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Your Hometown Newspaper Since 1999

Thursday, February 28, 2019 • FREE

Out & About with Rachel Morin Taking a Day to Celebrate Auburn's 150th



At the Women's Literary Union, former Auburn City Councilor Tizz Crowley, dressed in period clothing, and Miss Maine 2018 Karen Mayo pose on the Grand Staircase.

Story and photos by Rachel Morin

Auburn sure lucked out on a beautiful bluesky day for its recent day-long 150th Birthday Celebration. More celebration events will continue throughout the year, but this day was a big one.

My daughter Liz and I enjoyed the events we visited in the time we had available. Our first stop

Mermaid Nights

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was the Munroe Inn B&B, an historic award-winning inn nestled in the heart of downtown Auburn.

Innkeeper and owner Olga Dolgicer was busy giving tours and describing the history of the beautiful Queen Ann-style mansion, listed on the National Register of Historic Places. We enjoyed seeing the large, beautiful stained glass windows and well-appointed

unch, Monday-Friday

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Dave Perlman - Mar 7

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for Monthly

Events!!

Brian Patrick - Mar 28

guest rooms, complete with private baths, Queen- and King-size beds, Wi-Fi, and cable TV. Gourmet breakfasts and homemade refreshments are served daily.

Olga has gathered a See Auburn, page 12

Lewiston's Chief Assessor earns RES designation

Lewiston's Chief Assessor, William "Bill" Healey, was recently awarded the Residential Evaluation Specialist (RES) designation by the International Association of Assessing Officers, making him the only assessor in Maine who currently holds the IAAO designation.

The RES professional designation is one of the highest honors to be achieved within the assessing profession. Healey became a candidate for RES designation in 2013. Since then, he has passed five 30hour IAAO courses, an 18hour IAAO course, an eighthour case study exam, and a four-hour master exam. He will be recognized for his achievement in the March 2019 issue of IAAO's "Fair & Equitable" magazine.

"Bill is recognized as one of the preeminent assessors within the State of Maine," said City Administrator Edward Barrett. "His commitment and breadth of knowledge are vast, and we're fortunate to



William "Bill" Healey

have him on the Lewiston team." Healey commenced his employment with the City of Lewiston in February of 2015; previously, he worked for the towns of Scarborough and Cumberland.

IAAO is a nonprofit professional membership

organization of government assessment officials and others interested in the administration of the property tax. Founded in 1934, it now has a membership of more than 7,000 members worldwide from governmental, business, and academic communities.



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Newsmakers, Names & Faces

"Game On!" at CMCC



Faculty and staff members engaging in a "Game On" activity include (l. to r.) Dan Marino, chair of the architectural and civil engineering program; Austin Perreault, chair of Culinary Arts; June Roberts-Sherman, chair of Graphic Communications; and Stephan Strengari, learning and advising specialist.

Faculty and staff members at Central Maine Community College recently participated in a group activity that focused on student success barriers. This "Game On" competition enabled teams to walk in the shoes of students as they navigate their journeys through college and explore the impact of college policies, practices, and culture

on student success.

Adapted from the Achieving the Dream "Finish Line Game," this professional development tool also served as an enjoyable and competitive team-building exercise. Participants found it sparked conversations about factors that can affect student progress, many of which occur outside the classroom.

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Birthday Open House at Court St. Baptist Church



The City of Auburn and Court St. Baptist Church are both 150 years old this year.

Photos by David Gilpatric

Achieving the Dream

(ATD) is a network of more

than 220 colleges in 39

states dedicated to improv-

ing student success. As a

network institution, CMCC

is working closely with

national experts to make

better use of evidence-based

approaches to improving

close academic achieve-

ment gaps and accelerate

student success by exam-

ining data and building on

the College's capacities in

seven essential areas, such

as leadership and vision,

teaching and learning, and

data and technology," said

Dean of Academic Affairs

grant to the Foundation for

Maine's Community Col-

leges to enable CMCC and

the other Maine community

colleges to join the ATD

network. More information

is available online at www.

achievingthedream.org.

The Kresge Foundation awarded an \$810,000

Betsy Libby.

"The ATD goal is to

student outcomes.

Court Street Baptist Church and the City of Auburn share a milestone anniversary in 2019: both the city's incorporation and the church's construction took place 150 years ago this year. The church recently celebrated both milestones with a special open house, which also served as one of numerous "cake sites" across the city where the public was invited to come



Members of the public take a tour of the sanctuary.

in for a piece of 150th birthday cake. Visitors at the open house learned about the history of the church by taking a tour, which in-

cluded the sanctuary, with its stained-glass windows, murals, and organ, and the classrooms of the newer education wing.



Annette Dorey and guests discuss the history of the church.

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Doug Hodgkin (standing) recounts the founding of the church and explains the symbolism of its windows.



Connie Bishop, Don Haley, Lorna Hansen, Hester Gilpatric, and Sydney Gilpatric serve cake, coffee, and punch.



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Governor's Address: Maine People Will Be Well-Served by the New Cabinet

From lowering the cost of health care and health insurance to addressing our workforce shortage, there are many challenges facing our state - but with these challenges also comes the opportunity to chart a new and better course.

In the last several weeks, I have nominated 15 people for cabinet positions, and those 15 people have now been confirmed by the committees and by the State Senate. I presented those cabinet nominees only after a long search and review of nearly 1,000 resumes by a strongly bipartisan committee put together by my team back in November. I am very pleased with the

The new 15-member cabinet includes eight women and seven men; one Air Force, one Marine, and one Army veteran; and four commissioners who have resumed their former cabinet positions. This cabinet is the most gender-diverse in Maine history. They are experienced individuals who, together, will help usher in an era of new leadership in



Governor Janet Mills

Judy Camuso, Amanda Beal, and Jerry Reid will marshal a team of committed public servants who have a lot of common sense and a little bit of dirt under their nails to defend Maine's natural resources at the Departments of Inland Fisheries and Wildlife, Agriculture, Conservation and Forestry, and Environmental Protection.

Distinguished veterans Michael Sauschuck, Randy Liberty, and Major General Douglas Farnham have served their country well and will continue to serve our state as leaders of the Department of Public Safety, the Department of Corrections, and the Department of Veterans and Emergency Management.

Well-respected and experienced individuals like Laura Fortman, Anne Head, and Patrick Keliher have served under previous administrations and now resume their cabinet positions.

Jeanne Lambrew, Pender Makin, Heather Johnson, Bruce Van Note, John Rohde, and Kirsten Figueroa are experts in their fields who will lead Maine in addressing the top challenges facing our state in the areas of health care, education, and transportation. among other issues.

The people of Maine will be well served by the diverse experience of this new cabinet, with its wealth of knowledge and its commitment to our state.

And, these cabinet members will be freely sharing information with the people you elected to come to the State Capitol to serve in the Legislature and develop good public policy together.

So, with that cabinet in place, I look forward to working with them on behalf of you, the people of Maine.

> Thank You, Janet Mills Governor

New radiologist at CMMC specializes in breast health

An experienced radiologist specializing in breast health has joined Central Maine Medical Center. Dr. Jennifer Barna, M.D., a board-certified diagnostic specialist who most recently was employed in a private radiology practice in upstate New York, has started seeing patients at CMMC's Bennett Breast Care Center.

"Dr. Barna's expertise - and her commitment to women's health - is impressive," said David Tupponce, president of CMMC and executive vice president of Central Maine Healthcare. "She has sophisticated skills informed by more than a decade of radiology experience and always puts the patient first. We're delighted that she chose to join the team at CMMC and Bennett."

