



TWIN CITY TIMES

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FREE • Vol. XXII, No. 25

Thursday, October 1, 2020 • FREE



Patrick Dempsey (center) leads riders in the 2019 edition of the Dempsey Challenge to raise money to fight cancer. Dennis and Lori Richardson of Turner, guided their Be the Miracle team to a \$15,000 fundraising goal, outpacing other teams by around \$10,000. (DB Maine Photography photo)

Local cyclist raises \$15,000 for Dempsey Challenge And rides with pink and purple tutus and a pink tiara

By Nathan Tsukroff

LEWISTON - Last year it was a pink tutu. This year it's a pink tutu, a purple tutu, and a pink tiara.

Dennis Richardson of Turner was out to embarrass himself again this year for the Dempsey Challenge, riding his bike to help raise money for the Dempsey Center in Lewiston in support of cancer patients and survivors.

Last Friday, he reached his local goal of \$15,000 for the Be the Miracle team he put together this year along with his wife, Lori, to raise money for the Challenge, "because Cancer doesn't stop because of COVID." He planned to wear a pink tutu on part of his ride to represent the fight

against breast cancer, and a purple tutu to represent the fight against pancreatic cancer. The pink tiara he was to wear on his helmet was a donation from a person in New Jersey.

Patrick Dempsey and Richardson "grew up as best friends, from the time we were little kids, like four years old. And then I worked for his father in the family business, with Patrick," Richardson said. "So we've always been very close."

Richards, Dempsey and Richardson's older brother, Eric, all worked for the bottle return business run by Dempsey's father in Turner, ME.

"In 2014, he challenged me to quit smoking," Richardson said. "It was a challenge to quit smoking, get healthy, (and

ride with him in the Dempsey Challenge." Richardson started training in March of that year, riding some 2,000 practice miles and dropping 44 pounds. He finished his 50-mile ride in the Challenge in 3 hours and 16 minutes, and raised a combined \$7500 with his 8-person team that year.

Every year since then, Dempsey has sent him a bike, and he has ridden in the Dempsey Challenge and done fundraising both for the Dempsey Center and other important causes. "In doing so, we did Bikes for Tots, me and Freddy Rodriguez. We gave bikes to underprivileged children in Maine." Rodriguez is a pro-cyclist in California.

Richardson said he rode 300 miles
See Dempsey, page 8

D E M P S E Y
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**12th Annual
Dempsey
Challenge
September
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See pages 5-12

Blessing of the Animals Oct. 4

From Portland Diocese

PORTLAND - Animal lovers from around Maine are invited to flock to have their animal companions blessed outdoors in celebration of Saint Francis of Assisi's Feast Day on Oct. 4.

All pets are welcome to attend any of the Blessing of the Animals events scheduled for October in Maine. As prayers are offered, the pets will be gently sprinkled with holy water. The full list of events is at: <http://bitly.ws/9QJH>

Saint Francis of Assisi was known for his love of all of God's creatures. The Blessing of the Animals remembers Francis' love by invoking God's blessing on the animals and thanking God for letting us share the earth. The blessing also recognizes the important place that pets hold in people's hearts.

Blessings of the Animals will take place on Oct. 4, 2020 in Gorham at 2 p.m. in the parking lot at St. Anne Church, 299 Main Street, and in Lewiston at 4 p.m. on the front lawn of Basilica of Saints Peter & Paul, 122 Ash Street.

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Seniors Not Acting Their Age

Mount Desert Island Trifecta



Hikers ascend steep ledges near the summit of Parkman Mountain in Acadia National Park. (Photo courtesy of Ron Chase)

By Ron Chase

Who says old people don't know how to have a good time? A sextet of over seventies recently met on Mount Desert Island for several summer days of biking, sea kayaking, and mountain hiking. I call it an outdoor trifecta.

Three couples with multiple agendas, we joined up for some activities and went separate ways with others. Four of us were located in very rustic cottages on the east side of the island while the third couple was camping nearby. Although normally waiting until fall to partake of our favorite Mount Desert Island adventures, our perception

was the pandemic would keep the tourists away. The rest of the world didn't get the memo as the island was a very busy place. Fortunately, appropriate mask usage was pervasive.

