



TWIN CITY TIMES

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Maine Arts Commission opens registration for 2019-2020 Poetry Out Loud



The Maine Arts Commission has opened registration for the 2019-20 Poetry Out Loud program. Poetry Out Loud is a student recitation contest that encourages the study of great poetry by offering free educational materials and a dynamic recitation competition to high school students across the country. This program helps students master public speaking skills, build self-confidence, and learn about literary history and

contemporary life.

The Maine Arts Commission is proud to partner once again with the National Endowment for the Arts, the Poetry Foundation to give Maine schools the opportunity to participate in Poetry Out Loud in 2019-2020. Last year 32 Maine schools participated in the program.

Educational materials and resources for Poetry Out Loud are provided at no cost to teachers or students, and registration is available at

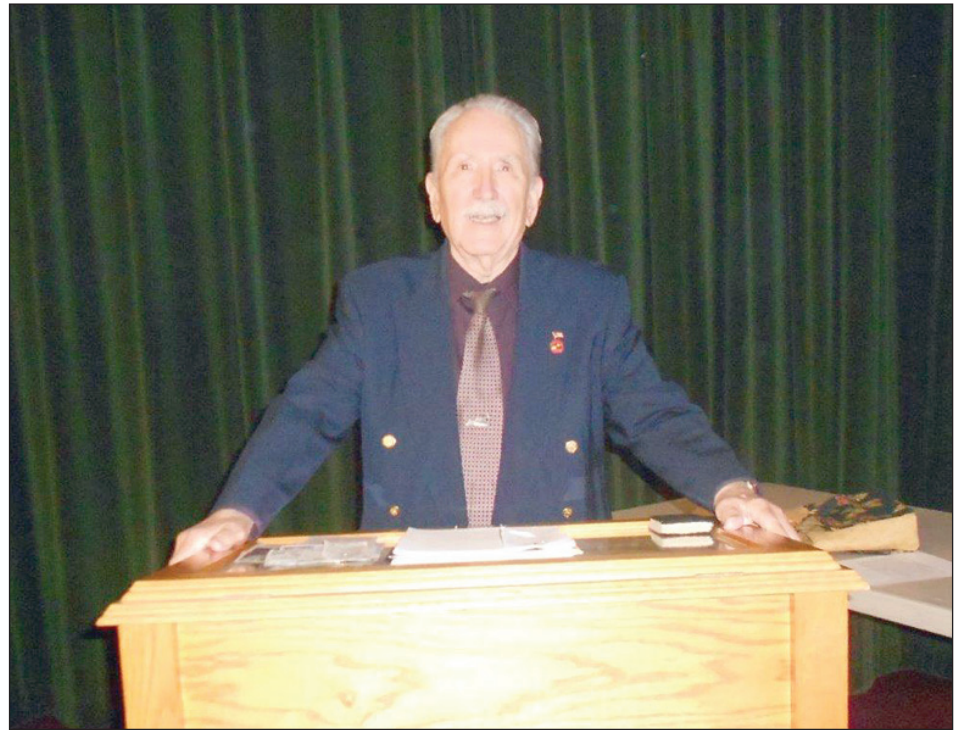
www.MaineArts.com.gov Schools must register before December 1 to participate in the 2019-20 program.

Student champions from each participating school will advance to either the Northern Regional Finals at Hampden Academy or Southern Regional Finals at the Westbrook Performing Arts Center. The State Finals will take place at the Waterville Opera House on March 2, 2020.

Each winner at the state level receives \$200 and an all-expenses-paid trip with an adult chaperone to Washington, DC to compete for the national championship. The state champion's school receives \$500 for the purchase of poetry materials. The first runner-up in each state receives \$100, with \$200 for their school. At the national finals, a total of \$50,000 in awards and school stipends is awarded annually.

For more information about Poetry Out Loud in Maine, contact Brita Wanger-Morier, Director of Media and Performing Arts for the Maine Arts Commission at (207) 656-2750, or brita.wanger-morier@maine.gov.

Out & About with Rachel Morin Dr. Charles Plummer addresses art club on theories of religion



Dr. Charles Plummer addresses the Auburn Art Club on "Thought-Provoking Theories of Religion" at the Auburn United Methodist Church on Park Avenue at their September meeting.

Story and photos by Rachel Morin

I was delighted to receive an invitation to the September 9 meeting of the Auburn Art Club held at the Auburn United Methodist Church on Park Avenue, to hear Charles Plummer Ph.D. address the group on "Thought-Provoking Theories of Religion." I have attended several of Dr.

Plummer's presentations, lectures and classes and was looking forward to this event.

Dr. Plummer presented two thought-provoking theories of religion, one by the psychologist Sigmund Freud, and the other by the so-called "shaper of Communism," Karl Marx. Based on his ideas of psychoanalysis, Freud came to

believe that religion, which is widely practiced in the human race, is "a universal obsessional neurosis." Karl Marx, on the other hand who was a German social philosopher, came to believe that religion is a pure illusion with evil consequences and a way that oppressors control people in societies. In his presentation, Dr. Plummer shared some of the events in Freud's and Marx's lives that played a major role in shaping their beliefs and theories about religion. Dr. Plummer holds a B.S. Degree in Education, a master's degree in Administration and Supervision, and a Doctorate in Religious Studies and Metaphysics. He is a retired elementary school principal and family counselor. In his retirement years, he is well known locally, presenting living history scenarios of Ulysses S. Grant, Joshua Chamberlain and Abraham Lincoln, in full uniform, and in their personae.

He has taught spring and fall semester classes for the past 15 plus years at USM's Lewiston Auburn Senior College and See Club, page 8

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Newsmakers, Names & Faces

Singing the blues in Auburn



The City of Auburn's year-long 150th Celebration continues to "rock," with the upcoming Riverwalk Blues & Brews Festival!

This FREE festival, which is presented by Auburn Savings and the City of Auburn, will take place on Saturday, September 28 from 2 to 8 p.m. downtown at Festival Plaza.

The blues fest will showcase incredible local blues talent, including headliners Downeast Soul Coalition, Memphis Lightning, Double Entendre, Tom Dube, cigar box guitarist and Continental Shakedown. The blues fest will also be featuring Auburn Blues Legends Denny Breau, Bonnie Edwards, Ken Goodman,

George Stamboules, Matt Fournier, Mary Murphy & Jerry Joe Carrier!

Craft Brew Underground will be serving up brews in the "beer garden" from BluesFest exclusive brewery, Side by Each Brewing Co. Great Falls Delivery Cafe will be offering authentic BBQ. In case of rain, the festival will move indoors to Craft Brew Underground (34 Court Street).

"We are delighted to welcome these exceptional blues musicians to Auburn," said Liz Allen, Auburn's Communications Manager. "We are especially proud to celebrate our home-grown Blues legends. We hope everyone will join us for the Blues & Brews Festival

and enjoy all that downtown Auburn has to offer on a beautiful fall weekend."

The Festival is scheduled for the Saturday of what is known locally as "Dempsey weekend." Event organizers warmly welcome Dempsey Challenge participants and supporters.

Craft Brew Underground and Gritty's will both feature live music following the Blues Festival. Gritty's will host Smith Collaboration from 8:00 p.m. to midnight; and CBU will host Mike Schools and the Fish from 8 to 11:00 p.m.

For more information on the Riverwalk Blues & Brews Festival, visit www.auburn150.com/blues-brews.

Franco-American Author and poet Ernest Hebert to speak at USM L/A

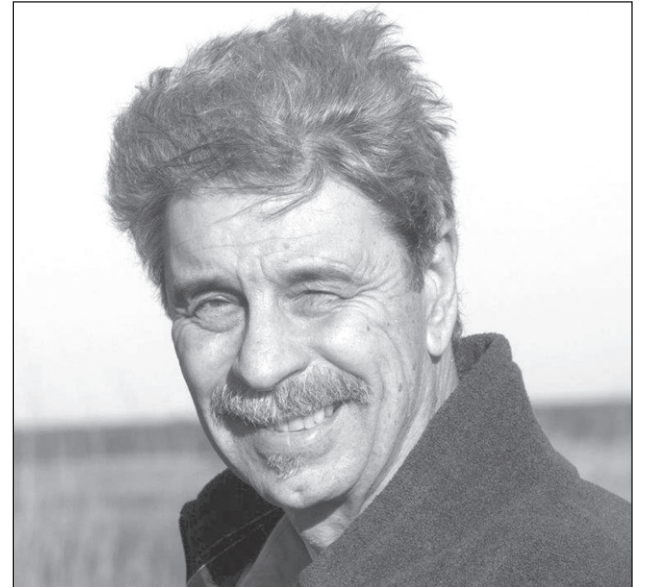
Story and photos by Rachel Morin

Ernest Hebert of Keene, New Hampshire, a well-known Franco-American author and poet, will launch the Franco-American Collection's innovative reading series entitled "Meet a Franco Author" at USM's Lewiston-Auburn College on Monday, September 23 at 7 p.m. at 51 Westminster Street, Lewiston in room 170. He will read excerpts from a "Memoir of My Childhood", now in progress.

Hebert's inaugural novel "Dogs of March", the first in a series of six books that take place in the fictional town of Darby, New Hampshire, created a stir when it was published in 1979. The following books completed the series: "A Little More than Kin", "Whisper My Name", "The Passion of Estelle Jordan", "Live Free or Die", "Spoonwood", and "Howard Elman's Farewell".

The books were very well received and were among his notable works, as well as his poetry publications. Hebert has also written several stand-alone novels, including "Mad Boys", "The Old American", "The Contrarian Voice" and other poetry books.

Hebert is a graduate of Keene High School and Keene State College, where he met his wife, Medora LaVoie. Following graduation



Ernest Hebert, prominent Franco-American author/poet from Keene, New Hampshire

and their marriage, Hebert began working as a journalist for several newspapers during this time period, including The Keene Sentinel Newspaper, New Hampshire Business Magazine, The New Hampshire Times, and The Boston Globe. In 1972 he won two Journalism Excellence Awards from United Press International.

In addition to his writings, Hebert was a Professor of English and Creative Writings at Dartmouth College for over 25 years before retiring. Hebert was the first faculty member at Dartmouth College in Hanover to be tenured as a fiction writer.

Due to the prolific nature of his writing career, much of Hebert's work has been donated to university

archives in New Hampshire. Dartmouth College houses his earlier work relating primarily to his Darby Series of novels. Keene State College, alma mate, additionally has a collection which includes Hebert's digital artwork, original galleys of his novels, and early drafts of his books.

