



TWIN CITY TIMES

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Sebago gets fresh with "Back in the Day"

Curtain Up this weekend for CLT's 'ANNIE'



Sebago Brewing's retro can reflects the unique flavor of Back in the Day Double IPA

People know Sebago Brewing's popular beers like Frye's Leap IPA and Runabout Red. But the Maine brewery continues to innovate with unique small batch beers. Back in the Day is one delicious example. The Double IPA (DIPA) was originally brewed to celebrate Sebago's 20th Anniversary last spring.

Back in the Day was first called "Pack in the Day," in honor of the packaging team that created it. Rachel Ellis, Alex Upton, and Erik White came up with the recipe for the hazy New England-style DIPA that's so popular, but with special Sebago touches. They describe it as "a tropical flavor bomb that starts with a phenomenal aroma and doesn't



The Sebago packaging team pictured l to r: Alex Upton, Erik White and Rachel Ellis) sample their creation Back in the Day

quit until the citrus-y sweet finish."

Sebago is canning and re-releasing Back in the Day on Friday, October 18 at their special "Fresh Fill Friday" event from 5 to 8 p.m. at the Brewery on Main Street in Gorham. The event is free to attend, though beer and food are not.

Everyone is invited inside the brewery to see the canning line in action, chat with Sebago brewers and staff, and taste Back in the Day fresh off the line, quite literally. There will be music, games, and food available to order from the tasting room. Four-packs and cases to go will also be available.



The Community Little Theatre (CLT) production of the hit musical "Annie" opens this weekend. Based on the popular Harold Gray comic strip "Little Orphan Annie," with

music by Charles Strouse, lyrics by Martin Charmin, and book by Thomas Meehan, the original Broadway production of "Annie" opened in 1977 and ran for nearly six years. It spawned

numerous productions in many countries, as well as national tours, and won the Tony Award for Best Musical. The songs "Tomorrow" and "It's the Hard Knock Life" are among its most popular musical numbers.

The show is set in New York City during the Depression, and Annie is determined to find the parents who abandoned her years ago at an orphanage. With the help of other girls in the orphanage, Annie escapes and then encounters adventure after fun-filled adventure in the big city. She finds a new home and family through billionaire Oliver Warbucks, befriends President Franklin D. Roosevelt, and of course, finds a lovable mutt named Sandy.

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. Tickets are still available for purchase online at <https://www.laclt.com/>

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Newsmakers, Names & Faces

Community Credit Union helps feed children through Auburn PAL



Pictured l to r: Christine Wilson of Community CU, Shawn Boyd and Rita Beaudry of Auburn PAL, Ashley Ward of Community CU.

This summer Community Credit Union presented The Auburn Police Activities League with a check in the amount of \$250. Each day the Auburn PAL Center hosts between 70 and 90 children. The PAL Center is a self-sustaining program supported by donations, fundraisers and community support. Many students' only meals for the day are those received at school and from the PAL Center.

"The PAL Board of Directors is grateful for Community Credit Union's generous donation. This donation will be used to leverage funds for the purchase of food from Good Shepherd Food Bank to provide nutri-

tious meals and snacks to children who participate at the PAL Center each day. The PAL Center serves upwards of 70 children each day. For many of these children, these meals and snacks are the only food they will receive until the next day," stated PAL Secretary, Rita Beaudry.

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 organization 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, log onto www.communitycreditunion.com.

LA Metro Chamber Announces New President/CEO



development projects, just to name a few. Shanna rose to the top quickly as she has experience in all of these areas."

The Board hired consultants with Career Management Associates (CMA) to lead the search. After reviewing over 40 applications, applicants were led through a rigorous process which included phone interviews, a written exercise and face-to-face interviews. Final candidates were then brought before a 10 person hiring committee and ultimately the entire Board. Hogan shared "The Board voted unanimously to hire Shanna and we are confident in her experience, drive and commitment to the Chamber and community at large. We are excited for her to lead our Chamber in the next steps of its success."

The Lewiston Auburn Metropolitan Chamber of Commerce Board of Directors is excited to announce that they have hired a new President/CEO. Shanna Cox, Lewiston resident and business owner, officially began her role in leading the LA Metro Chamber on Monday, October 7.

Prior to posting the position in June, the Board of Directors worked diligently for four months to self-reflect on the Chamber's past, the current status and what the future would hold for the organization. This journey provided the Board with

a clear picture of the attributes they would be seeking in a new CEO. LA Metro Chamber Board Chair and President/CEO of Community Credit Union, Jennifer Hogan, said "It was a great process and journey for the Board. We came to realize some of the key attributes we were seeking: someone who could clearly demonstrate and articulate the value in being a member of the Chamber, someone who has proven relationships and success in workforce development issues, and someone who has demonstrated leadership within economic

Cox's work history weaves experiences on both business and community issues together- making her the right fit to support the Chamber's mission- to be an engine for economic vitality and enhanced quality of life. Cox shared "The LA Metro Chamber is a longstanding and proud institution in our communities- and supporting thriving businesses and quality of life are key to the futures of our members and our region. There is significant potential and opportunities for the Chamber to clarify our value to members, attract new members, and support growth for current members, all while ensuring our work is connected to the communities we serve. I am excited to be at the helm of this organization as we lead the way towards a secure future for the organization, and improved benefits to members and the community."

Shanna has been pursuing economic and community development goals for the LA region for nearly 10 years. As a small business owner, Shanna worked with businesses and groups across the state to find solutions for complex community and social problems. Her statewide work grew her experience and exposure to addressing the important issues the Chamber, our members, and businesses in our communities' face: workforce development, technology and innovation, cluster and sector development, educational outcomes and economic development and growth. While working statewide, Shanna has always been a champion and advocate for the LA region- a place she is proud to call home and raise her family.



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Senator Collins Attends 2019 Maine State Firefighters Memorial Service



U.S. Senator Susan Collins delivers remarks at the 2019 Maine State Firefighter Memorial Service

U.S. Senator Susan Collins delivered remarks at the 2019 Maine State Firefighter Memorial Service, which is held by the Maine State Federation of Firefighters annually during National Fire Prevention Week in Augusta. A roll call of names was read of all Maine firefighters that passed away during the previous year and memorial plaques were displayed. The event was attended by approximately 100 firefighters, their friends and families, and government leaders.

“It is significant that here, in the shadow of our

State House, stand monuments to our fallen first responders: the firefighters, law-enforcement officers, and emergency medical personnel who gave their all to protect people throughout Maine,” said Senator Collins. “In a few minutes, the names of the 22 Maine firefighters we lost during the past year will be read and for each, the bell will be rung. Whether they were on duty or retired, every name belongs to a hero who will always be remembered. Every ring of the bell is an echo, not just of who they were, but of the dedication that all firefighters share and

of the gratitude that unites all whom they serve.”

“This annual memorial service is always powerful and inspiring. It has a special significance this year. Just two weeks ago, Farmington Fire Captain Michael Bell gave his life responding to a terrible tragedy in the town he loved so dearly and defended with such courage and devotion,” Senator Collins continued. “Our thoughts are with the other firefighters, including Michael’s brother the Fire Chief, and the maintenance manager critically injured in the massive explosion
See Collins, page 4

Mechanic Falls, Minot and Poland Tri-Town Optimist Club announces RSU student of the month recipient



Pictured l to r: (Mom) Ashley, Cohen Demuth and 6th grade teacher, Sharon Plante.