On the day of our arrival in the outdoor recreational paradise, my wife Nancy and I drove directly to our favorite bike ride in the State of Maine, the Acadia National Park Carriage Roads. The parking area was full and cars were lined along the side of Route 233 approaching Eagle Lake Trailhead.

The trailhead was very congested but crowds diminished cycling south along picturesque Eagle Lake. The Eagle Lake Loop is a six mile cruise with a nice combination of gradual hills and pleasing scenery. Finishing the loop, Nancy and I went separate ways. She opted for Witch Hole Loop while I elected to complete my preferred Carriage Road ride, Around the Mountain. After pedaling southwesterly past Aunt Betty Pond to Upper Hadlock Pond, Around the Mountain rose steeply for a couple of miles to impressive views of Somes Sound high on the west shoulder of Parkman Mountain. Angling easterly, an overlook provided a sweeping perspective of Eagle Lake with Cadillac Mountain beyond. A rollicking invigorating descent followed.

Rain delayed our plans the following morning. When it subsided, the entire island seemed to come alive. Intent on returning to the Carriage Roads, four of us drove to Bubble Pond Trailhead. Too late, it was full. Traveling south to the Jordan Pond overflow parking lot, we miraculously scored a space when a family left. Discouraged by the crowds, our friends Marian and Allen elected to forego the endeavor. A missed text message resulted in campers Ken and Susan choosing a different biking alternative.

The Jordan and Bubble Ponds Loop was our

selection. The teeming throng dwindled soon after departing from the trailhead. Climbing steadily on the west side of Jordan Pond, an elevated open sector offered spectacular views of that exceptional tarn. Joining a southern portion of Eagle Lake Loop for a short distance, our circuit soon turned south and dropped rapidly along scenic Bubble Pond. Arriving at a junction for Day Mountain, Nancy chose to continue to Jordan Pond. This obsessive compulsive geriatric cyclist couldn't abide by-passing a jaunt circling Day Mountain and climbing to the lofty impressive summit.

On the third day, Marian and Nancy decided to climb Champlain Mountain. Since light winds and gentle seas were forecast, Ken, Allen, and I resolved to launch our sea kayaks. The Mount Desert Island area offers some of the most exceptional sea kayak trips in Maine. We chose one of the best, a circumnavigation of the Porcupine Islands. Embarking from a tiny landing in bustling Bar Harbor, glassy seas were encountered navigating along the north side of the aptly named chain of islands that span much of outer Frenchman Bay. Rounding the eastern terminus of Long Porcupine Island and entering open water, gentle swells and perpetual views of Champlain, Dorr, and Cadillac Mountains provided a stimulating return trip.

Thursday, October 1, 2020

There is a good reason why the Parkman and Bald Mountains excursion is featured in my mountain guidebook, *Mountains for Mortals – New England*. The trek is indeed one of the finest mountain climbs in New England. While Ken and Susan biked with family on the last day, a hike to the majestic summits was the selection for four escapees from the dreary cottages.

Arising early, the last two spaces in the Route 198 parking area were claimed. The engaging trek ascended steadily with some entertaining boulder scrambling. Arriving at exposed Parkman summit, glorious panoramic vistas of the surrounding peaks and Somes Sound were our reward. Distinctive Bald Mountain could be observed slightly south. After negotiating through a deep attenuated col, the barren summit provided more remarkable views of the Cranberry Isles and eastern Penobscot Bay.

Despite the unanticipated crowds, four days of exceptional adventures were enjoyed in perhaps Maine's premiere recreational area. Think we'll return in October.

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



A cyclist descends a hill on the Eagle Lake Loop in Acadia National Park. (Photo courtesy of Ron Chase)

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Newsmakers, Names & Faces

Benjamin Nadeau new CEO at Bedard Pharmacy & Medical

From Bedard Pharmacy & Medical

AUBURN - Bedard Pharmacy & Medical Supplies last week announced that Benjamin Nadeau is its new Chief Executive Officer.

