaders of these organizations know that building a positive and successful workplace takes both well-designed practices based on good evidence and a supportive environment. The range of sizes and diversity of industries recognized show that any workplace has the potential to be a psychologically healthy one."

In 2016, Community

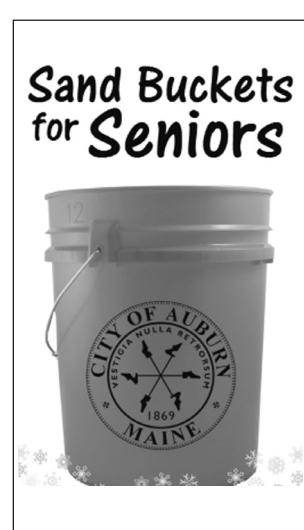
Health Options received the state-level PHW award from the Maine Psychological Association. Health Options employs more than 150 people in Maine and provides health insurance to over 50,000 Maine businesses and individuals.

"The 2018 Psychologically Healthy Workplace award highlights our commitment to our people and to creating a workplace environment where employees and business thrives," said Joyce McPhetres, Senior Vice-President and Chief Human Resources Officer for Community Health Options. "We're very excited

Winter months in Maine can be challenging. For the fifth year in a row, Auburn Public Works is proud to make it a little less challenging for local residents with its Sand Buckets for Seniors program.

Through this very successful campaign, APW employees will provide and deliver a free bucket full of sand for senior citizens living in Auburn. Recipients use this sand on their walkways, steps, and driveways to make them safer during the snowy and icy winter months.

"This program is a way for the City to show its appreciation and respect for



the seniors in our community and to help keep them safe," said Public Works Director Dan Goyette. "Our

employees really enjoy connecting with residents in this way."

This special program is made possible through the generous support of Home Depot and Lowe's of Auburn, who are proud to partner with Auburn Public Works as they reach out to local seniors to show them that their community cares.

To enroll, Auburn homeowners who are 65 and older and wish to receive a free bucket of sand to use on their steps and walkways should call Auburn Public Works by November 2 at 333-6670. Buckets will be delivered beginning on November 12.

Mad Science brings Halloween program to APL

Auburn Public Library will welcome back Mad Science of Maine for a special Halloween science program on Monday, October 29 at 6 p.m. in the library's Androscoggin Community Room. The program is free and best for school-age children. For more information, call 333-6640, ext. 3.

Get ready for a Halloween Science Adventure that starts off with a spooky - but not too spooky - Halloween story about Dr. Erlenmeyer Funkenstein and the Mad Science Goblin!

Prepare for science tricks and treats. Reach into a magic bag - Boo! That's okay, we promise it won't bite. Get hands-on with gooey eyeballs and find out what can happen to a scientist if they don't follow proper safety rules.

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a chemical reaction that will light up the room. Finally, ultraviolet light will reveal an interesting visitor, completing your experience of the most "maddening" and scientifically spooky Halloween show ever.



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to receive this honor. It underscores our vision of creating a healthy workplace for the people of Community Health Options.

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What's Going On

Author Bill Roorbach reads tonight at Bates College



Roorbach's recent works include the short story collection "The Girl of the Lake," the bestselling novels "The Remedy for Love" and "Life Among the Giants," and the memoir "Temple Stream: A Rural Odyssey."

Recipient of the Flannery O'Connor and O. Henry prizes, as well as the Maine Literary Award in creative nonfiction, Maine author Bill Roorbach will

read from and discuss his work on Thursday, October 25 at 7:30 p.m. at Bates College's Muskie Archives, 70 Campus Avenue in Lewiston. Roorbach's recent works include the short story collection "The Girl of the Lake," the bestselling novels "The Remedy for Love" and "Life Among the Giants," and the memoir "Temple Stream: A Rural Odyssey." The program is free and open to the public. For more information, call 753-6963.

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**. Deadline is **Friday by five.**

APD receives federal grant to increase school safety

The Auburn Police Department has been awarded \$376,481 from the Department of Justice's Community Oriented Policing Services Office to enhance and further integrate local school violence prevention efforts between school administrators and law enforcement.

Through this grant, the Auburn Police Department will acquire a new radio system with up-to-date technology to facilitate a more coordinated approach to school violence prevention. With the help of local funding, the department will also purchase 138 emergency portable radios that will put school staff directly in contact with the 911 communication center. The portable radios will also have GPS tracking that will pinpoint the location of the threat.