Her new role is a return to Maine for Barna, who was chief of radiology at Down East Community Hospital in Machias from 2006 to 2008. Trained at the University of Tennessee, she also worked as chief of the division of women's imaging at University Radiology Associates/SUNY Upstate Medical University in Syracuse, New York.

"I am excited to be joining the excellent team at CMMC and look forward to serving the people of Central Maine in the field of breast cancer detection," said Barna.

The Bennett Breast Care Center at CMMC provides a comprehensive range of breast imaging services, including 3D tomography for women with

dense breast tissue. The American Cancer Society and the American Society of Breast Surgeons recommends annual screening mammography for women over the age of 40. The new 3D tomography will also soon be available at Central Maine Healthcare's Topsham Care Center at the Topsham Fair Mall.

Central Maine Medical Center in Lewiston is a Level II Trauma Center serving Androscoggin County and the surrounding region. CMMC's "Centers of Excellence" include the Central Maine Heart and Vascular Institute, the Central Maine Comprehensive Cancer Center, the Neonatal Intermediate Care Unit, and a Trauma Services Program. For more information, see www.cmmc.org.

CLT Board meets in retreat



Pictured here (l. to r.) are board members Phil Vampatella; Jane Mitchell, secretary; John Blanchette, president; Jennifer Groover, vice president; and Kay Warren, executive producer. Other board members are Brandon Chaloux, Emily Flynn, Vince Furey, Bob Gardner, Bill Hamilton, Karen Martin, Richard Martin, Dan Moreno, Chip Morrison, John Nutting, Roger Philippon, Jason Potter, and Mitch Thomas.

The L-A Community Little Theatre Board of Directors met in retreat recently to identify and discuss

issues and challenges, identify goals, and develop action plans. The board holds most of its regular meetings

on the fourth Monday of the month at the Great Falls Performing Arts Center at 30 Academy Street in Auburn.

Faculty pianists to share stage this weekend

In an unusual gathering, three pianists on the Bates College faculty will share the Olin Arts Center Concert Hall stage for an afternoon program on Sunday, March 3 at 3 p.m. James Parakilas, a popular teacher and author, has performed solo and as part of Trio les Amis; Bridget Convey has performed across the country, notably with the Los Angeles Philharmonic; and

Chiharu Naruse, a prizewinner in Japan's Hyogo Piano Competition, studied with Bates icon Frank Glazer.

Olin Arts Center is located at 75 Russell Street, on the Bates College campus in Lewiston. The event is free, but tickets are required. For more information, call 786-6135 or email olinarts@bates.edu. For tickets, see batesconcerts. eventbrite.com.

Send all submissions for the Calendar listing to Editor@TwinCityTimes.com Deadline is Friday by five.

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Guest Column: Proud to serve the people of Lewiston in the Maine Senate



By Sen. Nate Libby

This fall, I was honored when voters from the great City of Lewiston again elected me to the Maine Senate, where I have served since 2014. Shortly after, I was unanimously elected by my colleagues to be the next Maine Senate Majority Leader. It's an awesome responsibility, and I'm proud to represent our community in this new role.

I'm happy that the editors of the Twin City Times have offered me the opportunity to write a monthly column to keep readers upto-date about what's going on in Augusta.

As Senate Majority Leader, my charge is to help negotiate the state budget; work out major policy initiatives and law changes; provide oversight of state agencies' spending and ensure that they're following the law through the Government Oversight Committee; and manage constituent services through the Senate Majority Office. I am looking to build on my previous accomplishments in the State Legislature to make sure Maine government is truly working to serve you.

During my tenure at the State House, I have passed legislation to streamline the permitting process for historic mill redevelopment and expand the historic preservation tax credit to include multi-phase projects like Bates Mill #5. I passed legislation concerning abandoned buildings that empowers local officials to fight blight and preserve the character and safety of neighborhoods.

One of my biggest priorities for this legislative session is property tax relief. Previously, I was able to negotiate a budget compromise that doubled the Homestead Property Tax Exemption from \$9,100 to \$18,200 for Lewiston taxpayers and blocked the

proposed elimination of this program for Mainers under age 65. I am eager to see this program expand even further so that families are able to keep more of their hard-earned money. I'm confident this is something we can accomplish in the Senate with the support and

collaboration of our Repub-

lican colleagues.

The two greatest economic challenges facing our state are the growing workforce shortage and the student debt crisis. Too many of our young people are leaving Maine in search of opportunities. Those who do stay put off buying a home or starting a family because they're buried in school loans.

And, in fact, a college degree or other professional training is a requirement of 2 out of every 3 good-paying jobs available in Maine today.

I have proposed legislation that would help

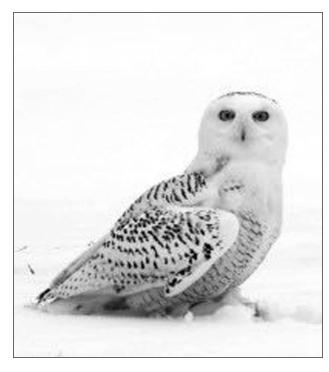
address both of these problems.

Last session, I worked with former Gov. Paul LePage to try to create a firstin-the-nation student debt relief program to help Maine attract and retain young people. That legislation unfortunately did not become law, but I'm ready to pick up and move forward. We need bold initiatives that will boost Maine's economy by bringing skilled workers to the state and encouraging our young people to stay. Helping to relieve the tremendous burden of student debt is a powerful tool to help us achieve this goal.

I want to be clear: I'm not interested in pie-in-the-sky proposals. My aim is to create and support practical answers to real difficulties that Mainers face every day. I believe that people succeed when given the opportunity, tools, and freedom they need to reach their goals.

I look forward to using this column to keep readers apprised of what's happening in Lewiston and at the State Capital. We have a number of pressing needs that need to be addressed. I hope to convey in a neutral, fair way my assessment of proposals and initiatives before us, with an eye toward how we can help working families, seniors, and children thrive while ensuring we are making smart investments in the future that focus on economic growth. Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21, which comprises the City of Lew-

Bird Club presents naturalist-conservationist Don Hudson



A Snowy Owl, usually seen in winter in open areas near the coast (Photo by Dan Marquis)

The Stanton Bird Club of Lewiston-Auburn will hold its next meeting on Monday, March 4 at 6:30 p.m. in Room 285 at USM's Lewiston-Auburn College. The speaker will be renowned naturalist and conservationist Don Hudson, who will discuss "Alpine and Sub-Artic Plants."

Hudson developed an interest in plants and ecology in the early 1970s while leading expeditions in Maine and Quebec for the Chewonki Foundation.

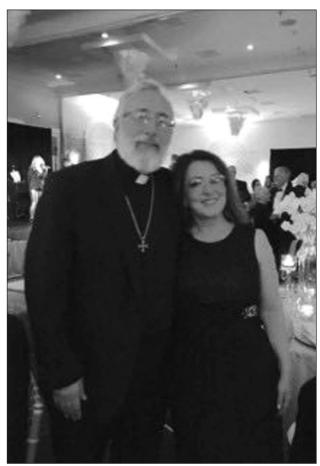
He was a camper at Chewonki in its inaugural year and worked there as a camp counselor from 1966 to 1977.

He went on to study Botany in college, earning an M.S. and Ph.D. He then returned to Chewonki, becoming the Head Naturalist in 1982. He was appointed president in 1991 and retired in 2010 after nearly 30 years of service.

