



TWIN CITY TIMES

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(207) 795-5017 • Info@TwinCityTimes.com

FREE • Vol. XXI, No. 27

Your Hometown Newspaper Since 1999

Thursday, September 26, 2019 • FREE

Sandwich artist promoted to Manager in Gorham



Chris Dubay, Gorham Subway Manager and Crystal Brown, Marketing Manager for Subway Maine. TCT Photo by Laurie A. Steele.

By Laurie A. Steele

If you've been to Subway in Gorham lately you've likely had a conversation with Chris Dubay. "It's like stepping into an episode of Cheers - where everyone knows your name" is what his patrons say.

Known for his witty banter and cheerful attitude, customers keep coming back for the good food and the warm welcome.

At lunchtime during the week you'll see the same business people coming back on a daily basis to grab a sandwich and catch up on the local happenings.

Dubay started his career at Subway as a sandwich artist at the age of sixteen. Now, three years later, he is the manager, running the operations of

the Gorham Subway.

Dubay says the best thing about being manager is the relationships he's built with the loyal customers and the staff. "I get to hire and work with these people. I am very fortunate for the opportunities that Subway has given me."

"One of the things I love about working at Subway is that every individual employee is important. The owner or office staff is always accessible to lend a

helping hand and they work closely with us.

There are so many levels of support for everything that goes on including multiple operations managers and field consultants."

Subway Maine's marketing manager, Crystal Brown stopped in last week to congratulate Dubay. Brown says she is excited to continue to working with Dubay. "There are so many healthy options we offer - and more to come."

11th Annual Dempsey Challenge September 28-29, 2019

See pages 9-14 for more information

The 11th Annual Dempsey Challenge presented by Amgen will take place September 28 and 29, at Simard Payne Park.

The Dempsey Challenge presented by Amgen is a two-day, non-competitive fundraiser that champions the spirit of celebration and culture of paying it forward, all hosted in actor Patrick Dempsey's hometown. Every dollar raised by the Challenge benefits the Dempsey Center—a leader in quality of life care for individuals and families managing the impact of cancer. The Dempsey Centers provide a personalized, holistic and integrated approach to cancer education, prevention and support. All services are provided at no cost.

The Dempsey Challenge is comprised of a 5K (3.1 mile) and 10K (6.2 mile) run/walk presented by Spectrum Healthcare Partners, and rides of various cycling distances (10, 25, 50, 65, and 100 miles) presented by Specialized.

Along with the physical activities, the Challenge provides a family-friendly Festival in the Park, which is



DEMPSEY CHALLENGE

Presented By AMGEN

free and open to the public. The festival features live entertainment, the Concentra Health and Wellness Expo, and the Cigna KidZone. This year, the festival includes the Maine Craft Beer, Wine, and Food Truck Festival featuring food and beverages from several area businesses.

For a complete schedule of events visit dempsey-challenge.org. Sponsorships, in-kind donations, and a portion of registration fees cover 100% of event costs. 100% of funds raised by participants and the remaining registration fees benefit the

Dempsey Center.

Amgen has been the Dempsey Challenge presenting sponsor since the inaugural event in 2009. Amgen created the national Breakaway from Cancer® initiative in 2005 as a complementary component to its sponsorship of the Amgen Tour of California. The initiative is designed to increase awareness of the important resources available to cancer patients from prevention to education, and patient care to advocacy and financial support. www.breakawayfromcancer.com.

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Newsmakers, Names & Faces

Androscoggin Home Healthcare and Hospice names new Chief Financial Officer

Androscoggin Home Healthcare and Hospice (Androscoggin) announced that R.J. Gagnon of Turner, Maine has been named as the organization's new Chief Financial Officer. Gagnon will assume responsibility for keeping Androscoggin current and compliant with financial changes impacting the healthcare industry as well as providing oversight and expertise on all financial matters.

"R.J. will be an incredible asset to Androscoggin as the regulatory and financial environment in healthcare continues to shift," said Androscoggin CEO Ken Albert. "The experience he brings to the organization deepens our understanding of the financial implications related to policy changes in the industry and his background in risk management is a great benefit."

Gagnon joined Androscoggin in 2017 as the Director of Finance. Previously he was employed at Pine Tree Society, Inc. where he served as that organization's CFO from 2014. At Pine Tree Society, Gagnon led the successful acquisition

of another non-profit as well as marshalling upgrades to IT systems and network organization wide.

A graduate of Thomas College with a Master of Business Administration, Gagnon is currently working on completing his Doctorate in Business Management, with a specialization in Healthcare Administration. He is also an active member of the Young Professional and Payment & Reimbursement committees of the Home Care & Hospice Financial Managers Association.

Gagnon said, "It's an honor to be part of an organization with such strong values that have employees, like myself, striving to do their part in providing the best quality care to our patients. I'm excited to share my strategic and financial knowledge with our organization and the industry at large, in hopes to drive change for patients and providers alike."

Androscoggin Home Healthcare and Hospice is the largest, non-profit independent home health and hospice organization in the state. They focus on



R.J. Gagnon

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.

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

St. Mary health system appoints new chief patient experience officer

St. Mary's Health System in Lewiston, a member of Covenant Health, is pleased to announce that René Dumont has been appointed as the system's first chief patient experience officer. Dumont has served in various leadership roles at St. Mary's and Covenant Health, including as vice president of strategic growth. He will now lead the organization's efforts to improve the St. Mary's experience for patients and family members.

St. Mary's Health System is an integrated medical center comprised of a 233-bed acute care community hospital, a group of primary care and specialty providers, urgent care and emergency department, behavioral and mental health services, and outpatient specialty practices. The system also includes d'Youville Pavilion, a senior care community that offers a rehabilitation center, long-term skilled nursing care, and memory care.

"Ensuring every patient, we serve receives an exceptional experience is personal to me. I was born at St. Mary's, and my family and I have trusted St. Mary's for our care for as long as I can remember," said Dumont, who holds a master's degree in business administration from Boston University. "I am honored and excited to work alongside our talented and compassionate team of employees and providers, and our patients and their family members, to make the care and experience we provide the very best they can be."

"We created this position because we believe the experience that we provide

directly impacts healing. Patients should feel cared for and cared about," said Steve Jorgenson, president of St. Mary's Health System. "René's significant experience, lifelong relationship with St. Mary's, and ability to collaborate make him the perfect person to take on this new senior leadership role which is solely focused on the experience we provide."

As part of his new role, Dumont will also advance the work of the Albert Lepage Center for Patient Experience, which was established through a generous \$10 million grant from Lepage in 2017. The center reflects St. Mary's commitment to providing exceptional care and service and Lepage's desire to strengthen and advance

healthcare for St. Mary's patients and other members of the community. Dumont will work with a community-led team of advisors to advance innovation and improve both the patient and caregiver experience.

"We know René well as he's been a part of this community for many years," said Regis Lepage, a member of the Lepage Patient Experience Advisory Council. "He brings tremendous experience and expertise to this role, and he shares my brother's passion and commitment to making healthcare better for people in our community."

To learn about St. Mary's Health System, visit www.stmarysmaine.com. To learn more about Covenant Health, visit www.covenanthealth.net.



René Dumont

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Governor's Address: Thank first responders for the service they perform for the people of Maine

It has been a tough week for the town of Farmington and for the state of Maine.

At about 8:07 Monday morning last week, Farmington firefighters responded to a report of a smell of propane in the Life Enrichment Advancing People (LEAP) office building, a brand-new building, on Farmington Falls Road in Farmington.

LEAP maintenance worker Larry Lord evacuated employees from the building. Firefighters were investigating inside

when the building exploded moments later. Larry Lord's actions undoubtedly saved many lives.

We lost a brave firefighter—Captain Michael Bell of Farmington—while others, including Larry Lord, and our Police Chief Terry Bell, brother of Michael Bell, remain hospitalized.

You know, I was born and raised in Farmington, and it's my home still. I know the Bell family and I have a great deal of respect for every one of them.

Captain Michael Bell served our community with



Governor Janet Mills

dedication for 30 years. His loss is one that is deeply felt by the greater Farmington community.

In times of tragedy I sometimes think about Fred Rogers, you know Mr. Rogers, who said "Look

for the helpers. You will always find people who are helping."

Firefighters from as far away as Saco are on-site in Farmington to help our community. Office space for LEAP employees has been donated by the Western Maine Development Group. The Red Cross is organizing a blood drive next Wednesday, September 25 at the University of Maine at Farmington from noon to 5 p.m. And, people are fundraising to help the families and the people displaced by the explosion.

