



TWIN CITY TIMES

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Community Credit Union raises funds for Make-A-Wish Maine



Pictured here (l. to r.) at the event are Jennifer Hogan of CCU, Chase Hogan, Kirstyn Birkbeck and Matthew Shaw of CCU, Kate Vickery of Make-A-Wish Maine, and Jim Marston of Uncle Andy's Digest.

Community Credit Union was a proud sponsor of the recent fifth annual Summer Block Party at Mac's Grill to benefit Make-A-Wish Maine. The credit union partnered with Mad Monkey Media to sponsor a Dunk Tank, where local luminaries were dunked to raise money for the cause. These included Auburn and Lewiston Police and Fire Department personnel, local politicians, Jennifer Hogan



The Lewiston CCU branch



BALLOON FESTIVAL PHOTOS Pages 9-15

CLT launches GoFundMe campaign



The Auburn CCU branch

and Jenna Beaulieu of Community Credit Union, Corey Garrison of 99.9 The Wolf, and Leif Erickson of 107.5 FRANK FM.

Along with the credit union's sale of Wish Stars

leading up to the event, the celebrity dunking raised a total of \$4,160 for Make-A-Wish Maine. This year's Block Party goal was to raise \$75,000, enough to grant 10 local wishes.

Community Little Theatre has launched a GoFundMe campaign to raise \$20,000 to update the heating and cooling system of their auditorium at Great Falls Performing Arts Center in Auburn. If you are one of the thousand who attended CLT's Youth Program performances in July, you know that they are in dire need of an effective climate control system.

Community Little Theatre's mission is to provide education and personal exposure to the art of live theater in the form of both musical and non-musical productions. CLT is a local volunteer-driven membership organization and one of the oldest continuous community theaters in Maine. For more information about the campaign, see gofundme.com.

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Newsmakers, Names & Faces

Harpswell Coastal Academy adds bus routes to L-A area

Harpswell Coastal Academy has announced that it will add bus routes to Lewiston and Lisbon for the coming school year. With campuses in Brunswick and Harpswell, the school has experienced increasing demand and interest from the Lewiston, Auburn, and Lisbon areas.

Harpswell Coastal Academy is a free public charter school with a mission to educate and develop critical thinkers, leaders, and lifelong learners who are actively engaged in their communities and the broader world. This is accomplished by cultivating a place- and project-based educational environment tailored to the needs of students in Mid-Coast Maine.

The core curriculum is reinforced with problem solving, task prioritization, and accountability, while students become immersed in a scholastic culture of social and intellectual integrity, creativity, and civic engagement.

Division I (serving grades 6 through 8) is located at the Harpswell School at 9 Ash Point Road, while Division II and III (serving grades 9 through 12) are located on Brunswick Landing at 8 Leavitt Drive.

All Maine students are eligible to apply for enrollment. Limited space is still available for the coming school year. HCA encourages interested families to learn more at www.harpwellcoastalacademy.org.

Sen. Claxton to speak on high prescription drug costs

Sen. Ned Claxton (D-Auburn) will speak about the problem of high prescription drug costs on Tuesday, August 20 at noon at Dufresne Plaza, located at 72 Lisbon Street in Lewiston. He will be joined by other local legislators, leaders, and those affected by or worried about the high cost of medicine. The event is free and open to all.

As a retired family doctor, Claxton has seen first-hand patients and loved ones struggle to afford the medication they need, and his experience in the medical field motivates his work as a legislator.

During the recently completed state legislative session, Democrats in the Maine Senate introduced a package of four bills, now signed into law, to address the high costs of prescription medicines. Sen. Claxton will speak on the work that has been done in Maine to address this issue and what legislators can do going forward to help Mainers get the medicines they need.

Guest Column: Newly Opened Lewiston Park Is a Great Place for all Families



Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21, which comprises the City of Lewiston.

By Sen. Nate Libby
All kids deserve to have a safe space where they can play outside with their friends. But for many kids with disabilities, taking advantage of their local playground just isn't an option unless they want to watch from the sidelines.

A report from 2017 shows that more than 6,000 kids across Maine have a health impairment and more than 3,000 kids have multiple disabilities. More than 16 percent of Lewiston's students have special needs.

I am the proud father of two boys, Charlie and Jude. My wife, Andrea, and

I welcomed Charlie into our little family earlier this year. My oldest son, Jude, is 10 years old and has cerebral palsy. CP is a type of disability that affects a person's ability to move and maintain their balance. According to the CDC, cerebral palsy is the most common motor disability in kids. In the U.S., 1 in 323 children has been diagnosed with cerebral palsy.

Jude is nonmobile and nonverbal, but he adores sights, sounds, and sensations of all kinds. Swimming, stroller rides, going down slides, and swinging on swings are among his favorite activities.

All parents want their kids to be healthy and happy and to have friends. But when our outdoor spaces aren't accessible, some kids can be left out of the kind of socializing and fun that's critical to their development and overall well-being. Multiple studies have shown that an active social life improves our mental and physical health.

I've done everything I can to make sure Jude has the same great experiences I had growing up. In the summer, Jude attends Pine Tree Camp in Rome, Maine, which has a private, univer-

sally-accessible playground. Jude loves this playground. But I know not every family can send their kids to summer camp. My family wanted to bring that kind of accessible fun to more families like ours. We wanted to do what we could to make sure all families had a place where their kids could enjoy the sunshine and fresh air.

After years of volunteering, planning, and fundraising, I led a small but dedicated group in building the state's first public, universally-accessible playground. Jude's Place at Marcotte Park opened to the public on a sunny but frigid day last November, at the corner of Caron and Jefferson streets, right behind the Colisee. I was thrilled and humbled when the City Council announced last fall that the park would be named for Jude.

Jude's Place is a welcoming, open space in the heart of Lewiston where kids of all ability levels can swing, spin, and slide with their friends. In warm weather, the playground is full of families from all walks of life swinging, laughing, and having fun. I'm so happy that our community has this space where all kids can goof off and just be kids. A special thanks goes to Dottie-Perham Whittier at City Hall, who helped shepherd this project to reality. Lewiston is a beautiful city, full of loving families. I hope more communities across Maine will be able to follow our lead to make a space where all kids can play and no one feels left out.

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ADVANCED DIRECTIVES WORKSHOP

Monday, August 26
4 - 5 p.m.

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Amy Pelchat, LCSW, Central Maine Medical Center Care Manager, will present a brief presentation on what advanced directives are and why they are important. She will also walk through the process of putting together your own advanced directives. A notary will be available for anyone who completes the necessary paperwork during the workshop.

This free workshop is sponsored by the Nursing Education Council.

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Valley View Orchard Pies welcomes Sen. Susan Collins



In business for 30 years, the company was purchased last year by Lisa Dunham; her mother, Cindy Johnston; and two other family members.

The employees and new owners of Valley View Orchard Pies in Oxford recently hosted U.S. Senator Susan Collins, who visited to congratulate them on being named the Oxford Hills Chamber of Commerce Business of the Month recently and on receiving a federal Community Development Block Grant, which will allow the company to continue to grow.