Among his many accomplishments, Hudson was a founding board member of the Friends of Baxter State Park, the International Appalachian Trail, and the Allagash Wilderness Waterway Foundation. Retirement finds him busy in conservation efforts across the state. He and his wife live in Arrowsic, Maine

A birding field trip to Plum Island in Massachusetts is also planned for Saturday, March 23. Meetings and field trips are free and open to all. For more information, find them on Facebook or see www.StantonBirdClub.org.

Holy Trinity Greek Orthodox Church welcomes new priest



Rev. Father Jon C. Emanuelson begins his pastoral leadership of the church on March 1.

The Greek Orthodox Metropolis of Boston and the Parish Council and members have announced the arrival of a new parish priest (Proistamenos) to Holy Trinity Greek Orthodox Church in Lewiston. Rev. Father Jon C. Emanuelson will begin his pastoral leadership of the church on March 1.

Father Jon has been a parish priest in the Greek Orthodox Archdiocese of America for 29 years. For the past six years, he served at St. Nicholas Greek Orthodox Church in Wilmington, North Carolina, and prior to that in Ogden, Utah and Charlottesville, Virginia. He received a master's degree in 1989 from Holy Cross Greek Orthodox School of Theology and a bachelor's degree in geophysics in 1985 from Virginia Tech.

Father Jon has served as chaplain to a small Orthodox Christian Prison Ministry. He has also taught earth and space sciences in an alternative high school setting. He is a talented craftsman and owner of Orthodox Creations, LLC, offering educational and wood products of high quality as well as creative carpentry solutions.

A native Virginian,

Father Jon has been married to Barbara (Passaris) for 35 years and is the father of three adult daughters, Victoria, Mary, and Elizabeth. He will be installed on Sunday, March 3 in the morning service by our Metropolitan Methodios of Boston.

Founded more than a century ago in 1910, Holy Trinity Greek Orthodox Church has a long-standing history in Lewiston-Auburn. It is a welcoming Parish whose mission is to grow in the faith through worship, service, witness, and fellowship. The worship of God - the Father, Son, and Holy Spirit - the Holy Trinity, is fundamental to the life and the spirit of the Orthodox Church. The church has a growing convert population and all are invited to worship every Sunday, followed by a fellowship coffee hour.

Holy Trinity is located at 155 Hogan Road in Lewiston. Sunday Orthros begins at 9 a.m., followed by Divine Liturgy at 10 a.m. For more information, call them at 783-6795 or see www.holytrinitymaine.org.

Spiritual leader visits local church



His Eminence Methodios Metropolitan of Boston, spiritual leader of the sixty-three Greek Orthodox Churches of New England, will celebrate the Divine Liturgy and Installation of the new parish priest, Rev. Fr. Jon Emanuelson, on Sunday, March 3 at Holy Trinity Greek Orthodox Church in Lewiston. The service will begin with Orthros at 9 a.m. and continue with the Divine Liturgy at 10 a.m.



Flowers for Committee Chair Monica Millhime from husband Jim Millhime.



The Arnott Fiddlers - Rossby, Elsie and Oliver



Photos by Rotarian, Jackie Majerus-Collins, Past President Bristol Rotary Club 2013-14 More photos at www.facebook.com/TwinCityTimes

Monique Roy and Stephanie Gelinas.



Mac and Alice McPeake.



Lorraine Bard and Tom Knight.





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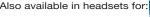


Andrew Bard and dad.

Dr. Thomas and Bethel Shields.

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What's Going On

Maine State Music Theatre hires year-round Production Manager



Kyle Coyer

Maine State Music Theatre has hired Kyle Coyer to fill the newly created, year-round position of Production Manager. In this role, Coyer will oversee all technical and production aspects of MSMT's main stage shows, concerts, events, co-productions, and Theatre for Young Audiences productions.

This position is integral to the design and technical execution of all production elements, serving as the main liaison between guest designers, production staff, and off-season projects.

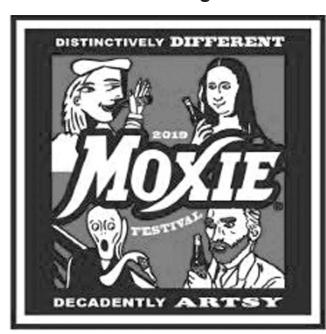
Coyer previously worked as the Technical Director of Opera Utah Symphony and Utah Opera. Prior to this, he worked as Assistant Technical Director at the Houston Grand Opera. He has a Master of Fine Arts in Theatre Design and Technology from the University of Missouri-Kansas City.

"Kyle has the skill set and passion we need to bravely explore new territories as we move into the future," said MSMT Artistic Director Curt Dale Clark. "He will fill the theatre's existing needs and generate new ideas."

"I look forward to adding my experience and dedication to an already great organization," said Coyer.

Now in its 61st year, Maine State Music Theatre produces four main stage musicals, three Theatre for Young Audiences musicals, and three Monday Concerts each summer at the Pickard Theater on the Bowdoin College campus in Brunswick. For more information, see www.msmt.org.

Rumford artist wins 2019 Moxie Festival Logo Contest



A design created by Rumford artist and teacher Brent Bachelder was selected as the winning logo for the 2019 Moxie Festival. The artwork consists of four iconic images, all of them with a bottle of Moxie. DaVinci's Mona Lisa, Vincent Van Gogh, and a Picasso-esque figure are shown enjoying the distinctively different beverage while the figure from Edvard Munch's "The Scream" wails because his Moxie bottle is empty.

"The competition for this year's logo design contest was remarkable," said Moxie Festival Coordinator Julie-Ann Baumer. "We had 28 entries and we deliberated for two hours. Bachelder's work most clearly fit this year's festival theme 'Moxie Goes Artsy.""

Bachelder, originally from Newry, is a visual artist, muralist, and sculptor. A graduate of Rhode Island School of Design (RISD) and Rhode Island College, he was the designer of Providence's Wickenden Street mural, a city landmark from 1997 until the overpass was demolished in 2010. Bachelder teaches Art at Meroby Middle School in

Mexico and also runs a full service art and design studio in Rumford, Club Neopolsi Creations.

In addition to a \$750 cash prize, Bachelder will receive the first 2019 printed T-shirt and may serve as a parade float judge. But does he like Moxie? "It's better than I remember it as a kid," Bachelder said.

The Moxie Festival, celebrating Maine's official soft drink, is always the second weekend in July. Mark your calendars for July 12 through 14, 2019. For more information, see www.moxiefestival.com.

Hancock Lumber president to speak at Food for Thought



Kevin Hancock

Kevin Hancock, President of Hancock Lumber Company, will discuss how his diagnosis of spasmodic dysphonia has changed his management style and his approach to life at L-A Senior College's next Food for Thought Luncheon on Friday, March 8 at noon.

After graduating from

Bowdoin College with a degree in American history, Hancock taught and coached basketball at a postgraduate prep school. When his father became ill in 1991, he went to work at one of the company's stores. When his father died in 1997, Kevin, then 32, became the company president.

Established in 1848,

Hancock Lumber operates ten retail stores and three sawmills with 640 employees. The company grows trees on 12,000 acres of timberland in Southern Maine. Hancock Lumber is a multiyear winner of the "Best Places to Work in Maine" award and a past recipient of the Maine Family Business of the Year Award, the Governor's Award for Business Excellence, and the Maine International Trade Center's Exporter of the Year Award.