The Mechanic Falls, Minot and Poland Tri-Town Optimist Club is proud to announce its October RSU 16 Student of the month recipient, Cohen Demuth. A sixth grader from Poland Community School, Cohen is recognized by teachers for his quiet leadership and positive influence on peers. He is a kind and respectful role model who consistently strives to do his best. Congratulations Cohen!

Send Calendar listings to Editor@TwinCityTimes.com

Break the cycle of generational poverty

Mark Cayer, School Committee Chairman of Lewiston Public Schools, is pleased to announce that he has secured the needed funding through community donations and grant funding to send city and school officials as well as community partners to attend a three day workshop at the Harlem Children’s Zone in Harlem, New York. Through the generosity of the John T. Gorman Foundation, Geiger and community members, funding for this invaluable three day training comes at no cost to the taxpayers of Lewiston. The John T. Gorman Foundation has been a long time supporter of many

local initiatives in our community. The work that they have supported is making a difference in the lives of many in our community. Geiger is and has been well known in our community as a supporter of education. We appreciate the level of support both organizations have provided as well as other community members.

The new subcommittee of the Lewiston School Committee was approved to highlight the impact of generational poverty on students and develop strategies to address them—members will now have a chance to learn from a nationally recognized program with

groundbreaking results in this area. A 12-person team of Lewiston educators, city officials, and community members will attend three days of professional development at the Harlem Children’s Zone. The comprehensive program has a long and successful track record of improving student results, from early childhood to young adults, in one of the country’s poorest neighborhoods. The training will focus on the root causes of generational poverty and initiatives that local communities can use to help alleviate the negative consequences on students and to break its cycle outright.

Specials this Week

Breakfast	Lunch
Breakfast muffins \$2.49	Pizza Slice Cheese \$1.29
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What's Going On

Collins

Continued from page 3

in Farmington. We pray for their recovery. When I visited Farmington, there was Acting Fire Chief Tim Hardy already on the job, despite his own injuries and those of his son who is still hospitalized. This spring, Berwick Fire Captain Joel Barnes made the ultimate sacrifice battling a fire in his community. Chief Gary Sacco of Oxford passed away at Joel's funeral. We offer our deepest condolences to the families of these heroes—both their families at home and their brothers and sisters at the firehouse."

October 6-12 is National Fire Prevention Week. This year's fire prevention campaign is "Not Every Hero Wears a Cape. Plan and Practice Your Escape." In 1925, President Calvin

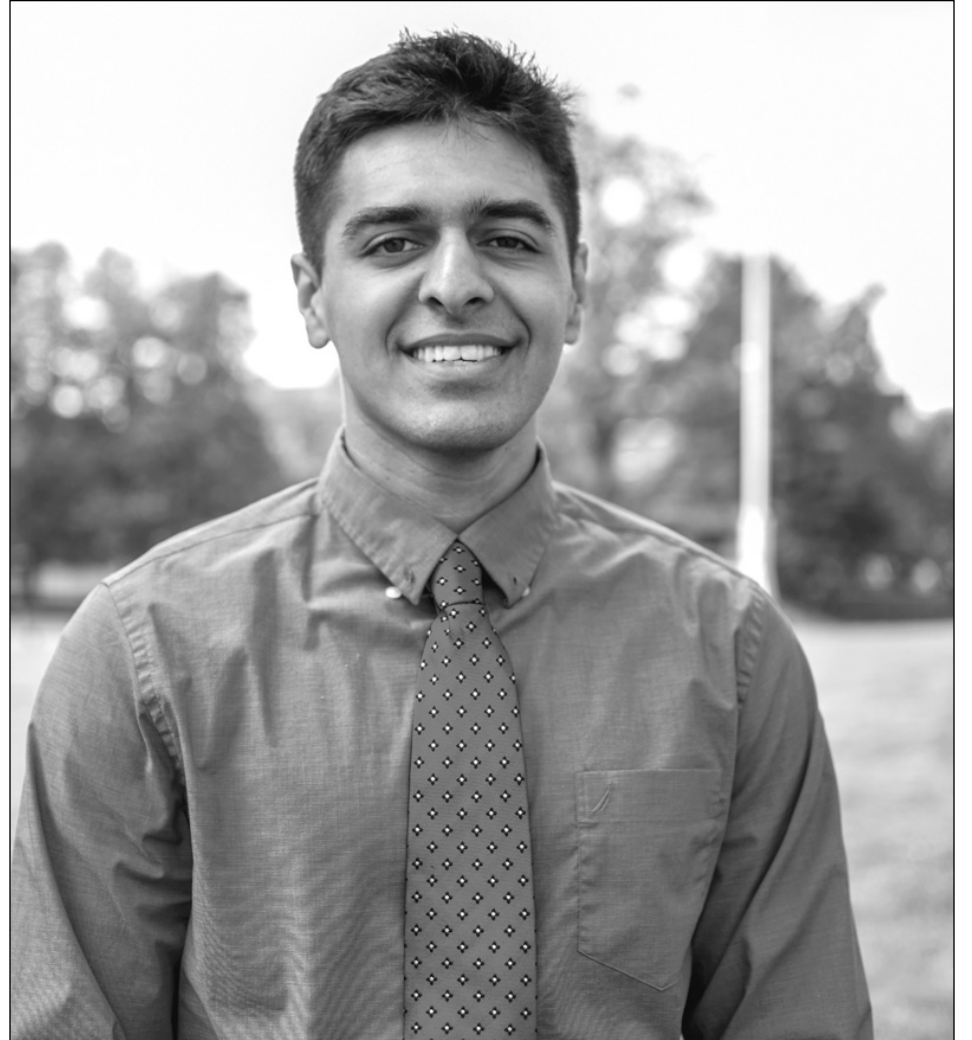
Coolidge proclaimed the first National Fire Prevention Week, beginning a tradition of the President of the United States signing a proclamation recognizing the occasion.

As co-chair of the Congressional Fire Services Caucus, Senator Collins has been an advocate for Maine's first responders, fighting hard to ensure they have the resources and support necessary to protect lives and property. She championed the Firefighter Cancer Registry Act, enacted in 2018, which calls on the Centers for Disease Control and Prevention (CDC) to monitor and study the relationship between career-long exposure to dangerous fumes and toxins and the incidence of cancer in firefighters to determine if there is a link, and develop better protective gear and

techniques. As a senior member of the Appropriations Committee, Senator Collins helped ensure that \$1 million was provided to the CDC in the fiscal year 2019 appropriations bill to establish the registry. She also leads annual efforts in the Senate to secure robust funding for the FIRE and SAFER federal grant programs every year in the appropriations process. These programs help provide fire departments with important equipment and personnel. In FY 2017, more than \$3 million in grant funding was awarded to Maine fire departments through these programs, including a nearly \$516,000 SAFER grant for the Bangor Fire Department.

In 2013, Senator Collins was named Legislator of the Year by the Congressional Fire Services Institute for her advocacy.

Hebron Student named to National Merit Scholarship Finalist Competition



Armandeep Singh

Armandeep Singh ('20), from Punjab, India, has been named to the 2020 National Merit Scholarship finalist competition, where he will be eligible to receive one of the most prestigious scholarships available to students across the United States.

Armandeep's performance on the PSAT achievement test in 2018 placed him in the top .05% of the 3.5 million test-takers. Armandeep will now have the opportunity to apply for one of the 7,600 scholarships awarded annually to the highest-scoring students

in his graduation year. Armandeep has written his application essay on his efforts to bring solar power to his family farm in India.