The Franco-American Collection's innovative reading series, "Meet A Franco Author". Will next host Suzanne Pelletier on Monday, November 25 at 7 p.m. She will read from her books of poetry, "Immigrant Dream" and "The Unheeded Eden".

"Meet a Franco Author" is free of charge, thanks to a generous grant from the Québec Delegation in Boston. It is open to the public—Franco-Americans and Francophiles alike.

All programs will be held on Mondays at 7 p.m. in room 170 at University of Southern Maine's Lewiston Auburn campus, 51 Westminster Street, Lewiston. Each authors profile will be announced two weeks prior to his/her presentation to alert the public.

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Governor's Address: Health Care For Every Maine Person

When my husband, Stan, suffered a stroke six years ago and passed away a year later, I got to be all too familiar with the ups and downs of health care and the health insurance industry and system in Maine. I became the “reassurer in chief” for our five daughters and the “treasurer in chief” for our family finances. I gave our friends some guarded hope...hope I didn't always feel myself. But I was the strong one, the advocate, the informed one. Privately, I tried to figure out what the insurance would pay for and what it wouldn't.

Now, I am a lawyer. At the time of my husband's illness, I was Maine's Attorney General.

I am no shrinking violet, but what about other families who are

forced to do battle with health insurance companies at a time in their lives when they are least able to cope with a crisis? What about the families who don't have any savings or income to pay the bills, the deductibles and copays and prescription drug costs?

Those families are why our administration has worked so hard to make health care coverage more affordable in Maine. In the last eight months, we've expanded MaineCare to more than 36,000 people, we put federal consumer protections into state law, we named an Opioid Response Director—Gordon Smith—to establish a Prevention and Recovery Cabinet, to distribute 35,000 units of the life-saving, anti-overdose medication Naloxone and to train 250 recovery coaches statewide. We also enacted bills to allow for the



Governor Janet Mills

wholesale importation of prescription drugs, to create a prescription drug affordability board, to increase drug price transparency and to better regulate pharmacy benefit managers.

I am proud of the work we have done with the Legislature, but there is more we can do to reduce health care costs in Maine. So, earlier this month, I wrote to the federal government to tell them that Maine will pursue creating a State-Based Health Benefit Exchange on the Federal Platform—

that's a health exchange for Maine. This way, Maine can engage in outreach and marketing and consumer assistance. We can help you, the consumer, while the federal government will retain the cost of the website and call center for health insurance eligibility and enrollment.

This move will allow us to reach out to communities and small businesses we know who need access to health insurance but who are hard to reach and don't know where to turn.

Enrolling more people, especially if they are younger and healthier individuals, will improve the market overall and should really lead to lower premiums for all people in health insurance plans.

In addition to this, having a State-Based Marketplace on the Federal Platform will protect Maine from the attempts to sabo-

tage affordable health care by politicians in Washington, D.C.

The cost to establish a State-Based Market is minimal. In fact, we may even get back money from the federal government—some of the fees they already take from firms doing business in Maine—and the benefits will be large.

Maine will call the shots on educating and engaging consumers and supporting the navigators for open-enrollment periods.

I'll be introducing legislation to establish the details of the new State Based Marketplace when the Legislature reconvenes in January.

You know, Stan and I were lucky, we had health insurance. But boy, dealing with copays and deductibles and the high cost of prescription drugs is such a challenge for all of us, and

is an even greater challenge, of course, if you're not lucky enough to have health insurance.

Health care coverage—I know you agree—should not be a luxury, or some privilege reserved for well-to-do people—it is a human right.

It is for Stan. It is for you. It is for all of our state.

As governor, my goal is to ensure affordable, accessible health care for every Maine person, every small business, every self-employed person, every entrepreneur and every family across the state. Establishing this State-Based Health Benefit Exchange is one more step toward that goal.

*Thank You,
Janet Mills
Governor*

LHS referendum on expansion

The Lewiston High School Expansion and Improvement Committee has been meeting for almost two years and has been able to identify an important set of goals and priorities. This has required time and study by all committee members but has resulted in seven objectives. One of those is improved security; actually, in today's society, “Security is job #1.”

Early on, the committee realized the school-wide need for better security. The current main entrance to the building was designed almost fifty years ago, when security was not the issue it is today. In that original plan, only one set of doors and two glass walls protected the building from unwanted access. Since then, that entrance has been retrofitted to provide more security, but those upgrades do not meet contemporary standards for a secure entrance to a public building. Part of the upgrades involved moving front office staff to give them a better view of approaching visitors, but it has become recognized that the employees now are in an even more vulnerable position.

The proposed wing will provide greater protection for students and staff through several innovations. One staff member will be securely positioned to control primary and secondary access to the school. The main entrance will be substantially separated from the academic areas of the building, making it considerably more difficult for a person to encounter students and staff. Finally, the school resource (police) officer [SRO], who has had an office on the second floor, will be headquartered in the new, first floor addition.

Security, indeed, is Job #1 in today's society. It is imperative that students and staff are working in the most protected environment we can provide. Where safety and security are assured, optimal teaching and learning can be achieved. The future of Lewiston depends on how well we protect, and promote the education of, our next generation(s) of leadership.

Elgin Physic, a police officer who is very concerned about school safety and security, has presented seminars to students in the Lewiston High/Lew-

iston Regional Technical Center law enforcement program, and whose children have been students at LHS, is supportive of efforts to make the school safer. “Unfortunately, we live in a world where our children could be susceptible to an active shooter. As a state trooper who is trained to deal with these situations, it is important to deter [them] with secure entryways. We owe it to our children and staff to ensure their safety,” he states.

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Deadline is **Friday by five.**

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Popular phlebotomy course returns at Central Maine Community College

The Center for Workforce & Professional Development at Central Maine Community College (CMCC) will offer Introduction to Phlebotomy Techniques on Wednesday evenings, 5 to 9:00 p.m., from September 25 to December 18.

A combination of lecture, lab and hands-on practical experience, this course is aimed at developing skills needed to work in an entry-level phlebotomist position. Coursework includes selecting and preparing the skin puncture site, collecting specimens, adhering to the proper health and safety guidelines, record keeping, and the patient/technician relationship.

Although certification

in phlebotomy is not required in the state of Maine, it is important to both prospective employers and to patients. Upon completion of the course, students will be eligible to sit for the exam to become a certified phlebotomy technician.

This course is open to the public and is intended for anyone looking to gain entry-level employment at hospitals, clinics, or other

healthcare settings. The cost of the class is \$750 and includes all instructional materials. Deadline for registration is September 18.

For more information or to register, please contact CMCC's Center for Workforce & Professional Development at 207-755-5280 or email workforcedevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment.

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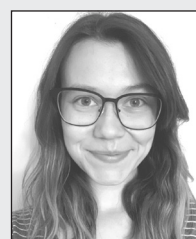
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What's Going On

Maine Hospice Council hosts national hospice volunteer conference

The Maine Hospice Council is hosting a two-day National Hospice Volunteer Conference at Holiday Inn By-the-Bay on October 17 and 18. The Conference theme is "Volunteers: Contributing to the Wellness of Our Society." The event honors the amazing contribution Hospice volunteers make to patients and families. It also provides a forum for volunteers to network, gain insight into changing demographics, recruitment and retention, as well as an opportunity to increase their knowledge.

The conference begins Thursday, October 17 at 7:00 p.m. with a reception joined by award winning author and performer Susan Poulin. Ms. Poulin was selected by Portland Magazine as one of the "Ten Most Intriguing People in Maine."

Friday, October 18, is a full day of keynote speakers and workshops.

One of the keynote speakers, Maryalice Crofton, is Executive Director of the Maine Commission for Community Service. Under Ms. Crofton's leadership, the commission has fostered the growth of AmeriCorps in

Maine, created Volunteer-Maine, and launched on-line volunteer management training. Her conference topic is "Changing Demographic of Volunteering: The Big Picture."

"Dementia: What Does the Future Hold for Caregivers" is the topic for second keynote speaker Kathryn Pears. Ms. Pears is a dementia expert who trains and consults with families, health and long-term care professionals and facilities, and community agencies. She specializes in understanding the non-pharmacologic management of the challenging behaviors that occur with dementia.

"Hospice Volunteers have been the heart and soul of Hospice in the United States for over forty years. They recognize the value of support to ease anxiety and stress for family members during one of life's most important journeys. While the economy and health care may continually change, needs of patient and family members at end of life do not," said Maine Hospice Council Executive Director Kandyce Powell. "Everyone needs comfort, compan-

ionship, and someone who will take time to listen. The incredible support provided by trained hospice volunteers must continue to be valued and their potential maximized for the wellness of our communities."

The National Hospice Volunteer Conference workshops cover a wide range of topics such as Personal and Professional Considerations for Volunteers, Spirituality: A Segue into the Essence of Living, Medicare Hospice Benefit: A Primer for Hospice Volunteers, and Compassion Fatigue: Recommendations for Health Care Providers and Volunteers.

The Conference is sponsored by The Bingham Program, Maine Health Access Foundation (MEHAF), and Drs. Trisha and Jim Van Kirk.

The Conference starts Thursday, October 17 at 7:00 p.m. and concludes Friday, October 18 at 4:30 p.m. Holiday Inn By-the-Bay is located at 88 Spring Street, Portland, Maine. To register and to learn more about the two-day event, visit the Maine Hospice Council web site <http://mainehospice-council.org/>

Androscoggin Historical Society presentation on Sir Harry Oakes

The Androscoggin Historical Society kicks off its 96th year with a presentation by retired history teacher David Leigh of Belgrade on Tuesday, September 24, 7:00 p.m. at the Davis Wagg Museum on the third floor of the County Building (2 Turner Street, Auburn). Mr. Leigh will explore the origins and legacy of Sir Harry Oakes, "Maine's First Mil-

lionaire". Born in Sangerville in 1874, Sir Harry led an extraordinary life as gold prospector, entrepreneur and real estate developer. His exploits took him around the world and involved him in ventures as varied as golf course development and political representation. His peripatetic life was drawn to a dramatic close, as you will learn if you attend.

David Leigh, a history teacher for over three decades, has shared his knowledge of the subject with audiences aboard cruise ships, at other historical societies and in academic circles. The program is free and open to the public. Donations are gratefully accepted. An elevator is available, and refreshments will be served after the program.

Androscoggin Bank Recognized as National Best Employer by Aon



Pictured Left-Right: Chief Administrative Officer Jeffrey Smith, Chief Funding Strategy & Relationship Officer Karen Hayden, Chief Financial Officer James Kacer, President Neil J. Kiely, Chief Lending Officer Benjamin Geci, Chief Human Resources Officer Michelle Love, Chief Executive Officer Paul H. Andersen.