I am deeply grateful

for all of the efforts to help our community heal and I hope you will also consider helping in whatever way you can.

In the meantime, the investigation into the cause and origin of this explosion is underway. I have directed the Fire Marshal's office to do as much as they can, as soon as they can, to determine the cause of this tragic explosion.

While this was a terrible event for the town of Farmington and for our broader community, I am confident that we will emerge from this as a stron-

ger community, a stronger state, and a stronger people, because that is who we are as Mainers.

I hope that you will join me in offering hopes, thoughts and prayers for the full recovery of those injured.

And, by the way, if you see a first responder, please give them a hug and thank them for the service they perform for the people of Maine.

Thank You,
Janet Mills
Governor

Student recognized as "Leaders of Promise Scholar"



Kate McPherson

Central Maine Community College student Kate McPherson has been selected as a 2019 Coca-Cola "Leaders of Promise Scholar" and winner of a \$1,000 scholarship.

A resident of Litchfield, McPherson is a second-year student in the Computer Technology program. She has earned President's Honors in three semesters and currently serves as president of the CMCC Chapter (Alpha Phi Xi) of the Phi Theta Kappa

International Honor Society. She is a student worker in the IT Department.

The Leaders of Promise scholarship, sponsored by the Coca-Cola Scholars Foundation, recognizes 200 Phi Theta Kappa members with awards totaling \$200,000. This year's recipients were selected from nearly 900 applicants and were chosen on the basis of outstanding academic achievement and demonstrated leadership potential.

Matt Leonard announces candidacy for City Council at-large

Matt Leonard has formally announced his candidacy for Auburn City Council at-large. Leonard is currently founder and CEO of Military Talent Source; a specialized recruitment process outsourcing firm, that conducts military recruiting and veteran employment consulting as a full focus.

In his announcement, Leonard said, "I've talked with dozens of people who plan to move away because property taxes have become way too high. People who have lived here in Auburn forever are looking to leave; not because they want to but, because they have to. We can



Matt Leonard

change that. It's time for new leadership."

"My campaign is focused on three basic things:

property taxes are way too high; we need to be aware of attempts to create some sort of backdoor merger with upcoming policy and city charter changes and; we need new leadership to address those and many other issues."

Matt Leonard was born and raised in Maine and returned home after a 21-year U.S. Navy career retiring as a Senior Chief Petty Officer. He is a multi-tour combat veteran.

The municipal election is Tuesday, November 5. For more information on Leonard's campaign, go to mattleonardforauburncity-council.com.

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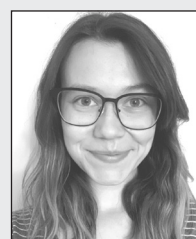
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Laurie A. Steele
Publisher/CEO
Laurie@TwinCityTimes.com

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Contributor
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Stacey Smith
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What's Going On

Senator Susan Collins Honorary Chair of Autumn Night Out

Androscoggin Home Healthcare and Hospice (Androscoggin) confirmed recently that Senator Susan Collins will serve as the organization's Honorary Chairperson of their annual event, Autumn Night Out, October 18, at the Hilton Garden Inn, Riverwatch, in Auburn.

President and CEO, Ken Albert said, "I have worked with Senator Collins and her office for years on home health care and hospice issues that matter greatly to our patients, their families and our health care

clinicians. She has always taken the time to listen, to understand the issues, and to work with health care leaders in Maine and the United States to champion these vital services that are so integral in the health care delivery landscape. We are grateful to have her support as Honorary Chairperson of this important event for Androscoggin."

The 16th Annual Autumn Night Out is a dinner/auction that raises funds for hospice care. To learn more and to purchase event tickets, please visit www.androscoggin.org.

androscoggin.org.

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

Workshop at UMaine Gorham

University of Maine Cooperative Extension will offer a beef quality assurance and low-stress cattle handling workshop 5:30 to 7:30 p.m. October 15, at Findview Farm, 147 Mighty Street, Gorham.

Workshop topics include differences between

grass- and grain-fed beef, key issues with Maine-raised beef cattle and beef quality assurance, and demonstrations of low-stress handling techniques. Participants will have the opportunity to become certified in Beef Quality Assurance. UMaine Extension livestock special-

ist Colt Knight will lead the workshop.

\$10 per person; on-line registration is required. For more information or to request a reasonable accommodation, contact Rebecca Gray, 207.781.6099, rebecca.gray@maine.edu.

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Guest Column: Proud to support laws that help Maine students

Sen. Nate Libby

The leaves are turning, the air is cooler, and kids are back to school. As a parent and legislator, I know how important it is to invest in our kids' education, so they can grow to be confident, healthy, productive adults. I'm glad to report that several bills the Legislature passed this session, many of which went into effect this month, will help support the next generation of Mainers.

Hungry kids can't learn. The sad truth is that more than 18% of children in Maine, and almost 20% of children in Androscoggin County go to school hungry. To help make sure more Maine kids have access to healthy meals, the Legislature passed a law that helps Maine schools purchase fresh produce from local farms at low costs to the districts. We also passed a bill to modernize and streamline the process for applying for the free lunch program, expanded breakfast after the bell programs, and expanded the free school lunch program to include all families who qualify for reduced-price lunches. In talking with teachers and administrators in Lewiston, I've learned there's often a direct connection between empty bellies and learning and behavior issues.

Low starting salaries for teachers is a problem, causing many well qualified

people to avoid the profession all together. We need to make sure our kids are being taught by the best teachers around. But many school districts in our county just can't afford to offer high enough salaries to compete with more affluent towns. To help address this problem, I wrote and passed a bill that will help more schools hire high-quality teachers. Under this new law, teachers who have attained certification from the National Board for Professional Teaching Standards will be eligible for an increased stipend if they choose to teach in a district where more than 50% of the students qualify for free or reduced meals.

Schools should be safe places for our students and teachers. This year, the Legislature passed a law that will make sure school districts test for lead contamination in drinking water. Lead can get into water through ground contamination and through old pipes and plumbing. Lead poisoning can seriously hurt kids, and can cause long-term health complications, including damage to the brain, slowed development, and hearing problems. Another bill I wrote and passed, which is already in effect, expands the state's lead poisoning control act. This will help more families find out if they're being exposed to lead contamination, so

they can work to address the problem. Lewiston and Auburn have the highest rates of lead poisoning in Maine due to a combination of older housing stock and a recent increased awareness of the importance of testing for lead poisoning.

Over the years, study after study has shown the importance of early childhood education. Quality early education can impact everything from crime rates to economic prosperity. But in order for students to get that good education, we need to make sure they're showing up for their lessons. Early education is the foundation for all learning, and if a kid falls behind, the effects can ripple for years. That's why, after 5 years of trying, I finally passed a bill that will help schools work with families if a child is falling behind in attendance. There are any number of reasons that can impact a child's attendance. Giving teachers and administrators the support they need to help parents just makes sense.

When Maine students succeed, our whole community succeeds. Investing in our schools and our children's education is investing in the future of our state's economy and overall prosperity. I'm proud of all the Legislature has done this year to help kids grow and learn.

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Gov. Mills announces Flags to remain lowered across Maine in honor of fallen, injured firefighters

Governor Janet Mills authorized the Town of Farmington and fire departments across the state to keep the United States and State of Maine flags at half-staff in honor of those who were critically injured and still recovering from the explosion in Farmington on Monday.

Additionally, Governor

Mills has said she will issue an additional flag lowering directive upon the release of funeral arrangement details for the deceased.

“With deep and enduring respect for Captain Bell and his family, and as we pray for the full recovery of our firefighters and Larry Lord who remain hospital-

ized, I am authorizing the Town of Farmington and fire departments across the state to keep their flags at half-staff,” said Governor Mills. “Please join me in keeping all of our first responders in your thoughts and prayers and thank them for the service they perform for the people of Maine.”

St. Dom's Students raise nearly \$1,000 in a day to help victims of hurricane Dorian

Inspired by a conversation about the destruction caused by Hurricane Dorian, students at Saint Dominic Academy in Auburn decided to do more than feel sad.

“I incorporate current events, whenever possible,” said Anne Pontbriand, religion teacher at St. Dom’s. “At the beginning of each class last week, I brought up the people of the Bahamas in our class prayers. Some students wanted to talk about it at length and know what they could do.”

The students quickly came up with the idea for a “dress down day” to raise money for victims of the hurricane in the Bahamas.

“Sarah Brown, Molly Brown, and Alec Beaudin took action and asked our administration if they could do a fundraiser,” said Pontbriand.

For \$3, students, faculty, and staff could wear jeans and a t-shirt to school, and for \$5, students could wear athletic clothes.