Hebron Academy is proud of Armandeep's accomplishment and looks forward to his future success as a Lumberjack and beyond.



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Don Grant Presented Paul Harris Fellowship Award



Don Grant, owner of Grant's Bakery in Lewiston, was presented the Paul Harris Fellowship Award by members of the Lewiston-Auburn Rotary Lunch Club. The honor was awarded during the Club's recent end of the year Awards Night. Grant has been a Rotarian for 40 years and has served as chair for a number of projects for the fellowship group. Rotarians designate a Paul

Harris Fellow as a tribute to a person whose life demonstrates a shared purpose with the objective of the Rotary Foundation. Grant exemplifies the humanitarian and educational objectives of the Rotary Foundation. The fellowship was named for Paul Harris, a Chicago lawyer who started Rotary International with three business associates in 1905. 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 welcomed. FMI visit for events and other club information are posted at 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.

What's Going On

City of Auburn seeks "Perfect tree" for festival plaza

The City of Auburn and the Auburn Public Works Department are seeking a beautiful, local tree to use in Festival Plaza this holiday season.

Picture this: YOUR tree, glowing and decorated in gorgeous holiday lights, surrounded by hundreds of people who have gathered to see it light up downtown Auburn.

The ideal tree will be located in Auburn; an evergreen—spruce or fir; at least 25 feet tall; and relatively "accessible" (no close power lines or other obstructions). The "winning" tree will be removed and transported at no cost to the property owner.

Want to see if your tree can "make the cut?" Visit www.auburnmaine.gov/pages/neighborhood/tree and tell us why your tree should be the winner. Entries are due by October 31.

This year's Christmas tree will be a very special one; a symbol of Auburn's year-long 150th Anniversary Celebration. It will be illuminated on Friday, December

6 to the delight of spectators at the "Twin Cities Festival of Lights Holiday Parade" and officially kicking off the holiday season in beautiful downtown Auburn. Donors of the "winning" tree will be recognized through publicity and social media and will be invited to the lighting

ceremony.

The tree will remain at Festival Plaza throughout the holiday season. Residents and property owners who wish to donate a tree—and help us bring holiday cheer to downtown Auburn—are encouraged to submit their tree for consideration.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

A Wacky Comedy at The Public Theatre



The Public Theatre begins its 2019-20 Season with the laugh out loud comedy *Women in Jeopardy* playing October 18 through 27. Imagine Sex and the City meets I Love Lucy when middle-aged moms start dating! Longtime friends Liz, Mary and Jo do everything together, until Liz starts dating a creepy guy who may or may not be a serial killer. It's up to her gal pals to bring her to her senses as they trade in their wine glasses for spy glasses and leap to her rescue. Grab your gal pals for this laugh out loud comedy about how ridiculously far we'll go to help our friends.

Director Christopher Schario says, "This play is great fun. It's a satisfying comedy, especially for women as the story revolves around a group of female best friends who have known each other forever,

and how the introduction of a creepy new boyfriend into the picture shakes up their world."

Performing in this play is a hilarious ensemble of professional actors; Heather Dilly (Liz), Amanda Ryan Paige (Mary), Janet Mitchko (Jo), Torsten Hillhouse (Jackson), Tom Harney (Trenner) and Nicole Fava (Amanda).

Audiences may recognize some of the cast from previous productions. Heather Dilly has appeared in numerous TPT productions including *Ripcord*, *Indoor Outdoor*, *Gun Shy*, *Secrets of a Soccer Mom* and as the conservative mother in last season's hilarious *Human Error*. Playing her potential serial killer boyfriend Jackson Scull is Torsten Hillhouse. Torsten was last seen at TPT opposite Heather in *Ripcord*, and *Love-Sick* as well as

in multiple roles in *The Midvale High School 50th Reunion*. Audiences may also recognize Nicole Fava who appeared as adorable Frenchy in the summer production of *Grease*. Rounding out returning actors is Janet Mitchko in the role of sarcastic divorcee Jo. Janet appeared last year at TPT as Nora in *A Doll's House Part 2*, among many other productions.

Once again, The Public Theatre will continue its free pre-show events on opening night with a beer sampling compliments of Baxter Brewing on October 18, and a wine-tasting in the lobby provided by The Vault before the Thursday, October 24 performance. A free post-show discussion featuring the cast and director will also directly follow the Sunday, Oct 20st matinee.

Women in Jeopardy will be performed at The Public Theatre, Lewiston/Auburn's Professional Theatre, October 18 through 27. Thursday through Saturday at 7:30 p.m., Sunday at 2 p.m. with a Saturday matinee on Oct 27 at 3 p.m. Tickets: \$25 Adults, \$22 groups. For tickets visit thepublictheatre.org or call 782-3200. The Theatre is located at 31 Maple St. Lewiston.

Season Underwriters: Platz Associates, Sun Journal, Austin Associates, Maine Magazine and Gleason Media Services.

Corporate Sponsors: Butler Brothers, LA Metro Magazine and Maple Way Dental Care

LA Metro Chamber upcoming HR Thursday

On Thursday, October 24 from 12 p.m. to 1:30 p.m., the LA Metro Chamber, Central Maine Human Resource Association and the Lewiston CareerCenter will present HR Thursday – Building "People Manager" Capabilities: Using Coaching in the Performance Management Process. The workshop will be held at the Lewiston Auburn Metropolitan Chamber of Commerce.

In this tight labor market, we cannot afford to lose the talent we have recruited. At the same time, we want to build our talent, support them, and hold them accountable. So, how do we train our supervisors and managers to be successful in the coaching and performance management process? Join us for this sure-to-be dynamic and beneficial conversation.

The workshop will be presented by Barbara Lovejoy, SHRM-CP, PHR, Human Resources Business Partner at Central Maine Healthcare and Mary Kozicki LaFontaine, Regional

Director of Southern Career Centers.

Barbara Lovejoy, SHRM-CP, PHR is currently serving as a Human Resources Business Partner at Central Maine Healthcare where she provides HR service and expertise at all levels of the organization. She has over 20 years of experience in all areas of Human Resources including performance management, leadership development, employee relations, organizational development, compliance, compensation, benefits and employee safety and workers' compensation. Lovejoy has served in volunteer leadership roles with the Society of Human Resource Management (SHRM) Maine State Council and the Central Maine Human Resource Association (CMHRA). She presently serves a member of the CMHRA board of directors and is the incoming President-Elect.

Mary Kozicki LaFontaine, Regional Director of the Southern CareerCenters, has over 25 years'

experience in the private and public sectors. She holds a Bachelor of Arts from the University of Wisconsin-Stevens Point and a Masters in Adult Education from the University of Southern Maine. In addition, LaFontaine teaches at USM-LAC, is President of the Central Maine Human Resources Association and the Lewiston Auburn Economic Growth Council and serves on several other civic and business association boards. She recently served on the LA Metro Chamber of Commerce Board including one term as chair, as an Auburn City Councilor for two terms, and the Auburn School Committee.

The Lewiston Auburn Metropolitan Chamber of Commerce will hold a series of "HR Thursdays" Human Resources seminars. All workshops cost \$25 for LA Metro Chamber members, \$50 for non-members and are free for CMHRA Members. Registration is available at www.LAMetroChamber.com. For questions, call 207-783-2249.