Androscoggin Bank has been recognized as an Aon National Best Employer for 2019. This award is a distinguished honor for employers in the United States who achieve certain requirements under Aon's Best Employers Global Certification Program.

With almost 20 years of experience in best employer research across the world and backed by more than 50 years of experience in employee research and a robust global database, the Aon Best Employers certification compares organizations to identify those that strive to create sustainable, competitive advantage through their people and become extraordinary employers.

According to Neil J. Kiely, Bank President, "This award reflects our deep commitment to operating as a mission-driven, values-based team to attract and empower the best employees, which in turn enables us to deliver exceptional value and experiences to our clients and community partners."

SVP, Chief Human Resources Officer for the Bank, Michelle Love said,

"We are thrilled to be recognized as an Aon Best Employer, which demonstrates our commitment to our people and our continued focus on creating an engaging working environment built on trust and shared values."

Alongside empowerment and engagement initiatives, the Bank also strives to invest in progressive compensation and benefits including tuition reimbursement, individual development planning and paid parental leave. Androscoggin Bank currently employs 175 employees across 14 locations throughout the state of Maine. The Bank is always looking for new talent.

Love added, "These results didn't just happen. They arose out of our desire to listen to our employees, respond to their needs, and to create empowerment and ownership. Employees at all levels worked through defining our Bank's shared values and have been putting those values to work. Employees at Androscoggin Bank are empowered in a number of ways to do what is right for our clients and our communities, what is in line with our shared values, and what

is best for our team."

To achieve recognition through the Aon Best Employers certification, Androscoggin Bank was assessed on four measures: Employee Engagement: Employees speak positively about their employer, intend to stay and are motivated to exert extra effort at work; Organization Agility: Employees see that the organization is highly adaptive, innovative, inclusive and responsive to the changing needs of its customers; Engaging Leadership: Leaders are deeply connected with employees to drive engagement, communicate a clear vision and exert strong personal values; Talent Focus: Employees see that the organization is focusing on attracting and retaining great talent and accelerating to the extraordinary people's potential.

Androscoggin Bank, headquartered in Lewiston, Maine since 1870, is dedicated to serving the communities of Maine, its residents and the business community. As of 12/31/18, Androscoggin Bank had assets totaling \$1.051 billion. Androscoggin Bank is Member FDIC.



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Seniors Not Acting Their Age A Sharking Encounter?



Two kayakers paddle along Upper Flag Island shortly after sighting a mysterious fin

Story and photos by Ron Chasse

Three of us were sea kayaking along the rugged western shore of Upper Flag Island in Casco Bay. Paddling close to my left, Bud pointed to a large fin moving in the opposite direction about one hundred feet to our west and yelled, "I think that's a shark!"—play the intimidating Jaws soundtrack, please.—my thought, he's just trying to frighten an old man.

Our adventure had begun two days earlier. After studying the weather forecast, I identified what appeared to be a good weather day to kayak to Eagle and Jewel Islands in outer Casco Bay. Posting a Penobscot Paddle & Chowder Society trip, my retired friend Bud immediately signed on. The next day another frequent paddling companion comically known as Eggman announced he was able to steal away from his hectic schedule to make it a

threesome.

Meeting at the Dolphin Marina on Basin Point in South Harpswell early on a calm, partly sunny morning, a last-minute change in the wind forecast had me concerned. The possibility of an offshore afternoon gale had raised its ugly head and the direct route between Eagle and Jewell Islands is completely exposed for about three miles. An examination of our marine charts indicated we had the option of partially protected island hopping from the west on our return if the gusty northwest winds materialized. An insouciant Eggman promised to tow me if necessary. Elderly reservations notwithstanding, the trip was a go.

The two-mile paddle past Horse and Upper Flag Islands to prominent Eagle Island was uneventful. The former home of Arctic explorer Admiral Robert Peary, now a state park, is a unique distinctive island and

a remarkable place to visit. Converted to a museum, daily tours are conducted during the summer. Arriving before it opened, the Park Ranger, carrying an armload of delicious looking muffins, was disembarking from a shuttle boat with his staff. Declining to share their tempting pastries while we waited, our intrepid band pushed on towards Jewell, hoping for an afternoon return visit if winds permitted.

Enduring mildly bumpy conditions resulting from a strong tidal current near sometimes treacherous Cow Ledges during the crossing, we navigated to a rustic landing in Cocktail Cove on the northwestern extremity of Jewell. A pop-



Two kayakers approach Eagle Island in Casco Bay

ular destination for mariners several sailboats were moored in the cove. Portaging our kayaks to the top of the beach, we hiked about a mile to the southern end of the island to explore two abandoned WWII military towers that had been used

for submarine surveillance.

Arriving minutes before an incoming tide engulfed our boats the ocean gods smiled as we had a light tailwind and slack tide for our return to Eagle. The park was open, and we spent about an hour touring the museum while enjoying almost continuous banter with the gregarious, hospitable park employees. Free for us senior citizens, appropriately Eggman had to pay. The home and island have been preserved much as they were prior to Peary's death in 1920, achieving the intended impression of

reverting back to an earlier time.

Launching from a gravel beach on the north side of Eagle, boat traffic on the traverse to Upper Flag was surprisingly light with gentle seas. Shortly after passing the southern

What's Going On



A kayaker nears Cow Ledges in Casco Bay

terminus of Upper Flag, the menacing fin was observed.

In the twenty years since I began sea kayaking, I've had the good fortune to have sighted many of the more substantial denizens of the deep including a variety of whale and seal species. During paddling excursions in Florida, kayaking with the manatees has been an exceptional experience. Alas, I've never knowingly seen a shark.

After hearing Bud's excited shark announcement, Eggman concurred. I was skeptical, suspecting a dolphin instead; acknowledging I didn't know the difference between a shark and dolphin fin. The arcane sea creature continued out into Broad Sound and we finished our expedition without incident.

The following morning, Channel Six News reported a possible shark sighting at Popham Beach

just a few miles from our location during the time of our trek. According to the broadcast, the beach was temporarily closed and the video they aired showed a fin that looked similar to the one we had encountered. My research indicates the rear of a shark fin is almost vertical while a dolphin's is curved. The back of the fin we observed appeared to be straight.

Reluctant to claim a shark sighting based on this flimsy evidence, I'll let the reader be the judge. However, it seems obtaining a definitive confirmation could have been precarious.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chasse resides in Topsham. Visit his website at www.ronchaseoutdoors.com or he can be reached at atronchaseoutdoors@comcast.net

How working for yourself can work

If you are considering self-employment you may not know where to start. AARP Foundation's Work for Yourself@50+ program guides you through a series of steps to help you explore and prepare for launching your business idea. New Ventures Maine is offering Work for Yourself@50+ workshops in September and October. There is no fee for these workshops.

The event will be offered on Tuesday, September 24 at 1 p.m. at the Lewiston Career Center, 5 Mollison Way, Lewiston, on Tuesday October 1 at 6 p.m. at New Ventures Maine office, 108 Perham St. Farmington, and on Friday October 18 at 10 a.m. online via a webinar conducted by New Ventures.

AARP Foundation

tion's Work for Yourself@50+ will help adults age 50+ gain the knowledge, support, and resources they need to make informed decisions and take the right first steps toward successful self-employment. The free, two hour workshop will walk participants through the Work for Yourself@50+ materials and connect them with local resources to help them reach their goals.

Registration and other information can be found online at newventuresmaine.org. Click on Choose a Class for the current offerings of Work for Yourself@50+. If you have questions or need additional information please contact Karleen Andrews at New Ventures Maine at (207) 557-1885, or email karleen.andrews@maine.edu

To learn more about Work for Yourself@50+, please visit aarpfoundation.org/workforyourself. Work for Yourself@50+ is made possible through a grant from The Hartford.

To learn more about all the tuition free career, business and money management programs and services of New Ventures Maine please visit newventuresmaine.org.

Continuing education financial aid at APL

The Auburn Public Library is pleased to announce the first of three programs taking place this fall for those interested in continuing their education beyond high school.

The first workshop is for those continuing on to college and have questions about financial aid. On Thursday, September 26, a representative from the Finance Authority of

Maine (FAME) will be at the library to talk about applying for financial aid, how to locate scholarships and other issues regarding affordability.

This program is geared for both teens and their parents but is also open to anyone considering going to college and needing more information about financing their education.

The next two programs

this fall include Auburn Public Library's annual College Night for Teens and Parents on October 17, and a FAFSA Completion Workshop on November 7, for anyone applying for the FAFSA. Further details for these two events will be coming soon.

More information can be found at website at www.auburnpubliclibrary.org or by contacting Donna at 207-333-6640, ext. 4.



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Public breakfast in Sabattus at Legion Post 135



The American Legion Harry J. Conway Post 135 will restart its monthly public Community Breakfasts on Sunday, Oct 6 from 7:30 to 10 a.m., at the post build-

ing, 40 Island Road.

The Sabattus Legion holds community breakfasts the first Sunday in October, November, December, February, March, April, May and

June which is our Scholarship Breakfast.

The cost is \$8 per person, WWII Veterans are free, and Children 10 and under are free as well. The menu includes scrambled eggs, eggs to order, French toast, chipped beef, pancakes, sausage, ham, baked beans, two types of country fries, toast, muffins, orange juice, coffee, tea and milk.

Proceeds from the breakfast support community and veteran's programs, such as veteran rehabilitation, national security, Americanism and children and youth.

The Sabattus American Legion has been serving the local community since December 1924.

Please note, the eligibility date for Legion membership for active service has been extended from December 7, 1941 until present. Veterans are welcome to join us.

SeniorsPlus' Aging Well Living Well Expo



to explore serious learning, such as understanding Medicare options, having fraud and scam awareness and doing first-time explorations like learning about self-employment and marijuana. The workshops to be presented at the Expo cover a spectrum of topics including law, health, exercise, cooking, and art. Workshop titles range from "Healthy Dessert Choices" to "Long Term Care Planning," to "Self Defense and Safety" and "Downsizing Made Easy." Workshops run 75 minutes each.

"Our goal is to inspire and encourage healthy, active aging," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. Almost 300 people attended the Expo last year. A complete schedule of programming can be found at the SeniorsPlus website, www.seniorsplus.org.

SeniorsPlus is grateful for the support of its major sponsors for the Expo: Turner Publishing, Inc., Subaru of America, Healey & Associates, Central Maine Healthcare, Senior Planning Center, Home Care for Maine, Woodlands Senior Living, Martin's Point Health Care, and Gleason Media.