Nadeau is the third-generation of his family to take the helm at Bedard, following in the footsteps of his father, Michael Nadeau, and grandfather, Alcide Nadeau.

Michael Nadeau will become Chair of the Board, remaining a joint owner of the company with Annette Nadeau. "We are very excited about this transition taking place" he said. "Bedard has experienced tremendous growth in recent years. As it continues to evolve for the betterment of our communities, we cannot be more excited about having Ben spearhead the next evolution of Bedard."

Benjamin Nadeau graduated from Wentworth Institute of Technology with a bachelor's in Electromechanical Engineering.

After starting his own medical equipment design business, he decided to rejoin the family business.

He has been Director of Business Development since 2014, and in recent years managed the entire medical supplies division.

"We Care for the Communities We Serve" isn't just a tagline we have

on our website; it is what we live by," Nadeau said. "Generations of my family have served generations of families in this community, and we will continue to do so. It is amazing to think our pharmacy has records dating back to 1898, and as we look forward to the future, we are excited about how we will continue to evolve healthcare for Maine and beyond."

Bedard Pharmacy & Medical Supplies is a pharmacy, medical equipment and supply retailer located in Auburn, Lewiston, and South Paris Maine, that serves patients across Maine and the United States. For more information visit www.mybedard.com.

Letter to the Editor

Forbid negative campaign ads

It is time for the people of Maine to lead the nation by enacting a law FORBIDDING all politicians to use ANY negative campaign ads! Let them tell us what they think they can

accomplish if elected.

I know of NO ONE who isn't sick to death of listening to the negative slurs. Think of the money they can save by stopping all of this?

They could even donate some of that saved money to do something useful; like feeding the hungry.

Louise Marcoux Bowker
Waterville

Letter to the Editor

Everyone matters

To the editor,
We hear and see so much day in and day out, black lives matter. If we were blind, everyone would be black. Walking home one day I happen to turn and saw something that I have not forgotten and never will forget. A family that was walking away, it was

the last two that caught my eye, two little girls holding hands - one was white and the other was black-best of friends.

Do they know something we don't?

Maybe we should think, if we close our eyes and hold hands around the world would it really

matter what color anyone would be? Makes you think don't it? Maybe we should learn a lesson from two little girls.

Everyone matters. Just close your eyes, and maybe you will see the world different.

Susan Ouellette
Auburn

Local students on Clark University Dean's List

From Clark Univ.

WORCESTER, MA - Several local students have been named to the Dean's List at Clark University in Worcester, MA, for the Spring 2020 semester.

Ella R. Henry and Adryana Hutchinson, both from Auburn, achieved first honors with a grade point average of 3.8 or higher.

Mckayla M. Ball and Zahara M. Shidad, both of Lewiston, achieved second

honors with a grade point average of 3.5 or higher.

Founded in 1887, Clark University is a liberal arts-based research university that offers 33 undergraduate majors and 31 advanced degree programs,

Students on Dean's List at Northern Vermont U.

From Northern Vermont U.

JOHNSON, VT - Local students Eleanor Harrington of Auburn and Madison Roy of Lewiston were named to the Dean's

List for the spring 2020 semester at Northern Vermont University in Vermont, achieving between a 3.50 and 3.99 semester average.

Northern Vermont University has campuses in

Johnson and Lyndonville, Vermont as well as an online division that combines nationally-recognized liberal arts and professional programs. The university website is: www.NorthernVermont.edu.

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What's Going On

Flu vaccine important during pandemic

From ACP

GAINESVILLE, FL - The American College of Pediatricians recommends the use of flu vaccines starting this month for the coming flu season, which will be superimposed on the COVID-19 pandemic.

Simultaneous infections with flu and COVID-19 have happened. There is also a lot of similarity in their symptoms, and both can be deadly, although COVID-19 is generally not as bad for children as flu. The healthcare system has already been

overburdened in many parts of the country with the COVID-19 pandemic, so protecting against the flu at this time is especially important. The silver lining regarding flu is that precautions taken to reduce the spread of SARS-CoV-2 (the virus causing COVID-19 disease) are likely to also reduce the spread of flu.