“Many donated more than the required fee just to support the cause,” said Debra Anthoine, director of advancement at the academy. “The total raised was \$925 to support the victims of Hurricane Dorian.”

The proceeds will be sent to Catholic Relief Services which, along with



local partners, are working to assess immediate needs in the Bahamas and organizing food, emergency shelter, and safe water for affected families.

The fundraiser will help make a small difference for people in need and left a big impression on the students in the process.

“I really think the students felt a sense of purpose and responsibility in helping people so far from us who we don’t even know,” said Pontbriand, “Those in need are part of our world family.”

Last weekend, all of Maine’s Catholic churches

also held a special collection to provide aid and support to victims of Hurricane Dorian as well as other natural disasters that could occur this year. If you wish to offer assistance to victims of Hurricane Dorian, visit <https://support.crs.org/donate/hurricane-dorian> or call 1-877-HELP-CRS.

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

Health Affiliates Maine donates \$2000 to Greater Androscoggin Humane Society

Health Affiliates Maine recently presented the Greater Androscoggin Humane Society with an employee-raised donation of \$2000 plus pet supplies. The money and supplies were raised by employees of Health Affiliates Maine through various fundraising efforts.

“We’re excited to donate our fundraising efforts to such a worthy organization,” said Kate Marble, Case Management Program Director of Health Affiliates Maine. “The Greater Androscoggin Humane Society and their volunteers work non-stop to save, protect and better the lives of animals and the community members who adopt them.”

The \$2000 donation and various supplies including food, treats and bedding, will go toward the care of animals housed at the shelter.

Health Affiliates Maine employees raise funds for several local organizations throughout the year through various in-office and external fundraising efforts, including bake sales, Jeans Days where employees pay to wear jeans to work, and photo contests. In 2019 so far, Health Affiliates Maine employees have raised \$4,300 to donate to local organizations.

A statewide agency, Health Affiliates Maine provides services and support to Mainers affected by mental

health and substance abuse issues. For more information visit healthaffiliates-maine.com.

What's Going On

Pettengill seeks re-election for a second term as City Councilor

“It has been a pleasure serving the residents of Ward 2 and Lewiston the past 2 years. There is still much work to be done and I would appreciate your vote on November 5th so I can continue to put Lewiston and its residents first.” - Zack Pettengill

During his first term representing the residents of Ward 2, he advocated for priority on Lewiston First Initiatives. With debates about the permanent housing committee, Pettengill disagreed with other members that qualified people who live in Lewiston could not be found in our community. He fought to ensure that only residents of Lewiston would be the ones that make up the committee. During his second term, he will continue to fight to ensure that the decisions for Lewiston are made by and for Lewiston Residents, not outside interest groups.

He has been the lone voice in pushing to place importance on addressing lead in our housing and making sure that the city takes an active stance on the issue and for it to no longer

be just a campaign issue that is only talked about.

During his first term, Pettengill has ensured communication with his constituents and helped connect them with the correct departments to have their concerns heard and corrected. He has also held town hall meetings for Ward 2 residents to have conversations about their concerns and share their thoughts in regard to Lewiston and what they would like to see done. These were informative and worthwhile and Pettengill intends to hold more during his second term.

Pettengill is deeply proud of the Lewiston Youth Advisory Council and the tremendous amount of heart and work that these students put in. He was the City Council advisor to the Youth Advisory Council during his first term. This council is a student led group that works to be involved with the community, bringing positive change and shining light on exciting things happening in Lewiston.

In his second term he is looking to address the cities high property tax

through innovative ideas, to work on ways to attract businesses to the area, and to promote more public art throughout the entire city.

Pettengill owns a local, small business in Lewiston. He is married with two children that attend the Lewiston School System. He is the son of a Lewiston Firefighter as well as the grandson of a Lewiston Police Officer. He knows full well the time and dedication to be a public servant and is committed to serving Lewiston and her people.

What do you think?

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Cast rehearses for CLT's "Annie"



Pictured here rehearsing the "Hooverville" scene from "Annie" are left to right Vance Benoit, Dan Crawford, Sue Caron, Beth LaBrie, Maggie Machaiek, and John Guy.

Cast members rehearse the "Hooverville" scene for the Community Little Theatre's upcoming production of the musical comedy "Annie." Walking the streets of New York City after escaping from an orphanage, Annie comes upon

"Hooverville," a shanty town built by people made homeless during the Great Depression. Hoover, who was president during the onset of the Depression, was widely blamed for it. The people have come together to sing "We'd Like to Thank

You Herbert Hoover."

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. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>.

New Ventures Maine workshops for adults

New Ventures Maine has announced their October workshop offerings which are designed to help you own your personal power, prepare you for your next career, and manage your money.

Building Confidence, a hands-on class intended for people who are ready to tap their full potential, starts on Wednesday, October 16 at 5:30 p.m. and runs for three consecutive weeks at Lewiston Auburn College (LAC). Body posture

and language, taming fears, mindfulness, and retraining your inner critic are all addressed in this popular class.

Resume writing and interview preparation are explored in First Impressions Matter. This is an experiential workshop for people who are ready to create or update a strong resume and to become a solid candidate during the interview process. It's offered on Tuesday, October 8, from 1:30 to 4 p.m., also at LAC.

Lastly, money management is offered in a fun workshop called Your Money Personality Thursday, October 3, and in a more traditional class called Budgeting Basics on October 16. Both will be held in the early evening.

Pre-registration is required, and the workshops are tuition-free. For more information or to register, contact Chris Davis, 753-6531, or register online at newventures-maine.org.

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Chris Davis, strikes a Power Pose in her Building Confidence Class



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“State of the School” address at Saint Dominic Academy



All Saint Dominic Academy students, parents, faculty, and staff, along with members of the wider community, are encouraged to gather at the Auburn campus, located on 121 Gracelawn Road, on Wednesday, October 2, for the inaugural “State of the School” address.

The address, which will begin at 6 p.m., will be delivered by Tim Gallic, the president of Saint Dominic Academy. The talk will focus on the current state of the school and the exciting

direction it is heading in.

“It didn’t take me long to see that St. Dom’s is true to its commitment of imparting our faith and inspiring academic excellence,” said Gallic. “We are excited to lay out how these important elements of success will carry on for generations to come.”

The address will not only provide a platform to review the achievements and challenges of the past, but also present the roadmap forward for pre-kindergarten through twelfth grade.

“Building on the long

and successful history of the academy and mindful of the call of Christ to bring the Good News to all, I’ll address the academy’s current needs and the path we will take to reach our goal of becoming the premier educational system in Maine,” said Gallic.

For more information about the address, call the school at (207) 782-6911. For more information about the academy or to schedule a tour of either the Auburn or Lewiston campus, visit www.stdomsmaine.org.

TWIN CITY NIGHTS

Weekly Arts & Entertainment

Adult Education Fall Super Saturday

Lewiston Adult Education is offering a mix of food, crafts and lifesaving skills to students for its Fall Super Saturday.

The session of classes is scheduled for October 5 at Lewiston High School. The classes will allow students to get into more detail on a variety of subjects.

Hawo Abdille will show how to make tea with a mortar and pestle and enjoy them with Somali crepes. Students are asked to bring their mug or travel mug to class in order to sample different flavors of tea.

Irina Petranek will return to teach Russian for Beginners. The class will allow students to begin to learn the basics of the language from a native speaker.

Crafts and preparing for the Christmas season come together with Pat Casson’s class on making a Christmas Spider. The decoration comes from an Eastern European folk tale and can be used on Christ-



Hawo Abdille will teach a class on Tea and Somali Crepes during one of Lewiston Adult Education’s Super Saturday class on Oct. 5.

mas trees or can be given as gifts.

A member of United Ambulance will teach the CPR/First Aid class. The six-hour instruction will include information about using epi-pens and applying

bandages along with showing how to do CPR.

For more information about the classes, visit www.lewiston.maine-adulted.org or call Lewiston Adult Education’s main office at 207-795-4141.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

3rd Annual Maine Luthiers showcase in Hallowell



“Cigar Box Guitars” - Luthier Joel Amsden helping children build cigar box guitars at Vaughan Homestead during last year’s Maine Luthier Showcase in Hallowell. Photo by John Begin

Behind every guitar is a luthier. Have you ever heard of one? A luthier is someone who makes or repairs stringed instruments. The name “luthier” originally came from lute making, but today includes makers of acoustic and electric guitars, banjos, violins, cellos and basses.

Hallowell welcomes music and craft fans to celebrate Maine’s stringed instrument makers at the 3rd Annual Maine Luthiers Showcase, the weekend of October 4 through 6, in downtown Hallowell, Central Maine’s “New Orleans on the Kennebec”.