The mission of SeniorsPlus is to enrich the lives of seniors and adults with disabilities. Established in 1972, the organization believes in supporting the independence, dignity, and quality of life of those we serve.

SeniorsPlus covers Androscoggin, Franklin, and Oxford counties, where it is the designated Area Agency on Aging. The agency focuses on older people, adults with disabilities, and families, and offers a network of support, including information and assistance, short-term case management, Medicare counseling, caregiver support and respite, prevention education, and Options Counseling. It provides nutritional services including Meals on Wheels and community dining in our tri-county, largely rural territory. Annually, SeniorsPlus serves 17,000 individuals.

The 12th annual Aging Well Living Well Expo kicks off on Friday, October 4, 8:15 a.m. to 4 p.m. with a breakfast keynote address by Diane Atwood, the former health reporter on Maine's WCSH6 news station, who now has multiple internet platforms on aging and health. Featuring workshops and lectures, the day-long Expo is a learning opportunity, and will be held at the Grand Summit Hotel and Conference Center at Sunday River.

The Aging Well Living Well Expo is presented by the nonprofit SeniorsPlus, the designated Area Agency on Aging for Western Maine. Tickets for the Expo are \$25 per person and include breakfast and lunch, as well as entrance to workshops. Tickets can be purchased via the brochure downloadable at www.seniorsplus.org/AWLW or by calling 1 800-427-1241. Raffle and chondola ride tickets may be purchased for an additional fee. Seats are limited; advance registration is strongly recommended.

Diane Atwood is author of the blog Catching Health with Diane Atwood and this year introduced her podcast Conversations About Aging, for which she interviewed

people across Maine ages 60-100 about their perspectives on aging. Her keynote will focus on these life stories and the discoveries she has made working on her podcast. In the interviews that comprise her podcast, she encourages her subjects to think deeply about how they are living their lives. Their responses encourage a wider conversation about growing older. In her talk, Diane will share some of the stories she's heard and the lessons she has learned.

Diane's career path began with working as a radiation therapist at Maine Medical Center. She went on to work for 20 years as the health reporter at WCSH (NewsCenter Maine), the NBC-affiliated television station. She left in 2002 to manage marketing and public relations for Mercy Hospital (now Northern Light Mercy Hospital) in Portland. In 2011, Diane decided to combine the experience and skills she had acquired over the years to create the award-winning health and wellness blog Catching Health and now Conversations About Aging. Both the blog and podcast may be found at CatchingHealth.com and in the Bangor Daily News.

Attendees are invited

"So, you think you know Maine?"

"So, you think you know Maine?" will be presented by Maine author Tim Caverly at the Sawyer Memorial on Friday, September 27 at 2 p.m. and 7 p.m.

Discover the birthplace of Disney's Bambi, northern forest ice caves, abandoned railroads, native American pictographs, oceanic whirlpools and tales which can only be described as classic Maine. Learn why there is a cove in Wash-

ington County called 'Bailey's Mistake' and where in Maine occurred the event known as the "Lexington of the Seas." The show will be presented in a "Jeopardy" style game show format with lots of audience participation! Perfect for that Maine history buff or trivia fan.

Araxine Wilkins Sawyer Memorial is located at 371 Sawyer Road, Greene. Admission is free. For more

information call 946-5311, visit sawyer-foundation.com or www.facebook.com/sawyer.foundation1937

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



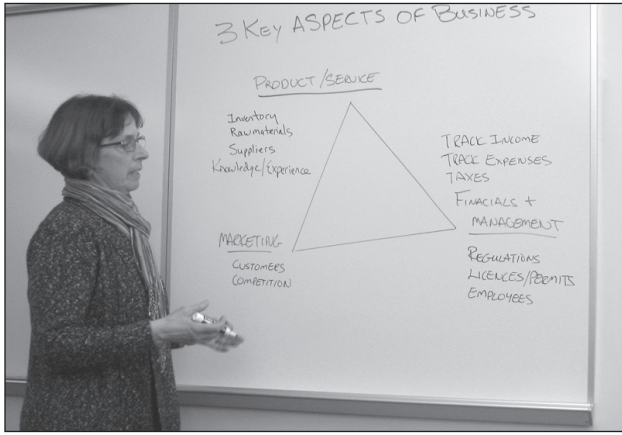
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Free self-employment workshops offered by New Ventures



Karleen Andrews, *Small Business Training with New Ventures Maine*

Have you always wondered about starting your own business, but you are not sure how to start? Attend a tuition free workshop, Introduction to Self-employment offered by New Ventures Maine.

This one-session, two-hour workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Introduction to Self-employment, is being offered three times in October at different locations in Androscoggin and Oxford Counties. On Tuesday, October 8 at 6 p.m., it will be offered at Region 9 Adult Education, 377 River Road, Mexico. On Thursday, October 10 at 10 a.m., it will be offered at the Lewiston Career Center, 5 Mollison Way, Lewiston. On Tuesday

October 29 at 6 p.m., it will be held at RSU 16 Adult Education, 129 Elm St. Mechanic Falls. To register online for one of these workshops, or any of our small business classes, please visit newventuresmaine.org. For more information please contact Karleen Andrews at karleen.andrews@maine.edu or call her at (207) 557-1885. Please register in advance for this popular workshop.

New Ventures Maine is a statewide community outreach program of the University of Maine at Augusta and University of Maine System. Through tuition-free classes and individual coaching, we help people find good jobs, start or return to college, launch small businesses, manage their money and build their assets.

For more information on our programs, classes, and resources please visit newventuresmaine.org or call 1-800-442-2092 to find the center closest to you.

Snowlion Repertory Company announces world premiere of "Omniphobia"

Snowlion Repertory Company, whose mission is to create, develop, and present new theater works of cultural, ethical, and spiritual value, announces the world premiere production of the new multimedia play *Omniphobia* running October 4 through 13 at Portland Ballet Studio Theater in Portland.

Omniphobia tells the story of a day in the life of Emily, a college professor desperately trying to navigate her fears in an increasingly chaotic society. The ensemble plays a variety of zany roles - allegorical characters such as Worry and Dread inhabiting the Forest of Fears, upended fairy tale folk like Chicken Little and the Boy Who Cried Wolf, backstabbing ultra-competitive students, helicopter and no-rescue parents, mistrustful and panicked churchgoers, frenzied and unstable politicians, absurdly unctuous merchants peddling preposterous fear-based wares, even a "neo-druid." *Omniphobia* is a fast-paced, hilarious yet chilling multimedia tour through the human psyche.

Omniphobia was created and developed by a group of Los Angeles actors who brought into workshop news items, cultural mythology, current events, and personal concerns, all centered around the theme of «fear.» Those ideas were explored through investigation, improvisation, and discussion, and that material was refined in a second, more in-depth workshop,

after which project director (and Snowlion Rep Artistic Director) Al D'Andrea created a script that has since been further honed based on up-to-the-minute happenings, resulting in the script that will receive its world premiere production this October.

The play explores the theme of fear and the ways humans seek to confront, work around, or flee from personal and societal fears. The show illustrates scenes from real life, along with dreamscapes, allegories, poetry, and myth, all shining a light on how we cope with what scares us in the world and how we must overcome the limitations of a fear-based life. Humor is an important part of the story, which is told with multimedia aspects such as projected scenic elements and quotes commenting on the action, images on three monitors exposing various fears in our culture, and even a live video feed of main character Emily as she struggles to understand the world around her through contemplation of mortality and meaning.

Omniphobia will have seven performances: Friday, October 4 at 7:30 p.m., Saturday, October 5 at 7:30 p.m., Sunday, October 6 at 2:00 p.m., Thursday, October 10 at 7:30 p.m., Friday, October 11 at 7:30 p.m., Saturday, October 12 at 7:30 p.m., Sunday, October 13 at 2:00 p.m.

A special audience talkback follows the Sunday October 6 performance. At that talkback, a prominent psychologist from the Port-

land area will participate in a mediated discussion about the issues explored in the play. All are welcome to attend the talkback.

The show is supported in part by grants from the Maine Humanities Council and the Cricket Foundation.

Omniphobia performances are at the Portland Ballet Studio Theater, 517 Forest Avenue, Portland. Tickets are \$21 and can be purchased at www.snowlionrep.org or by calling (207) 518-9305. For more information, visit www.snowlionrep.org.

The show is written and directed by Al D'Andrea (member SDC). The production stage manager is Savannah Irish. Set design is by Craig Robinson, lighting design is by Michaela Wirth, and costume design is by Brittney Cacace. The multiethnic cast is as follows: Gusta Johnson as Professor Emily Robertson; Elizabeth Chasse-King as a variety of characters, such as the one and only Chicken Little; Emily Grotz as a variety of characters, such as the allegorical representation of Hope; Tom Handel as a variety of characters, such as a chess-playing war Hawk; Bob Pettee as a variety of characters, such as politician Congressman Backwater; Linda Shary as a variety of characters, such as the Grammy from hell; Ashanti Williams as a variety of characters, such as "fear conditioning specialist" Kirby; Collin Young as a variety of characters, such as an overzealous ROTC student on campus.

Maine State Museum joins Smithsonian Magazine's 15th annual museum day

The Maine State Museum in Augusta will open its doors free of charge to all Museum Day ticketholders on Saturday, September 21 as part of Smithsonian magazine's 15th annual Museum Day, a national celebration of culture and learning. In order to be admitted for free on September 21, participants need only visit the website www.Smithsonian.com/museumday and download a free ticket for two people and present it at the Maine State Museum. On that day, the museum will be open from 10:00 a.m. to 4:00 p.m.

"Our visitors often think of the Maine State Museum as a kind of mini-Smithsonian," com-

ments Museum Director Bernard Fishman. "This is a compliment to both institutions and makes our participation in Museum Day a good fit for the Maine State Museum. Both museums use objects from nature and culture to enhance understanding and knowledge, and to convey the incredible richness and diversity of the many kinds of worlds that surround us."

Smithsonian magazine recognizes the extraordinary power of museums, and other cultural institutions, to provide visitors with insight and inspiration. Museum Day represents a nationwide commitment to boundless curiosity and the pursuit of knowledge. Over 250,000

people downloaded tickets for last year's event. Over 1,500 museums nationwide are expected to participate in Museum Day this year.

Visitors who present the Museum Day ticket will gain free entrance for two at participating museums and cultural institutions for one day only. One ticket is permitted per household, per e-mail address. For more information about Museum Day and a list of participating museums and cultural institutions, please visit www.Smithsonian.com/museumday. For additional information about the Maine State Museum's exhibits and programs, please visit www.mainestatemuseum.org.