Hancock is past chairman of the National Lumber and Building Materials Association and the Bridgton Academy Board of Trustees. He is a recipient of the Ed Muskie Access to Justice Award and the Habitat for Humanity Spirit of Humanity Award.

In 2012, Hancock read about the severe housing shortage at Pine Ridge, an Oglala Lakota Sioux Reservation in South Dakota. His interest led him to visit often and he became a passionate student of the economic and social challenges faced by the Pine Ridge residents. His book based on these experiences, "Not for Sale: Finding Center in the Land of Crazy Horse," was published in 2015. Copies of the book

will be available for sale at the luncheon for \$20.

Hancock remains an advocate of strengthening the voices of all individuals - within a company or a community such as Pine Ridge - through listening, empowering, and shared leadership.

This program is free and open to the public. Food for Thought luncheons take place in Room 170 at the University of Southern Maine's Lewiston-Auburn campus, located at 51 Westminster Street in Lewistown.

If you wish to have lunch, the cost is \$8 and an advance reservation is required by noon on Wednesday March 6. Food may also be purchased at the campus cafe.

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In one year, she went from overweight and angry to a heart-health ambassador

By Nancy Brown, American Heart Association CEO



Kelsey Gumm made a dream board for 2018 that included being "a healthier me." (Photo courtesy of Kelsey Gumm)

Released by the Navy, Kelsey Gumm threw herself one heck of a party.

She served hamburgers and pizzas, practically every flavor of potato chip, and all kinds of sweets. Entertainment came courtesy of reality TV; you name the show, it probably was on heavy rotation.

This party raged for more than three years. Mostly by herself.

A fit 165 pounds at the start, Kelsey surged to 225. While hoodies and sweatpants hid her widening frame, nothing could mask her growing anger toward herself and the world.

She knew she needed to

get in shape. But that meant exercising, and exercising meant getting her heart rate up – and she wasn't about to trust her heart. A heart problem is what started all this, forcing her to retire from the military for medical reasons at 27.

Around Christmas 2017, Kelsey was scrolling through her sister's social media posts when she saw a picture of herself holding her newborn nephew. Kelsey called her best friend and yelled, "How'd you let me get so fat?!"

Finally ready to shake things up, she got started this time last year. Within months, she shed the bag-

hat meant gy clothes – and the bad attitude. She soon found a new love, a new career path and a new role in promoting women's heart health.

As 2019 gets rolling, and folks vow to get healthier, Kelsey's story shows that once you are ready to make a change, anything is possible.

Among Kelsey's earliest memories are listening to her grandpa tell fascinating stories about his days in the Navy.

At the start of her senior year in high school, while peers were picking colleges, she enlisted. Only 17, her parents had to sign consent forms. She graduated high school and started boot camp weeks later.

A month in, she was running laps around a track, chanting in cadence with her peers, when she collapsed. It was thought to be exhaustion and dehydration.

A year later, she finished hauling her gear from one barracks to another, turned to the woman next to her and said, "I don't feel so good." She awoke in the back of an ambulance again. This time, she told the medical staff about a funny feeling in her chest. They suggested the episode was an anxiety attack.

The next year, Kelsey bassed out in Japan. De-

tails are fuzzy, except for the plausible explanation: having slept little, she'd consumed a lot of coffee, prompting another dismissal for exhaustion and dehydration.

And when her heart started racing while on a ship isolated in the Pacific Ocean, the medical staffer again thought it was likely anxiety.

A promotion brought Kelsey back to boot camp, this time as an instructor.

Chugging along on an elliptical machine, she noticed her vision turning black from the outside in. She awoke on the ground, her limbs tingling and others saying her skin looked ashen. While hyperventilating, she pushed out the words, "Something's wrong with my chest."

By the time paramedics arrived, she was fine.

At the hospital, she told the nurse practitioner her history of passing out, and that the tingling and color change were new. The nurse practitioner recommended she see a cardiologist

Her biggest worry? She couldn't work out again until the doctor cleared her.

Throughout Kelsey's life, her mom has been a

American Heart Association



nurse. At this point, mom was working in a cardiac intensive care unit about 45 minutes away, so she accompanied Kelsey to the appointment.

They chatted throughout Kelsey's echocardiogram and through a second round when contrast was added. They didn't think much of it when the technician zoomed in on an area and took a lot of pictures.

They did notice the long wait that followed.

"If this was a movie," Kelsey told her mom, "the doctor would come in, they'd play a sad song and he'd say, 'You're dying.""

They were still laughing when the doctor walked in and his first words were, "Petty Officer Gumm, I don't know how to tell you this, but your career in the Navy is over."

Kelsey was diagnosed with a condition that affects about 12 of every 1 million

people.

It's called left ventricular non-compaction cardiomyopathy. In simplest terms, the chamber of her heart that helps pump blood didn't develop correctly, leaving it unable to either fully contract or relax. There's no fix, only management.

All those times she collapsed? The doctor said they were likely cardiac arrests; hitting the ground probably restored her heart rhythm.

To prevent further episodes, doctors implanted a device that's both a pacemaker to monitor her heartbeat and a defibrillator to deliver a shock if an abnormal rhythm is detected.

She was medically retired Dec. 28, 2014.

Kelsey had been on the cusp of a big promotion. She also was halfway to 20 years in the Navy, a juicy target because it triggers retirement benefits.

See Heart, page 9



Kelsey Gumm aboard a Navy ship. (Photo courtesy of Kelsey Gumm)

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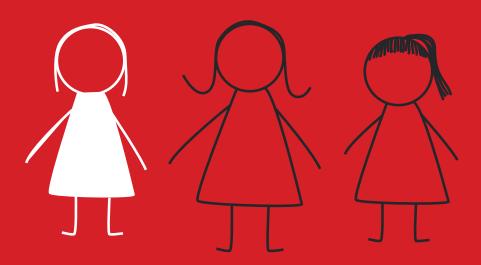
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HEART DISEASE CLAIMS 1 in 3

WOMEN'S LIVES EACH YEAR.

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Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. It's time to change this fact. It's time to be demanding when it comes to women's heart health and ask others to do the same.

Join us in raising awareness and GO RED this month!



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Heart

Continued from page 7

What really hurt was losing the only career she ever wanted and all that came with it – her identity as being a member of the Navy and the camaraderie with her peers.

"Everything is gone," she thought. "And this stupid heart disease is going to kill me."

All too soon, Kelsey was devouring an entire pizza while watching "Biggest Loser" and cursing the Kardashians. She yelled at the TV often. Watching "Say Yes to the Dress," she thought no one would marry someone with heart disease.

"I was a crazy cat woman," she said, "minus the cats."

As her weight ballooned, her doctor suggested she walk more.

"Yeah, right," she thought. "You know I'm broken.'

Kelsey eventually worked part-time at Starbucks, then as an event coordinator for the USO of Wisconsin. She took college classes toward a history degree. She even had a relationship come and go.

By late 2017, enough things were headed in the right direction for her subconscious to end the pity party. That's the best explanation for her fierce reaction to the picture of her holding



Kelsey Gumm at the Wounded Warrior Project's Soldier Ride. (Photo courtesy of Kelsey Gumm)

her nephew, an image she'd seen many times.

On New Year's Eve, Kelsey and her best friend continued a tradition that's their alternative to resolutions. They made "dream boards" for the coming year.

Kelsey's list: Travel more, fall in love, stay on dean's list, advocate more around heart disease and to "be a healthier me."