Valley View Orchard Pies has been in business for 30 years, but it was purchased last year by Lisa Dunham, her mother, Cindy Johnston, and two other family members. They recently moved the operation from Hebron to a 15,000-square foot facility in Oxford that provides them with bakery, storage, office, and retail space. Their 22 pie varieties are made using primarily local Maine ingredients, and they also offer a variety of whoopie pies, teacakes, and several different crisp and cobbler trays.

The company, which worked with the Town of Oxford to apply for a federal Community Development Block Grant (CDBG), was recently awarded \$100,000 through the program. They will use the funds toward the purchase

of vans for transporting their products, freezers, an expansion of the building's heating system, new boxes, mixers, and other items.

As Chair of the Transportation, Housing and Urban Development Appropriations Subcommittee, Senator Collins has championed increased federal funding for the CDBG program, which supports a range of unique community development needs.

"Maine is renowned as a source of quality food, and Valley View Orchard



During her visit, employees showed Senator Collins how to make her own cherry pie.

Pies has contributed to this well-deserved reputation for decades," said Senator Collins. "It is wonderful to see Lisa, Cindy, and their family investing in this business, supporting jobs, and building on Maine's tradition.

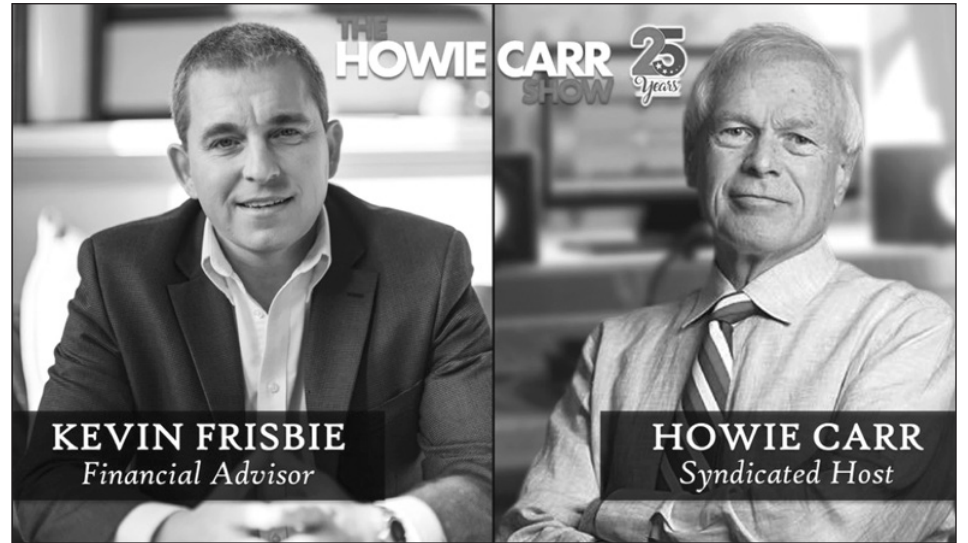
"I also commend them for working with the Town of Oxford to receive a CDBG grant, which will help their company continue to thrive. The improvements that this funding will provide illustrate the importance of this program, which is why I have strongly supported it."

During her visit, Senator Collins was given a tour of the facility, including the office, pie making area, baking section, and packaging division. Employees also showed her how to make her own cherry pie.

"As a baking enthusiast, I appreciate the skill, attention to detail, and commitment to excellence Valley View Orchard Pies puts into each of their products," said Collins. "I also want to thank the employees for showing me their process for making a cherry pie, which I look forward to sharing with my husband and friends."

Others on hand for Senator Collins' visit included Oxford Town Manager Butch Asselin, State Rep. Kathleen Dillingham, Diane Jackson of Community Concepts Finance Corporation, and Oxford Hills Chamber of Commerce executive director John Williams.

Lewiston-based financial advisor to make weekly appearances on the Howie Carr Show



Kevin Frisbie, a Maine-based Investment Adviser Representative affiliated with Foundations Investment Advisors, has been named the exclusive financial commentator for the Howie Carr Show. Frisbie is the founder and president of Frisbie Benefits, which is based in Lewiston and has offices and affiliates in Maine, New Hampshire, Massachusetts, and Florida.

Frisbie is passionate about financial literacy and retirement planning. His

first book, "Every Dime, Every Day," was published in 2018. His office also hosts educational community workshops to help current and future retirees learn about social security, tax reform, and retirement income planning issues.

As the radio show's exclusive financial commentator, Frisbie will join Carr each week to discuss important financial news and how these events could impact planning. He will share educational tips and

strategies designed to help listeners take control of their retirement by understanding the constantly changing financial landscape.

The Howie Carr Show is broadcasted on 25 stations throughout New England. To listen to Frisbie on the show each week, find a list of stations at www.howiecarrshow.com/stations.

To learn more about Frisbie Benefits or to request an appointment, visit www.frisbiebenefits.com.

Andro. Valley SWCD offers invasive forest pests workshop

For those interested in learning about the history of invasive forest pests in Maine, how to identify them, and how to go about reporting an infestation, the Androscoggin Valley Soil and Water Conservation District, in cooperation with the USDA's Natural Resources Conservation Service, will present a workshop on Wednesday, August 28, from 10 a.m. to 1 p.m. at the Patten Free Library in Bath.

Part of the Invasive Forest Pest Outreach Program, the workshop will help residents identify current and potential forest invasive pests and host species, understand the threats these pests pose, and learn how to report suspected pest sightings and damage. All participants will receive an information packet with fact sheets, species lists, and other relevant information regarding these goals.

Free and open to all, the workshop will provide

those attending with an opportunity to earn free CEU'S from the Society of American Foresters (Category 1-CF:2.0), the Maine Board of Pesticide Control (2.0), and the Maine Board of Licensure of Foresters

(2.0 category 1).

For more information or to reserve your spot, contact the Androscoggin Valley Soil and Water Conservation District at 241-5377 or info@androscogginswcd.org.

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What's Going On

Center for Workforce & Professional Development offers "Bullying in the Workplace"

The Center for Workforce & Professional Development at Central Maine Community College will present a two-session course on how to deal with "Bullying in the Workplace" on Thursdays, September 5 and 19, from 5 to 8 p.m.

The course will provide education and guidance on how to create an environment of zero tolerance for bullying. Upon completion of the course, participants will be able to identify the different types of bullying that can occur in the workplace environment; describe

the difference between a susceptible environment and a zero tolerance one; demonstrate a zero tolerance perspective towards bullying; and generate ideas about how to improve one's workplace to create an environment of change and acceptance.

The cost of the course is \$149; the deadline for registration is August 28. For more information or to register, contact CMCC's Center for Workforce & Professional Development at 755-5280, email workforcedevelopment@cmcc.edu, or visit www.cmcc.edu/professionaldevelopment.

The Center for Workforce & Professional Development at Central Maine Community College provides customized training programs to business, government, nonprofit, and other organizations throughout Androscoggin, Oxford, Franklin, and Lincoln Counties. They also offer both non-credit classes and certification programs on a wide range of topics. For more information, see www.cmcc.edu/professionaldevelopment.

Members of the Class of 1969 are celebrating their 50th reunion this year. Also observing milestone reunions in 2019 are the classes of 1949 (70th), 1954 (65th), 1959 (60th), and 1964 (55th). Mike Violette (MV DJ Services) will provide music from the 1940's, '50's and '60's.