"The city is excited about this grant opportunity as it will help us forge our partnership with our school departments in maximizing the safety of our students," said Jason Moen, Interim Chief of the Auburn Police Department. "This grant will play a critical element in our efforts to keep our kids safe."

There are a total of 19 schools in Auburn and Lewiston, including two high schools, two middle schools, 13 elementary schools, a regional special education center, and an alternative school. Each city has three dedicated school resource officers that utilize radios to communicate with school administrators, but the current system does not penetrate the buildings or transmit signals beyond school grounds. Administrators and law en-

forcement must therefore rely on cell phone service that may not be reliable and could lead to further threats to safety during an emergency.

The Department of Justice's Students, Teachers, and Officers Preventing School Violence Program is a competitive grant program that assists schools in purchasing and installing technology to increase safety in schools throughout the country through evidence-based school safety programs.

The department's Community Oriented Policing Services Office has invested more than \$900 million in American schools through grant programs such as Secure Our Schools, COPS in Schools, School-Based Partnerships, and the Safe Schools Initiative.

Local photo among Fresh Air Fund contest winners



Nia, from Queens, NY, escapes from the summer heat while staying with the Ziegler Family of Auburn this summer as part of the Fresh Air Fund's Friendly Towns Program. (Photo by Heather Ziegler)

families shared with Fresh Air children this summer. The Zieglers' photo, which was selected as a winner in the "Swimming" category, features Fresh Air child Nia (age 10) of Queens, NY swimming with her host family in Auburn.

An independent, not-for-profit agency, the Fresh Air Fund has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. To learn more about hosting a Fresh Air child next summer, call Tammy Bilodeau at 240-1916 or see www.freshair.org.

The Ziegler Family of Auburn, who participated in the Fresh Air Fund's Friendly Towns Program this summer, were among the winners of the fund's 2018 Photo Contest. Win-

ners were selected from the hundreds of photos submitted by volunteer host families along the East Coast and Southern Canada. The photos capture the fun-filled experiences volunteer host

This month at the WHA Rotating Art Gallery



"Chickadees," by Susan Boucher



"Iris," by Paul Boucher

The Woman's Hospital Association Rotating Art at Gallery at Central Maine Medical Center will feature works by artists Paul and Susan Boucher through the month of October. The gallery is located at the hospital's main entrance at 60 High Street in Lewiston. Works on display may be purchased through the WHA Gift Shop, adjacent to the main lobby. A percentage of sale proceeds benefits CMMC.

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Local author to address Rotary Club

The guest speaker at the next meeting of the Lewiston-Auburn Rotary Club on Thursday, November 1, from noon to 1 p.m. will be Maine author Jesse McKinnell. The event will take place at the Village Inn at 165 High Street in Auburn.

McKinnell's first novel, "Dead Cats and Other Reflections on Parenthood," was recently published by Shine Box Publishing. The book was featured in a recent local newspaper article, which described it as "a dark comedy that raises serious questions about wealth, power, and contemporary masculinity." McKinnell lives in Southern Maine.

Guests are welcome



Jesse McKinnell

and no reservations are required. Lunch will be available at the restaurant. For more information, contact Club President Thomas

MacDonald at 333-4588, follow them on Facebook, or see www.lewistonauburnrotary.org.

Tree Street Youth founder named to TIAA's national Difference Makers list

Julia Sleeper-Whiting, founder and director of Lewiston's Tree Street Youth Center, was named one of the country's 100 Difference Makers by the pension fund TIAA. Sleeper-Whiting was the only recipient in the State of Maine to be selected for the honor, for which over 4,000 were nominated nationwide.

In recognizing the recipients, TIAA celebrates extraordinary people who are devoting their lives to improving the world and shaping a brighter future. To mark its centennial year, the fund is contributing a total of \$1 million dollars, awarding \$10,000 to each of the 100 recipients' non-profit organizations as part of the recognition.

With no-cost programs spanning after-school homework help and college prep to mentoring and arts activities, Tree Street aims to serve the youth of the City of Lewiston. Each day, 120 to 150 students in grades pre-K through 12 visit the center. Nearly all of the center's clients live below the poverty line, and 65 percent are from newly arrived immigrant or refugee families.