Children's books wanted

The Auburn United Methodist Church is asking for children's book donations for the Auburn Food Pantry. The Pantry distributes donated food and children's books every

Thursday from 9:30 to 11:30 a.m., at 106 Pleasant Street in Auburn. The Food Pantry is sponsored by five local Churches and the Good Shepherd Food Bank. It is manned by local volunteers

and is open to all residents. It serves over 3,000 families per year. Books may be dropped off at United Methodist Church, 439 Park Ave. in Auburn or call 782-3972 for additional information.

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LA Public Art Working Group announces three noontime presentations on public art



Andy Rosen

The LA Public Art Working Group announces three noontime presentations to raise awareness of the benefit of public art plans and ordinances for communities. The events are free and open to the public and lunch is provided. Yarrow Thorne, Founder and Executive Director, The Avenue Concept, Providence, RI, launches the series on Thursday, October 24 at Callahan Hall, Lewiston Public Library. Each event begins at 11:45 a.m. and ends at 1 p.m.

The first two talks focus on New England communities with successful public art programs and the third addresses public art process and how to set up strong plans. Anyone who is interested in learning how public art enhances a community's economy, tourism, and overall civic engagement, as well as gaining practical information on municipal ordinances that address funding, site and art selection, installation, and maintenance should attend.

On Thursday, October 24 at Callahan Hall, Lewis-

ton Public Library, 200 Lisbon Street, 11:45 a.m. to 1 p.m. Yarrow Thorne, Founder and Executive Director, The Avenue Concept, Providence, RI, shares insights on how his organization nurtures and supports public art ecosystems by investing in permanent infrastructure, funding public art projects, documenting and promoting the work of artists, using art as a tool for education, and advocating for policies, processes, and partnerships that develop sustainable avenues for public art. Founded in 2012, The Avenue Concept was Providence's first privately administered public art program. Since then it has installed or exhibited more than 150 works of public art and invested \$1.1 million in both artwork and infrastructure.

On Tuesday, October 29 at LA Arts Gallery, 221 Lisbon Street, Lewiston, 11:45 a.m. to 1 p.m., Maine artist and Auburn native Andy Rosen and Bill Needleman, Waterfront Coordinator, Economic Development Department, City of Portland, will discuss the

installation of Rosen's work atop pilings on the Portland waterfront and emerging from the rising sea near the Ocean Gateway marine facility. The artist will explain how temporary public art captures the community's attention on specific topics and grows support for permanent installations. Needleman coordinated the installations and will provide observations from the municipal perspective.

The third and final 2019 presentation on Fri-



Yarrow Thorne

day, November 15 at the Androscoggin Community Room at the Auburn Public Library, 49 Spring Street, Auburn, 11:45 a.m. to 1 p.m., features Julie Horn, Visual Arts Director for the Maine Arts Commission. Julie manages the State's Percent for Art program that installs public art in all state and federal buildings in Maine. Maine's percent for art program was established by a law in 1979 that decrees 1% minimum of the budget for construction or renovation costs of buildings funded through taxpayer dollars is appropriated for acquiring works of art. Each project

is developed in cooperation with professionals in the local community. Since 1982, this program has generated approximately \$7,824,373 in funds for public art in Maine.

This three-part presentation series is part of the LA Public Art Working Group's management of a Maine Arts Commission (MAC) grant awarded to transform the Twin Cities into a vibrant public art community. The group formed in February 2019 after the Lewiston Auburn Metropolitan Chamber of Commerce with LA Arts was awarded a \$75,000 MAC Creative Communities = Economic Development Phase 2 Grant for implementation of Cultural Plan LA. The working group is drafting a public art plan and ordinance and encourages attendance at the events on October 24, 29 and November 15 to learn more about how public art will have a positive impact on the Lewiston Auburn community.

Appointees to the working group were made by the Lewiston Auburn Metropolitan Chamber of Commerce, LA Arts, Arts and Culture LA, and the municipalities of Lewiston and Auburn -- all partners in the implementation of Cultural Plan LA. Working

group members include Sabrina Best, Recreation Director, City of Auburn; Shoshona Currier, Director, Bates Dance Festival; Jody Dube, Art Teacher, Lewiston High School; William Low, Curator, Bates Museum of Art and LA Arts Board Member; Heidi McCarthy, Economic Development Specialist, City of Lewiston; Tom Platz, AIA, Principal, Platz Associates; Darby Ray, Director of the Harvard Center for Community Partnerships at Bates College and LA Arts Board Clerk (group co-chair); Shawn Rice, Art Teacher, Edward Little High School; Rebecca Swanson Conrad, Cultural Plan LA Advisor, LA Metro Chamber of Commerce member (group co-chair); Sheri Withers Hollenbeck, Owner, The Curio and Founder, Sunday Indie Market.

In 2015, LA Arts was awarded the MAC Creative Communities = Economic Development Phase I Grant to develop a cultural plan. That project was sponsored by The City of Lewiston, The City of Auburn, LA Arts, and ACLA. Cultural Plan LA outlines priorities and recommendations for action which, coupled with cross-sector partnerships, will catalyze LA's potential as a creative metropolis.

Since 1973, LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community through arts and culture. The agency works with government arts agencies, city governments, businesses, and local arts and cultural organizations to create opportunities for community members across the generations to experience, learn, and participate in the arts. LA Arts organizes arts and culture programs and initiatives, supports the work of local artists and art organizations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at www.laarts.org.

The membership of the Lewiston Auburn Metropolitan Chamber of Commerce represents more than 900 area businesses. The staff and board of the Chamber have put arts and culture at the center of many of its programs to attract businesses to the area, to support the development of a community of young professionals, and to promote Lewiston and Auburn as a tourist destination. More information is available at www.lametrochamber.com.

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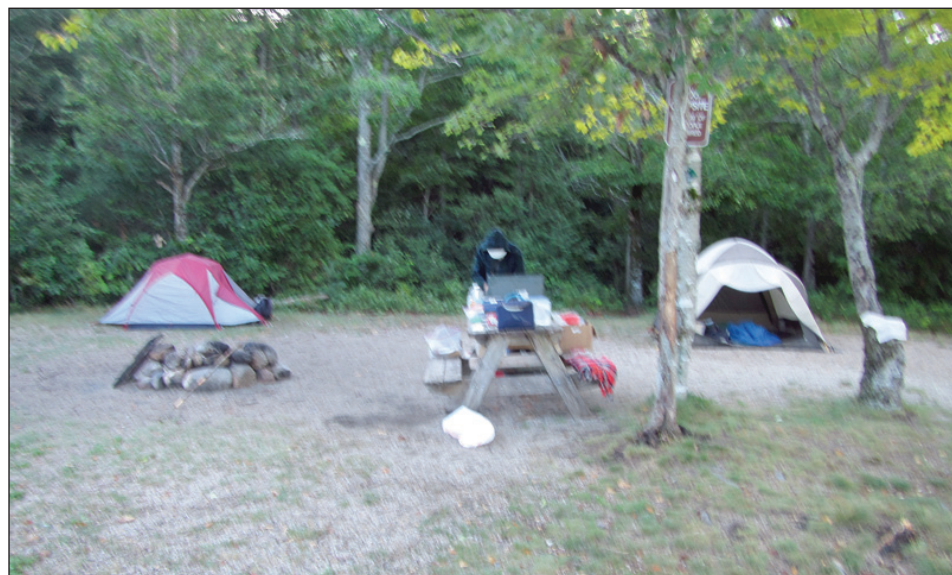
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Seniors Not Acting Their Age

Donnell Pond Surf & Turf



Camping on Schoodic Beach

We were luxuriating with one of the most impressive views in the State of Maine. Sitting atop Hancock County's Schoodic Mountain on a clear, calm morning, Frenchman Bay and the majestic peaks of Mount Desert Island provided an enthralling panorama. First on the mountain, John and I had departed our campsite on Schoodic Beach immediately after breakfast. An invigorating 1.5 mile hike had culminated at the spectacular barren mountaintop.