Once again, more than 20 items will be raffled to raise money for the group's scholarship fund. Last year they were able to award four \$1500 scholarships to Lisbon High School seniors. The cost is \$30 per person. Please include your name, address, phone number, email address, and

graduating class with your registration fee. Reservations should be received by August 28. They should be mailed to Nancy Violette, 8 Upland Road, Lisbon, Maine 04250.

For more information, call Nancy Violette at 353-8013; please leave a message if no one answers. You can also find information about the event on Facebook at "Lisbon Golden Reunion." Those who can't attend are still encouraged to call or email to update their current information.

and two additional Maine leaders who are active in the nonprofit community, will review all nominations, which are due August 30.

The 2019 award recipients and their organizations will be recognized at an awards ceremony on November 12 during MANP's all-day "Get on Board: Connecting People with Purpose!" session. Camden National Bank is an MANP Benefactor, and the bank also commits additional funding to sponsor and support MANP's day-long board governance training. Registration and event details will be available soon on MANP's website.

The Leaders & Luminaries Awards are made possible by Camden National Bank through the Bank of Maine Foundation. For more information, including eligibility requirements and the nomination form, visit www.camdennational.com/leadersandluminaries.

Camden National Bank seeks nominations for Leaders and Luminaries Awards

Camden National Bank is still accepting nominations for its 2019 Leaders and Luminaries Awards. This year, the bank will award a total of \$20,000 to four local nonprofits on behalf of board directors who demonstrate passion, innovation, and resourcefulness in their board service, fostering organizational success and sustainable board governance. Since 2011, Camden National Bank has awarded \$130,000 to Maine nonprofits on behalf of 37 outstanding board leaders.

"Nonprofits are cornerstones in our communities, and strategic, committed board members are integral to organizational success and mission impact," said Greg Dufour, President & CEO of Camden National Bank. "We're pleased to celebrate outstanding board service by many people in our communities through the Leaders and Luminaries Awards."

The awards are organized in partnership with the Maine Association of Nonprofits, whose mission is to strengthen the leadership, voice, and organizational effectiveness of Maine nonprofits.

"Strengthened by dedicated boards, staff, and volunteers, Maine's nonprofits are vital contributors to our state's economy and quality of life," said Jennifer Hutchins, Executive Director of the Maine Association of Nonprofits. "We are grateful that businesses like Camden National Bank demonstrate with a significant financial investment how much they value leadership, service, and innovation in the organizations that are working every day to make Maine a healthy, sustainable state."

An independent selection committee, including the Executive Director of MANP, two executives of Camden National Bank,

Maine receives federal funding to help combat opioid crisis

The Health Resources and Services Administration of the U.S. Department of Health and Human Services has awarded a total of \$5,997,351 to Maine organizations to help combat the opioid crisis. The investments will enable Maine community health centers, rural organizations, and academic institutions to establish and expand access to integrated substance use disorder and mental health services.

"The opioid crisis is devastating families and communities across our state, claiming the life of nearly one Mainer per day on average last year," said

U.S. Senators Susan Collins and Angus King in a joint statement. "This important funding will give Mainers struggling with substance use disorders access to the treatment programs they need to achieve recovery and healing."

MaineGeneral Medical Center in Augusta, MaineHealth in Portland, and Penobscot Community Health Center in Bangor will each received \$1 million to support prevention, treatment, and recovery programs.

The University of Maine will receive \$492,351 to enhance community-based training for students preparing to become behavioral

health professionals with a focus on opioid use disorder and prevention, treatment, and recovery services.

D.F.D. Russell Medical Center, Inc. of Leeds and Monmouth was among the 15 Maine community health clinics that each received \$167,000 to help increase access to high quality integrated mental health and substance abuse disorder services, including opioid use disorder.

The funding provided by HHS was authorized through the "21st Century Cures Act," which was championed by Senators Collins and King and signed into law in December 2016.

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LAE program alum returns to co-teach “College Success Skills”



College Transition Program alum Kassie Schmidt holds her daughter, Octavia, at the B Street Community Center in Lewiston. Schmidt will share her experiences as a college graduate in a one-session class called “College Success Skills.”

This fall, Lewiston Adult Education will offer a unique new class that will provide advice and encouragement for those seeking to go back to college. “College Success Skills” will be co-taught by LAE’s College Transition Program coordinator Amy Hatch, along with Central Maine Community College graduate Kassie Schmidt, who completed the College Transition Program at Lewiston Adult Education before attending CMCC.

Hatch has invited Schmidt, who will start graduate school classes at USM this fall to get a master’s degree in business administration, to recent College Transition Program classes to talk about her experiences juggling the responsibilities of being a parent and college student. “She’s an LAE success sto-

ry, that’s for sure!” said Hatch.

The one-session “College Success Skills” class will take place on Wednesday, September 4 at 6 p.m. at the B Street Community Center at 57 Birch Street in Lewiston. The registration fee is \$15. To register, see www.lewiston.maineadult-ed.org.

Those wishing to prepare for college classes can also sign up for the new fall session of the College Transition Program, which starts on September 10. Meeting on Tuesday and Thursday mornings, this free 14-week program reviews reading, writing, and math skills in a college-style setting. This year the program will feature an expanded focus on time management skills and finding and applying for scholarships. The program will also include visits to

USM’s Lewiston-Auburn College and Central Maine Community College.

For more information about the one-session “College Success Skills” class or the 14-week College Transition Program, call Lewiston Adult Education at 795-4141 or email Amy Hatch at ahatch@lewiston-publicschools.org.

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

Moon Stone Pottery plans Open House

Join the L-A Metro Chamber of Commerce for a ribbon cutting ceremony and Open House at Moon Stone Pottery on Monday, August 26, beginning at 10 a.m. The event, which celebrates Moon Stone’s major expansion at 180-86 Turner Street in Auburn, will feature refreshments, door prizes,

discounts, and demonstrations on the pottery wheel.

Moon Stone Pottery offers paint parties, clay classes, wheel throwing lessons, and open studio sessions for the entire family. They also offer art supplies, jewelry, and other gifts. For more information, find them on Facebook.

What’s Going On

Lewiston delegation holds public office hours

Lewiston’s delegation to the Maine State House will hold public office hours from 11 a.m. to 12:30 p.m. on Saturday, August 24 in the Couture Room at Lewiston Public Library. Members include Senate Majority Leader Nate Libby and Reps. Heidi Brooks, Kristen Cloutier, Margaret Craven, and Jim Handy, all of whom

will be in attendance.

Public office hours provide residents a chance to meet with their elected officials, ask questions, and get help with legislative or state government matters. The delegation will also give updates on its work on various policy committees and, more broadly, on the legislative session. All are welcome to

attend, ask questions, and get answers. To RSVP on Facebook, visit <http://bit.ly/lewistonofficehours>.

Public office hours will be held monthly throughout the year on the fourth Saturday of each month, except in December. The remaining dates for 2019 are September 28, October 26, and November 23.

Breakfast Club speaker to discuss clean technology

The next meeting of the Auburn-Lewiston Rotary Breakfast Club on Wednesday, August 28 at 7 a.m. will feature guest speaker Martin Grohman, Executive Director of the Environmental & Energy Technology Council of Maine (E2Tech), a statewide nonprofit focused on growing Maine’s clean technology economy.