"Since Julia began the after-school programs centered at Tree Street Youth, 95% of the center's seniors participating in the BRANCHES college prep program are accepted to college," said Paula Marcus-Platz, chair of the organization's Board of Directors. "Additionally, an alternative youth program located at the center has contributed to a 35% decrease in juvenile arrests across the city. We are beyond excited that Julia and Tree Street have received this national attention for our programming approach, and we look forward to sharing our accomplishments

and successes beyond the walls of the center."

A Maine native, Sleeper-Whiting was inspired to work with immigrant youth after a college experience teaching in a middle school English Language Learning classroom. "I realized that witnessing the power of youth learning or doing something new for the first time was my passion," she says. "Creating the Tree Street Youth Center allowed me to constantly witness these moments - and make a difference."

Created in 2011 by two Bates College alumnae, Tree Street Youth grew from a local homework help program to its present mission to support the youth of Lewiston-Auburn through programs rooted in academics, the arts, and athletics in a safe space that encourages healthy physical, social, emotional, and academic development while building unity across lines of difference.

Located at 144 Howe Street in Lewiston, the Tree Street Youth Center recently completed a major \$1.3 million expansion. For more

information, call 577-6386, follow them on Facebook, or visit their website at treestreetyouth.org.

TIAA was founded in 1918, by philanthropist Andrew Carnegie to provide those who dedicated their lives to teaching with security in retirement. Through his Foundation, Carnegie established Teachers Insurance and Annuity Association (TIAA), a fully funded pension to provide professors with income for life. Since then, TIAA has grown to serve more than 5 million people working in the academic, research, medical, and cultural fields and is among the largest pension programs in the country.

Send all Letters and Op/Ed pieces to [Editor@Twin City Times.com](mailto:Editor@TwinCityTimes.com). Deadline is Friday by five.

What's Going On

MAINE Oxy donates \$20,000 to Travis Mills Foundation

MAINE Oxy recently hosted its annual charity golf tournament, raising \$20,000 to benefit the Travis Mills Foundation. The amount was the largest the tournament has raised to date and represented the company's largest charitable donation ever.

"Thanks to our generous sponsors and players, it's the biggest donation we've ever made," said Dan Guerin, Maine Oxy President and CEO. "I'm thrilled it's going to an organization that focuses on people who've sacrificed so much for us."

"I am incredibly humbled that the team at Maine Oxy would support the Travis Mills Foundation for the second year in a row," said SSG Travis Mills. "Our mission is driven by people from around the country who believe in the service and sacrifice of our nation's recalibrated veteran families. A \$20,000 donation helps us keep our promise to support them."

The Travis Mills Foundation is a nonprofit organization that assists wounded and injured veterans and their families. In June 2017, the Foundation opened its national retreat center in Rome, Maine, where veterans and their families from across the country come to spend a week of rest, relaxation and reflection. It costs about \$1000 per person, per week

to attend.

"I am committed that no veteran family ever pays to enjoy our retreat," added SSG Mills. "Thank you to everyone from Maine Oxy who believes in us and made this gift possible."

In 2017, the Foundation hosted 84 veteran families. To date, Maine Oxy has donated more than \$30,000 to the Travis Mills Foundation.



Members of Maine Oxy's Golf Committee present SSG Travis Mills (c.) with a \$20,000 donation check at the Travis Mills Foundation Retreat in Rome, Maine. Pictured here with Mills are (from l.) Diana Picavet, Jamie Richards, Dan Guerin, Tom Cyr, Denise Guerin, and Allison Brothers.

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Reveal has added a new member to the team. Everybody say hi to Angelica Baker! I'll let her introduce herself:
"If you're ready for a fun, high-spirited, energetic stylist with a big personality, then I'm the girl for you! As a sibling of 4, my passion for this industry started as a young girl playing with my sisters' hair. As a seasoned stylist my goal is to make every guest feel and look amazing. I meet so many people every day. Everyone has a different story, wants a different look, and I get to help make your hair dreams come true!"

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Expo

Continued from page 1

know what to think, but soon were laughing uproariously as she spoke candidly on her topic, augmented with humorous anecdotes and cartoons depicted on an overhead screen. Her serious message came through as well.

Dr. Gugliucci is a Professor, Director for Geriatrics Education and Research, and Director of U-ExCEL (UNE's Exercise and Conditioning for Easier Living program for older adults) in the Division of Geriatrics at the University of New England's College of Osteopathic Medicine in Biddeford.