“We’re really excited to be hosting the luthiers again this year at multiple downtown locations,” said music Coordinator Chris Poulson, “there will be music at all live music venues, with something for everyone. From instruments and a singer songwriter showcase, Master Classes and

concerts, to evenings of raucous guitar lick exchanges by local veteran guitar heroes, including Stevie Jones, Robby Coffin, Rog Sampson, Denny Breau and other great musicians.” Music performances will be hosted in venues throughout downtown Hallowell, including the City Hall Auditorium, The Harlow, the Second Street fire station and in restaurants and pubs on Water Street.

The Maine Luthiers Showcase recognizing Maine’s stringed instrument-making and performing music culture, began in 2017, and has quickly grown from a few intimate performances to a weekend-long schedule of live music with demonstrations, lectures, and workshops for all ages relating to the art of lutherie in Maine.

“We are excited to have the Luthier Showcase in downtown Hallowell during Maine Craft Week-

end,” said Jamie Houghton, President of Vision Hallowell, which is helping to organize the event. The collaboration and community-focused nature of these events are a perfect fit for our downtown, and it is exciting to see the creativity and vibrancy of both residents and visitors throughout the weekend.”

The weekend features exhibitions of Maine-made acoustic and electric guitars, violins, and other stringed instruments at Harlow Gallery, demonstrations of luthier craft, and musical techniques and performances by musicians playing these instruments on-stage at multiple venues all over town. The full schedule is coming soon to www.hallowell.org/luthiers.

Hallowell is a featured city for Maine Craft Week-end this year, so visitors to Maine’s smallest city will also find displays and demonstrations featuring



Instruments on display last year at the Harlow in Hallowell. Photo by Allison McKeen



“Pineland Fiddlers Contradance”- Ellen Gawler and Friends Contradance featuring young musicians with The Pineland Fiddlers at last year’s Maine Luthier Showcase in Hallowell. Photo by John Begin



“Tiger Saw” Tiger Saw, a music collective founded by singer songwriter Dylan Metrano of Newburyport, MA performing at last year’s Maine Luthier Showcase in Hallowell. Photo by John Begin

other crafts besides the art of lutherie, including ceramics, fiberart, craft beer, locally

made chocolate and more. For details, visit maine-craftweekend.org/2019-fea-

tured-locations/.

Maine Luthier Showcase has been made possible by major sponsors, Team EJP and the Kennebec Ice Area, the Portland Trust Company, Drummond Woodsum, and Ransom Consulting, and is supported in part by a grant from the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts. Maine Luthier Showcase received a Tourism Marketing Enterprise Grant for 2019 from the Maine Office of Tourism. For more statewide information, go to visitmaine.com. For more information concerning the Showcase, contact Nate Rudy, City Manager, (207) 430-4403, nrudy@hallowellmaine.org.

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Schedule for 11th Annual Dempsey Challenge

Saturday, September 28 Event Schedule: 6:00 a.m. to 7:30 a.m., Packet Pick-Up for runners/walkers. 7:00 a.m., Opening ceremonies led by Patrick Dempsey at the start stage. 7:30 a.m., 10K Run/Walk presented by Spectrum Healthcare Partners. 8:00 a.m., 5K Run/Walk presented by Spectrum Healthcare Partners. 8:00 a.m. to 1:00 p.m., Free, family-friendly Festival in the Park, featuring KidZone presented by Cigna, Maine Craft Beer, Wine, and Food Truck Festival, and live music (open to the public). 8:20 a.m. to 1:00 p.m., Hannaford 5 & 10K Café (participants only). 9:00 a.m. to 1:00 p.m., Packet Pick-Up for cyclists. 9:45 a.m., Brief program before the Amgen Breakaway from Cancer® Survivor Walk. Visit Dempsey Challenge

information tent to be directed to staging area. 10:00 a.m., Amgen Breakaway from Cancer® Survivor Walk. 10:30 a.m. (approx.), “Thank You” from Patrick Dempsey and celebration of top fundraising award winners at the Entertainment Stage. 11:00 a.m., Kids’ Fun Run, immediately following award winner celebration. 11:15 a.m., Woodside One Wheelers from Topsham perform. 11:15 a.m., Camp of Rock students perform on Entertainment Stage. 12:00 p.m., Maine Cycling Club welcome ride at Rainbow Bicycle, 12-15 miles at a pace for any rider

Sunday, September 29 Event Schedule: 6:00 a.m. to 7:15 a.m., Packet Pick-Up for cyclists. 7:00 a.m., Opening ceremonies led by Patrick Dempsey. 7:30 a.m., Fundraising Rides

presented by Specialized, cyclists released in waves: 100-, 65-, 50-, 25-, and 10-mile groups. 8:00 a.m., Short Folks for Hope Foundation’s Vivian St. Onge Memorial Rickshaw Team riders depart (immediately following release of 10-mile riders). 8:00 a.m., Festival in the Park opens. 9:30 a.m., Lobster Trap presented by ON Semiconductor opens (participants only). 10:00 a.m., Fight at the Family Picnic performs. 12:00 p.m., Stealing North performs. 1:00 p.m., New England Patriots game shown in the Food & Beverage Tent. 2:00 p.m., Fund-raiser Celebration led by Patrick Dempsey on the Entertainment Stage. 2:30 p.m., The Farmhouse Project performs (immediately following fundraiser celebration).

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Survivor Walk - Saturday, September 28, 10am



The survivor walk is a highlight of Dempsey Challenge weekend. Survivors,

caregivers, families, and those honoring or remembering loved ones are all

welcome to join the Amgen Breakaway from Cancer(r) Survivor Walk, led by the winner of the 2019 Amanda Dempsey Award.

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

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





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Food and Beverages

Maine Craft Beer, Wine and Food Truck Festival – Saturday & Sunday New for 2019! We have created a new experience for participants and the general public with many local breweries! Must be 21. ALL individuals will be asked to present their ID (both days) and will receive a wristband for verification when ordering.

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 Hannaford 5&10K Café

Runners/Walkers, Saturday Only

Celebrate completing your challenge over a meal prepared by 60+ local chefs, using fresh ingredients provided by Hannaford Supermarkets! Chefs include

Green Ladle students and alumni, as well as Central Maine Chapter members of the American Culinary Federation!

MENU: Omelets, corn bread, fruit, and more!

BEVERAGES: Water, hot beverages and other non-alcoholic beverages. Adults 21+ will receive one complimentary beer from the Maine Craft Beer, Wine and Food Truck Festival (via tear-off ticket on bib). Additional beer is available for purchase.

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

Lobster Trap presented by ON Semiconductor.

Cyclists, Sunday Only
 Our favorite lobsterman, Proctor Wells, and our favorite Chef, Scott Johnson, are back to put on another lobster bake for

participants to enjoy after their ride! The menu will include choice of lobster or veggie burrito; corn, potato, roll and dessert.

Each cyclist will receive complimentary entry to the Lobster Trap via tear off ticket on their bib, as well as one complimentary beer from the Maine Craft Beer and Wine Festival (21+ only; via tear-off ticket on bib). Additional beer is available for purchase.

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

Participants who wish to sit with friends and family who don't have Lobster Trap tickets are welcome to gather in our new gathering space for 2019. Come see it!

Festival Attractions



Fun Festival Areas
 Dempsey Center mission tent
 Concentra Health & Wellness Expo offering free health screenings and prevention information
 Official Challenge merchandise with the Dempsey

Challenge logo
 Massage – free massage to Challenge Participants
 Reiki Tent – free Reiki for survivors and Challenge participants
 Maine Cycling Club Bag & Bike Valet where you

can stash your stuff while you take part in the Challenge or peruse the Festival Entertainment Stage
 Saturday:
 10:15AM – Fundraiser Awards Celebration with Patrick Dempsey
 11:30 – Camp of Rock
 Sunday:
 10:00AM – Fight at the Family Picnic
 12:00PM – Stealing North
 2:00PM – Fundraiser Awards Celebration with Patrick Dempsey
 2:30PM – The Farmhouse Project

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Kids Fun Run - Saturday, September 28, 11am



Saturday, September 28, 2019: 11:00 am (immediately following Fundraising Award Winners celebration on Entertainment Stage) – Sign in by 10:30 am –

Location: Sismard-Payne Memorial Park, Lewiston

Registration Fee: None

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

en to those who registered by September 2nd.