Grohman hosts a podcast for Maine entrepreneurs called “The Grow Maine Show” and co-founded DuraLife Decking, a Biddeford-based compos-

ite decking manufacturing company that grew to \$30 million in sales in six years and employs about 50 people. He holds a degree in Chemical Engineering from Rensselaer Polytechnic Institute.

Grohman is also a former Maine State Representative who served as an Independent. As a legislator, he was twice named American Legion Legislator of the Year, was made an honorary life member of the Vietnam Veterans of America, and won the Maine Sheriffs

Association’s President’s Award in 2016.

Grohman grew up in Carthage, Maine, where his family still runs a small farm keeping Jersey cows. He and his wife, Amy, and their two children live in Biddeford, where Amy works in the Biddeford School Department.

The Rotary Breakfast Club meets every Wednesday at Governor’s Restaurant at 1185 Lisbon Street in Lewiston. The cost for breakfast is \$12. All are welcome to attend.

Chamber Power Lunch

The LA Metro Chamber of Commerce’s next Power Lunch seminar on Tuesday, August 27, from 12 to 1:30 p.m. will address the issue of “Health Insurance for Small Businesses.”

The presenters will be Sharon Ware and Ryan Bourgoin of Community Health Options.

The event will take place in the Chamber’s conference room at 415 Lisbon Street in Lewiston. Lunch

will not be provided. Questions may be directed to 783-2249. The workshop is free, but those planning to attend are asked to register in advance at www.LAMetroChamber.com.

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Norlands begins restoration of 1828 Meeting House steeple



The view of the Meeting House as you approach Norlands (Photo by Ryan Burnham)

The Washburn-Norlands Living History Center in Livermore has embarked upon a project to fully restore the steeple and bell tower that adorns the center's oldest building, its 1828 Meeting House.

The restoration will include strengthening the framing with new posts,

building and installing a new bell wheel, and repairing or replacing the upper and lower railings, decorative lattice work, clapboards, and other deteriorating woodwork. Also, flashing will be repaired where it meets the roofline and the entire steeple will be scraped, sanded, primed,

caulked, and painted.

When finished, the steeple will once again be structurally sound and weather-tight, harkening back to 1828, when Israel Washburn Sr. and his neighbor, Otis Pray, raised money to build the church. The work is expected to be completed in October.

Norlands has been able to embark on the project thanks to recent grant awards, including a \$60,000 matching grant from the Maine Steeples Fund of the Maine Community Foundation, which Norlands is halfway to matching. The National Society Daughters of the American Revolution also donated \$10,000 to the project, made possible by the sponsorship of the Mary Dillingham-Burnt Meadow Chapter of Lewiston. To date, three individual donors have contributed a total of \$25,000.

The entire project will cost upwards of \$136,000. Norlands is seeking cash donations and in-kind gifts to finish meeting the match and the expense of the project. Contributions of all sizes are welcome. Those interested in donating to the project can do so by calling 897-4366 or securely online at www.norlands.org

"The steeple is a beacon that contributes to the

quality of place at Norlands and in the greater Livermore community," said Harry Simon, president of the Norlands Board of Trustees. "It's incredible to think that more than a thousand people attended the dedication of the Meeting House in 1829, and today we can still see the same view the Washburns saw then. We are doing everything we can to preserve this historic structure." For more information about Norlands or the Steeple Preservation Project, contact Simon at harry.simon@norlands.org.

Built in 1828 and listed on the National Register of Historic Places, the Meeting House is the oldest building at Norlands. It was the first church in Livermore to have a steeple, which stands at 105 feet high. Israel Washburn, Sr., and his neighbor, Otis Pray, donated the land and raised money by selling pews. The church is a Federal style meeting house with distinctive Victorian changes, first designed by Martin Cushing, a prominent architect and builder of the region.

More than a thousand people attended the dedication service on June 18, 1829. The church remained in regular use until 1869, when a new church was built in the new population center of Livermore Falls. The Norlands' church continued to be used for summer services.

In 1872, Israel Washburn hired one of Maine's most prominent architects, George Harding, to remodel the church. The singers' balcony was eliminated, new windows were installed, and new interior

trim was completed. The high pulpit was removed and a front platform was installed.

Another significant change was the addition of frescoes and decorative trompe d'oeil (fool the eye) paintings on the plaster walls and ceiling. Artist Valentine L. Keiler was active in Portland, Maine, between 1869 and 1873. The Washburns were pleased with his work, writing in their family journal on October 5, 1873: "Keiler, the fresco man, went home today. The Church looks finely."

Today the Meeting

House remains a fascinating combination of late Federal style and early Gothic Revival details, all overlaid with decorative Victorian elements. While summer services stopped sometime in the early 20th century, the Meeting House is still used to explore and teach the history of rural Maine life, religion, and the Washburn family. Programs, and sometimes historical church services, take place in the building during special events. The Meeting House is also rented for wedding ceremonies and other special functions.



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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Free yoga classes return to Auburn Public Library

Back by popular demand, free yoga classes will return to Auburn Public Library in September. Sessions will take place every Tuesday, September 17 through November 12, from 11:30 to 12:30 p.m. All experience levels are welcome.

Learn to use the power of your breath and intention to flow through your practice with strength and ease. This all-levels yoga class is great for beginner to intermediate students who want to learn or expand standing

poses and find an energizing and centering practice. Gain strength and flexibility as you develop the health and well-being you have been looking for in this safe and effective class.

The class will be taught by Rachel Larrivee of Inner Light Yoga. Larrivee is a certified Yoga Teacher and licensed Massage Therapist. She completed her 200-hour Hatha Yoga Teacher Training at the Maine School of Yoga and joined the team at Inner Light Yoga in 2019. Her knowledge of anat-

omy and massage therapy add a unique quality to her classes, creating a relaxing atmosphere that focuses on proper alignment and mindful movement.

Class size is limited to 15. You must pre-register for the date(s) you plan to attend; please do not register if you aren't sure if you can make it. Registrations are now being accepted for the September dates only. Please bring a yoga mate. For more information or to register, call the library at 333-6640, ext. 4.

Author to discuss solo paddle of Northern Forest Canoe Trail

The Bailey Library in downtown Winthrop will host forester and writer Laurie Apgar Chandler on Tuesday, August 27 at 6:30 p.m. Free and open to the public, the event is part of the ongoing Winthrop Lakes Region Forum and is sponsored by the Winthrop Public Library Foundation.

Chandler will read from and discuss her new book, "Upwards," which describes how she became the first woman to solo paddle New England's 740-mile Northern Forest Canoe Trail. The book, described by the Northwoods Sporting Journal as "a personal and mesmerizing account of a transformative paddling journey," provides a comprehensive look at the country's longest mapped inland paddling route.

The author of numerous scientific publications, Chandler holds degrees in



Laurie Apgar Chandler

biology and forestry and worked for many years as a research forester. She lives year-round in Maine, shar-

ing her parents' log cabin in Bremen, where she enjoys swimming, canoeing, hiking, and snowshoeing.