New Francophone women's group

Bienvenue! The Center for Wisdom's Women invites all French-speaking women to attend a new community group that meets at the Center every Friday from 12:30 to 1:30 p.m.

This is intended to be a gathering space for women to speak French together, and through doing so, share about topics related to womanhood, culture, family, and self.

Driving the formation of this new group is a recognition that meaningful things happen when diverse groups of women gather. Efforts to create this group reflect the belief that sharing time together and connecting through the French language are powerful ways of bring-

ing people together who have both shared and differing experiences and histories living in Lewiston and beyond. This meeting group is intended to be a comfortable, inclusive, and empowering space for women from many different walks of life.

The community group is facilitated by Hannah McKenzie, a student at Bates College who is originally from Baltimore but feels increasing ties to Lewiston communities.

Snacks will be offered. There is no charge for attendance, although donations are encouraged to support The Center for Wisdom's Women. No reservations are needed, just come and bring a friend.

Surviving violence in the workplace

On Thursday, September 26 from 12 to 1:30 p.m., the LA Metro Chamber, Central Maine Human Resource Association and the Lewiston CareerCenter will present HR Thursday – Surviving Violence in the Workplace. The workshop will be held at the Lewiston Auburn Metropolitan Chamber of Commerce.

It seems every week we are hearing about another mass shooting. We know our employees are hearing the same reports and they are concerned about their well-being. How do you keep your employees safe? Is it possible to keep your

employees safe? Do you and they know what to do if there is a violent threat in your workplace? Join us for this lunch and learn as Officer Joe Philippon, Lewiston Police Department and Lieutenant Anthony Harrington, Auburn Police Department teach some basics and what your next steps might be.

In addition to the runway fun, all guest will enjoy appetizers provided by local restaurants such as Gippers, Mac's Grill, and E. Claire and Pastries Bakery, and a cash bar. All registrants will be entered to win the door prize of a \$150 Lamey

Wellehan gift card to be announced at the end of the evening.

What do you think?

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

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Club

Continued from page 1

Schooner Estates Retirement Community. In collaboration with LA Senior College, Dr. Plummer is teaching An Introduction to the Origins of the Human Mind at Schooner this fall.

Following Dr. Plummer's presentation, Kathryn Cutter, Auburn Art Club's president, delivered a short report on the current month and reviewed plans for the Auburn Art Club's upcoming November 4 Holiday Auction, to be held at the Auburn Methodist Church. The event is from 2 to 4 p.m. and open to the public. A preview of the auction items is schedule for

1 to 1:45 p.m. the day of the auction. Proceeds from the Auction will benefit a local high school scholarship fund. The Auction Committee includes Nancy Tebbetts, Chair; Sharon Beaudoin, Donna Morin, Mary Ann Norcross, Jan Sullivan, and Donna Sweetser. The refreshment committee includes Shirley Bennett, Mona Ervin, Benita Flynn and Mary Hoolihan.

The afternoon closed with members enjoying a table set with home baked delicacies and vegetable platters prepared by the hostesses for September: Jill Jones, Chair; Genevieve Dussault, Dot Murray, Rachel Robinov, Marie Steele and Carol Woodward.



Evelyn Larrabee, Board of Directors; Grace Keene, Marie Steele and Rachel Robinov, Program Committee.



Elizabeth Bell, Publicity; Renee Bonin, Recording Secretary; and Joyce Campbell, Past President.



Members enjoy the home baked delicacies and vegetable platters prepared by the hostesses for September.



"The future is all about advancing our great care and making it accessible, and that is a team-oriented proposition, start to end. With that in mind, I love the energy and new excitement at CMH, and respect the great traditions of Central Maine Medical Center, rich in history and training and well known for advancing specialty medicine. To work side by side with providers I would want caring for my loved ones — that's why I'm joining Central Maine Healthcare."

— Sean McGarr, DO, FACG

Dr. Sean McGarr Joins Central Maine Medical Center to Lead Gastroenterology & Endoscopy Teams

Central Maine Healthcare is proud to announce that Sean McGarr, DO, FACG, has joined Central Maine Medical Center as Chief of Gastroenterology and Director of Medical Endoscopy. Previously a Director of Gastrointestinal Oncology, he is recognized for his expertise in advanced endoscopy, including the diagnosis, staging and treatment of many GI conditions.

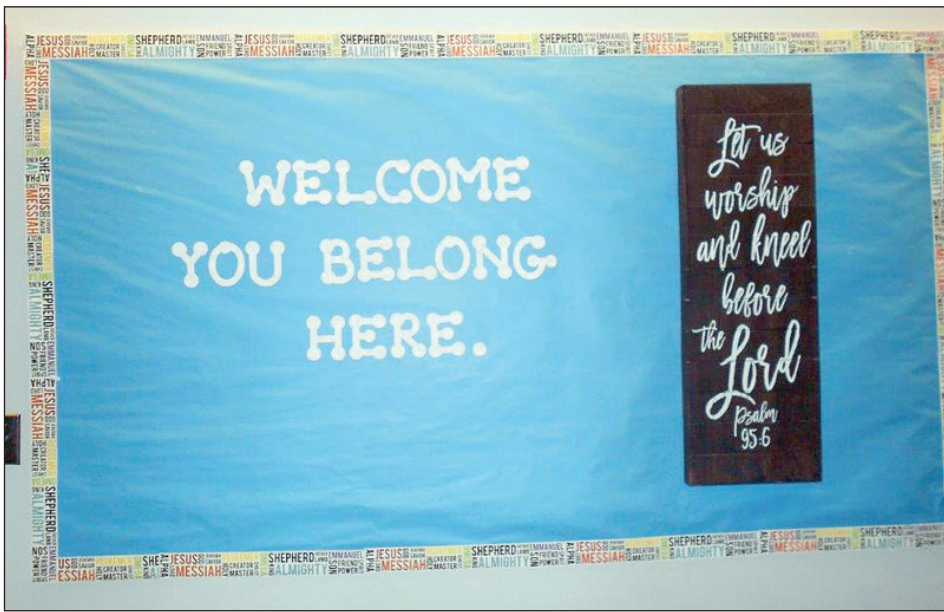
Proud to be a Mainer himself and a physician who has practiced in the state for more than 12 years, Dr. McGarr and his colleagues at Central Maine Gastroenterology provide a wide range of gastrointestinal care. He believes that teamwork and good communication are crucial to every care plan so patients never feel they've been lost in the system.

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www.cmhc.org





Janet Sullivan, Vice President; Louise Reynolds, Treasurer; Mary Ann Norcross, Board of Directors, and Jeanne Laliberte, Corresponding Secretary.



A Welcoming Message from the Auburn Methodist Church.



Kathryn Cutter, President, delivers her September report and outlines the upcoming Art Club's Holiday Auction to be held, Monday, November 4, at the Auburn Methodist Church from 2 to 4 pm. A Preview of Auction items will be from 1 pm to 1:45 pm. The Public is welcome to attend.

Community Little Theatre announces cast for "Annie"



Assembled here at a recent rehearsal are the actors playing the lead roles in CLT's upcoming production of "Annie." Left to right in front are Emily Flynn, Tessa Hayashida, and Sean Wallace. In back are Rachel Campoli, Chris Dostie, and Renee Mahon Davis. The show opens October 18.

Director Paul G. Caron has announced the cast for the upcoming L-A Community Little Theatre (CLT) production of the hit musical comedy "Annie."

Based on the popular Harold Gray comic strip "Little Orphan Annie," with music by Charles Strouse, lyrics by Martin Charin, and book by Thomas Meehan, the original Broadway production opened in 1977 and ran for nearly six years, setting a record for the Alvin Theatre (now the Neil Simon Theatre). It spawned numerous productions in many countries, as well as national tours, and

won the Tony Award for Best Musical. The musical's songs "Tomorrow" and "It's the Hard Knock Life" are among its most popular musical numbers.

The lead roles are played by Tessa Hayashida as Annie; Sean Wallace as Oliver Warbucks; Emily Flynn as Grace Farrell; Renee Mahon Davis as Miss Hannigan; Christopher Dostie as Rooster; and Rachel Campoli as Lilly St. Regis. The orphans are played by Julia Groover, Ansley Kate Watson, Anna Courtemanche, Maria Groover, Shaylyn Brown, and Isla

Shovilin.

In the female ensemble are Beth LaBrie, Lorraine Giasson, Carly Georgan, Nicole Frydrych, Susan Caron, Maggie Machaiek, and Jane Mitchell. Making up the male ensemble are Gregory Charette, Roger Philippon, Jim McKinley, Dan Burgess, Dan Crawford, Ken Mansur, John Guy, and David Handley.

The theatre will present "Annie" October 18, 19, 24, 25, and 26 at 7:30 p.m., and October 20 and 27 at 2:00 p.m. More information is available on the CLT website at www.laclt.com/ audition.

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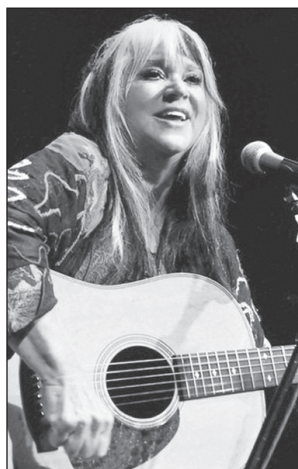
Chocolate Church Arts Center announces 2019-2020 season



A.J. Gaudreau and Caitlin Paul as King Arthur and Guinevere in Camelot

The Chocolate Church Arts Center will kick off its 42nd season with two weekends of performances of the iconic Lerner and Loewe musical Camelot, directed by Thom Watson. Camelot brings to life the tricky tale of love between King Arthur, Guinevere, and the knight Lancelot, and will feature a magnificent seventeen-piece orchestra under the musical direction of Teresa Henderson. Evening performances will take place at 7:30 p.m. on Fridays, September 6 and 13 and Saturdays, September 7 and 14. Matinee shows will be presented at 2 p.m. on Sundays, September 8 and 15.

Other September highlights at the Chocolate Church Arts Center include the return of an all-star tribute to The Last Waltz, the star-studded 1976



Melanie Safka ("Melanie")

concert by The Band. The performance, at 7:30 p.m. on Saturday, September 28, will feature the Colwell Brothers, as well as members of The Boneheads, The Fogcutters, and Dave Mallett's band. This show has sold out more than a dozen times, so tickets should be purchased early.