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

Led by mascots like the Bates Bobcat and Slugger the Sea Dog, the Kids' Fun Run is a great opportunity for little ones ages 10 and under to participate in the Challenge. Kids will run

a distance of approximately ¼ mile. The Fun Run has a superhero theme, and new for 2019 a pirate theme (be sure to join us in the KidZone presented by Cigna!) We encourage all kids and families to come dressed as their favorite superhero. Whether a comic book character, a swashbuckling pirate or your own unique creation, have some fun and be a "Hero" in the fight against cancer!

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KidZone, presented by Cigna



Come visit Yo Ho, Yo Ho, A Healthy Life for Me! the Dempsey Challenge KidZone, presented by Cigna!

Open both Saturday and Sunday from 8:00 AM to 1:00 PM during Challenge weekend, the KidZone is FREE for all swashbuckling kids and their families!

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er and closer to earning a chance at the ultimate pirate booty – A SPECIALIZED BIKE AND HELMET!

Test your seaworthiness on our obstacle courses!

Show us your artistic flair by coloring our ship's planks!

Drink some grog & quench your thirst with fresh fruit smoothies and apple cider – pirates need their fruits and veggies too!

Pull up a bale and rest

your mind a bit – pirates do soooo love a good picture book!

Show your inner craftiness at the craft and woodworking tables – pirates can be soooo creative!

And don't forget to get your picture taken to show what an awesome, healthy pirate looks like!

The Dempsey Challenge KidZone presented by Cigna makes for healthy and happy land lubbers – um, we mean pirates!

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Dempsey Center at a Glance

In response to his mother's multiple bouts with ovarian cancer, actor Patrick Dempsey founded the Dempsey Center in Lewiston, Maine in 2008 with the intention of giving back to the community where he grew up, and where his mother first received cancer treatment.

The Dempsey Center makes life better for people managing the impact of cancer by creating a haven of support for cancer patients, survivors, and caregivers. With locations in Lewiston and South Portland, the Dempsey Center provides a range of services that help people maintain wellness, even while dealing with cancer. All services are provided at no cost.

Dempsey Center services remain free to everyone

thanks to the generosity of individual donors, corporate partners, and charitable foundations. Fundraising done through the Dempsey Challenge raises a significant portion of the organization's operating budget.

The Dempsey Challenge is a two-day, non-competitive run, walk, cycle fundraiser that champions the spirit of celebration and culture of paying it forward—all hosted in Lewiston, Maine. Every dollar raised by the Challenge directly benefits the Dempsey Center.

"I am so grateful for the Dempsey Center. Your staff is so kind and wonderful. The atmosphere is comfortable and relaxing. Even the toughest, grittiest cancer patient needs help sometimes, and to know you are here

for me means the world." Shannon M.

"We especially love that everyone finds what they need here. Our son really looks forward to our time here and my husband has gotten so much out of the caregiver programs. We really enjoy the Dempsey Center." Joanna A.

2018 review of programs and services: 2,180 Complementary Therapy Sessions (Oncology Massage & Acupuncture); 1,015 Oncology Counseling Sessions; 1,087 Hours of Classes & Workshops (Fitness, Nutrition, Meditation & Expressive Arts); 1,325 people reached through Community Outreach & Prevention Education Program; 550 people from 13 Maine counties and 22 states received Resource Navigation services.



Maine Made Crafts 2019 Craft Show Dates

<p>OCT. 19-20 Augusta Armory 179 Western Ave Rt., 202, Augusta</p> <p>NOV. 9-10 Augusta Armory 179 Western Ave., Rt. 202, Augusta</p> <p>NOV. 16-17 DEC. 14-15 Portland Ramada Inn Seasons Events Center, 155 Riverside St., Portland</p>	<p>NOV. 23-24 Lewiston Ramada Inn, Conference Center, 490 Pleasant St., Lewiston</p> <p>NOV. 30-DEC. 1 Augusta Civic Center 76 Community Drive, Augusta</p> <p>DEC. 21-22 Augusta Armory 179 Western Ave., Rt. 202, Augusta</p>
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Brewer woman named as 2019 Amanda Dempsey Award Winner

Priscilla “Pat” Rolins has been named the 2019 Amanda Dempsey Award Winner presented by Amgen’s Breakaway from Cancer®. Named in memory of Patrick Dempsey’s mother Amanda, the award is given annually to a cancer survivor who demonstrates a passion for helping others with cancer in the state of Maine. It is presented in conjunction with the annual Dempsey Challenge, the primary fundraising event for the Dempsey Center.

Pat, who is now 84 years old, was first diagnosed with breast cancer in October of 2006. She underwent a lumpectomy and radiation treatment, however, at the age 71, she decided that the side effects of chemotherapy drugs would be tougher than the chance of a recurrence. In the fall of 2012, it was discovered that the breast cancer had metastasized to her bones. The bone cancer now goes from her skull to her tailbone. Being the absolute fighter that she has been her entire life, Pat took on this battle like every other that life has handed her. She continues to receive treatment at Northern Light Cancer Care with a goal of slowing down the cancer’s growth.

Pat was nominated by her daughter, Delores Landry who manages Sarah’s House in Holden. In nominating her mother Delores said, “I am nominating her because of the volunteer work she does at Sarah’s House. Despite the aches and pains and ups and downs on her own cancer journey, Pat has logged over 1,200 volunteer hours since April 2015. She does laundry, cleans rooms, tracks donations, and answers phones at the house for people undergoing cancer treatment in the

area. Pat never focuses on her own cancer but uses her journey to inspire others. She has won the hearts of guests and fellow volunteers with her positive attitude.”

“Each year Amgen Oncology’s partnership with the Dempsey Challenge reinforces the foundation of our Breakaway from Cancer initiative,” said Christophe Bourdon, Vice President and General Manager, Amgen Oncology. “Creating powerful connections in the communities we serve is just as important as developing vital medicines and making a difference in our world. Amgen is proud to be part of this event and to honor Pat for her dedication to volunteering in the fight against cancer. Pat and those who provide support to people battling cancer are important players in the team that is leading the fight to overcome this disease, and we applaud her commitment. Congratulations, Pat, and thank you for your devotion to this effort.”

Pat will formally accept the award on Saturday, September 28, at the Dempsey Challenge. Past award winners include Barbara Deschenes, Christina Parrish, Brooke Ismail, Dr. James Campbell, Nel Bernard, Hailey Sontag, Kristen Short, Laura Davis, Scott Thomas, Carlene Sperry and Allen Lariviere.

As part of Dempsey Challenge weekend, Amgen’s Breakaway from Cancer and the Dempsey Challenge invite all cancer patients, survivors, and their families to walk with Pat and actor Patrick Dempsey in the Amgen Breakaway from Cancer Survivor Walk on Saturday, September 28, at 10:00 a.m. at Simard-Payne Memorial Park in Lewiston. The walk is free to the public, and there is no need to preregister. Participants are encouraged to visit the Dempsey Challenge In-

formation Tent by 9:45 a.m. to be directed to the staging area for the Walk.

Founded in 2005 by Amgen, Breakaway from Cancer is a national initiative to increase awareness of important resources available to people affected by cancer—from prevention through survivorship. Breakaway from Cancer is a collaboration between Amgen and six nonprofit partner organizations: Prevent Cancer Foundation, Cancer Support Community, Patient Advocate Foundation, National Coalition for Cancer Survivorship, Multiple Myeloma Research Foundation, and Susan G. Komen. These organizations offer a broad range of support services complementing those provided by a patient’s team of healthcare professionals. For more information visit: breakawayfromcancer.com or follow them on Facebook, Instagram or Twitter.

The Dempsey Challenge presented by Amgen is a two-day, non-competitive fundraiser that champions the spirit of celebration and culture of paying it forward, hosted in actor Patrick Dempsey’s hometown of Lewiston, Maine. Every dollar raised by the Challenge benefits the Dempsey Center -- a leader in Quality of Life care for individuals and families impacted by cancer. The Dempsey Center is committed to making life better for people managing the impact of cancer. Follow the Dempsey Center and Dempsey Challenge at dempseycenter.org, Facebook, Instagram, YouTube and Twitter. For a complete schedule of Dempsey Challenge events, or information on how to register, visit dempseychallenge.org.

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Training partners celebrate course completion



Pictured l-r: John Ferland, Hahnel Bros., VP/General Manager; Dan Deschene, Consigli Construction, Assistant Superintendent; Jen Tiner, Lewiston Adult Education Assistant Director; David Foulke, Northeast Painting & Coatings, Project Manager; and Joe Perryman, St. Laurent Construction, General Manager; proudly display framed commemorative plaques, presented by Regional Employer Point Assistant, Monica Millhime, on behalf of Western Maine Community Action. The plaques feature Lewiston Construction Cohort #4 testimonials shared by construction program graduates and business partners. Photos courtesy of Monica Millhime, WMCA.