To give you an idea of who she is, as the daughter of a former star first baseman (her mother) and an exceptionally gifted cook (her father), she has inherited fierce conscientiousness, unflagging optimism, and only moderately bridled enthusiasm.

Groups soon split up for the 25 workshops organized into three time slots over the course of the day. It was hard to choose only three workshops in the interest of time. Two additional workshops, "Medical Marijuana" and "Paint and Take," were held as double sessions.

Some of the workshops included "Age-Proof

Your Home," "Self-Defense for Seniors," "Mindful Movement," "Tantalizing Taste Buds," "Healthy Living for ME," "Protecting Ourselves," "Backyard Birdwatching," "Frauds and Scams," "Gambling Awareness," "Savvy Caregiving," "Building Communities," and "Lyme Disease."

Illustrated maps listing the workshops, times, and location were distributed to each attendee as we set out. There were several employees stationed throughout the complex who available to help with directions and point the way. I was guided a few times myself. Okay, more than a few times!

During breaks or free time, we made the trek down the hallways to visit with the exhibitors' booths, which offered a variety of products, services, and information. These included representatives for hearing aids, mobility aids, health insurance, and vision, dental, home, and hospice care. Of special interest to many attendees were representatives of senior living communities.

Chondola rides to the top of the mountain for foliage viewing, offered during lunch breaks for a nominal fee, were a featured attraction.

Lovely raffle items, donated by businesses from

throughout Androscoggin, Oxford and Franklin Counties, were attractively displayed in the Grand Ballroom. Winners were selected at the closing of the day with everyone assembled. Proceeds benefitted the SeniorsPlus Education Center.

The Expo is also an excellent opportunity for attendees to reacquaint themselves with friends from the three counties they had met in previous years.

SeniorsPlus is an excellent resource where senior citizens can avail themselves of classes and other services to help them age well and live well in their own homes. For more information, call them at 795-4010 or see www.seniorsplus.org.



Rachel Morin (Photo by Gene Gilbert)



Dr. Marilyn R. Gugliucci, MA, Ph.D., delivered the keynote address.



Gene and Lydia Gilbert



Nadine Loeb and Therese Banks



Rosemary Camire Knight is an administrator at Chapman House in Auburn.



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Katelyn Fitzgerald is the Marketing Director for Montello Heights Retirement Community in Lewiston.



Nate Miller was one of the instructors for the many workshop sessions.



Director of Marketing and Community Relations David Cassidy, Marketing Associate Lindsay Remington, and Director of Resident Services Mark Prevost of Schooner Estates Senior Living Community in Auburn



Taking a short break (l. to r., from front) are attendees Barbara Jabaut, Grace and Hugh Keene, and Paul and Sally Belisle.



Hilary Maxim, Au.D and Amanda Rhodes, B.A., Doctoral Extern, of LA Hearing Center



"After I learned to talk again, Dr. Lee asked me if I might speak with other patients and I agreed on the spot. I try to encourage them and share what I learned from this experience, 'You have to stay strong and don't ever give up!'" – Eagle, Lewiston, Maine

More Than Words!

"Eagle" was in his late 40s when he noticed a hoarseness in his throat that just wouldn't go away. His primary care physician recommended a consult with Dr. Norris Lee, head and neck surgeon at Central Maine Healthcare, who ultimately diagnosed Eagle with throat cancer.

After six radiation therapy sessions, Dr. Lee was finally able to perform the 15-hour surgery to remove Eagle's tumor. During his recovery, he was told he could use an electronic speech aid to help him speak. But Eagle was stubborn and very determined he would teach himself to speak again... six months later, he found his voice.

Central Maine Healthcare's Ear, Nose & Throat specialists provide state-of-the-art medical and surgical care to treat a wide range of conditions that affect essential processes such as breathing, hearing and speaking. With the only fellowship-trained head and neck surgeon in Maine, we are proud to bring a higher level of surgical care to our patients.

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Among My Souvenirs

A Tribute to Connie Francis

Sunday, November 18 at 2 p.m.



The Franco Center welcomes Louis Philippe and Reindeer Productions in presenting "Among My Souvenirs," a musical tribute to top-charting female vocalist, Connie Francis, starring Krista Johnson and Louis Philippe. The multi-media show may be "one of the most moving and sentimental shows Reindeer ever staged." Along with nostalgic images of the star, the show is a line-up of popular Connie Francis hits performed live, interspersed with a narration of her life, career and personal struggles.