She began with a pantry sweep.

The first week of January, she replaced junk food with healthier products.

It would be great to say the pounds melted away. But it wasn't that easy. She

sometimes celebrated a 5-pound loss in ways that put the weight back on. Still, she was learning.

"I felt better – less tired, not so gross," she said. "When I slipped and made bad choices, I felt like crap and got sick. I could tell my body liked being healthier."

To soothe her soul, she joined a Wounded Warrior Project support group.

Wounded Warriors aren't only soldiers who lost limbs in combat. Membership includes those felled by disease. They're all bonded by having overcome a brush with death and no longer being in the military.

"We understand each other on many levels," she said.

Kelsey's new pals were doing the Soldier Ride, a four-day, 88-mile bicycle trek. With her doctor's encouragement, she signed up.

Rain wiped out the first three days, so they did other things, like play baseball. Kelsey felt fine and had fun, upping her confidence for the final day, a 33-mile

Twenty miles in, she reached a steep hill. She began hyperventilating. A staffer encouraged her to keep going.

Rounding a corner toward the finish, she saw a throng of people waving

"I did it!" she thought. "I can be active again!"

Kelsey began pedaling for hours along quiet country roads near her home.

Wind whooshing through her hair, she analyzed her life - where she'd been and, more importantly, where she was going. A new sensation overcame her.

"I felt unstoppable,"

Others noticed, including a guy she thought was cute.

"Your personality and zest for life is an attractive quality," he told her. They've been dating for months.

Since her diagnosis, Kelsey had been involved in support groups for female survivors of heart disease.

Her new energy spurred her to become more involved with my organization, the American Heart Associa-

In September, she received our Heart with Hero award at the Greater Milwaukee Heart & Stroke Walk/5K Run. She's since been chosen for the 2019 class of Real Women for Go Red for Women, our initiative to increase women's heart-health awareness. This gives her a higher profile and wider platform to inform and inspire.

Kelsey is getting so good at it, and enjoying it so much, that she changed majors. Teaching history is out; communications is in.

Her first taste of connecting with others actually came a few years ago, after writing a first-person story for a Navy magazine. A sailor diagnosed with the same condition reached out to say thanks and get advice.

"If all of this is for a moment like that," Kelsey said, "then this is worth it."

If you have questions or comments about this story, please email editor@ heart.org.

Donate today www.Heart.org

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The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's no longer just about wearing red; it's no longer just about sharing heart health facts.

It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and make a Go Red Healthy Behavior Commitment today.

Signs and Symptoms of Heart Attack

If you have any of these signs, call 9-1-1 and get to a hospital right away.

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.

Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest dis-

Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

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Kelsey Gumm, before and after getting in shape. (Photo courtesy of Kelsey Gumm)

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Weekly Arts & Entertainment

Social Justice address explores "Possibilities & **Pitfalls of Digital Activism"**



Imani Perry is the Hughes-Rogers Professor of African American Studies at Princeton University. (Photo by Sameer A. Khan)

The Office of Equity and Diversity at Bates College will present its 2019

Social Justice Speaker, Imani Perry, on Thursday, March 7 at 7 p.m. at the college's Olin Arts Center Concert Hall, located at 75 Russell Street in Lewiston. Perry will offer an address titled "Nice for What? The Possibilities & Pitfalls of Digital Activism."

The author of several books, including "Vexy Thing: On Gender and Liberation," Perry is the **Hughes-Rogers Professor** of African American Studies and faculty associate in the Program in Law and Public Affairs and Gender and Sexuality Studies at Princeton University.

The event is free, but tickets are required. For more information, call 786-6031. For tickets, see Eventbrite.com.

Emily Cain to discuss "Women in Politics" at Bates College

Emily Cain, executive director of the national political advocacy group Emily's List, will present an address called "Women in Politics: Welcome to the New Normal" on Thursday, March 7 at 7 p.m. at the Edmund S. Muskie Archives, located at 70 Campus Avenue on the Bates College campus in Lewiston. Free and open to the public, this "Theory Into Practice" series event is sponsored by the Harward Center for Community Partnerships.

Now a doctoral candidate at the University of Maine, Cain is well-known to Mainers for her service as a five-term state legislator, during which she was the



Cain, a former Maine legislator and congressional candidate, is the executive director of the national political action group Emily's List. (Photo by Tracey Salazar)

youngest woman House Mi- For more information about nority Leader in state history. the program, call 786-6202.

Pianist to perform at Bates College

Clare Longendyke, a pianist known for technical fluency and a broad repertorial grasp, will perform on Friday, March 1 at 7:30 p.m. at Bates College's Olin Arts Center Concert Hall at 75 Russell Street in Lewiston. A doctoral candidate in music at Indiana University, Longendyke is a lecturer at Franklin University. She has performed across North America and Europe. At Bates, she will play works by Beethoven, Rachmaninov, Ravel, Vivian Fung and Amy Williams. The event is free, but tickets are required. For more information, call 786-6135 or email olinarts@bates.edu. For tickets, see batesconcerts. eventbrite.com.



Clare Longendyke will play works by Beethoven, Rach-

maninov, Ravel, Vivian Fung and Amy Williams. (Photo by Lydia Umlauf) "Always one of my favorite places to eat in the area. Food is always excellent!! And the drinks!" Looking for experienced 1052 Minot Ave. **Auburn** LINE COOKS/ **CHEFS** 783-6885

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Bates College stages "We Are Proud to Present..."

Bates College's winter mainstage production will be Jackie Sibblies Drury's "We Are Proud to Present...", an unusual, complex, and darkly comedic depiction of actors trying to develop a play about an early 20th-century genocide. As the group wrestles with this remote story, their exploration hits much closer to home than they ever expected.

Directed by Assistant Professor of Theater Tim Dugan, the full title of the play is "We Are Proud to Present a Presentation About the Herero of Namibia, Formerly Known as South West Africa, From the German Suedwestafrika, Between



The production is directed by Assistant Professor of Theater Tim Dugan. (Photo by Theophil Syslo/Bates College)

Six performances will be staged, on Thursday, March 7 at 7:30 p.m.; Friday, March 8 at 7:30 p.m.; Saturday, March 9 at 5 p.m.; Sunday, March 10 at 2 and 7:30 p.m.; and Monday, March 11 at 7:30 p.m. They

Theater in Pettigrew Hall, located at 305 College Street in Lewiston. Admission is free, but tickets are required, and \$5 donations will be gratefully accepted. For more information, call 786-6161. For tickets, see bit.ly/



CLT cast rehearses for "Avenue Q"



Pictured here marking up their scripts are (l. to r.) director Paul Caron and cast members Michael Pullen, Becca Tinkham, and Madison Rozells.

A talented cast of thirteen is hard at work in rehearsal for the upcoming Community Little Theatre production of the hit musical comedy "Avenue Q." An award-winning musical with a delightful and catchy score, the play focuses on a group of unique 20-somethings who are seeking their

purpose in life as they make their way in the big city.

Some of the puppet characters we find living on humble Avenue Q are Kate Monster (the girl next door), Lucy (the slut), Rod (the Republican), and Trekkie (the internet entrepreneur). Some of the songs include "It Sucks to Be Me,"

"If You Were Gay," "Purpose," and "There Is Life Outside Your Apartment."

Avenue Q will be performed at the Great Falls Performing Arts Center in Auburn on April 5, 6, 11, 12, and 13 at 7:30 p.m. and April 7 and 14 at 2 p.m. for more information or to buy tickets, see LACLT.com.