Workforce training partners at Western Maine Community Action (WMCA) marked the celebration a success following the completion of the fourth Lewiston Construction Cohort, a partnership with academy training partners at Lewiston Adult Education, and four local construction business partners (Hahnel Bros., Northeast Paint and Coatings, St. Laurent and Consigli Construction).

Lewiston Adult Education, in partnership with the Lewiston CareerCenter, WMCA, John T. Gorman Foundation, Community Concepts, City of Lewiston, Take2/Goodwill, and Fed Cap offer a construction skills training program designed to equip students with the work readiness skills and sector-specific skills, neces-

sary to become employed in an entry level construction position. Students are provided a work experience with local employers and are eligible for on-the-job training upon completion of the program. Participants must pass CASAS assessments in reading and math, have the ability to work in the United States, and successfully complete an eligibility screening, including an employer-sponsored drug screening. Successful candidates earn a Work Ready credential, OSHA 10, RRP certification completing assignments addressing workplace safety, hand and power tools, construction measuring, fractions and basic geometry.

“Working in partnership is the best way to address the challenges of to-

day’s labor market,” shares Patti Saarinen, WIOA Program Coordinator, WMCA-Central/Western Maine CareerCenters. “In our 5-county area, we are fortunate to have community organizations, educational facilities, and employers willing to collaborate on training projects that benefit both job seekers and business. We look forward to the Spring 2020 cohort.”

A fifth Construction Cohort is planned for Spring 2020. The course is no cost for income eligible participants through the WMCA Workforce Innovation Opportunity Act Funding. For more information, updates and other training opportunities visit <https://www.facebook.com/WesternMaineCommunityAction/> and <https://wmca.org/>.

Fontaine Family – The Real Estate Leader announces the addition of Amanda Swart, Administrative Assistant

Amanda will be working as an Administrative Assistant alongside staff members to help with daily tasks. She will be a great addition to the front desk answering the phone and greeting clients. Amanda’s previous employment at Sebago Trails Paddling Company has enriched her customer service skills greatly, along with developing her marketing skills.

Amanda grew up in Lewiston and attended Lewiston High School. After high school, she attended University of Maine at Farmington and graduated in 2019 with a degree in Outdoor Recreation Business Administration. She currently lives in Lewiston and enjoys spending time with her mom and dad, Mike and Laurie, sister Jamie and brother Greg, along with her two dogs Jaxon and Harley. Amanda’s hobbies include kayaking, paddle boarding, hiking, reading and photography.

Amanda will be working out of the Auburn location and can be reached at (207)784-3800 or atamandaswart@fontaineteam.com.

Fontaine Family – The Real Estate Leader has a highly skilled real estate



Amanda Swart

team of licensed professionals dedicated to focusing on the client. This top performing team was voted Best Real Estate Company in the Greater Portland Area by and has consistently recognized by Real Trends and published

in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top 1/2 of 1% of Realtors outperforming 99.9% of the nation’s Realtors. Visit one of the nation’s top ranked websites at www.fontaineteam.com.

Safe Voices seeks donors for holiday outreach

Safe Voices, the domestic violence resource center based in Lewiston, invites businesses and community members to participate in its annual holiday programs Feed-a-Family and Adopt-a-Family.

Individuals, businesses and community organizations are welcome and may choose to support one or both programs. For parents and children who have had to flee a dangerous situation at home, or who have started over and are struggling to make ends meet, donors can



help provide a happy holiday in difficult times.

The Feed-a-Family program matches donors with a family to provide a complete Thanksgiving dinner. Donors purchase the supplies for a traditional dinner of turkey, sides and dessert and deliver them to Safe Voices, who will then get them to the family in need.

The Adopt-a-Family

program also matches donors with families to provide gifts at Christmas time.

If you would like to participate as a donor, please call or email Victoria Stanton at 207-795-6744 or vstanton@safesvoices.org.

If you or someone you know is in a domestic violence situation, please call Safe Voices’ 24-hour helpline at 1-800-559-2927.

Community Credit Union helps feed teens and young adults through New Beginnings



Recently, Community Credit Union presented New Beginnings with a check in the amount of \$500 to go towards their services and outreaches for teens and young adults. New Beginnings serves an average of 700 teens and young adults each year through its many programs; shelter, transitional living and outreach. Each year, about 500 teens and young adults are served through their Drop-In Center in Lewiston.

“Addressing hunger

and food insecurity for young people is one important way that we help homeless youth find the stability and opportunities they need to become successful adults. As a partner of Community Credit Union’s, we are proud to be working with them on financial literacy and downtown initiatives,” stated Executive Director, Chris Bickwell.

Community Credit Union participates in the Maine Credit Union League’s initiative known as the Maine Credit Unions’

Campaign for Ending Hunger. Maine Credit Unions have raised over \$8.5 million since 1990 to help end hunger in Maine. At the end of each year, 100% of the money raised by each individual participating credit union is given back to that credit union to be distributed to hunger organizations in their community. In 2018 alone, participating Maine Credit Unions raised a new record total of more than \$792,901 for the Ending Hunger Campaign.

Community Credit Union is a member-owned, full service financial institution that has been serving its members and the community since 1945. Community Credit Union has branches located at 144 Pine Street, Lewiston; 40 Stanley Street, Auburn and 1025 Auburn Road, Turner. For more information, visit www.communitycreditunion.com.

Lewiston High School referendum: Administration area reconfiguration

When Lewiston High School (LHS) opened in 1973, an administrative area large enough for the principal, two assistant principals, a couple of secretaries, and a nurse’s office, was adequate.

Today, that main office area, the nerve center serving 1500 students—and growing, with approximately 250 Lewiston High School and area community agency staff on-site every day—is seriously in need of renovation. The evolution of society and elevated level of students’ personal problems, and the resulting need for more, and varied, resources to meet those situations, have driven the need for increased staffing to be housed there.

The proposed wing of LHS would provide a more secure entryway, with a staff member in a protective ‘bubble’ who would screen visitors prior to allowing them into the building. The school resource [Lewiston police] officer’s headquarters would be adjacent to the main lobby (instead of in its current second floor

location), providing added protection for students and staff. All administrators’ offices would be moved closer to the main entrance.

The nurse’s office, woefully inadequate for the population of a secondary school the size of Lewiston High, would be expanded, and the vision is that the school-based health center, operated by St. Mary’s Regional Medical Center, would be relocated from the second floor of the technical wing to the new section. An expanded guidance department area, with before/during/after school conference rooms for counselors from outside agencies to meet with students, would round out the new administrative suite.

The enhanced structure and capabilities of the area will strengthen LHS’s capacity to respond to Lewiston teens’ physical and emotional wellbeing as they are trying to cope with an ever faster paced world and its burgeoning challenges.

Richard Sykes, LHS

principal for two decades spanning the end of the 20th Century through the early 21st—and, later, a state representative—views the need for a better administrative suite from a singular perspective. “In the culture and world of today, there must be safety and security in a school building before we can even talk about educating kids. We have to be proactive; having the resource (police) officer located near the main entrance is critical.

“Then,” he continues, “there has to be privacy for conversations—teacher to teacher, teacher to student, teacher to parent, and secretary to teacher. The nurse’s office has to provide privacy, also, and have the size, equipment, and materials to adequately meet students’ needs. As a community, we need to realize that the administrative area is the hub of school activity, and it must have the best possible resources and services, which have to be readily accessible to the students,” Sykes contends.

Food for Thought Speaker



Anita Denis

The USMLAC Senior College is pleased to announce Anita Denis as our speaker for Friday, October 11 at noon. She will present a talk and photos about Ken-

yan safaris. This free, public program will be held in room 170 at the University of Southern Maine Lewiston Auburn campus 51 Westminster Ave., Lewiston.

Anita is a retired secondary social studies teacher in international schools for over 40 years. She taught in the International School of Kenya in Nairobi for nine years. During that time, she was able to go on safari three or four times a year. Anita will share photos and speak of these “experiences, pleasures, and warnings of going on safari.” Anita states “Safari provided me my best memories from living and working in Kenya and I wish to share my experiences.”

For those who wish to have lunch, the cost is \$8 and a reservation is required before noon on Wednesday, October 9. Call 207-753-6510 for a lunch reservation. Food can also be purchased at the campus café. The luncheon starts at 11:30 a.m. with the speaker beginning at noon.