On Sunday, Septem-

ber 29, the fiery Celtic group, Còig will return for a 7:30 p.m. concert. Còig, a four-piece supergroup with mastery of over a dozen instruments, shifts between century-old tunes of past generations to original and upbeat compositions.

Later in the fall, the Chocolate Church Arts Center will present Mel Brooks' The Producers (opening October 10 in collaboration with Studio Theatre of Bath), as well as world-class musical performers like the high-energy Italian-Mediterranean group Newpoli (Friday, October 4), eight-time Blues Music Award winner Shemekia Copeland (Saturday, October 26), Grammy-nominee Shawn Mullins, who wrote the iconic 1998 No.1 hit, "Lullaby" (Saturday, November 2), and Woodstock 1969 performer Melanie Safka, of "Brand New Key" fame (Saturday, November 9). The holiday season will feature shows by world-renowned guitar players Frank Vignola and Vinny Raniolo (Friday, December 6) and Eileen Ivers, dubbed "the Jimi Hendrix of the violin" by the New York Times, on Sunday December 22.

Details for these shows, and a full lineup of the 2019-2020 season can be found at www.chocolatechurcharts.org. Tickets for all events are available online or by calling (207) 442-8455.

Celtic Supergroup Còig Performance at Chocolate Church Arts Center



Back by popular demand, the Chocolate Church Arts Center will present the driving, vibrant sounds of Celtic supergroup, Còig at 7:30 p.m. on Sunday, September 29.

This exciting band is one of Cape Breton's most captivating musical exports. Armed with an infectious, energetic sound, and a quartet of musicians playing over a dozen instruments, Còig is a true musical force. The members of Còig move easily between century-old tunes of past generations and original contemporary compositions featuring fiddles, piano, guitar, bouzouki,

whistles, and more.

Much of the music of Nova Scotia's Cape Breton region is Celtic in nature, but originates from local traditions and celebrates the sea, as well as fishing and other primary industries. Còig embrace this heritage in their music, as fiddler Chrissy Crowley joins Rachel Davis on fiddle, viola and vocals. Pianist Jason Roach offers an unparalleled intensity on keyboards, while multi-instrumentalist Darren McMullen commands guitar, mandolin, banjo, whistles, vocals, and other instruments.

Hot on the heels of

Còig's award-winning 2017 album Rove comes their brand-new release, Ashlar, which Folk Radio UK has called "an exceedingly sparkling affair packed with contrast and versatility." Còig's performance at the Chocolate Church Arts Center will be an opportunity for lovers of traditional and contemporary Celtic and Cape Breton styles to soak in music from Ashlar and the rest of the group's storied catalogue.

Tickets are \$23 in advance and \$28 at the door. Tickets are available online at www.chocolatechurcharts.org or by calling the box office at 207-442-8455.

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Be a film critic at the Manhattan Short Film Festival!

Get ready to be a film critic and head on over to The Public Theatre September 27 and 28 at 7:30 p.m. for the 22nd Annual Manhattan Short Film Festival.

Ten short films from around the world will be simultaneously screened in over 400 cities spanning six continents during a one-week period, with the Best Film and Best Actor awards determined by the total ballots cast by the audiences in this Oscar-qualified film festival.

The Ten Manhattan Short films hail from seven countries with films from Canada, Finland, France, Germany, Iran, three films from the United Kingdom, and two films from the USA. These ten short films represent the best short films from among 1,250 submissions from 70 countries, testimony to the enduring vibrancy and creativity of short films. This year's Final Ten repre-

sent an extraordinary range of film genres that includes intimate dramas; spine-tingling tales; a car that feels a part of a family; and a film about an apocalyptic future as part of the Manhattan Short program.

The Manhattan Short Final Ten are: NEFTA Football Club (France), Debris (USA), Driving Lessons (Iran), Tipped (Canada), Sylvia (United Kingdom), The Match (Finland), This Time Away (United Kingdom), Malou (Germany), A Family Affair (United Kingdom), and At the End of the World (USA).

Which of these Final Ten short films is the best? That's up to you and a worldwide audience to decide as you view and vote on the work of the next generation of filmmakers from around the world.

Twenty-two years ago, the Manhattan Short Film Festival began on a mounted

screen on the side of a truck in Little Italy in New York City for a crowd of just over 200 people. This year, there will be over 100,000 film lovers gathered across six continents for the same event. Manhattan Short was never reliant on celebrities or corporate sponsors to exist. It has always been about great films, a great concept, great venues and an appreciative audience. It is that combination that makes Manhattan Short one of the largest short film festivals in the world today and has even shown a film that went on to win an Oscar in the Short film category!

For tickets call 782-3200 or visit Thepublictheatre.org. Stop by after the Friday Lewiston/Auburn Artwalk for the perfect end to an art filled day! The Public Theatre is located at 31 Maple St, downtown Lewiston.



"The Last Waltz" at the Chocolate Church Arts Center



The Band is one of the most popular and influential rock groups of all time. Their final concert, on Thanksgiving Day in 1976, was such an epic event that Martin Scorsese filmed it as the documentary entitled "The Last Waltz." The iconic concert featured guests such as Van Morrison, Muddy Waters, Bob Dylan, Eric Clapton, and other rock royalty of the 1960s and 1970s. On Saturday, September 28 at 7:30 p.m., local musicians will gather to recreate this classic concert at the Chocolate Church Arts Center, located at 804 Washington

Street in Bath.

Maine musicians from bands like The Boneheads, Maine Dead Project, Colwell Brothers, the Fogcutters, and Dave Mallet's back-up band will perform songs from the film, appearing in character. Hearing a Joni Mitchell doppelganger perform "Coyote," or a Neil Young stand-in sing "Helpless" will offer a nostalgic evening of live music not to be missed.

While a Thanksgiving dinner will not be served (5,000 guests attended the pre-show dinner at San Francisco's Winterland on

November 25, 1976), ticket holders will hear favorite songs like "The Weight", "Caravan" (Van Morrison), "Baby, Let Me Follow You Down" (Bob Dylan), "Such a Night" (Dr. John), "The Night They Drove Old Dixie Down", and many others.

This marvelous, time-traveling event has played around the state and usually sells out, so purchase tickets in advance! Tickets are \$15 in advance, \$17 at the door. Call the box office at 207-442-8455 or visit www.chocolatechurcharts.org to purchase tickets.

Maine Event Comedy presents the Tightest Five



Maine Event Comedy presents the third annual Tightest Five contest at Bear Bones Beer, Thursday, September 19 at 7 p.m. Stand Up! Records recording artist Jay Chanoine will be the evening's featured comedian.

Any stand-up comedian will tell you they have a tight five minutes, but who has the Tightest Five? Twenty of New England's rising comedy stars will give it their best shot.

In the first preliminary round, Mark Turcotte will host 10 hopefuls as they perform their best five minutes of original material. Five will advance to the semifinals. Along with bragging rights, the winner's haul includes over \$200 in cash and prizes.

The prelim will include Stephen Amoroso, Nate Bradford, Fred Dearnley, Joe Flynn, Chris Fritz, Al Ghanekar, Nick Gordon, Dave McLaughlin, Brendan Williams, and Randy Williams.

Described by AXS as "the funniest comedian you don't know yet," New Hampshire's Chanoine honed his cynical perspective and sharp wit on stages throughout the country for the past nine years. He's a regular on JT Habersaat's

Altercation Punk Comedy tour and recently recorded his second album "The Texas Chanoinesaw Massacre," which will soon be released October 11 via Stand Up! Records.

The second preliminary round will be October 17, followed by the semifi-

nals on November 21, and the finals on December 19.

The show is free and for ages 21-and-older. Bear Bones Beer is located at 43 Lisbon St., Lewiston. For more information call 207-513-0742 or e-mail maineeventcomedy@gmail.com.



Stand Up! Records recording artist Jay Chanoine

Bystander intervention training

Green Dot Lewiston-Auburn will offer Bystander Intervention training through Auburn Adult and Community Education on Wednesday, September 25 from 6:30 to 8:30 p.m. at Edward Little High School. The program is free and open to the public.

Have you ever seen or heard someone harass, bully or threaten another person and wished you knew what

to say or do? Green Dot gives participants the tools to address harassment, bullying or threatening behavior that a bystander might witness.

The program teaches safe and proven effective Bystander Intervention techniques that every member of the community can use to proactively reduce harm and change the culture of

our community for the better. These techniques have been taught throughout the community in a variety of schools, nonprofits, and businesses.

For more information about Green Dot Lewiston-Auburn, please contact info@greendotla.org. To register for the workshop, please go to www.maine-adulted.org

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Bailey Library hosts Beet Poets



The Beet Poets

The Bailey Library in downtown Winthrop will host the Beet Poets on Tuesday, September 24 at 6:30 p.m. for an evening of poetry, storytelling and music at the Bailey Library.

The Beet Poets are friends and neighbors Claire Hersom, David Moreau, Jay Franzel, Stan Davis and Brian Kavanah. Hersom, Moreau and Franzel will be reading their poetry, followed by Davis and Ka-

vanah performing a story accompanied by music.

Hersom lives in Winthrop and serves on the Board of Directors for Maine Equal Justice Partners; Moreau's poetry has been featured on The Writer's Almanac produced by American Public Media, and lives in Wayne; Franzel is a New York City native who teaches in Winthrop and lives in Wayne, and recently received a grant from the Maine Arts Com-

mission for poetry; Davis is a musician and storyteller from Wayne, who recently retired as a family therapist and school counselor and continues to speak all over the world about bullying prevention; Kavanah, from Readfield, also performs with Davis as one half of the popular duo "Hurry Down Sunshine."

The event is free and open to the public. For more information call the library at 377-8673.

Auburn invites alumni to "Come Home, Auburn!"

Come Home, Auburn!

ELHS

Alumni Weekend • November 1-3, 2019

The City of Auburn and the Auburn School Department are pleased to invite Edward Little High School alumni of all ages to attend "Come Home, Auburn!", a once-in-a-lifetime alumni celebration. This very special alumni weekend is part of Auburn's 150th Celebration and will be held November 1 through 3 at various locations throughout the city. All events are free and open to the public unless otherwise noted.