The flu shot has limitations in efficacy, especially beyond 4 to 6 months after administration, whereas the efficacy of the live attenuated (FluMist®) influenza vaccine (LAIV) may last more than one season.

Flu expert and AC-Peds Secretary Dr. Scott Field says, "the LAIV vaccine will be less available this year than the shots, but being a live attenuated vaccine may have a beneficial effect on the innate immune system in reducing the severity of COVID-19. So since flu seasons generally span December through March, getting a flu vaccine before December would be best for protection."

Having had an unprecedented three heavy flu seasons in a row also makes us overdue for a light flu season row, since heavy seasons usually alternate with light seasons. A light flu season has indeed been the experience this summer in the Southern Hemisphere. So take heart, but get your flu vaccine, especially if you have suffered from flu before. Those who have had it before are more likely to suffer from it again.

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The Climb to Remember

By Nick Pease

Eleven of Maine's 14 peaks of 4000 feet or more in elevation were scaled on Saturday, Sept. 12, and American flags were flown from the summits.

These coordinated climbs were all part of the Climb to Remember project, similar to the Flags on the 48 project in New Hampshire. Climb to Remember aims to flag an American flag from all summits in Maine that are above 4000 feet, on the Saturday after 9/11. All of the flags were flown at noon, and with the clear skies, flags could be seen flying on neighboring peaks.

The Climb to Remember started and is run by the cadets in the Army JROTC program at Nokomis Regional High School. What started off as an annual hike for cadets of the program was expanded into a statewide campaign for hiking groups to carry their own flags to the summits.

Although not all of the cadets were born before 9/11, they have all been impacted indirectly. Many cadets' families have told stories as they vividly remember where they were and what they were doing at 8:46 a.m. on Sept. 11, 2001.

Those stories motivated cadets to conduct this hike and expand it so others could help memorialize those whose lives had been



A flag at the summit of one of 11 mountains in Maine, placed by the cadets in the Army JROTC program at Nokomis Regional High School on Sept. 12 in memory of the 9/11 terrorist attacks in New York City. (Nick Pease photo)

forever changed.

This was the first year the climb went public and the response was fantastic. Of the 14 peaks, 11 of them received hiking groups and all of those 11 had flags flown from the summits.

The weather was just perfect for hiking. Clear skies on the summit and low winds made for a beautiful climb.

Next year is a big year. Two decades after the attacks, the hike is on September 11, 2021 which also

happens to be a Saturday.

We are confident that we can get groups on all 14 peaks!

You can check out more about the hike on the Facebook page (<https://tinyurl.com/climbtoremember>) and the website (<https://tinyurl.com/climbtoremembersite>).

Nick Pease is a student at Nokomis Regional High School and is a Cadet Lieutenant Colonel with the Army Junior ROTC program at the school.

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Students practice yoga at the The Dempsey Center in a class that is part of the Fitness for Life program. The program is offered virtually this fall, under the restrictions put in place during the COVID-19 pandemic. (Photo courtesy of The Dempsey Center)



Judy Donnelly, a nutritionist at the Dempsey Center in Lewiston, shows students how to prepare healthy meals and snacks for themselves or others who are going through treatments for cancer. The Dempsey Center provides classes on food preparation as part of its Food is Medicine series. (Photo courtesy of The Dempsey Center)



Nutritionist Judy Donnelly talks to students about healthy eating and food preparation as part of the Food is Medicine series of classes at The Dempsey Center. (Photo courtesy of The Dempsey Center)



Children play under the guidance of adults as they learn to deal with the impact of cancer diagnosis and treatments for themselves or family members, as part of the Healing Tree Youth and Family Services offered at The Dempsey Center. (Photo courtesy of The Dempsey Center)



Children are taught yoga moves at The Dempsey Center as part of the Healing Tree Youth and Family services program to help children who are undergoing cancer treatment, or have parents or siblings who are dealing with cancer. (Photo courtesy of The Dempsey Center)

D E M P S E Y™

C H A L L E N G E

Presented By



Members of the Orange Dragons Against Cancer community gathered during the Dempsey Challenge weekend. The Orange Dragons was started in 2010 by Leslie and Nina Brown to spread the word about the fight against cancer, and support fundraising for cancer research and patient support. (Photo courtesy of Deneka Deletetsky)

Best wishes to all of the the Dempsey Challenge participants!