MORE NOVEMBER SHOWS

- Nov. 3, Saturday, at 7:30p - Maine Music Society - Battle of the Blends XXV
- Nov. 14, Wednesday at 6:30p - Thread Theater - "Thanks for the Memories"
- Nov. 16, Friday at 7:30p - St. Martin de Porres Fundraiser - "Dream A Little Dream"
- Nov. 19, Monday at 6p - French Film Series - "Un Homme Au Pair"
- Nov. 25, Sunday at 1p - Denny Breau Pettingill Fundraiser
- Nov. 30, Friday at 7p - The Dance Center - "A Nutcracker Christmas"

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

"Things My Mother Taught Me" at the Public Theatre



Katherine DiSavino's heartwarming comedy about a young couple whose efforts to create a home together in their first apartment are complicated by the well-meaning interference of their parents runs in its final performances at the Public Theatre this weekend. Showtimes are 7:30 p.m. on October 25, 26, and 27 and 2 p.m. on October 28, with an additional matinee performance on Saturday at 2 p.m. Thursday's show will be preceded at 6:30 p.m. by a free wine tasting event hosting in the lobby by the The Vault. For more information or to buy tickets, call 782-3200 or see www.thepublictheatre.org.

Bates College, Franco Center present French film festival

In partnership with Bates College and the Gendron Franco Center, the Tournées Film Festival has returned to Lewiston for the third year to present French-language film screenings through November 7.

This year's lineup comprises six films new and old in diverse genres. With such diverse settings as the Democratic Republic of the Congo to Paris, the French countryside to Niger, the films are united by the French language and what it means to the larger world. Themes range from love and loss to colonialism, activism, and unlikely friendships.

Open to the public at no cost, all films are shown with English subtitles with a Q&A session following each screening. The screenings take place in Room 104 of the college's Olin Arts Center, located at 75 Russell Street in Lewiston, except for "Félicité," which will be screened at the Gendron Franco Center, located at 46 Cedar Street in Lewiston. For more information, find "Tournées Film Festival" on Facebook or email lbaladu@bates.edu.

The remaining films in the series are:

"Polina." Saturday, October 27 at 2 p.m. "Polina" is the first feature by leading French choreographer Angelin Preljocaj, written and directed in tandem with documentarian



Nineteen-year-old Russian dancer Anastasia Shevtsova learned French to play the title role in choreographer Angelin Preljocaj's first feature film, "Polina."



Director Jean Rouché provides a sly critique of colonialism and capitalism in his classic road film "Petit à Petit" ("Little by Little") (1971, 96 min.).



Acclaimed director Agnès Varda's film about street artist JR, "Visages Villages" ("Faces, Places") (2017, 94 min.), was nominated for an Academy Award for Best Documentary.

Valérie Müller. Depicting the coming of age of a young ballerina as she discovers contemporary dance, it stars Anastasia Shevtsova, a 19-year-old Russian dancer who learned French to play the title role. (2017, 108 min.) See **Film**, page 16

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Dar Williams in concert at Chocolate Church



The popular singer-songwriter has roughly a dozen full-length releases in her catalog, from her 1990's cassette-only release "I Have No History" to her most recent "Emerald."

Acclaimed New England singer-songwriter Dar Williams will perform in concert on Friday, October 26 at 7:30 p.m. at the Chocolate Church Arts Center in Bath.

With roughly a dozen full-length releases in her catalog, starting with her 1990's cassette-only release "I Have No History," this folk-pop artist's personal style of storytelling evokes vivid characters and the conundrums of the human condition with empathy, insight, humor, and occasional doses of pain and pathos. The New Yorker has called her "One of America's very best singer-songwriters... [with] not a cliché or a clunker in her entire songbook."

Having recorded, performed, and toured with artists like Joan Baez, Loudon Wainwright, Ani DiFranco, John Prine, and Shawn Colvin, Williams' arc as a performer has been sustained by an adventurous and un-

afraid musical spirit, one fueled by pushing boundaries.