F.A.B. Winter Dance Showcase marks 14th year

The Gendron Franco Center and Bates College will host their 14th annual F.A.B Winter Dance Showcase on Saturday, March 2 at 7:30 p.m. Visually stunning and kinetically mesmerizing, the program brings classic and modern dance pieces by artists from Maine and across the country to Lewiston-Auburn's most magnificent performance hall.

'Over the course of 13 concerts, this fertile partnership between the Franco Center and the Bates College dance program has presented over 150 dance



works," noted Franco Center executive director Mitch

Admission is \$15 for adults; students enter free of charge. The center is

located at 46 Cedar Street in Lewiston. The building is wheelchair accessible and a cash bar is available. For more information, call

Franco American Collection marks Women's Day with discussion of "Home"

Collection at the University of Southern Maine's Lewiston-Auburn College will celebrate International Women's Day on Friday, March 8 at 4 p.m. with a presentation and discussion on the theme "Home."

As women have come to Lewiston from all over the world, their identities, personal choices, and historical legacies have influenced our understanding of the idea "home." The Franco Collection invites the public to come together to reflect on the question: What is "home"? A place? A past? A person? An idea? Participants will share stories of home, hear others' experiences and perspectives, and reflect on how we can build a shared sense of home that celebrates our differences alongside our common values and dreams.

Guiding the presentation and discussion will be Katie Theriault and Zahra Houssein. Theriault is a graduate of Lewiston High School and Colby College. She spent her first seventeen years in Lewiston, then lived and worked in

The Franco American a variety of other places. She recently returned to Lewiston with her husband and children and is thrilled to have (re)discovered her forever home.

> Houssein is a native of Djibouti, where she taught French and raised her family. She attended the University of Djibouti and the University of Dijon, France. She has made Lewiston

her home for the last three years and has been involved in many endeavors as a volunteer. She works at the Immigrant Resource Center of Lewiston.

The program will take place in Room 170 at USM's Lewiston-Auburn College, located at 51 Westminster Street in Lewiston. For more information, contact the Collection at 753-6545.



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Maine Event Comedy at Cowbell Grill and Tap

With a face that has launched a thousand laughs, Johnny Ater will headline Maine Event Comedy at Cowbell Grill and Tap on Thursday, February 28 at 7 p.m. He'll be joined by Tuck Tucker, Chris Kinback, and Leonard Kimble.

Whether he's taking light-hearted swipes at himself and his fellow Mainers or contorting his face into hilarious characters, Ater has left audiences laughing throughout New England and beyond since 2003. He's performed at the Punchline in San Francisco, headlined the Maine Comedy Festival, and recently provided voiceover work for an Agren Appliance television campaign.

Tuck Tucker's verbal wit and physical comedy

have made him a favorite throughout New England. He's a founding member of Portland's Running with Scissors improv group and was a finalist on HBO's Lucky 21 Comedy Showcase. He's performed at the Hartford Funny Bone, the Rhode Island Comedy Connection, and the Comedy Nest in Montreal.

South Boston's Chris Kinback uses dry wit and a deadpan delivery to make you laugh at subjects you never thought possible. He produces Comedy Night at Sixth Gear and regularly performs at Laugh Boston and Nick's Comedy Stop.

As charming as he is funny, Leonard Kimble reached the final five in the Wednesday Night Live



Johnny Ater

competition. He's opened for internationally touring comedian Rich Vos and produces his own comedy workshop in Auburn.

The show is free and open to those ages 21 and older. Cowbell is located at 49 Lisbon Street in Lewiston. For more information, call 333-5188 or visit cowbellgrillandtap.com.

Sleigh exhibit now on display

Skyline Farm Carriage Museum's current sleigh exhibit, "Sleighing - Fashionable, Fun, and Family," is now open for viewing by the public on Sundays through March 31 from 1 to 4 p.m. or by appointment.

The diverse collection on display will bring to mind the lithographs of Currier & Ives. Sleighs are grouped into three themes: Fashionable, including Albany(s), Surrey, Bob, Booby Hut,

Country, and Flying Dash; Fun, including a rare Tikker and Leader, Skeleton, and large Smiling Hill Farm sleigh; and Family, including Portland(s), Pony, Postal, Primitive, Mini, Hearse, Market, and Doctor.

Skyline Farm is a nonprofit, all-volunteer organization. The museum is located at 95 The Lane in North Yarmouth. Admission is free of charge, but donations are appreciated.

The museum is not heated, so dress warmly. For more information, contact Greg Cuffey at 892-0188 or info@skylinefarm.org.

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



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Auburn

Continued from page I

collection of Maine-made furniture pieces and artwork from Maine artists, adding to the style of the mansion to great advantage. She loves Maine and wants the inn to have a Maine feel. We were so pleased to be allowed into her kitchen, which is perfectly set up for the gourmet cooking she enjoys and does so well.

The Women's Literary Union is always a pleasure to visit, and on this day many folks were enjoying light refreshments at the small tables set up for visiting and conversation. It was great to see old friends Tizz Crowley, former City Councilor, and Olivia Mayo, Miss Maine 2018, posing for photos at the Foss mansion's Grand Staircase. We joined in and took some photos as well.

Our next stop was the William A. Robinson House, which sits high on a hill on Forest Avenue off Court Street. Owner Migdalia Mass, originally from Puerto Rico, is thrilled to be living in this historic home, built in 1874. One of the region's finest examples of late Gothic Revival architecture and the only surviving work of local architects Herbert and Balston Kenway, the house was listed on the National Register of Historic Places in 1993.

The house is a two-story wood-frame structure with a roof line featuring several gables and corbelled brick chimneys. The gables are decorated in Gothic vergeboard and the gable ends are topped with small finials. A three-story square tower rises on the left side, topped by a flared pyramidal roof. A hip-roofed porch extends from the tower's left and around to the side, supported by turned posts with brackets.

Mindy, as she is sometimes called, was assisted in hosting the tour of her home by her friend, Tizz Crowley. Both women wore period outfits. Mindy has researched the history of the house and has a fine appreciation for its architecture. A world traveler, she has brought many of her furniture and art purchases from her travels in Europe and has found the perfect place for them in the house. Her many talents include furniture restoration, sewing, photography, and gourmet cooking.

Following a late lunch at Mac's Grill, Liz and I headed to one of our favorite places, Auburn Public Library, where we enjoyed birthday cake cut by Director Mamie Anthoine Ney. She had been distributing pieces of cake to a line of children, asking each: "Chocolate, vanilla or both?" The cake, prepared by BJ's of Auburn for all



The Munroe Inn B&B at 123 Pleasant Street

of the day's events, was delicious!

We wandered through the library's annual Indoor Farmers Market, where a good-sized crowd mingled among the vendor booths displaying a large and varied selection of cheeses, meats, fruits, jams, jellies, and pastries. Joe Gray brought his animals, a white lamb and four black rabbits, to the great enjoyment of the many children holding and petting them. I heard there

was a small goat, but did not get to see it.

It was a grand afternoon, and we had connected with many of our friends attending. We look forward to more 150th anniversary events throughout 2019.



Owner Migdalia Mass answers questions about the historic William A. Robinson House.



The William A. Robinson House at 11 Forest Avenue



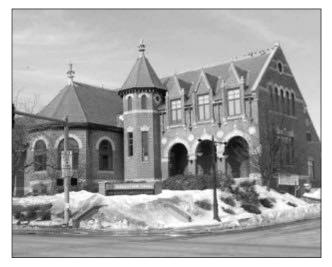
Innkeeper and proprietor Olga Dolgicer brings a Maine feel to the historic Munroe Inn B&B.