Past-President Bethel Shields to address L-A Rotary

On Thursday, October 3, Past-President Bethel Shields, will be the featured guest speaker of the Lewiston-Auburn Rotary Lunch Club from noon to 1 p.m. at The Village Inn, 165 High Street, Auburn.

Born in Maine, raised in Milwaukee, Wisconsin, Shields received her Registered Nursing degree from Milwaukee County Hospital and her BSBA from the University of Maine at the age of 52 by attending numerous night classes. She has been married for 62 years to Dr. Thomas Shields. The Shields have five children and four grandchildren. Shields was an Auburn City Councilor for six years and the Mayor’s representative to the Auburn School Board

for four years. She loves to read, quilt, watch sports, and do NY Times crossword puzzles. She was instrumental in the development of the Balloon Festival and L/A Senior College. Her current project is making 20 quilts for the Veteran’s Homeless Shelter in Lewiston. She will be sharing the history of the Churchill Memorial during her presentation to Rotary.

L-A Rotary meets every Thursday at The Village Inn, Auburn from noon to 1 p.m. Lunch is available for \$14. Guests and visiting Rotarians are always welcome. For more information visit www.lewistonauburnrotary.org and www.facebook.com/lewistonmainerotary/ or contact PR/Marketing



Chair, Monica Millhime 713-7045, millhime@my-fairpoint.net or Club President Celeste Yakawonis, 713-7111.

New Maine urgent care center opening

The Lewiston-Auburn community will have a new source of convenient, affordable, walk-in healthcare—everything from flu shots to stitches—with a Maine Urgent Care center coming in February.

The clinic, operated by Central Maine Healthcare (CMH), is currently under construction at 685 Sabattus Street in Lewiston and is scheduled to open in late winter. As part of CMH’s vision to increase access to care through a distributed network of ambulatory health centers, Maine Urgent Care will offer patients with minor illnesses and injuries a more convenient and less expensive alternative to a hospital Emergency Department. The clinic will provide diagnostics including X-ray and lab services.

“We want to offer our patients the care they

need, where and when they need it, and at a good price point,” said Melissa Caccamo, CMH’s system director of ambulatory and retail services. “Whether you need to be seen for life’s everyday bumps and bruises, a flu shot, or even something more emergent, you don’t need to schedule an appointment with your primary care provider or wait in an emergency room.” The cost of care outside the four walls of a hospital is lower too, she said. Most insurance plans will be recognized, and the clinic will offer accessible pricing for self-pay patients.

A number of providers, including nurse practitioners and physician assistants supervised by a medical doctor who directs the clinic, will see patients in the brand-new two-story building. Hiring is under way for about 20 staff members. The acces-

sible first floor, about 4,800 square feet, will include all patient and clinical areas such as exam rooms, lab facilities, an X-ray suite and comfortable waiting rooms. The second floor will house IT functions and some administrative workspace.

No appointments will be necessary, but patients will be able to reserve a spot online and check wait times.

The Lewiston location is the second of a planned network of ambulatory care centers for Central Maine Healthcare. The first, Maine Urgent Care in Topsham, is one of only two fully accredited urgent care clinics in Maine. It opened just over a year ago and has seen 8,000 patients from more than 80 communities, Caccamo said.

The Lewiston clinic will be open daily 8 a.m. to 8 p.m. Ample parking will be available.

New city housing committee seeks volunteers

Mayor Kristen Cloutier is seeking interested citizen volunteers to serve as members of the City’s newly formed Housing Committee. Residents who are interested in applying can contact the City Clerk’s Department to complete a committee volunteer application. Application forms are also available on the City’s website at www.lewistonmaine.gov. The deadline to submit applications is by 4 p.m. on Friday, September 27.

The purpose of the Committee is to advise the City Council on the full range of housing issues facing the community, with the goal of ensuring the quality and safety of the City’s residential housing stock, as well as expanding the diversity of housing options and types, and providing safe and healthy housing alternatives for current and future residents of every socioeconomic status.

The Committee shall

be comprised of twelve members. The City is seeking applicants for the following categories for committee membership: 1) Two owners of multi-unit properties in Lewiston; 2) Two tenants of multi-unit properties in Lewiston; 3) Two Lewiston home owners; 4) A representative of a financial institution with a presence in Lewiston that lends to home owners and/or residential developers and who possesses knowledge or expertise regarding housing issues, including financing or development; 5) A residential developer or real estate professional who possesses knowledge or expertise of the housing market in Lewiston; 6) A representative of an agency or firm that owns or operates a multi-unit property in Lewiston, providing affordable workforce or elderly housing, who possesses knowledge of the financing, development, or operation of such properties.

Other members shall be representatives of the City Council, Ad-Hoc Committee on Rental Registration and the LA Public Health Committee.

Committee members shall reside in Lewiston unless a qualified Lewiston resident cannot be found who is able to accept appointment to fill a specific position.

Staff support for the Committee will be provided by the Department of Economic and Community Development. The Committee shall establish the meeting time and place once appointed.

Residents are welcome to contact the City Clerk’s Department at 513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk’s Office for processing. Office hours are Monday through Friday, 8:30 a.m. to 4 p.m.

LA Metro Chamber Breakfast to be held at Martindale Country Club

On Thursday, October 10 at 7 a.m., the LA Metro Chamber will host breakfast at Martindale Country Club, 527 Beech Hill Rd, Auburn. Cost is \$22 for members and \$35 for non-members. Registration is available at www.LAMetroChamber.com.

This month’s speaker will be Dana Connors, President of the Maine State Chamber of Commerce. He will be speaking on the topic of MaineSpark’s place in the workforce challenge. The challenge facing all of Maine, as well as most industries today, is our workforce. Education and skills gaps, as well as limits to our workforce supply, are problems being faced all over our state. What are we doing to recognize the needs, fill gaps, and attract new people? Dana Connors will explain through MaineSpark, the efforts that are underway and currently working to address and help solve these issues.

MaineSpark is a 10-year commitment from Maine’s most influential education and business leaders to work together to ensure that Maine’s workforce is productive and competitive. MaineSpark organizations connect people with the education, training, jobs, programs and resources needed to thrive in Maine’s robust and changing economy. MaineSpark is powered by a coalition of organizations—schools and universities, nonprofits and foundations, government agencies and businesses—with a common goal: by 2025, 60% of Mainers will hold education and workforce credentials that position Maine and its families for success. MaineSpark is committed to meeting future workforce needs, strengthening democracy, and giving all Americans—regardless of race, income and other socioeconomic factors—the opportunities that postsecondary attainment provides.

As the leader of the

state’s largest and most diverse business association, Dana oversees a broad range of activities, including advocacy efforts, economic and workforce development initiatives, and a wide variety of member services for the business community. A Maine native, he received a bachelor’s degree in public management from the University of Maine in 1965. He began his career as the city manager of Presque Isle and later served as Commissioner of Transportation under 2 governors and as leader of Governor Angus King’s transition team before becoming president of the Maine State Chamber of Commerce in 1994. He has received numerous awards for his service and leadership to the state of Maine throughout his career. Most recently, he was inducted into Junior Achievement’s Maine Business Hall of Fame (2014) and received an Honorary Doctorate from the University of Maine, Orono (2015).

Sixth St. Church Bean Supper

Bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, September 28, 4:30 to 6:00 p.m. The

menu consists of two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American chop suey, assorted desserts and beverage.

The cost for the meal is \$6 for adults, \$3 for children 5 to 12, under age 5 is free. All are welcome. Take out is available.



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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.

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.

“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>.

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

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

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.

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.

Bean Supper at Sixth St. Church, 109 Sixth St., Auburn. 4:30 to 6:30 p.m. The cost for the meal is \$6 for adults, \$3 for children 5 to 12, under age 5 is free.

11th Annual Dempsey Challenge. For details visit dempseycenter.org

Sunday, Sep. 29

11th Annual Dempsey Challenge. For details visit dempseycenter.org

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 [# Calendar](http://www.chocolate-</p>
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See more Calendar at www.TwinCityTimes.com

churcharts.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.

Wednesday, Oct. 2

Stanton Bird Club walk at Androscoggin River Trail in Lisbon. Meet in the parking area for Papermill Trail at the boat launch, Rte. 196 at Frost Hill Ave. at 8 a.m. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

State of the School Address at Saint Dominic Academy 121 Gracelawn Road, Auburn. For more information about the address, call the school at (207) 782-6911. For more information about the academy or to schedule a tour of either the Auburn or Lewiston campus, visit www.stdoms-maine.org.