Donnell Pond Public Lands consist of over 14,000 heavily forested acres that

include several rugged mountains enveloping remote ponds and lakes. An extensive trail system meanders over and around the summits that dominate the conservation area. Numerous scenic campsites have been established along the shores of lakes and ponds. Yet, the recreational wonderland is a relatively well-kept secret.

While possible to connect with several trailheads by road, the campsites can only be reached by hiking or watercraft. The substantial effort required to access them probably explains their limited popularity. The

unique setting lends itself to one of my favorite fall exploits; a surf and turf. Surf and turf is loosely defined as combining a canoe or kayak trip with a mountain hike; preferably including at least one night of camping. The allure of crisp cool evenings and bug free campsites makes autumn the ideal time for the multifaceted undertakings.

An excellent two-day forecast inspired me to post a Penobscot Paddle and Chowder Society Donnell Pond Surf & Turf Trip. My longtime friend John signed on. At age 79, he is one of a handful of outdoor play-

mates older than me. Our combined ages constituted a depressing Team Sesquicentennial.

We met at a boat landing on the western terminus of Donnell Pond in Franklin on a serene, sunny fall day. John was paddling a lightweight solo Kevlar canoe and I my new expedition kayak. Ever since my knee replacement, I've struggled with kneeling in a canoe when whitewater necessitated it. After two painful canoe trips this spring, I relented purchasing an expedition kayak that would in theory transport sufficient gear for multiday trips while capable of effective whitewater navigation. A flat-water expedition, this

was a test of its carrying capacity. Success was the verdict!

Paddling due east for a couple of miles towards distinctive Caribou Mountain, we turned south into a narrow channel opposite Redmans Beach Campsites. A trailhead for Caribou Mountain begins at the beach. Our goal was the more dramatic peaks farther south.

Continuing a southerly course, Caribou, Black, and Schoodic Mountains surround the lower arm of the pond suggestive of an inland fjord. Approaching spacious sandy Schoodic Beach, colorful tents materialized at both ends. Fortuitously, ample space remained in the center for

two elderly paddlers and their camping gear. The site came equipped with an ancient picnic table that didn't appear to have much life left. The hope was that the three of us would survive a few more meals.

After setting up camp, the turf portion of our excursion began. Black Mountain Cliffs Loop Trail originates and ends at the beach. Hiking counterclockwise for a half mile to a parking area with additional trailheads to Black and Schoodic Mountains; it's also an alternative approach to the campsites on Schoodic Beach for those unwilling or unable to travel by water. From there, the path climbed steadily in a densely wooded envi-



A canoeist traverses Donnell Pond with Caribou Mountain in the distance.



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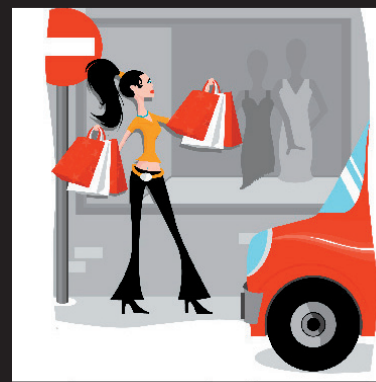
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ronment for 1.2 miles to a junction above the cliffs. Leaving the loop trail, a hilly route continued north for a short mile to spectacular East Peak on Black Mountain. Expansive views from the summit revealed breathtaking vistas of Tunk Lake and Mountain, Frenchman Bay, and Mount Desert Island. Tranquil and glorious, we lingered at the top captivated by the moment. The only other hikers encountered that day were approaching from the south as we departed. Returning

towards Black Cliffs, we stopped at a junction leading to Caribou Mountain. Sorely tempted to add another peak to our collection, the math didn't work. A return in the dark seemed a certainty. Persisting to the loop trail, we descended steeply along the cliffs to the beach. Our night camping along the shore was idyllic. Mild temperatures and a light breeze facilitated a leisurely dinner while experiencing a brilliant sunset. The dazzling red sky portended a sailor's delight.

The following morning, we found ourselves contentedly situated on the summit of Schoodic Mountain. After hundreds of adventures over scores of years, we both agreed, it didn't get any better. Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals—New England," Ron Chase resides in Topsham. Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net



Two hikers arrive at East Peak on Black Mountain



A view of Frenchman Bay and Mount Desert Island from the summit of Schoodic Mountain

A Cappella Blowout: Maine Music Society Hosts Battle of the Blends XXVI



MMS Chamber Singers, host and one of 6 performing groups

On Saturday, November 2, the Maine Music Society will host its 26th Battle of the Blends at 7:30 p.m. in the Gendron Franco Center. Six spectacular a cappella groups will be raising their voices in exuberant renditions of jazz, barbershop, pop, rock 'n' roll, spirituals and Renaissance vocal music. This always-sold-out event will feature the Deansmen, a 12-14 voice all-male group from Bates College; Fermata NoWhere, students in grades 9-12 from Edward Little High School under the directorship of Sarah Brooks; our own Maine

Music Society Chamber Singers, an 18 member division of the Chorale; Northern Pitch, a 5-voice group of lifelong musicians based in Portland; None of the Above, a talented octet based in Wellesley, MA; and Vocal Solution eight singers with varied musical backgrounds from the Oxford Hills area. What a line-up! Make plans to attend this enthusiastic roof-raising celebration of music and purchase your tickets early. You don't want to miss this incredible concert. Thank you to our sponsors: Gleason Media, Maple Way Dental Care, Gendron

Aggregates, Androscoggin Bank, Bangor Savings Bank, Cornerstone Wealth Planning and Schooner Estates. Ticket information: Reserved Seating: \$25* Children under 12: \$12* Group rates: 20% off groups of 10 or more when purchased together*. *Plus a handling fee of \$2 per ticket For tickets call SmART Management [ticket agent] at 207-333-3386 or purchase online at www.mainemusicsociety.org For more information visit our website at www.mainemusicsociety.org or like us on Facebook.

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Professional Development Seminar: Employer tips and guidance for responding to workplace injuries

On Tuesday, October 22 from 12 to 1:30 p.m., the Lewiston Auburn Metropolitan Chamber of Commerce will present “Employer Tips and Guidance for Responding to Workplace Injuries”. The seminar will be held at the Lewiston Auburn Metropolitan Chamber of Commerce Community Conference Room and presented by Jim Pross of Skelton, Taintor & Abbott.

The program will address tips for handling a workers’ comp claim as an Employer. The program will focus on questions for employers to ask in an investigation of an injury, the role of the employer as a claim moves through the litigation process, including early filing and reporting requirements, pitfalls and considerations at each step of the process, and an overview of key concepts in Workers’ Compensation in Maine.

Employers, HR personnel, managers, and small

business owners are encouraged to attend. Attendees will learn about common employer mistakes that make workplace injuries worse than they need to be. Attendees will learn to avoid these common pitfalls and understand how to use certain tools and practices to reduce and minimize their liability under the workers’ compensation laws in Maine.