Tizz Crowley helps with hostess duties.



Tizz Crowley and Rachel Morin at the entrance to the Women's Literary Union (Photo by WLU visitor)



Auburn Public Library served cake and hosted its annual Indoor Farmer's Market.

Thursday, Feb. 28

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speaker is Americorps volunteer Kristine Corey. Free; no reservations required. 333-4588; www.lewistonauburnrotary.org.

HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. This month's session is an illustrated look at the relationship between personal health and engaged employees. \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetroChamber.

Ribbon Cutting. 3 p.m. Cowbell Grill and Tap, 49 Lisbon St., Lewiston. Join the L-A Metro Chamber of Commerce in welcoming Cowbell to Lewiston. www. cowbellgrillandtap.com.

Library Program. 5:30 p.m. Andro. Community Room, Auburn Public Library. Veteran journalist Dan Dinsmore discusses "Free Press and the Changing Landscape of Journalism in Maine." Free. 333-6640, ext. 4.

Marine Corps League Meeting. 6 p.m. Lewiston Armory, 65 Central Ave. Central ME Detachment 810 needs members: they will pay for your first-year membership. All Marines, FMF Corpsman, Navy Chaplains, and anyone interested in helping local veterans is invited.

Maine Event Comedy. 7 p.m. Cowbell Grill and Tap, 49 Lisbon St., Lewiston. Tonight's performers are Johnny Ater, Tuck Tucker, Chris Kinback, and Leonard Kimble. Ages 21plus. Free. 333-5188; cowbellgrillandtap.com.

Friday, Mar. 1

Concert: Pianist Clare Longendyke. 7:30 p.m. Olin Arts Center, 75 Russell St., Bates College, Lewiston. Longendyke performs works by Beethoven, Rachmaninov, Ravel, Vivian Fung and Amy Williams. Free, but tix required from batesconcerts.eventbrite.com.

Theater: "Plaza Suite." 7:30 p.m. Annex Building, Chocolate Church Arts Center, 804 Washington St., Bath. A cast of local allstars presents Neil Simon's classic comedy. Again 3/2-3 (Sun. at 2 p.m.). \$15 (\$12 in adv.). 442-8455; www. chocolatechurcharts.org.

Saturday, Mar. 2

Public Supper. 5 p.m. Paris Fire Station, Western Ave., So. Paris. Corned beef & cabbage, potatoes, vegetables, bread, macaroni & cheese, homemade pies and desserts. Pres. by the Dept. Auxiliary. \$10/5 (free ages 3 and under).

Mardi Gras Party. 7 p.m. Gendron Franco Center, 46 Cedar St., Lewiston. Come in costume for a Cajun dinner and dancing to

Calendar

See more Calendar at www.TwinCityTimes.com

the music of the Kelly-Laurence Quintet; prizes; cash bar. \$40. 689-2000; www. francocenter.org.

F.A.B. Winter Dance Showcase. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. This annual Franco Center-Bates College dance program spotlights regional and national dance talent. Doors at 6:30. \$15; students free, 783-1585.

Concert: The Gawler Family Band. 7:30 p.m. Village Coffeehouse, First Congregational Church, 19 Gloucester Hill Rd., New Gloucester. The Gawlers play traditional fiddling and folk music from Maine and New England. \$10.

Sunday, Mar. 3

Community Breakfast. 7:30 to 10 a.m. American Legion Post 135, 40 Island Rd., Sabattus. Eggs to order, French toast, chipped beef, pancakes, sausage, ham, baked beans, country fries, toast, muffins, orange juice, coffee, tea and milk. \$8/3; veterans, kids ages 6- free.

Piano Concert. 3 p.m. Olin Arts Center, 75 Russell St., Bates College, Lewiston. Three Bates faculty pianists - James Parakilas, Bridget Convey, and Chiharu Naruse - share the stage for this afternoon program. Free, but tix required from batesconcerts. eventbrite.com.

Monday, Mar. 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.

Stanton Bird Club Meeting. 6:30 p.m. Room 285, L-A College, 55 Westminster St., Lewiston. Naturalist and conservationist Don Hudson discusses "Alpine and Sub-Artic Plants." Free. www.StantonBird-Club.org.

Tuesday, Mar. 5

Real Heroes Awards Breakfast. 7:30-9 a.m., Ramada Inn, 490 Pleasant St., Lewiston. Join the American Red Cross in celebrating community members who have gone above and beyond in service to others. \$20. 376-0614; redcross. org/maineheroes.

Wednesday, Mar. 6

Rotary Breakfast Club Meeting. 7 a.m. United Methodist Church, 439 Park Ave., Auburn. The guest speakers are Bob Clark and Maura Moody of the Boys & Girls Club of Southern Maine. All welcome; break-

Thursday, Mar. 7

Community Conversation Series. 6 p.m. Auburn Public Library. After a screening of the film "American Creed," history professor Joseph Hall leads a discussion on various concepts of American identity.

Social Justice Lecture. 7 p.m. Olin Arts Center, 75 Russell St., Bates College, Lewiston. Imani Perry, Prof. of African American Studies at Princeton University, discusses "The Possibilities & Pitfalls of Digital Activism." Free, but tix required from batesconcerts. eventbrite.com.

Political Science Lecture. 7 p.m. Muskie Archives, 70 Campus Ave., Bates College, Lewiston. Emily Cain, executive director of the political advocacy group Emily's List, discusses "Women in Politics: Welcome to the New Normal." Free.

Theater: "We Are Proud to Present..." 7:30 p.m. Gannett Theater, Pettigrew Hall, 305 College St., Bates College, Lewiston. Asst. Prof. of Theater Tim Dugan directs Jackie Sibblies Drury's darkly comedic play. Again 3/8, 3/9 (5 p.m.), 3/10 (2 & 7:30 p.m.), 3/11. Free, but tix required at bit.ly/bates-theater-dance.

Friday, Mar. 8

Senior College Luncheon. 12 p.m. Room 170, Lewiston-Auburn College. Hancock Lumber Company president Kevin Hancock discusses how spasmodic dysphonia has changed his life. Lunch is \$8; reserve by noon on 3/6 at 753-6510.

Community Discussion. 4 p.m. Room 170 L-A College, 51 Westminster St., Lewiston. The Franco American Collection marks International Women's Day with a presentation and discussion on the theme "Home." Free.

Saturday, Mar. 9

Bean & Casserole Supper. 5 to 6 p.m. United Methodist Church, corner of Rte. 121 and Empire Rd.. Minot. Tickets at the door: \$7 adults, \$5 children 7-12, kids 6 and under free.

Thursday, Mar. 14

Community Conversation Series. 5 p.m. Auburn Public Library. After a screening of the film "Blue Collar and Buddha," the library hosts a discussion on concepts of American identity. Free.

Saturday, Mar. 16

Name that L/Andmark. 1 to 3 p.m. Callahan Hall, Lewiston Public Library. Contestants vie for prizes by identifying video close-ups of local landmarks. \$20. Adv. regis. required; proceeds benefit the Friends of LPL. 513-3134; lplonline.org.

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. The MSO performs "Magical Movie Music"; the Youth Orchestra of Lewiston-Auburn performs at intermission. Students free, others \$20 (cash or check) at door. 846-5378; www.midcoastsymphony.org.