On Friday, November 1, "Battle of the Bridge" ELHS vs. Lewiston football

game will take place at Walton Field (\$) at 7:00 p.m., the parking lot and gates will open at 6:00 p.m. On Saturday, November 2, Alumni games (various sports) will take place in Pettengill Park at 9:00 a.m., with local food trucks and vendor booths throughout the day until 4:00 p.m. Also, on November 2 are the Senior Center Ribbon Cutting Ceremony at 12:00 p.m. and the "All Alumni" Reunion at Lost Valley (\$) 5 to 11:00 p.m., offering live music, food, beer, fire pit and more. Tickets are required for the event at Lost Valley. On Sunday, Novem-

ber 3, "Family Fun Day" at Edward Little High School will begin at 9:00 a.m. and include a pancake breakfast, ELHS tours and a chance to learn about the new high school project, Kids Zone. There will be food trucks, and a "Family Mile" walk/run on the track. These mentioned events are highlights for the weekend. A full list of events is available at visit www.auburn150.com.

Those interested in volunteering during "Come Home, Auburn!" should contact Sabrina Best at sbest@auburnmaine.gov or 333-6611.

CNA class at Lewiston Adult Education



Lewiston Adult Education Certified Nursing Assistant students show their work scrubs in a picture taken at the end of their training last spring.

People interested in becoming a Certified Nursing Assistant this fall can start the application process for a 14-week class with Lewiston Adult Education.

The program will include classroom work, skills labs, and clinical experience. It will begin on Sep-

tember 24 and be held on Tuesdays and Wednesdays at Lewiston High School from 4 to 8:30 p.m. The class will cost \$1,120.

The clinical experience will be held at the end of the semester.

Applicants must complete the Comprehensive Adult Student Assessment

System (CASAS) exam, an interview and pass an extensive background check. They also must get a minimum score with the CASAS to be accepted into the program.

For more information or to schedule the CASAS, contact Lewiston Adult Education at 207-795-4141.

Androscoggin Home Healthcare and Hospice names director of home care

Androscoggin Home Healthcare and Hospice announced last week that they have named a new Director of Home Care. After three years serving as Androscoggin's Franklin County Territory Clinical Supervisor, Lisa Avery, RN will step into the role, leading the organization's Home Care services.

"We are confident that Lisa will lead an exemplary homehealth care team as she has demonstrated in her role as the former clinical supervisor in our Wilton office," said Androscoggin CEO Ken Albert. "Lisa, with over a decade of director-level leadership is exceptionally suited to take the lead of our Home Care services, one of the largest departments of the organization."

Avery joined Androscoggin from two Director of Nursing Services positions with rehabilitation facilities in Connecticut before settling in Maine in 2016. Avery is a Board-certified nurse with current licenses in both Maine and Connecticut.

A graduate of Quinnipiac College with a Bachelor's of Science in Nursing, Avery is an avid and lifelong learner, pursuing certifications to increase her knowledge. She is also a published contributor to Provider Magazine, the monthly publication of the American



Lisa Avery Lisa Avery

Health Care Association and the National Center for Assisted Living.

"I'm excited to be part of the senior leadership team and to lead an exceptional team of clinical professionals in an organization like Androscoggin who provides high quality, extraordinary patient care," said Avery.

Androscoggin Home Healthcare and Hospice is

the largest, non-profit independent home health and hospice organization in the state. They focus on health—not illness—by making each individual's quality of life the best it can be. To learn more about Androscoggin, including employment and volunteer opportunities, please visit www.androscoggin.org or call the Marketing and Development Office at 777.7740 ext. 1405

Thursday, Sep. 19

Speaker Series by CEO of Maine Public at Daggett Lounge, Thorne Hall on Bowdoin College Campus. Breakfast at 7:20 a.m., Program and Q&A at 7:50 a.m.

Thursday, Sep. 19

LA Metro Chamber Business After Hours at Central Maine Community College, 1250 Turner Street, Auburn, 5 – 6:30 p.m.

Thursday, Sep. 19

The Tightest Five Maine Comedy Event at Bear Bones Beer, 43 Lisbon St., Lewiston, at 7 p.m. The show is free and for ages 21-and-older. For more information call 207-513-0742 or e-mail maineevent-comedy@gmail.com.

Thursday, Sep. 19

L-A Rotary Speaker Steve Collins at the Village Inn, 165 High Street, Auburn, noon to 1 p.m. Lunch available for \$14. For more information, events and other club news visit www.lewistonauburnrotary.org and www.facebook.com/lewistonmainerotary/ or contact PR/Marketing Chair, Monica Millhime 713.7045, millhime@myfairpoint.net or Club President Celeste Yakawonis, 713.7111.

Friday, Sep. 20

The Shoe Must Go On, Museum L-A's fashion show on the Second Floor of Museum L-A at the Bates Mill, 7 — 9 p.m. Advance tickets are \$35, and tickets sold at the door are \$40. Register online at www.musemla.org or call 207-333-388

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.

Monday, Sep. 23

Artist Talk with Marsha Donahue at Bates College, Olin Arts Center, 75 Russell Street, Lewiston 5 – 6:30 p.m., reception to follow.

Tuesday, Sep. 24

Work for Yourself@50+ program offered by AARP Foundation, at the Lewiston Career Center, 5 Mollison Way, Lewiston, 1 p.m.

Tuesday, Sep. 24

Presentation on Sir Harry Oakes by David Leigh of Belgrade, hosted by Androscoggin Historical Society, at the Davis Wagg Museum on the third floor of the County Building (2 Turner Street, Auburn), 7:00 p.m.

Tuesday, Sep. 24

Beets Poets event at the Bailey Library in downtown Winthrop, 6:30 p.m.

Calendar

See more Calendar at www.TwinCityTimes.com

The event is free and open to the public. For more information call the library at 377-8673.

Wednesday, Sep. 25

Bystander intervention training by Green Dot Lewiston-Auburn, at Edward Little High School in Auburn. 6:30 to 8:30 p.m. For more information about Green Dot Lewiston-Auburn, please contact info@greendotla.org. To register for the workshop, please go to www.maineadulted.org

Thursday, Sep. 26

Financial aid info session at Auburn Public Library. More information can be found at website at www.auburnpubliclibrary.org or by contacting Donna at 207-333-6640, ext. 4.

Thursday, Sep. 26

Surviving violence in the workplace workshop offered by LA Metro Chamber at the Lewiston Auburn Metropolitan Chamber of Commerce, from 12 to 1:30 p.m..

Friday, Sep. 27

Be a film critic at the Manhattan short film festival at the Public Theater 31 Maple St, downtown Lewiston, 7:30 p.m.

Friday, Sep. 27

“So, you think you know Maine?” will be presented by Maine author Tim Caverly. at the Sawyer Memorial, 371 Sawyer Road, Greene from 2 p.m. to 7 p.m. Admission is free. For more information call 946-5311, visit sawyer-foundation.com or www.facebook.com/sawyer.foundation1937

Saturday, Sep. 28

Public Office Hours at Couture Room, Lewiston Public Library from 11 a.m. to 12:30 p.m. 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, Sep. 28

Be a film critic at the Manhattan short film festival at the Public Theater 31 Maple St, downtown Lewiston, 7:30 p.m.

Saturday, Sep. 28

Bean Supper at Auburn United Methodist Church, 439 Park Avenue, Auburn, 5 p.m. \$8 adults, \$4 children 6-12, children under 5 free.

Saturday, Sep. 28

Riverwalk Blues & Brews Festival downtown at Festival Plaza, Auburn, from 2 to 8:00 p.m. For more information on the Riverwalk Blues & Brews Festival, visit www.auburn150.com/blues-brews.

Saturday, Sep. 28

The Last Waltz performance at the Chocolate Church Arts Center, 7:30 p.m. Tickets are \$15 in advance, \$17 at the door. Call the box office at 207-442-8455 or visit www.chocolatechurcharts.org to purchase tickets.

Sunday, Sep. 29

Celtic supergroup, Còig performance at Chocolate Church Arts Center, 7:30 p.m. Tickets are \$23 in advance and \$28 at the door. Tickets are available online at www.chocolatechurcharts.org or by calling the box office at 207-442-8455.

Tuesday, Oct. 1

Work for Yourself@50+ program offered by AARP Foundation at New Ventures Maine office, 108 Perham St. Farmington, 6 p.m.

Thursday, Oct. 3

Successful Aging Expo at the Hilton Garden Inn, 5 Park Street, Freeport, 9 a.m. – 2 p.m. Admission and parking are free, no registration required. For more information visit www.maineSeniorGuide.com or contact Maine Senior Guide at 207-232-7847 or dmclean@maineseniorguide.com

Friday, Oct. 4

The 12th annual Aging Well Living Well Expo at the Grand Summit Hotel and Conference Center at Sunday River, 8:15 a.m. to 4 p.m. Tickets for the Expo are \$25 per person and include breakfast and lunch, as well as entrance to workshops. Tickets can be purchased via the brochure downloadable at www.seniorsplus.org/AWLW or by calling 1 800-427-1241. Raffle and chondola ride tickets may be purchased for an additional fee. Seats are limited; advance registration is strongly recommended.

Sunday, Oct. 6

The American Legion Harry J. Conway Post 135 Community Breakfast at the post building, 40 Island Road, Sabattus, 7:30 to 10 a.m. The cost is \$8 per person, WWII Veterans and Children 10 and under are free.

Tuesday, Oct. 8

Introduction to Self-employment workshop offered by New Ventures at Region 9 Adult Education, 377 River Road, Mexico 6 p.m. To register online for one of these workshops, or any of our small business classes, please visit newventuresmaine.org. For more information please contact

Karleen Andrews at karleen.andrews@maine.edu or call her at (207) 557-1885. Please register in advance for this popular workshop

Thursday, Oct. 10

Introduction to Self-employment workshop offered by New Ventures at Lewiston Career Center, 5 Mollison Way, Lewiston at 10 a.m. To register online for one of these workshops, or any of our small business classes, please visit newventuresmaine.org. For more information please contact Karleen Andrews at karleen.andrews@maine.edu or call her at (207) 557-1885. Please register in advance for this popular workshop

Friday, Oct. 18

Work for Yourself@50+ program offered by AARP Foundation online via a webinar conducted by New Ventures, 10 a.m.

Saturday, Oct. 26

Public Office Hours at Couture Room, Lewiston Public Library, 11 a.m. to 12:30 p.m. Lewiston's delegates to the Maine Legislature answer questions and

Mayor Levesque: Auburn residential tax decrease

Mayor Levesque is pleased to announce that upon finalization of Municipal and School Budgets, and the recent conclusion of the City's assessment, Auburn's mill rate will be \$23.75. This is an increase of 7 cents over the 2018 tax year and could only be realized through hard work by city staff, city council and tremendous growth of 45 million dollars in new construction valuation.