Susan Poulin brings "Best of Ida" to Celebration Barn

Celebration Barn Theater will present Susan Poulin in her own-woman show, "Best of Ida," on Saturday, August 24 at 7:30 p.m. Poulin's comedic alter-ego, Ida LeClair, has been called "the funniest woman in Maine." The show is packed with Ida's favorite stories and humorous insights on love, friendship, and the Pine Tree state of mind, all designed to put audience members in touch with their "innah Mainah."

Poulin writes the popular Maine humor blog and podcast "Just Ask Ida" and is the author of "Finding Your Inner Moose: Ida LeClair's Guide to Living the Good Life" and "The Sweet Life: Ida LeClair's Guide to Love and Marriage." Portland Magazine selected



Poulin writes the popular Maine humor blog and podcast "Just Ask Ida" and is the author of "Finding Your Inner Moose: Ida LeClair's Guide to Living the Good Life."

her as one of the "Ten Most Intriguing People in Maine."

Tickets are \$16 for adults, \$14 for seniors, and \$8 for kids. All tickets are general admission and members receive priority seating. Purchasing tickets in advance is strongly recommended. The lobby and

concessions open at 6:30 p.m.

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

Gypsy Lew Theater presents Shakespeare in the Plaza

For the third consecutive year, Gypsy Lew Theater Company and Lewiston Public Library will team up to present a "Shakespeare in the Plaza" production of "As You Like It!" Free and open to all, performances will take place Thursday through Sunday, August 22 through 25, at 7 p.m. at Dufresne Plaza in downtown Lewiston.

Bring your blankets and chairs for this outdoor

event. If it rains, performances will take place in Callahan Hall at Lewiston Public Library. For more information, call 513-3135 or email lplreference@gmail.com.

Shakespeare's delightful and hilarious tale begins when Rosalind, daughter of a banished duke, falls in love with Orlando, the disinherited son of one of the duke's friends. Banished from the court by her

usurping uncle, Rosalind disguises herself as a boy named Ganymede and flees with her cousin, Celia, and the jester, Touchstone, to the Forest of Arden, where her father and his friends live in exile.

The play follows this group of banished and runaway misfits as they find friendship, love, and themselves in the Forest of Arden, updated for this production to the groovy 1970s.



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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Return to Nature Family Day



Norumbega Cidery is surrounded by an extensive network of trails that follow Talking Brook and pass through a mixed soft and hard wood forest.

The New Gloucester Recreation Department and Norumbega Cidery will partner to offer a Return to Nature Family Day on Saturday, August 24, from 2 to 6 p.m. Located at 380 Woodman Road in New Gloucester, Norumbega

Cidery is surrounded by an extensive network of trails that follow Talking Brook and pass through a forest of mixed soft and hard woods.

Bring your family and enjoy a hike in the woods or help your kids make some nature-based arts and

crafts. Scheduled events include a Mushroom Walk with Kevyn Fowler at 3 p.m. and a Kids' Nature Walk with Michael Fralich at 4 p.m. There will also be an opportunity to taste some of Norumbega Cidery's latest blends of hard cider.

Shaker Village hosts Native American Summer Market



Passamaquoddy storyteller Geo Neptune recounts a traditional tale. Storytelling is an important part of Wabanaki culture, as stories are used to pass on the Wabanaki traditions, history, and worldview to the next generation.

Some of Maine's finest award-winning Native American artists will convene at the world's only active Shaker Community, Sabbathday Lake Shaker Village in New Gloucester, for a Maine Native American Summer Market on Saturday, August 24, from 10 a.m. to 3:30 p.m.

At this southernmost gathering of Wabanaki artists in the State of Maine, more than 40 members of the Penobscot, Passamaquoddy, Micmac, and Maliseet tribes

will demonstrate traditional Wabanaki art forms, including basketmaking, stone carving, bark etching, beadwork, and jewelry. Also featured will be storytelling by Passamaquoddy Geo Neptune and drumming, singing, dancing, and storytelling by the Burnwurbskek Singers and Dancers of the Penobscot Nation. A wide selection of traditional, high-quality handmade crafts will be available for purchase in a wide range of prices, with cash or personal check ac-

cepted as payment by all artists.

This rain-or-shine event is a rare opportunity to learn about and experience Maine's Native American culture. Admission is free. BBQ plates will be available for lunch and the Shaker Museum and Store will be open. Shaker Village is located at 707 Shaker Road (Route 26) in New Gloucester, 15 minutes from the Maine Turnpike. For more information, call 926-4597 or see www.maineshakers.com.

L/A Greek Festival returns with three-day format

The Holy Trinity Greek Orthodox Church is gearing up for its annual Lewiston-Auburn Greek Festival. The 2019 event will begin on Thursday, September 5 at 4 p.m. and will continue through the evening of Saturday, September 7. This year's planning committee was co-chaired by Aaron and Melissa Landry.

Enthusiastic community support has transformed what started in 2003 as a local celebration into this regional cultural attraction. You will feel as though

you are in Greece as you enjoy a bountiful menu of Greek and Mediterranean foods and pastries while ethnic music plays in the background. The event will include church tours, children's activities, a Bazaar, a treasure trove, and a Greek Taverna. The Family Café, where traditional Greek and American coffee can be enjoyed with baklava and a variety of classic desserts, also returns.

On Thursday evening from 4 to 8 p.m., a soft opening for the event will

feature wine tasting and Greek dancing. Starting at 5 p.m., dance lessons will be offered on the hour until closing. Gyros and baklava will be served. The festival's full food menu will be available all day Friday and Saturday.

The Festival will take place at the Holy Trinity Greek Orthodox Church at 155 Hogan Road in Lewiston. Hours are 4 to 8 p.m. on Thursday and 11 a.m. to 9 p.m. on Friday and Saturday. For more information or directions, call 783-6795.

Davidson County Line to play Readfield Union Meeting House



This three-piece rockabilly band plays songs from the '50's and '60's, along with blues, rock, and country.

The Readfield Union Meeting House will present three-piece rockabilly band Davidson County Line on Tuesday, August 27 at 7 p.m. Formed in 2015, the band started out by focusing on songs from the '50's and '60's, but now also perform blues, rock, and country, along with some outstanding impersonations of Johnny and June Carter Cash.

Members include guitarist and 2005 International Rockabilly Hall of Fame inductee Addison "Eddie" Jones. Growing up in Nashville, Jones began playing mandolin, banjo, and violin at age six and soon became the Grand Ole Opry's youngest mandolin player. Considered a guitar slinger, he has performed professionally

with a number of different artists over more than four decades, including studio work in Nashville.

Rebecca Sanchez grew up with music in her life. Her father played guitar, piano, and trumpet and toured with the Canadian gospel group Echoes of Calvary. Their house was always filled with the sounds of Elvis, John Denver, and her mother's favorites, the Statler Brothers. She has played bass with various Maine musicians and has been part of an annual Country Gold Legends Show that donates its proceeds to a local non-profit organization.

Born and raised in Maine, Pat Tibbetts started playing drums at age 10. After winning an award for his drumming talent, he was

offered an opportunity to further his musical education at Berkley College. He has over 40 years of playing experience and counts among his influences Neil Peart, Steve Gadd, Buddy Rich, Keith Moon, and John Bonham.

Tickets are \$10, available at the door or at www.brownpapertickets.com. All proceeds will support the ongoing restoration of the historic Readfield Union Meeting House. Located at 22 Church Road in Readfield, the building features 150-year-old "trompe l'oeil" ("fool the eye") artwork on its walls and ceiling and is listed on the National Register of Historic Places. For more information, call John Perry at 685-3531.