Thursday, Mar. 21

Book Discussion. 5:30 p.m. Morse Library, 220 Main St., Greene. This month's book is "Hillbilly Elegy" by J.D. Vance. Copies available to borrow at the library. 946-5544; sbouchard.jamm.library@ gmail.com.

Saturday, Mar. 23

Continuous Improvement for Businesses. 8:30 a.m. to 2:30 p.m. Room 285, L-A College, 51 Westminster St., Lewiston. Learn about this method by which businesses of all types can improve products, services, or processes. Lunch provided. Free; regis-

March 1st through March 6th AUBURN 746 Center Street Auburn Movie Hotline — 786-8605 .1:10 4:10 7:00 9:25 Greta (R) Fighting With My Family (PG-13) 7:15 ... 1:30 4:30 9:50 How To Train Your Dragon: Hidden World (PG) 12:35 1:25 3:35 4:25 7:10 9:05 9:40 . 6:35 Alita: Battle Angel (PG-13)..... 3:30 6:40 9:40

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ter at www.LAMetroChamber.com.

Happy Death Day 2U (PG-13)..

Isn't It Romantic (PG-13).....

Spider-Man: Into The Spider-Verse (PG) ..

The LEGO Movie 2: The Second Part (PG)...... 12:50

Cold Pursuit (R).

Green Book (PG-13).

What Men Want (R).

Thursday, Mar. 28

Community Conversation Series. 5:30 p.m. Auburn Public Library. Reps of Catholic Charities' Refugee and Immigration Services speak about their cultural orientation programs, sharing accounts of what newcomers to America ask about navigating daily life in the U.S. Free.

Friday, Apr. 5

Theater: "Avenue O." 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents this puppet-filled musical comedy about becoming an adult; adult themes. Again 4/6, 7, 11-14 (Suns. at 2 p.m.). 783-0958; LACLT.com.

Thursday, Apr. 11

Theater: "Avenue Q." 7:30 p.m. Great Falls Performing Arts Center, Auburn. Community Little Theatre presents the puppet-filled musical hit comedy about becoming an adult; adult themes. Again 4/12-14 (Sun. at 2 p.m.). 783-0958; LACLT.com.

Gawler Family plays Village Coffeehouse



The Gawlers perform fiddling and folk music rooted in the musical traditions of Maine and New England.

The Gawler Family Band will perform traditional fiddling and folk music at the Village Coffeehouse of New Gloucester on Saturday, March 2 at 7:30 p.m. This talented musical family includes

Ellen, trained in the traditions of French-Canadian, Maritime, Shetland, and old time New England fiddlers; husband John, a banjo and guitar player; daughter Molly, a fiddler, banjo player, and singer; and Molly's husband, Lao, who plays flutes from around the world and adds rhythm with his bodhran. The venue is located at 19 Gloucester Hill Road. Tickets are \$10 at the door.

AVSWCD offers erosion control training in Bath

those involved with shoreland zoning comply with Maine's Erosion Control Law, the Maine Department of Environmental Protection has developed a training program on effective erosion control techniques. Known as the Voluntary Contractor Certification Program, it is coordinated by DEP's Nonpoint Source Training and Resource Center.

Androscoggin Valley Soil and Water Conservation District, in cooperation with the Maine DEP, will offer training on "Basic & Advanced Erosion and Sediment Control Practices"

from 8 a.m. to 4 p.m. at the Maine Maritime Museum, located at 243 Washington Street in Bath.

Those attending will qualify to become Maine DEP-certified in erosion and sediment control practices after the completion of a site evaluation. The training also provides re-certification for those who have already completed the program.

Training topics will include why erosion control is needed, laws and regulations requiring erosion control practices, erosion and sedimentation, erosion control best management practic-

To help contractors and on Wednesday, March 13, es and planning, pollution prevention at construction sites, erosion control plan design, and the next steps in obtaining certification.

The registration fee is \$75, due by March 1. Registration includes breakfast, refreshments, lunch, and all training materials. Please mail the registration form and a check with payment to AVSWCD, 254 Goddard Rd. Lewiston, ME 04240. There will be no refunds.

For more information or to obtain a registration form, contact Jocelyn at 241-5374 or districtmanager@androscogginswcd.

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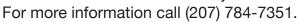
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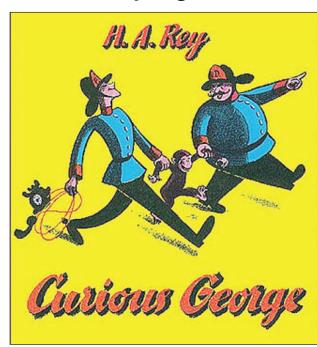
Auburn Housing Authority is now accepting applications for 62 Spring Street! To apply please download application at www.62SpringStreet.com. Applications may also be picked up at 20 Great Falls Plaza, Auburn, ME. Income restrictions do apply for 32 of the 41 total units. Rents range from \$600-\$900. Rental assistance may be available.







Jewish Film Festival screening spotlights Curious George



It's safe to say that most everyone, as a child, adult, or both, has had some experience with the Curious George books. The children's story of the mischievous monkey was created 77 years ago by Hans and Margaret Rey, Jewish Holocaust survivors with a dramatic story of their own.

On Saturday, March 2, the Maine Jewish Film Festival and the Maine State Museum, Library, and Archives will partner to screen two films about the Reys and the famous character they created. The 2006 animated adventure comedy "Curious George" will be shown at 10

a.m. and the documentary film "Monkey Business: The Adventures of Curious George's Creators" will be shown at noon. Free and open to the public, the event will take place at the Maine State Museum, Library, and Archives (Cultural Building) in Augusta. Seating is limited to 100 people.

Following the screening at 1:30 p.m., David Greenham, Associate Director of the Holocaust and Human Rights Center of Maine, will lead a discussion of the films. The Maine State Museum will offer free admission all day, giving film goers an opportunity

to see the museum's latest exhibit, "Maine + Jewish: Two Centuries."

Starring Will Ferrell and Dick Van Dyke, the 2006 cartoon film "Curious George" tells the story of the Man in the Yellow Hat and his irrepressible friend George, whose curiosity turns out to be more beneficial than anyone could have imagined. The film is appropriate for families with young children.

Was Curious George almost a Holocaust victim? The surprising answer is yes. The documentary film "Monkey Business: The Adventures of Curious George's Creators" tells the story of Hans and Margret Rev. German Jews living in Paris during the rise of Nazism, the couple narrowly escaped Hitler's troops by fleeing on makeshift bicycles, carrying the yet-to-be-published Curious George manuscript with them. Lovers of this classic will revel in the beautiful animation and archival materials from the Rey estate, including wartime journals. photographs, letters, and unpublished Curious George sketches and notes.

The Maine State Cultural Building is located at 230 State Street, next to the Maine State House, in Augusta.



Central Maine Medical Center's Sam & Jennie Bennett Breast Care Center is proud to be the only facility in the Lewiston/Auburn area to offer 3D breast imaging to every woman having a screening mammogram. Also known as tomosynthesis, 3D mammography is a safe and proven technology that has a number of benefits over traditional 2D methods, including:

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The Bennett Center offers comprehensive breast care from prevention to diagnosis to treatment and ongoing support. Care is provided by a multidisciplinary team of clinicians who specialize in breast health, including a nurse navigator who helps guide patients through the process from diagnosis to recovery.

To schedule an appointment, call 207.795.2100 or visit cmhc.org.



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