Jim Pross is a shareholder with the firm of Skelton Taintor & Abbott in Auburn, Maine. Prior to joining Skelton Taintor & Abbott, Pross practiced law with two other Maine law firms. Active in the community, Pross has served three consecutive three year terms as a member of the Board of Directors of the Androscoggin Land Trust beginning in 2009, including two years as its President. He recently finished serving a two-year term as an Auburn City Councilor and a joint two-year term as a member

of the Auburn School Committee. Pross earned a B.A. in Political Science from the University of Charleston, where he rowed on the lightweight varsity crew team. After graduating, he worked for two years in the West Virginia Department of Tax and Revenue. He then moved to Concord, New Hampshire, to attend law school, receiving his J.D., cum laude, from the University of New Hampshire School of Law. Pross and his wife, Mia, live in Auburn with their daughter. He has appeared in speaking roles in two films, enjoys skiing with his family, running, playing the guitar, and chess.

This program is part of the LA Metro Chamber’s Professional Development Series for which the Chamber charges a registration fee. The fee for members is \$25 per person and the non-member rate is \$50 per person. Visit www.LAMetroChamber.com to register!

Downtown Trick or Treat to be held Friday

On Friday, October 25 from 4 to 6 p.m. the Lewiston Auburn Metropolitan Chamber of Commerce and Uplift LA will be hosting Downtown Trick or Treat on Lisbon Street in Lewiston and Main Street in Auburn.

This community event engages our downtown businesses and invigorates our community spirit by promoting Lisbon Street, Lewiston and Main Street, Auburn as a walkable, safe, family-friendly place.

The LA Metro Cham-

ber and Uplift LA will be in Dufresne Plaza, 72 Lisbon Street, Lewiston and Festival Plaza, 112 Main Street, Auburn, both before and during the event, where we will hand out trick-or-treat bags and maps indicating participating businesses. There will be a trolley from Northeast Charter and Tours to help shuttle trick-or-treaters across the bridge.

Maine Photography Studio will be on hand to take photos of Trick-or-Treaters!

There are opportunities for other local businesses, not just those with storefronts on Lisbon Street or Main Street, Auburn, to participate! For more information, contact Erin Simpson at the LA Metro Chamber at 207-783-2249 or Erin@LAMetroChamber.com.

Thank you to our sponsors: Spectrum Healthcare Partners, Northeast Charter & Tour, Androscoggin Bank, Procter & Gamble, Maine’s Big Z and Sun Journal.

Al Hospers & Friends live at the LHE/PAC

The Leura Hill Eastman Performing Arts Center’s (LHE/PAC) Bradley Backstage concert series presents Al Hospers & Friends on Friday, October 18 at 7:30 p.m. The band will be performing a vast selection of Al’s original rock, funk, blues, and country tunes along with some re-imagined classics.

For over 50 years, bassist Al Hospers has been a

player, producer, composer, and bandleader. He has performed with Blood, Sweat & Tears, Buddy Rich, and with Mt. Washington Valley locals for the past 22 years. Al will be accompanied by an all-star lineup, featuring Mike Sakash, Jarrod Taylor, Steve Brown, Michelle Boggs, Craig Bryan, Jed Wilson, Mimi Rohlfing, Kemp Harris, and Swamp Dog.

Bradley Backstage

concerts ‘flip’ the theater by seating the audience on stage with the performers, creating a much more intimate and unforgettable live concert experience. Tickets are \$15 for adults and \$5 for students. Order online at www.fryeburgacademy.org/pac or call the box office at 207-935-9232. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the Fryeburg Academy campus.

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Open House at Auburn Fire Department

Chief Robert Chase and Fire Prevention Officer David O’Connell welcome local families to the Auburn Fire Department’s free Open House on Saturday, October 19, from 2 to 4 p.m. The Open House, to be held at the department’s Central Station at 550 Minot Avenue, will take place rain or shine!

The Fire Department’s annual Open House commemorates October’s National Fire Safety Month. As a special edition to this

year’s Open House, firefighters will facilitate a live fire demonstration of the dangers of turkey fryers at 2 p.m. that day. The Open House will also include a special training session on kitchen cooking safety as well as a bouncy house for the children, free pizza and beverage lunch, blood pressure checks, fire extinguisher training, and an up-close look at firetrucks and ambulances. Our special guests include officers from the Auburn Police Department, Maine Forestry, LA 911, and the local Red Cross. Come and get a special gift celebrating the City of Auburn and the Auburn Fire Department’s 150th year in service!

For more information about the Auburn Fire Department Open House, call Sarah Hulbert at (207) 333-6633, ext. 4.

Lewiston Places Trunk or Treat
Hosted by Lewiston Youth Advisory Council

Information:
Come join us for a Trunk or Treat which highlights places to go in Lewiston.
Special guests, to include Fire Truck and Crew!
Lots and lots of candy. Meet Costumed characters like Lucy the Lion and many more.

Date: November 2, 2019
Time: 4:00-6:00 p.m.
Location: Connors Elementary School 400 Bartlett Street, Lewiston

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Mysteries at the Mill: A night of paranormal investigation and intrigue



Tony Lewis, Kat M., and Hillary, Maine Ghost Hunters team members, prepare to set up audio and video equipment in the Bates Mill complex. The team will return to the mill Saturday, Oct. 19, as part of Museum L-A's "Mysteries in the Mills" event, and describe their findings.

Museum L-A will host Mysteries at the Mill, a paranormal investigation of the Bates Mill led by a team from Maine Ghost Hunters, at 7 p.m. Saturday, October 19. "We chose Maine Ghost Hunters to lead the investigation because of their reputation as professionals in their field," said Denise Scammon, museum program coordinator.

Paranormal investigation is a scientific exploration into things that

are generally unexplained including cold spots, noises, and so much more. Maine Ghost Hunters spent two evenings in various parts of the mill to see what they could find. The event will include a tour by MGH through the mill as they describe some of the things they uncovered during their investigation. Guests will then get a chance to see some of the videos of past investigations and get a thorough

explanation of the tools that MGH uses.

Register at www.museumla.org. The cost is \$25 per person and seating is limited.

Refreshments will be served. Doors will open at 6:30 p.m. For more information, call 207-333-3881 or visit www.museumla.org.

Museum L-A is located in the Bates Mill Complex at 35 Canal Street in Lewiston, Maine. The parking lot entrance for the museum is on Chestnut St.

Rotarians plan Pints for Polio event



Pictured l to r: Rotarians Sarah Timmermeyer, Pete Preble, Monica Millhime, Jim Millhime and Dave Foster.

Members of the Lewiston-Auburn Rotary Lunch Club and Auburn-Lewiston Breakfast Club met recently to plan Rotary's annual End Polio Now Event. On Thursday, October 24 Gritty's Pub in Auburn will be hosting the Pints for Polio event from 5:30 to 8 p.m. The event is

open to the public. A number of gift certificates and other items have been donated to the Clubs to be raffled off throughout the night and awarded following an opportunity to also Chuck a Duck to End Polio Now. Gritty's will be donating 50 cents for every pint sold. Music will

be provided by Jody Boys. The event is also supported by Bill and Melinda Gates, matching \$2 for every \$1 raised. For more information on the event contact Dave Foster, A-L Rotary Club President, 415.7501 or L-A Rotary Club President, Celeste Yakawonis, 713.7111.