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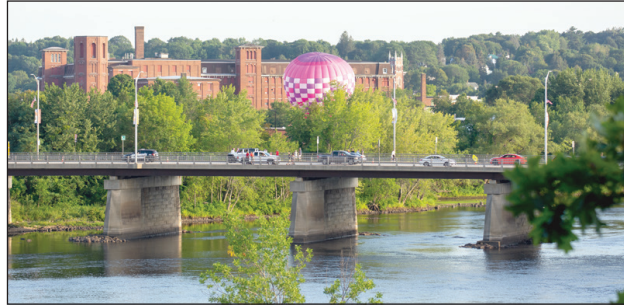


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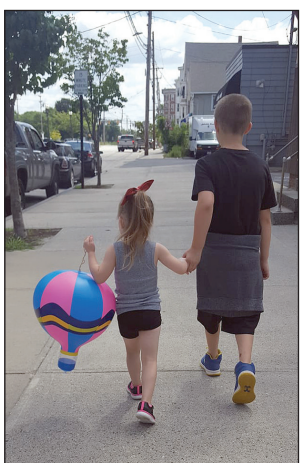


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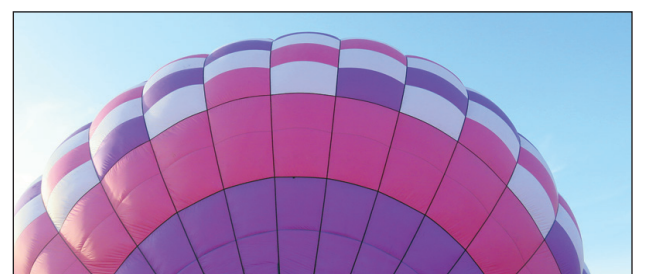


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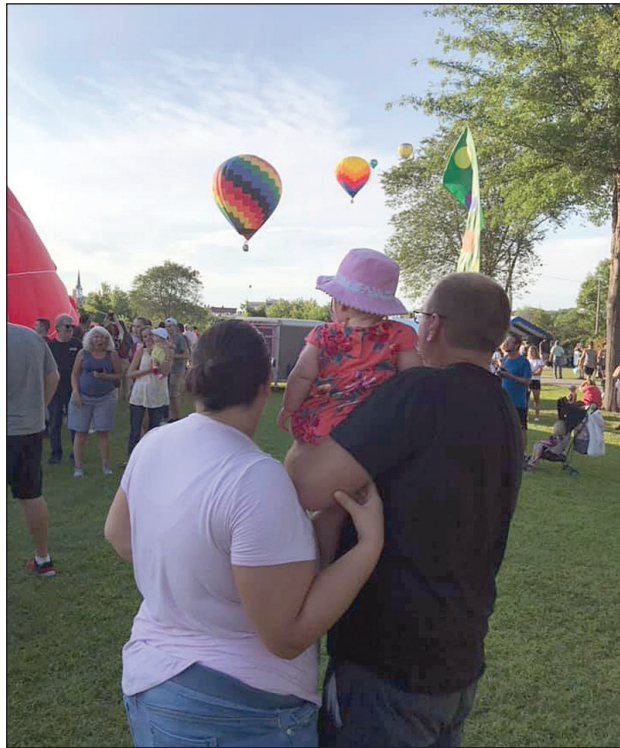
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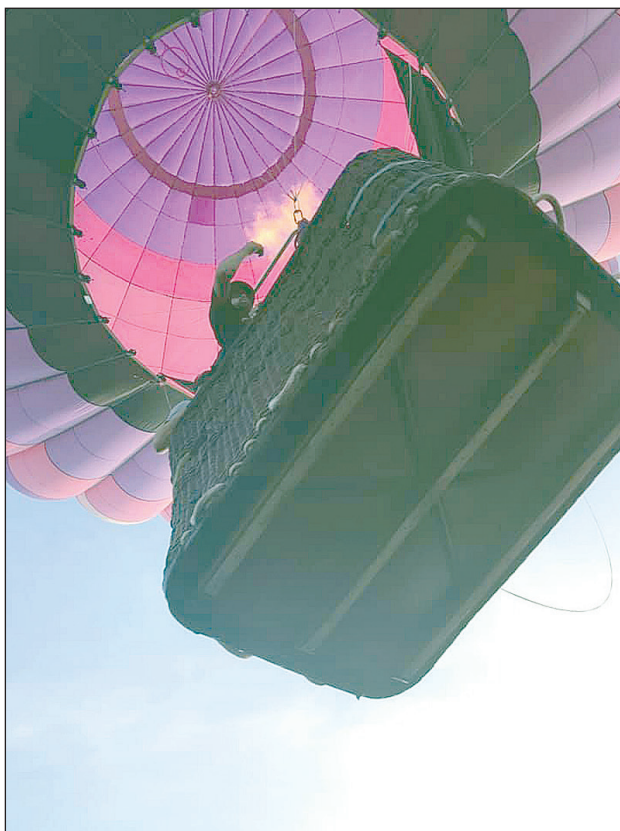
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Tickets now on sale for Public Theatre's 2019-20 season



Tickets are now available for the Public Theatre's 2019-20 performance season. They can be purchased individually or through a subscription, which includes one ticket each to the four plays "Women in Jeopardy," "Sexy Laundry," "I and You," and "Middletown," plus a bonus ticket (value \$25) to bring one person to any one of these shows. The cost of a subscription is \$100, plus a \$2 handling fee.

Voted "Best Theatre in Maine" for seven consecutive years by the readers of Down East magazine, the Public Theatre is located at 31 Maple Street in Lewiston. For more information or to buy tickets, call 782-3200 or see www.thepublictheatre.org.

In choosing their season, the Public Theatre strives to select plays that "speak from the heart, are life-affirming and uplifting even when the subject matter is dark or painful, use language in powerful and provocative ways, and invite the audience to see their world in a new way." For their 2019-20 season, they will present:

"Women in Jeopardy," by Wendy MacLeod. October 18, 19, 20, 24, 25, 26, and 27. It's "Sex and the City" meets "I Love Lucy" when middle-aged single moms start dating! Longtime friends Liz, Mary, and Jo do everything together, until Liz starts dat-

ing a creepy guy who may or may not be a serial killer. It's up to her gal pals to bring her to her senses as they trade in their wine glasses for spy glasses and leap to her rescue. Grab the girls for this laugh-out-loud comedy about how ridiculously far we'll go to help our friends.

"A Christmas Carol," adapted by Christopher Schario. December 13, 14, 15, with student matinees December 10, 11, 12, 13. In this modern retelling of a traditional tale, six actors and a fiddler perform this beloved holiday classic in a way you've never imagined and will never forget.

"Sexy Laundry," by Michele Riml. January 24, 25, 26, 30, 31; February 1

and 2. After many years of marriage, three kids, and the addition of love handles and receding hairlines, Alice and Henry have hit a wall. Armed with a library copy of "Sex for Dummies," they check into a fancy hotel to rekindle their romance. Funny and touching, this comical "Shades of Gray" for the almost 50-set will put a smile on your face, a lump in your throat, and a new spring in your step.