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

L-A Rotary speaker Bethel Shields at The Village Inn, 165 High Street, Auburn, at 1 p.m. Lunch is available for \$14. Guests and visiting Rotarians are always welcome. For more information visit www.lewistonauburnrotary.org and www.facebook.com/lewistonmainerotary/ or contact PR/Marketing Chair, Monica Millhime 713-7045, millhime@my-fairpoint.net or Club President Celeste Yakawonis, 713-7111.

Your Money Personality workshop offered by New Ventures Maine at USM Lewiston Auburn Campus, early afternoon. Pre-registration is required, and the workshops are tuition-free. For more information or to register, contact Chris Davis, 753-6531, or register online at newventuresmaine.org.

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.

Adult Education Fall Super Saturday at Lewiston High School. For more information about the classes, visit www.lewiston.maine-adulted.org or call Lewiston Adult Education’s main office at 207-795-4141

Saturday, Oct. 5

Memoirists to speak at Lewiston Public Library, Callahan Hall, 3 p.m. For more information, contact the LPL Adult & Teen Services desk at 513-3135 or LPLReference@Gmail.com

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.

Monday, Oct. 7

The Stanton Bird Club’s Annual Meeting at 5:30 p.m. The dinner costs \$20.00 with reservations required. The program starting at 7 p.m. is open to the public. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

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

Resume writing workshop and interview preparation workshop called First Impressions Matter offered by New Ventures Maine at USM Lewiston Auburn Campus, 1:30 to 4 p.m. Pre-registration is required, and the workshops are tuition-free. For more information or to register, contact Chris Davis, 753-6531, or

register online at newventuresmaine.org.

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

LA Metro Chamber Breakfast at Martindale Country Club, 527 Beech Hill Rd, Auburn, at 7 a.m. Cost is \$22 for members and \$35 for non-members. Registration is available at www.LAMetroChamber.com.

Friday, Oct. 11

Food for Thought Speaker Anita Denis at USM LAC Senior College in room 170 at the University of Southern Maine Lewiston Auburn campus 51 Westminster Ave., Lewiston, lunch begins at 11:30 a.m., speaker at noon. Cost of lunch \$8, reservation is required before noon on Wednesday, October 9. Call 207-753-6510 for a lunch reservation. Food can also be purchased at the campus café.

Tuesday, Oct. 15

Beef quality assurance and low-stress cattle handling workshop held by University of Maine Cooperative Extension, 147 Mighty Street, Gorham at 5:30 to 7:30 p.m. \$10 per person; online registration is required. For more information or to request a reasonable accommodation, contact Rebecca Gray, 207.781.6099, rebecca.gray@maine.edu.

Wednesday, Oct. 16

Building Confidence hands-on class for people to tap their full potential, offered by New Ventures Maine at USM Lewiston Auburn Campus running

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Downton Abbey (PG).....	12:40 ...3:40 ...7:00 ...9:45
.....	12:50 ...1:30 ...3:50 ...4:30
.....	6:50 ...7:15 ...9:40 ...9:55
Hustlers (R)	1:20 ...4:20 ...6:55 ...9:25
The Lion King (PG).....	1:00 ...4:00 ...6:40 ...9:15
Rambo: Last Blood (R).....	1:15 ...4:15 ...7:05 ...9:55
It Chapter Two (R).....	12:20 ...3:35 ...6:30 ...9:20
Overcomer (PG).....	12:45 ...3:45
Angel Has Fallen (R).....	6:45 ...9:45

three consecutive weeks at 5:30 p.m. Pre-registration is required, and the workshops are tuition-free. For more information or to register, contact Chris Davis, 753-6531, or register online at newventuresmaine.org.

Stanton Bird Club walk in Packard-Littlefield Farm in Lisbon, meeting place is at the farm, 76 Littlefield Road, Lisbon at 8 a.m. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

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. 19

Stanton Bird Club walks the fields of the Milkhouse Farm, South Monmouth. Meet at the Promenade Mall parking lot, near Staples, 855 Lisbon St., Lewiston at 8 a.m. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

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 Legis-

lature answer questions and 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

Wednesday, Oct. 30

Stanton Bird Club walks at 30 at Sabattus Pond, meet in the parking lot of former Sabattus Antique Mall, 519 Sabattus Rd., Rt. 126 at 8 a.m. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

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>.



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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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Stanton Bird Club announces October events

The Stanton Bird Club of Lewiston and Auburn has five events planned for the month of October. The first event is a Wednesday Walk on the Androscoggin River Trail in Lisbon on October 2. On Monday, October 7, the Annual Club Meeting will take place, featuring Michael Good, as speaker. He is the founder of the Acadia Birding Festival and will speak on Birding in Cuba. The other two Wednesday Bird Walks will be at Packard-Littlefield Farm on October 16 and on the shores of Sabattus Pond in Sabattus on October 30. Finally, there is a Saturday walk on October 19 at the Milkhouse Farm in South Monmouth. We will look for remaining summer inhabitants as well as for the first fall migrants. All of our trips are open to everyone regardless of past experience in nature.

The first trip of October on the Androscoggin River Trail in Lisbon will meet in the parking area for Papermill Trail at the boat launch, Rte. 196 at Frost Hill Ave. at 8 a.m. This popular trail provides a gentle walk along a paved, shaded trail following the Androscoggin River. We will plan to return to the parking lot at 11 a.m. The trip leaders are Stan and Joan DeOrsey, who can be contacted at 406-4741 or e-mail Stan at jsmd@att.net.

The Stanton Bird Club's Annual Meeting will begin at 5:30 p.m. on Monday, October 7. There will be a silent auction on items displayed, a dinner starting at 6 p.m., followed by our featured speaker, Michael Good. The dinner costs \$20.00 with reservations required. The program starting at 7 p.m. is open to the public. More details can be found on the club's website.

The second walk of the month will take place on Wednesday, October 16, as we explore the Packard-Littlefield Farm in Lisbon. This is a great place to look for fall birds. The meeting place is at the farm, 76 Littlefield Road, Lisbon. The farm is a very unique property, two hundred and sixty acres are enrolled in managed tree growth, hay fields cover more than ninety acres, while wetland and a river also grace the estate. The bulk of the part we will be walking over is the thirty acres that have been farmed by refugee and immigrant families for several years. The leaders of this trip are Stan and Joan DeOrsey. The trip will end around 11 a.m.

On October 19, Saturday, we will walk the fields of the Milkhouse Farm, South Monmouth. This is a new location for a club field trip, promising fun and some interesting birds.



Come walk the paths and fields of a South Monmouth dairy farm, looking for fall migrants. Meet at 8 a.m. at the Promenade Mall parking lot, near Staples, 855 Lisbon St., Lewiston. Stan and Joan DeOrsey lead this trip also. It will end around 11 a.m.

The next walk, always a favorite, will be on Wednesday, October 30 at Sabattus Pond. We will meet in the parking lot of former Sabattus Antique Mall, 519 Sabattus Rd., Rt. 126 at 8 a.m. Attendees may see Common Mergansers and Pied-billed Grebes, along with Northern Pintail and

Green-winged Teal. Leaders are Stan and Joan DeOrsey. The trip will end around 11 a.m.

The Stanton Bird Club, a leader in environmental awareness, manages the Thorncrag Nature Sanctuary as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. It seeks to encourage both the enjoyment and protection of our natural surroundings. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club can also be found on Facebook.

Memoirists Murray and Smith to speak at Library

On Saturday, October 5, the Lewiston Public Library will welcome authors Catharine H. Murray and Suzanne Farrell Smith for an afternoon reading and discussion on the art of memoir writing as a means of exploring and describing experiences of loss and memory. This free, public program will take place in the Library's Callahan Hall at 3 p.m.

Catharine H. Murray lives in Portland, Maine where she teaches writing workshops and works as a writing guide and editor for those who want help shaping their stories into finished work. She has taught workshops at Harvard University, Maine Medical Center, University of New England, Maine State Prison and Seattle Children's Hospital. Murray earned her MFA at the Stonecoast Writing Program at the University of Southern Maine where she was the Creative Non-fiction Editor of the Stonecoast Review. "Now You See the Sky", her debut memoir, topped Portland's bestseller list and was selected as book-of-the-month by The Compassionate Friends in January 2019.

Suzanne Farrell Smith is the author of two books, "The Memory Sessions" and "The Writing

Shop". Her work has appeared in numerous literary and academic journals, was listed as a Notable Essay in The Best American Essays 2014 and won a Pushcart in 2019. She teaches literacy education and writing and is creative advisor to Longridge Review. Suzanne lives in Connecticut with her husband and sons.

Books will be available for sale at the event. For more information, contact the LPL Adult & Teen Services desk at 513-3135 or LPLReference@Gmail.com

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