Tracks from her last LP, "Emerald," feature collaborations with the Milk Carton Kids, Jill Sobule, Jim Lauderdale, and Richard Thompson. The sunny song "Johnny Appleseed," penned by Joe Strummer's post-Clash band The Mescaleros, is performed with The Hooters on board as Williams' backing band. The hushed, intimate closing track, "New York is a Harbor," recalls Joni Mitchell.

As interested in envi-

ronmental and social causes as she is in music, Williams has taken time between musical projects and touring to talk to kids about pollinator gardens and the importance of bees.

Whether she's providing music for a documentary on a girls' orphanage in Honduras, singing about her own earlier battles with depression, or touting the significance of little winged insects, Williams has a formidable arsenal of talents to draw from while working to improve the world in small steps, in her own personal way.

Chocolate Church Arts Center is at 804 Washington Street in Bath. Advance tickets for this show are advised. Tickets are \$40 at the door or \$35 in advance, available by calling 442-8455 or at www.chocolatechurcharts.org.

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Twin City Nights

"The Music Man" at Community Little Theatre



Community Little Theatre presents its final performances of "The Music Man" this weekend, Thursday through Saturday at 7:30 p.m. and Sunday at 2 p.m. Featuring a large cast and a host of unforgettable songs, Meredith's Willson's classic musical comedy is a must-see theater experience for adults and children alike. For more information or to buy tickets, call 783-0958 or see www.laclt.com.

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Twin City Nights

Author of book on sea level rise to speak at Bates College



Elizabeth Rush is the author of "Rising: Dispatches From the New American Shore."

Author Elizabeth Rush, whose book "Rising: Dispatches From the New American Shore" was excerpted by The Guardian and praised by the Los Angeles Review of Books, will present the annual Otis Lecture at Bates College. Called "moving and urgent" by Pacific Standard, Rush's book details the responses of various communities to rising sea levels. At Bates, she will speak on the topic: "On Rising: Exertion, Activism & Art in the Age of Climate Change." The event will take place on Saturday, October 27 at 7 p.m. in the college's Olin Arts Center Concert Hall at 75 Russell Street in Lewiston. The program is free and open to the public, but tickets are required. For more information, email hfear@bates.edu. For tickets, see eventbrite.com.

Favorite Beatles' lyrics featured in Celebrity Poetry Slam



Comedian Johnny Ater, who was the winner of last year's event, will emcee.

The Chocolate Church Arts Center will present its second annual Celebrity Poetry Slam on Saturday, October 27 at 7:30 p.m. in its annex at 804 Washington Street in Bath. This year's event will feature local celebrities reciting their favorite Beatles' lyrics.

This uproariously funny evening will pay tribute to the incomparable Fab Four as masterful poets by focusing on their well-known lyrics. There will be no singing or music. Instead, local elected officials, business owners, community

leaders and media representatives will "slam" a creative spoken-word interpretation of their favorite Beatles song.

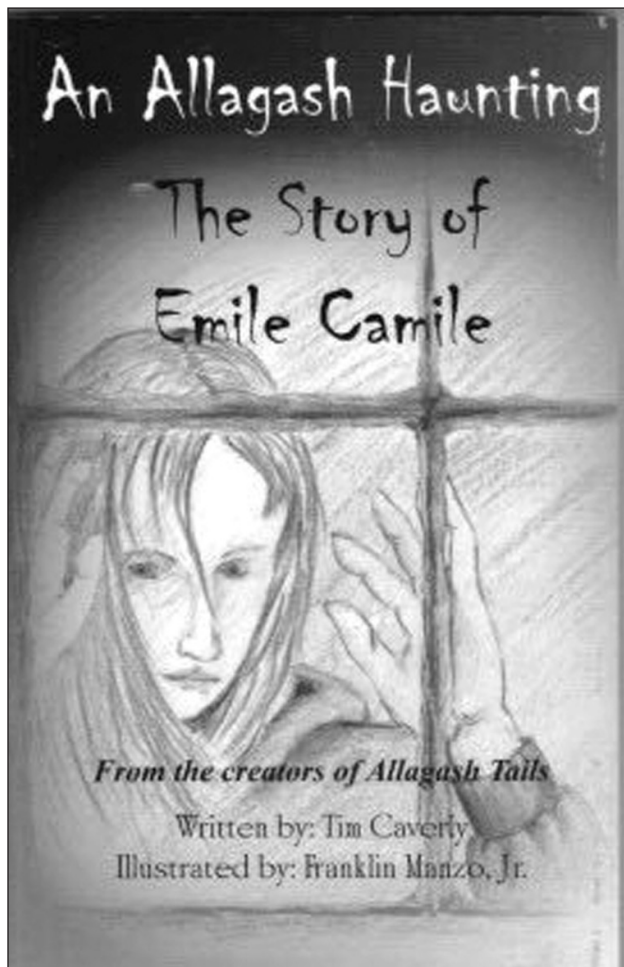
Comedian Johnny Ater, who was the winner of last year's event, will emcee. The audience plays an important role in determining the winner because the applause-o-meter rating after each performance is combined with the scores of the judges based on style, interpretation and execution to determine the rankings of the participants.