"I and You," by Lauren Gunderson. March 13, 14, 15, 19, 20, 21, and 22. High school seniors Caroline and Anthony have more in common than they know. She's a smart, cynical teenager. He's an easy-going athlete with a love of waffle fries. Mysteriously forced together to complete a report on Walt Whitman, this unlikely duo discovers a shocking secret that will unite them forever. Funny, moving, and unforgettable, its ending will leave you breathless.

"Middletown," by Dan Clancy. May 1, 2, 3, 7, 8, 9, and 10. This joyful, funny, and heartfelt new play features two couples who've been friends since their children's first day of kindergarten. Thirty-three years later, they gather to reminisce about the highs, lows, and in-betweens of their shared experiences, reminding us that friends make the good times better and the hard times easier.

"The Headless Horseman of Sleepy Hollow," by the Frogtown Mountain Puppeteers. May 17, with student matinees May 18, 19, 20, 21, and 22. Approx. 50 minutes; recommended for those ages 4 and up. In this comedic version of the classic Washington Irving tale, schoolteacher Ichabod Crane helps the Headless Horseman find a new head and a spookier image. Meanwhile, a jealous Brom Bones tries to run Ichabod out of town as they both vie for the affection of Katrina Van Tassel. Features 20 hand-crafted mouth and rod puppets and some shadow puppetry.

Increasing Access to High-Speed Internet in Rural Maine

By Sen. Susan M. Collins

When Americans first began using the Internet a quarter century ago, they typically accessed online content using home phone lines via modems capable of downloading data at speeds too slow even to support MP3-quality streaming music.

Today's broadband service can be nearly 500 times faster. Americans not only can watch their favorite movies on demand in the comfort of their very own living rooms, but also participate in the global economy while working from home, upgrade their skills through online education, stay connected to their families as they age in place, and access health care through advances in telemedicine.

While the increase in broadband speeds has been dramatic and is encouraging, these numbers mask a disparity between urban and rural Americans. Nearly all Americans living in urban areas have access to the Internet at speeds that meet the Federal Communication Commission's broadband threshold, while one-in-four rural Americans do not.

In order to help ensure that rural Americans have access to broadband services at speeds they need to fully participate in the benefits of our modern society and economy, I have introduced the bipartisan "American Broadband Buildout Act." This legislation would help close the "digital divide" between urban and rural America by directing the FCC to provide up to \$5 billion in matching grants to assist states and state-approved entities in building "last-mile" infrastructure - the final link to the consumer - to bring high-speed broadband directly to homes and businesses in areas that lack it.

One broadband application that holds special promise for rural America is telemedicine. As a native of Aroostook County, I know how important health care is to the vitality, and even the survival, of rural communities. Often, these communities struggle to attract and retain the physicians they need to ensure access to quality care. Broadband can help bridge the gap by enabling innovative health care delivery in these rural communities.

In an example described to me in a recent letter, hospice workers at Northern Light Homecare, which has six homecare and

hospice locations in Maine, were able to use the Internet and video technology to help support a patient living on an island off the coast of Maine - not far as the seagull flies, but hours away in travel time.

The video enabled the hospice nurses to monitor the patient's symptoms and provide emotional support to her family. As the author of that letter, Lisa Harvey-McPherson, RN, put it: "Our hospice team could be doing so much more with video and tele-monitoring technologies if Maine had better connectivity."

The American Broadband Buildout Act would require that projects receiving funding must be located in "unserved" areas, where broadband is unavailable at speeds that meet the FCC's standard. Narrowing the focus to these areas will ensure that the money goes where it is needed most and will also protect against "over-building" where broadband infrastructure is already in place.

My bill would also require that this federal funding be matched through public-private partnerships between the broadband service provider and the state in which the infrastructure project will be built. This means that state, private sector partners, and the federal government will have a shared commitment, ensuring that projects will be well thought-out and designed to be sustainable.

In addition, funded projects must be designed to be "future proof," meaning that the infrastructure installed must be capable of delivering higher speeds as broadband accelerates in the future. This will ensure that federal tax dollars are used to help build a network that serves rural Americans now and in the future, without having to rebuild it every time technology advances.

Finally, the broadband buildout supported by the bill will help attract employers to rural parts of the country where broadband services are lacking, yet are essential for businesses' success.

Rural Americans deserve to enjoy the benefits of high-speed Internet in the same way that urban Americans do. The American Broadband Buildout Act would help to bridge this digital divide by funding broadband where it is needed most and giving a real boost to job creation, education, and health care in rural regions here in Maine and throughout America.



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Thursday, Aug. 22

Rotary Lunch Club Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speaker is former Andro. County Chamber of Commerce president Chip Morrison, now a member of the Business and Govt. Services team at Androscoggin Bank. www.lewistonauburnrotary.org.

5K Prediction Run-Walk. 6 p.m. Oak Hill Middle School, Ball Park Rd., Sabattus. Those who come closest to guessing their finish times win prizes; you need not be fast to win! \$5. Register onsite from 5 p.m. Pres. by Sabattus Rec Club. Running@sabattusrec.com.

Theater: "As You Like It." 7 p.m. Duffresne Plaza, Lisbon St., Lewiston. Gypsy Lew Theater Co. performs Shakespeare's classic comedy of gender and mistaken identities. Bring chairs and blankets; the rain location is Lewiston Public Library. Again 10/23-25. Free. 513-3135; lpreference@gmail.com.

Friday, Aug. 23

Concert: Pineland Fiddlers. 2 and 7 p.m. Sawyer Memorial, 371 Sawyer Rd., Greene. These talented young fiddlers ages 6 to 18 perform traditional favorites from Maine, Canada, and the British Isles. Free. 946-5311; sawyer-foundation.com.

Saturday, Aug. 24

Native American Summer Market. 10 a.m. to 3:30 p.m. Shaker Village, Rte. 26, New Gloucester. This annual gathering of Wabanaki artists features performances, demos, and traditional craft items for sale. Rain or shine. Free. 926-4597; www.maineshakers.com.

Public Office Hours. 11 a.m. to 12:30 p.m. Culture Room, Lewiston Public Library. Lewiston's delegates to the Maine Legislature answer questions and provide an update on the recent legislative session. To RSVP, see <http://bit.ly/lewistonofficehours>.

Return to Nature Family Day. 2 to 6 p.m. Norumbega Cidery, 380 Woodman Rd., New Gloucester. This event features kids' craft activities, a Mushroom Walk (3 p.m.), a Kids' Nature Walk (4 p.m.), and hard cider tasting. Pres. w. the New Gloucester Recreation Dept.

Chicken BBQ. Seatings at 5 and 5:45 p.m. Parish House, Congr. Church, 5 Brown St., Gray. Half chicken, baked potato, ear of corn, biscuit, desserts, beverages. \$10 (\$5 kids under 12). Take-out available. 657-4338.

Summer Saturday Concert Series. 6 p.m. Waterfront Park, Commercial St., Bath. Jason Ward, former horn player of Rustic Overtones, and his band play jazzy, danceable funk. Pres. by Chocolate Church

Arts Center. Free.