SeniorsPlus to present Listening Sessions for community input

SeniorsPlus, the designated Area Agency on Aging for Western Maine, will present two listening sessions as part of the development of the 2021-2025 State Plan on Aging. The public is invited to attend either session: Tuesday, October 22 from 1 to 3 p.m. at SeniorsPlus, 10 Falcon Road in Lewiston or Wednesday, October 23 from 1 to 3 p.m. at the Comfort Inn, 1022 US Rte. 2 in Wilton. Space is limited and RSVP is required by calling 207-795-4010 or 1-800-427-1241.

Maine is in the process of developing the 2021-2025 State Plan on Aging. This plan is the road map for developing services that focus on Maine's older population and adults with

disabilities. The University of Southern Maine, in partnership with the Maine Department of Health and Human Services/Office of Aging and Disability Services, will be hosting these community listening sessions. All are invited but presenters are especially interested in hearing from Maine's older adults, adults with physical disabilities, caregivers, pre-retirees, veterans, and service providers.

"These Listening Sessions offer a unique opportunity for older people and people with disabilities, as well as their caregivers and providers, to be heard," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. "The impact of the Strategic Plan will be felt

for years, so it's important to participate in helping to determine the outcome."

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life of those we serve. It serves more than 17,000 individuals annually.

Power Lunch Seminar: Improving workplace health & stress management

On Wednesday, October 23 from 12 to 1:30 p.m., the LA Metro Chamber will host a Power Lunch Seminar: Improving Workplace Health & Stress Management. The workshop will be held in the LA Metro Chamber's conference room at 415 Lisbon Street, Lewiston.

Learn how your company can improve employee health and better manage stress in the workplace with cost-effective solutions that will improve the culture and help you attract and retain

the best associates in today's job market. This seminar is geared toward business owners, human resource professionals, and wellness team members from mid to larger companies who want to make small changes for big results.

Workshop is presented by Tisha Bremner, BA, C-HWC, C-IAYT, E-RYT 500, YACEP, Corporate Wellness Consultant, Health and Wellness Coach, Yoga Therapist, and MBSR Trainer.

Tisha collaborates

with companies to create the best corporate wellness programs designed to meet the needs of key cultural and business objectives. Specializing in healthy eating, movement, stretch break programs, and mindfulness stress reduction. She can create an affordable, custom program that works for you.

This seminar is free, however, we do ask that you register! Lunch will not be provided. Registration is available at www.LAMetroChamber.com. For questions, call 207-783-2249.

The country's first credit union to lend exclusively to farmers opens in Maine

Maine Harvest Credit Federal Union (MHFCU) today accepted its first deposit, becoming Maine's 55th credit union and the United States first-and-only to be focused on food entrepreneurs and farmers. The credit union created four new, full time jobs in Unity, Maine after receiving

its federal charter from the National Credit Union Administration (NCUA) in August. It was one of only two credit unions in the U.S. to be chartered in 2019.

"How appropriate that this credit union is located in a town named Unity," NCUA Chairman Rodney E. Hood said. "Credit unions

are organized through, and operate on, the principle of people working together to support one another."

Maine Harvest will offer specialized loans and mortgages to those working within Maine's food economy. By employing a specialized underwriter with *See Farmers, page 13*

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Community Credit Union helps feed youth, teens and families through the Root Cellar



Recently, Community Credit Union presented the Root Cellar of Lewiston with a check in the amount of \$250. Locally the Root Cellar serves an average of 150 New Mainers through its English Learning Classes and over 50 families through its Food Programming Classes. In these programs, families are receiving support and being educated on gardening, food stability, food preparation and wellness.

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 organization 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, log onto www.communitycreditunion.com.

CMCC Esports Team notches first win



The Esports Arena in CMCC's Kirk Hall

Two weeks into their first season, a Central Maine Community College (CMCC) Esports team won its first contest with a convincing 3-0 victory over Arcadia University of Pennsylvania. The CMCC Rocket League team composed of Levi Little of Phippsburg; Jared Lambert of Oakland; Sean Rooney of Winslow; Paisley Drakiotis of Lewiston; and Jayson Goguen and Matt White of Fairfield, defeated Arcadia in regular season action earlier this

month. Esports (short for electronic sports) refers to the popular and rapidly growing field of competitive video gaming. The CMCC Esports teams compete in the National Association of Collegiate Esports (NACE). Students who participate have to meet the same requirements as other athletes at the college. Other CMCC Esports teams are competing in Hearthstone, Overwatch, Fortnite, and Rainbow 6 Siege. The college has a

new, 1,600 square-foot arena located in Kirk Hall equipped with Alienware Area-51 Threadrippers; five console stations with Xbox One, PS4 Pro, and Nintendo Switch; and a Twitch broadcast booth for live streaming matches. Students interested in Esports are encouraged to learn more at the CMCC Open House on Saturday, October 19, from 9 a.m. to noon. More information is also available online at <https://cmmustangs.com/sports/esports>.

Hay Elected to Central Maine Human Resources Association's Board of Directors

Skelton Taintor & Abbott attorney Jordan Payne Hay has been elected to serve a two-year term as a member of the Central Maine Human Resources Association (CMHRA) board of directors. The mission of the CMHRA is to expand and enhance the knowledge and professional development of its membership and the community's ability to address employment matters.



CMHRA's board of directors is a working board of local human resources professionals, intent on serving its membership and the HR community in a meaningful and impactful way. As a member of the board, Attorney Hay will work on programming on a variety of topics, including legal issues, benefits, training, retaining "talent," mindfulness in the workplace, and employing millennials. "CMHRA has such a positive impact on our L/A HR community and beyond! The members are so friendly and truly have a

wealth of knowledge about an incredibly broad range of HR issues! I am humbled to have been chosen to come aboard," said Hay. Hay's practice at Skelton Taintor & Abbott includes employment law, civil rights, human resources support, and intellectual property. She is licensed to practice in both Maine and Massachusetts. Skelton Taintor & Abbott is one of Maine's

leading law firms serving individuals and businesses in litigation and general representation throughout northern New England for more than 150 years. The firm has been named in U.S. News-Best Lawyers "Best Law Firms" in America. For more information, visit www.STA-Law.com or call 207-784-3200. For more information on the CMHRA, visit www.cmhra.org.

Optimist Club donates pocket constitutions



The Lewiston-Auburn Optimist Club recently donated 100 Pocket sized Constitutions to the students of Saint Dominic's Academy in Auburn. Pictured are Saint Dominic's Principal Roger LaChapelle, (L), Social Studies Teacher Mrs. Kelly Angell and L-A Optimist Club Vice President George Mathews (R). The Optimist Club donated over 500 Pocket Constitutions to local Schools and students this year, in celebration of National Constitution Day.

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Friday, Oct. 18

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

Annie at the Community Little Theater, Auburn. 7:30 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 2 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Fresh Fill Friday event at Sebago Brewery on Main Street in Gorham. The event is free to attend, though beer and food are not. There will be four-packs available for purchase.

Al Hospers & Friends live the Leura Hill Eastman Performing Arts Center, 18 Bradley Street in Fryeburg, Maine, at 7:30 p.m. Tickets are \$15 for adults and \$5 for students. Order online at www.fryeburgacademy.org/pac or call the box office at 207-935-9232.

Saturday, Oct. 19

Mysteries at the Mill: A night of paranormal investigation and intrigue at Museum L-A, doors open at 6:30 p.m., event starts at 7 p.m. Register at www.museumla.org. The cost is \$25 per person and seating is limited. Refreshments will be served. For more information, call 207-333-3881 or visit www.museumla.org.