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Painted windows at The Dempsey Center locations in Lewiston and South Portland during the 2020 Dempsey Challenge. (Photo courtesy of Deneka Deletetsky)

Survivor Drive event

A message from Patrick Dempsey

Due to the current circumstances, we will not be able to come together for our signature Survivor Walk, typically an important part of Challenge weekend festivities. With that said, we would still

like to celebrate you—as a cancer survivor and cancer warrior. Please accept this invitation to participate in our newly introduced Survivor Drive event.

We invite you to drive by one of our

Dempsey Center locations, beginning September 20, for a moment of solitude, peace, and reflection as we recognize all who have been touched by cancer. You will see our traditional Signs of Hope + Healing

and hear words of hope and encouragement as we celebrate you—the true spirit of the Dempsey Challenge.

Although we can't be together in person, our hearts and minds are with you. Please accept the en-

closed gift as a token of the appreciation we have for you and your commitment to the Dempsey Center community.

I send my best wishes to you and your family, and to those who are still

fighting cancer every day. Your resilient spirit and courageous attitude inspire us all. Please know you are not alone, and we are in this fight together.

Patrick Dempsey



Four Pence Gallery in Monmouth, Maine and Babara Wolkinger in South Portland donated materials and talent to honor cancer survivors through window art at the Dempsey Center locations in Lewiston and South Portland. (Photos courtesy of Deneka Deletetsky)

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Watch for political scammers

From BBB

BOSTON, MA - Scammers are opportunists who take advantage of whatever is in the news or being chatted about on social media. It's common around this time of year to receive phone calls from political pollsters asking questions about who you plan to vote for, and scammers mimic those legitimate calls.

The Better Business Bureau is warning consumers that the upcoming mid-term elections are likely to generate loads of scammers pretending to be pollsters, campaign volunteers, fundraisers, and even candidates. Here are some common political scams and frauds to watch out for:

Fundraising: You get a call from someone claiming to represent a political candidate, raising money to support the campaign. They may be collecting funds for a specific cause, such as healthcare reform, or on behalf of a group of people, such as veterans. Targets report that callers are typically pushy and demand immediate action. Even if the caller is not a scammer, some groups may be poorly managed and not actually spend the money the way

they describe on the phone. You can check Give.org to see if the charity is Accredited.

Polling: The call is from someone claiming to be conducting a political survey. The pollster wants to ask you questions about the upcoming election. In exchange for a few minutes of your time and your opinions, you will get a gift card or other reward. After asking several legitimate-sounding survey questions, the caller typically then asks you to provide your credit card number to pay for the shipping and taxes of the "prize" you've won. Legitimate polling companies rarely offer prizes for participating in a survey, and none would ask for a credit card number.

Impersonation: You get a call that sounds like one of the candidates, or perhaps even the president, asking you to make a special contribution. This scam uses real audio clips of politicians' voices, likely lifted from speeches or media interviews. Digital technology has made these recordings sound very realistic. At some point, the politician will ask for a donation and request that you push a button to be redirected to an

agent, who will then collect your credit card information. Since real politicians use pre-recorded calls, it's challenging to tell which ones are fake.

In all of these cases, sharing your personally identifiable information (PII) and/or credit card number can open you up to the risk of fraudulent charges and even future identity theft. Although these examples are primarily telephone scams, fraudsters can use other methods to reach you: mail, email, social media, text, even showing up at your front door.

Here are some BBB tips to avoid political scams:

Donate directly to the campaign office: Donations made over the phone can be valid, but to be sure you are donating directly to the campaign, donors should give either through the candidate's official website or at a local campaign office.