"Best of Ida." 7:30 p.m. Celebration Barn, 190 Stock Farm Rd. (just off Rte. #117), So. Paris. In the guise of comedic alter-ego Ida LeClair, Maine humorist Susan Poulin shares insights on love, friendship, and the Pine Tree state of mind. \$16/14/8. 743-8452; www.CelebrationBarn.com.

Sunday, Aug. 25

Celebration of Roy Varney. 6 to 9 p.m. Nezin-scot Farm, Turner. Gregg and Gloria Varney host a celebration of the life of their son, an accomplished Nordic skier and recent Leavitt Area HS grad who passed away on July 2. Contributions to help establish a Maine Outdoor Wellness Center in Roy's honor may be made at www.gofundme.com.

Monday, Aug. 26

Ribbon Cutting & Open House. 10 a.m. Moon Stone Pottery, 180-186 Turner St., Auburn. Join the L-A Metro Chamber of Commerce for this celebration of Moon Stone's major expansion; refreshments, door prizes, and demonstrations.

Tuesday, Aug. 27

Power Lunch Seminar. 12 to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Sharon Ware and Ryan Bourgoin of Community Health Options discuss "Health Insurance for Small Businesses." Free. 783-2249. Register at www.LAMetroChamber.com.

"Music for Mavis" Outdoor Concert. 6:30 p.m. Turner Gazebo, Village Green, Turner Center. This week's performer is Chris Poulson & Friends (folk, rock). Free, but a "pass the hat" suggested donation supports the series. 754-0954.

Author Visit. 6:30 p.m. Bailey Public Library, 38 Bowdoin St., Winthrop. Laurie Apgar Chandler discusses her book, "Upwards," in which she describes how she became the first woman to solo paddle New England's 740-mile Northern Forest Canoe Trail. Free. 377-8673.

Concert: Davidson County Line. 7 p.m. Readfield Union Meeting House, 22 Church Rd., Readfield. This three-piece rockabilly band plays songs from the '50's and '60's, along with blues, rock, and country. Proceeds support the restoration of this historic venue. \$10 at door or at www.brownpapertickets.com.

Wednesday, Aug. 28

Rotary Breakfast Club Meeting. 7 a.m. Governor's Restaurant, 1185 Lisbon St. Lewiston. Guest speaker Martin Grohman discusses his work as Director of the Environmental & Energy Technology Council of Maine. All welcome;

Calendar

See more Calendar at www.TwinCityTimes.com

breakfast \$12.

Saturday, Aug. 31

Summer Saturday Concert Series. 6 p.m. Waterfront Park, Commercial St., Bath. Steel drum band Pan Fried Steel closes out the series with their traditional steel drumming and renditions of rock, pop, and reggae songs. Pres. by Chocolate Church Arts Center. Free.

Tuesday, Sep. 3

"Music for Mavis" Outdoor Concert. 6 p.m. Turner Gazebo, Village Green, Turner Center. This week's performer is The Cobblestones, featuring M. & M. Plourde, C. Constanzi, and T. Simmons (acoustic Americana). Free, but a "pass the hat" suggested donation supports the series. 754-0954.

Wednesday, Sep. 4

"College Success Skills." 6 p.m. B Street Community Center, 57 Birch St., Lewiston. Kassie Schmidt, a Lewiston Adult Ed College Transitions Program alum who recently graduated from CMCC, discusses her experiences balancing college classes and parenting. \$15. To Register at www.lewiston.maineadulted.org.

Thursday, Sep. 5

L-A Greek Festival Opening Night. 4 to 8 p.m. Holy Trinity Church, 155 Hogan Rd., Lewiston. This "soft opening" for the weekend festival features wine tasting, gyros and baklava, and Greek dance lessons on the hour starting at 5:00. 783-6795.

Friday, Sep. 6

L-A Greek Festival. 11 a.m. to 9 p.m. Holy Trinity Church, 155 Hogan Rd., Lewiston. This annual celebration of Greek culture features church tours, kids' activities, a Bazaar, treasure trove, Greek Taverna, and Family Café. Again 9/7. 783-6795.

Saturday, Sep. 7

Lisbon Golden Reunion. 11 a.m. on. Ramada Inn, Lewiston. All who graduated from or attended Lisbon High School 50 or more years ago are invited; music, raffles, buffet at 12:30. \$30. To register, call Nancy Violette at 353-8013.

Monday, Sep. 9

Book Discussion. 12:30 p.m. Auburn Public Library. The library's Auburn Page Turners group discusses David Benioff's novel "City of Thieves." Copies avail. through interlibrary loan. 333-6640, ext. 4.

Tuesday, Sep. 10

"Music for Ma-

vis" Outdoor Concert. 6 p.m. Turner Gazebo, Village Green, Turner Center. This week's performers are Norm and Deb Pelletier, aka Hot Damn (country to classic rock). Free, but a "pass the hat" suggested donation supports the series. 754-0954.

Tuesday, Sep. 17

"Music for Mavis" Outdoor Concert. 6 p.m. Turner Gazebo, Village Green, Turner Center. This week's performer is talented high school musicians The Only Hope (music of the '50s through '90s). Free, but a "pass the hat" suggested donation supports the series. 754-0954.

Wednesday, Sep. 18

Free Pet Wellness Clinic. Noon to 2 p.m. Kennedy Park, Lewiston. The Greater Andro. Humane Society offers free vaccines, microchips, and pet food; please bring dogs on leashes and cats in carriers. www.SavingPetsInMaine.org.

Square & Round Dance Lesson. 6:30 p.m. Cafeteria, Oxford Hills Middle School, 100 Pine St., So. Paris. The Swingin' Bears Square Dance Club kicks off their season with

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Good Boys (R).....	1:20	4:20	7:15	9:50
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The Art of Racing in the Rain (PG).....	1:00	4:00	6:50	9:25
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The Lion King (PG).....	12:30	3:30	6:35	9:20
Fast & Furious Presents: Hobbs & Shaw (PG-13).....	12:35	3:35	6:40	9:35
Dora and the Lost City of Gold (PG).....	12:50	3:50	6:30	
Blinded By The Light (PG-13).....				9:05

this free dance lesson for prospective members. 966-2327; <http://swinginbears.squaredanceme.us>.

Saturday, Sep. 21

LA Metro Passport Challenge. Teams of four compete to solve clues and earn points at Destination Spots across the LA Metro region. \$25 (\$100 per team). Pres. by the LA Metro Chamber and Uplift LA. 783-2249; www.LAMetroChamber.com.

Saturday, Sep. 28

Public Office Hours. 11 a.m. to 12:30 p.m. Culture Room, Lewiston Public Library. Lewiston's delegates to the Maine Legislature answer questions and provide an update of the current legislative session. To RSVP, see <http://bit.ly/lewistonofficehours>.

Saturday, Oct. 26

Public Office Hours. 11 a.m. to 12:30 p.m. Culture Room, Lewiston Public Library. Lewiston's delegates to the Maine Legislature answer questions and provide an update of the current legislative session. To RSVP, see <http://bit.ly/lewistonofficehours>.

Saturday, Nov. 23

Public Office Hours. 11 a.m. to 12:30 p.m. Culture Room, Lewiston Public Library. Lewiston's delegates to the Maine Legislature answer questions and provide an update of the current legislative session. To RSVP, see <http://bit.ly/lewistonofficehours>.

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