The annex of the

Chocolate Church will become a beatnik night club to showcase the creativity of local celebrities including Sheriff Joel Merry of Sagadahoc County; Allan Kozinn, a Beatles expert and freelance writer for the Portland Press Herald; Jonas Werner, who owns Azure Café in Freeport; and Bath city council chairwoman Mari Eosco.

Concessions will be available. Tickets are \$18 at the door or \$15 in advance, available by calling 442-8455 or at www.chocolatechurcharts.org.

Sawyer Memorial ends season with Halloween show



For the final program of Sawyer Memorial's 2018 performance season, Maine author Tim Caverly will present "An Allagash Haunting: The Story of Emile Camile" on Friday, October 26 at 2 and 7 p.m. Both shows are free and open to the public and will be followed by an ice cream social.

FM radio station WHOU has professionally adapted Caverly's popular book "An Allagash Haunting" into a radio play performed by the Houlton Starbright Theatre. Those attending will hear snapping campfires, ghostly music, and the call of a loon while viewing a slideshow of 120 scenic, wildlife, and historic pictures illustrating the story. The program is slightly spooky but is suitable for all ages.

The Araxine Wilkins Sawyer Memorial is located at 371 Sawyer Road in Greene. For more information, call 946-5311, find them on Facebook, or see sawyer-foundation.com.

In a program that's slightly spooky but suitable for all ages, Maine author Tim Caverly will present a radio play adaptation of his book "An Allagash Haunting."

www.TwinCityTimes.com



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Festival

Continued from page 10

“Félicité.” Monday, October 29 at 7 p.m. (Gendron Franco Center). In French-Senegalese director Alain Gomis’s fourth feature, a nightclub singer must find a way to pay for her teenage son’s operation following a serious accident. Set in the Democratic Republic of Congo, this film blurs dream and waking life as it portrays the joys and struggles of its modern-day heroine. (2017, 129 min.)

“120 Battements Par Minute” (“120 Beats Per Minute”). Saturday, November 3 at 2 p.m. Writer-director Robin Campillo draws from his own experience as a member of Act Up-Paris to tell a fictionalized history of the activist group. In the early days of the HIV-AIDS outbreak, Act Up sought to bring recognition and improved treatment to victims of the epidemic. The film combines social justice in a time of fear and stigmatization with a heart-breaking love story. (2017, 143 min.)

“Petit à Petit” (“Little by Little”). Monday, November 5 at 7 p.m. Director Jean Rouche presents a subversive commentary on colonialism and capitalism as a warm-hearted comedy in this tale of three men on a mission to build the first residential tower in their hometown of Niamey, Niger. Their quest leads to Paris, where two of the men encounter the lavishness and absurdities of Western lifestyle in the experiences that cross-cultural exchange has to offer. (1971, 96 min.)

“Visages Villages” (“Faces, Places”). Wednesday, November 7 at 7 p.m. In this documentary by the critically acclaimed director Agnès Varda, she joins forces with street artist JR to search the French countryside for subjects for JR’s portraits. The journey assembles an image of France from the faces of everyday people, and Varda’s friendship with JR and her memories of a life well-lived create a documentary worth celebrating. Nominated for an Academy Award for the Best Documentary of 2017. A closing reception for the film festival starts at 6:30. (2017, 94 min.)

Founded in 1995, the Tournées Film Festival has partnered with more than 600 universities, reaching an audience of over half a million students and community members across the United States. The Tournées Film Festival reflects the diversity and the richness of French cinema through various genres - fiction, documentary, animation and repertory films - giving participants the opportunity to expand their programming and for audiences to experience French cinema through a wider lens.