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 7:30 p.m. For tickets visit thepublictheatre.org or call 782-3200.

The Midcoast Symphony Orchestra "Delight & Despair" at the Franco Center, Lewiston, 7 p.m. The Lewiston High School Jazz Combo will perform during intermission. Tickets \$22 (advance) \$25 (cash or check) at the door. 207-846-5378 or <http://www.midcoastsymphony.org> for details and discounted ticket offers. Under 18 and college students are free.

Annie at the Community Little Theater, Auburn. 7:30 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

Open House as Auburn Fire Department, 550 Minot Avenue, from noon to 4 p.m. For more information about the Auburn Fire Department Open House, call Sarah Hulbert at (207) 333-6633, ext. 4.

Sunday, Oct. 20

Annie at the Community Little Theater, Auburn. 2:00 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

Calendar

See more Calendar at www.TwinCityTimes.com

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 2 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Tuesday, Oct. 22

Professional Development Seminar: Employer Tips and Guidance for Responding to Workplace Injuries presented by Jim Pross of Skelton, Taintor & Abbott. The seminar will be held at LA Metro Chamber of Commerce Community Conference Room 12 to 1:30 p.m. This program is part of the LA Metro Chamber's Professional Development Series for which the Chamber charges a registration fee. The fee for members is \$25 per person and the non-member rate is \$50 per person. Visit www.LAMetroChamber.com to register!

Listening sessions presented by SeniorsPlus for the community at SeniorsPlus, 10 Falcon Road, Lewiston from 1 to 3 p.m. Space is limited, and RSVP is required by calling 207-795-4010 or 1-800-427-1241.

Wednesday, Oct. 23

Listening sessions presented by SeniorsPlus for the community at the Comfort Inn, 1022 US Rte. 2 in Wilton from 1 to 3 p.m. Space is limited, and RSVP is required by calling 207-795-4010 or 1-800-427-1241.

Power Lunch Seminar: Improving Workplace Health & Stress Management at LA Metro Chamber's conference room 415 Lisbon, Lewiston. This seminar is free, however, we do ask that you register! Lunch will not be provided. Registration is available at www.LAMetroChamber.com. For questions, call 207-783-2249.

Thursday, Oct. 24

Pints for Polio, Lewiston-Auburn Rotary annual end polio event, at Gritty's Pub in Auburn 5:30 to 8 p.m. For more information on the event contact Dave Foster, A-L Rotary Club President, 415-7501 or L-A Rotary Club President, Celeste Yakowonis, 713-7111.

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 7:30 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Annie at the Community Little Theater, Auburn. 7:30 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

HR Thursday – Building "People Manager" Capabilities: Using Coaching in the Performance Management Process at the Lewiston Auburn Metropolitan Chamber of Commerce. All workshops cost \$25 for LA Metro Chamber members, \$50 for non-members and are free for CMHRA Members. Registration is available at www.LAMetroChamber.com. For questions, call 207-783-2249.

Friday, Oct. 25

Downtown Trick or Treat, Lisbon Street, Lewiston and Main Street, Auburn, 4 to 6 p.m. Shuttle available to cross bridge and photographer on site for photos of Trick-or-Treaters. For more information, contact Erin Simpson at the LA Metro Chamber at 207-783-2249 or Erin@LAMetroChamber.com.

Annie at the Community Little Theater, Auburn. 7:30 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 7:30 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Saturday, Oct. 26

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 3 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 7:30 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Annie at the Community Little Theater, Auburn. 7:30 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

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>.

Sunday, Oct. 27

Women in Jeopardy will be performed at The Public Theatre, 31 Maple St. Lewiston, Lewiston/Auburn's Professional Theatre, at 2 p.m. For tickets visit thepublictheatre.org or call 782-3200.

Annie at the Community Little Theater, Auburn.

2:00 p.m. For more information or tickets, please visit the CLT website at <https://www.laclt.com/>

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. 2

A Cappella Blowout: Maine Music Society Hosts Battle of the Blends XXVI at Gendron Franco Center. Ticket information: Reserved Seating: \$25* Children under 12: \$12* Group rates: 20% off groups of 10 or more when purchased together*. *Plus a handling fee of \$2 per ticket For tickets call Smart Management [ticket agent] at 207-333-3386 or purchase online at www.mainemusicsociety.org For more information visit our website at www.mainemusicsociety.org or like us on Face book

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>.

Farmers

Continued from page 11

agricultural expertise, it will enable Maine Harvest to lend when traditional institutions often do not. Maine Harvest will serve over 1,000 members and become a primary financing source for over 100 small farms and food businesses—deploying \$12 million in loans within the first six years.

"The days when the local farmer knew their local banker have been over for a while—but we plan to change that," says Maine Harvest founder Scott Budde, "We will be able to meet farmers' needs because we intimately understand the nuances of agricultural lending."

Farmer and award-winning cheese maker Jessie Dowling of Fuzzy Udder Creamery in Whitefield will become one of its first members. "For years, I have cobbled loan products together and forced to build my business backwards, from the least profitable sector, just to qualify for financing," Dowling said. As the President of the Maine Cheese Guild, Dowling holds a master's degree in

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Judy (PG-13)	12:40 ...3:40 ...6:45 ...9:30
Joker (R)	1:00 ...4:00 ...7:00 ...9:45
Downton Abbey (PG)	12:50 ...3:50 ...7:05 ...9:45
Maleficent: Mistress of Evil (PG)	12:30 ...1:10 ...3:30 ...4:10
.....	6:40 ...7:10 ...9:20
Maleficent: Mistress of Evil 3D (PG)9:50
Zombieland: Double Tap (R)	12:25 ...1:30 ...2:45 ...5:00
.....	6:50 ...7:20 ...9:10
Jexi (R)4:30 ...9:15
Abominable (PG)	1:15 ...4:15 ...6:35 ...9:40

Food Policy and has regional distribution for her products—yet she's struggling to grow due to high interest loan payments. "I'll be more profitable and able to scale production more efficiently once better financing options are available through Maine Harvest."

The credit union's goal is to close a \$180M funding gap within Maine's agricultural sector. Closing the gap will keep farmers on their land, strengthen Maine's food economy and increase the availability of fresh, local food. Maine's full political delegation attended this historic ribbon cutting and have fully endorsed the need and creation for Maine Harvest.

Maine Governor Janet Mills cut the ribbon adding that "the work of Maine Harvest will help keep legacy farmers on their land, ensure that others scale and grow, and attract young farmers to our renowned eateries and craft breweries—all while improving Maine's economy. Maine is an agricultural beacon for the nation and will continue to be, with the help of Maine Harvest Federal Credit Union."

By the numbers, Maine has nearly 8,000 farms that produce \$3.8 billion in sales and create 24,000 jobs statewide. The agricultural sector is one of the largest bringing younger people to Maine, with 40-percent of farmers currently aged 34 or younger. Of all 50 states, Maine is ranked fifth on the national Locavore list, meaning it is one of the strongest local food producers in the country.

"Stronger local food



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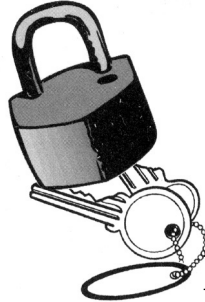
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ANNUAL 33RD BOSTON CHRISTMAS FESTIVAL- NOVEMBER 10, 2019. Price is \$55.00 pp.

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:

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Email all submissions, including name, address and phone number, to Editor@TwinCityTimes.com.

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