In real dollars, the average home of \$200,000 in Auburn will notice a \$14 increase to their annual tax

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Ad Astra (PG-13)	12:40	3:40	7:00	9:45
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Rambo: Last Blood (R)	1:25	4:25	7:15	9:30
Hustlers (R)	1:20	4:20	6:55	9:25
Overcomer (PG)	1:10	4:10	7:05	9:45
Angel Has Fallen (R)	12:20	3:45	6:45	9:25
The Lion King (PG)	1:05	4:05	6:40	9:15
It Chapter Two (R)	12:30	1:00	4:00	4:30
			7:30	8:30
The Goldfinch (R)	12:15		6:30	
Fast & Furious Presents: Hobbs & Shaw (PG-13)		3:30		9:35

provide an update of the current legislative session. To RSVP, see <http://bit.ly/lewistonofficehours>.

Tuesday, Oct. 29

Introduction to Self-employment workshop offered by New Ventures at RSU 16 Adult Education, 129 Elm St. Mechanic Falls, 6 p.m. To register online for one of these workshops, or any of our small business classes, please visit newventuresmaine.org. For more information please contact

Karleen Andrews at karleen.andrews@maine.edu or call her at (207) 557-1885. Please register in advance for this popular workshop

Saturday, Nov. 23

Public Office Hours at Couture Room, Lewiston Public Library, 11 a.m. to 12:30 p.m. 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>.

bill. This is significantly lower than the rate of inflation and growth in residential property valuations.

“By holding the line in spending, and encouraging private sector growth in both residential construction, and business development we can see the positive impact a pro smart growth policy agenda can produce,” said Mayor Levesque.

The increase in mill rate will be more than offset by the recent passage of a \$5,000 increase to the States Homestead exemption tax break. This equates

to a \$118.75 decrease for all primary homes with a homestead exemption.

“I am also satisfied that an increase in Homestead exemption, with full reimbursement back to the City will mean a decrease in our home property taxes without sacrificing services, a net decrease in taxes of \$104 may not seem like a lot, but to our Seniors and those trying to get ahead it is a much needed shot in the arm” said Mayor Levesque.

For more information, please contact Mayor Levesque at 207.333.0001.

Grammy-nominated storyteller Milbre Burch's at Celebration Barn Theater

Saturday, September 21 at 7:30 p.m. Celebration Barn Theater presents Grammy-nominated artist Milbre Burch's “Tales from Beyond the Ban”, stories of perseverance and passion from Libya, Iran, Iraq, Somalia, Sudan, Syria and Yemen.

“Tales from Beyond the Ban”, is a spoken word concert of oral tradition tales from the seven predominantly Muslim countries named in President Trump's initial Travel Ban. Excerpts of oral histories are interspersed among the folktales. “Tales from Beyond the Ban”, in part or full, has been featured at a World Refugee Day event in Columbia, MO, the National Storytelling Network's 2018 Summit in Kansas City, and other notable festivals, series and conferences.

Milbre Burch is a spoken-word recording artist, internationally known storyteller, and produced and published playwright who trained in physical theater with Celebration Barn Founder Tony Montanaro. A scholar as well as an artist, Milbre holds a PhD in theatre and performance studies and publishes research on the use of storytelling strategies to highlight social justice issues. Over the past forty years, she has taught and performed across the US, Europe and Asia.

Tickets to Milbre Burch's “Tales from Beyond the Ban” on Saturday, September 21 at 7:30 p.m. are available for \$16 for adults, \$14 for seniors and \$8 for kids. All tickets are general admission; members receive priority seating. Lobby and concessions open at 6:30 p.m. Purchasing tickets in advance is strongly recommended.

To purchase tickets or find more information, visit www.CelebrationBarn.com or call the Barn's box office at (207) 743-8452. Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris, Maine.



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VERMONT FOLIAGE TRIP - OCTOBER 21-25, 2019. Trip includes 4 nights lodging and 8 meals - Price is \$725.00 pp double occupancy.

ANNUAL 33RD BOSTON CHRISTMAS FESTIVAL- NOVEMBER 10, 2019. Price is \$55.00 pp.

BOOTHBAY'S BOTANICAL GARDENS AGLOW- DECEMBER 5, 2019.

Dinner at Taste of Maine Restaurant in Woolwich (on your own) - Price is \$50.00 pp.

CHRISTMAS TRIP TO THE WHITE MOUNTAIN HOTEL & RESORT - DECEMBER 8 - 9, 2019. Trip includes 1 night lodging, 2 shows, 3 meals Price is \$289.00 pp double occupancy.

WASHINGTON, D.C. - APRIL 23 - 29, 2020. Trip includes 6 nights lodging, 10 meals, NEW BIBLE MUSEUM, WWII Memorial, Korean and Vietnam Memorials, Lincoln Memorial, tram ride through Arlington National Cemetery, evening guided memorial & monument tour, admission to Mount Vernon Estates. A \$75.00 deposit is due when signing up.

Price is \$759.00 pp double occupancy.

ITALIAN VISTAS TOUR- MAY 16-28, 2020-Trip includes 13 days and 17 meals. SPECIAL TRAVEL PRESENTATION WILL BE HELD OCTOBER 8, 2019 at 2 p.m. at the Lewiston Senior Center. If interested, please come and hear and get detailed information.

MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due

when signing up. Price is \$859.00 pp double occupancy.

VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

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Former Student Helps Out Adult Education's Coffee Fund



Saint Clair Biro

A former Lewiston Adult Education student and teacher has donated to the Adult Learning Center's coffee fund.

Saint Clair Biro donated coffee cups, sugar and creamer on September 10. The Adult Learning Center, which is located in the basement of Longley School, provides coffee to students who are taking classes to improve their English skills or get their high school equivalency. But the coffee fund relies on donations.

Biro came to Lewiston Adult Education Learning Center as a student in December 2016 after immigrating to the United States from the Central African Republic. He also worked as a volunteer interpreter, receptionist and teacher there until November 2017.

He left Lewiston Adult Education after being hired by L.L. Bean and has also started Bourge Translation & Interpreting Service. Biro speaks English, French and Chinese.

He said he donated to the coffee fund as a way to help out a place that had helped him get his start.



Saint Clair Biro brought in a large box full of coffee cups and creamer to the Adult Learning Center in Lewiston to help keep the coffee program going

Libraries launch Maine reciprocal borrowing program

Beginning on Monday, September 16, library users of the Lewiston and Auburn Public Libraries will be able to use their library cards to check out items at nearly 70 libraries across the state of Maine. This program is a part of a year-long pilot called the Maine Reciprocal Borrowing Program (MRBP) to create more cohesive lending across libraries. It is captained by the Maine State Library and Maine InfoNet, the organization which manages the Maine library systems.

MRBP will work like walk-in interlibrary loan. Library users will take their valid Lewiston/Auburn library cards to one of the participating library locations

and check out an item of their choice. While reciprocal borrowing does not eliminate statewide interlibrary loan, this system reduces the need to order an item and wait for it to arrive for pick-up. It allows more freedom for library users who work, vacation, or attend family obligations in other towns to still enjoy the benefits of library materials away from home. Many types of libraries are participating including public, university, health, and other specialty libraries, which will broaden the options for library users.

Library users will be subject to any policies the other libraries have, such as item limits, and must present a physical library card for

checkout at another location to reduce potential issues or errors. Auburn Public Library and Lewiston Public Library have stickers with the program logo that they will be giving out to library users who wish to have one in order to be easily identifiable as a member of a participating library. Informational brochures and bookmarks will also be available at the Lending desks as well as on the libraries' websites.

For systematic reasons, not all libraries in the state are eligible to participate, a complete list of participating libraries and other program information can be found at www.maine.gov/msl/libs/reciprocal_borrowing.

Walk to End Alzheimer's® raises over \$37,000 in Lewiston

Nearly 200 residents in the Lewiston-Auburn area joined the Lakes & Mountains Area Walk to End Alzheimer's in the fight to end Alzheimer's disease on Saturday, September 14, at Simard-Payne Memorial Park in Lewiston. To date, participants have raised \$37,421, over 82% of their goal of \$45,500 to fund Alzheimer's care, support and research programs.

Fundraising for the Walk to End Alzheimer's continues through the end of the calendar year. Donate to a team or individual participant at alz.org/walk.

In Maine alone, there are more than 28,000 people living with the disease and

69,000 caregivers providing unpaid care. In the United States, more than 5 million Americans are living with Alzheimer's disease, the sixth-leading cause of death and the only disease among the top 10 causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzhei-

mer's Association Memory Walk®; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's—the nation's sixth-leading cause of death.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's research, care and support. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit alz.org or call 800.272.3900.

Brewer infantry unit identified for potential Africa deployment



Soldiers of B Company assemble for a group photo on the last day of training at the Joint Readiness Training Center, Fort Polk, Louisiana in May 2019. (Photo courtesy of Sgt. 1st Class Nathaniel McCray)

Maine National Guard officials announced last week that B Company, 3rd Battalion, 172nd Infantry Regiment (Mountain) has been identified for a potential 2021 deployment supporting U.S. Africa Command.

The Brewer-based unit is made up of approximately 140 Soldiers from across Maine and is part of the multi-state 86th Infantry Brigade Combat Team (IBCT), a National Guard brigade headquartered in Vermont. In total, the 86th will provide around 2,500 Soldiers to a variety of locations in U.S. Central Command, U.S. Africa Command, and U.S. European Command.

"For the past three years, Bravo Company has experienced a strenuous operational tempo with a heavy focus on training

and personnel readiness," said Capt. Lane Wiggin, the former commander of B Company. "Their hard work culminated with a very successful collective training exercise at the Joint Readiness Training Center this past spring. I am confident Bravo Company is well prepared for any mission they are asked to accomplish."

The Joint Readiness Training Center (JRTC) at Fort Polk, Louisiana hosts one of the Army's premiere national level exercises. Both B Company and the 251st Engineer Company (Sapper) represented Maine there in May 2019 and received praise from the 86th IBCT commander for their performance.

"With the sourcing of B Company, and the 286th Combat Sustainment Support Battalion already

servicing overseas, the Maine Army National Guard is consistently doing its part in ensuring global security," said Brig. Gen. Donald Lagace, Maine's assistant adjutant general. "We have full confidence in the unit's leadership and are proud of these Soldiers and their families."

The 86th also has elements in Colorado, New Hampshire, Connecticut and Massachusetts and is aligned with the active Army's 10th Mountain Division out of Fort Drum, New York.

Information on U.S. Africa Command can be found at africom.mil.

For media inquiries, please contact the Maine National Guard public affairs office at 207-430-5759, or ng.me.mearng.list.public-affairs@mail.mil.



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