Watch for spoofed calls: Your Caller ID may say that someone from Washington DC or from a campaign office is contacting you, but scammers can fake this using phone number spoofing technology.

Beware of prize offers: Just hang up on any

political pollster who claims that you can win a prize for participating in a survey. Political survey companies rarely use prizes, so that is a red flag (especially if they ask you to pay for shipping or taxes in order to claim it).

Don't give out personal or banking information: Political pollsters may ask for information about your vote or political affiliation, and even demographic information such as your age or race, but they don't need your Social Security number or credit card information.

Research fundraising organizations before donating: Be especially cautious of links that come to you through email or social media, and don't click through. Instead, go directly to an organization's website by typing the URL in your browser or using a search engine.

Parent Night for OUT Maine

From OUT Maine

ROCKLAND - OUT Maine will be resuming its popular monthly Parent Night meetings on Zoom, with the first meeting 6-7 p.m. on Thursday, Oct. 15.

OUT Maine's monthly parent info night is for anyone parenting or caring for youth with a diverse sexual orientation, gender identity or gender expression (LGBTQ+). Bring your questions and concerns and build your connections for support. Participation is free and open to the public.

If you would like to participate in the next free meeting, or for more information, go to <http://bitly.ws/9R5N> or contact OUT Maine: info@outmaine.org, 800-530-6997.

OUT Maine works toward a welcoming and affirming Maine for all rural young people of diverse sexual orientations, gender expressions and gender identities. In partnership with their allies and families, OUT Maine supports, educates and empowers these youth in their journey from adolescence to adulthood.

For more information, or to support OUT's critical work on behalf of LGBTQ+ youth, please visit our website at outmaine.org.

For more information, or to support OUT's critical work on behalf of LGBTQ+ youth, please visit our website at outmaine.org.

Webster Lodge supper Oct. 10

From Webster Lodge

WALES - Webster Lodge, 322 Centre Road, Wales, will provide a curbside supper from 4:30-6 p.m. on Saturday, Oct. 10, rain or shine.

The meal will consist of Mike Roy's famous chili with cornbread,

sides of cheddar cheese and sour cream. Also included are tortilla chips and brownie bites. The requested donation is \$8 per meal.

All proceeds will go to Bikes for Books Charity for the Greene Central and Sabattus Elementary Schools.

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Cyclists on a virtual ride as part of the Zwift training app. Zwift planned to host upwards of 25,000 riders from around the world for virtual 10-mile to 60-mile rides last Saturday. (Photo courtesy of Zwift)

Dempsey

Continued from page 1

non-stop in his Bikes for Tots fundraiser, “A triple-century ride! And we raised \$5,000” that was used to purchase bicycles and helmets that were distributed by the Renaissance School in Auburn. The Renaissance School is part of the St. Mary’s Health System and is a special purpose private school that serves children in grades K-8.

“This year, we didn’t have a fundraiser, because of COVID. So we just concentrated on the Dempsey Challenge,” Richardson said. With the COVID-19 pandemic, Richardson and his wife decided to forgo their usual corporate fund-

raising requests and created their own fundraising group instead.

Their efforts paid off, and they led the fundraising efforts for this year’s Challenge by almost \$10,000 above any of the corporate fundraisers, Richardson said. Other members of Richardson’s team have worked hard with their fundraising efforts, and Friday saw the team reach a total of more than \$50,000 in donations.

Their Be the Miracle team has 33 members from around the world and across the US, in Germany, Italy, Venezuela, Michigan, Ohio, Kentucky and California. “These people, because of the connection with Patrick, have become

friends,” he said. “The Dempsey Challenge . . . is also about relationships. You get to meet people who are in the same boat.”

This year’s fundraiser is a virtual event, and has been extended till midnight on Wednesday, Sept 20, 2020.

The Challenge ride was also virtual this year, hosted by Zwift, an online training app for running and cycling. Cyclists were to take part in virtual 10-, 25-, 45-, and 60-mile rides to help raise funds to fight cancer. Zwift had promised an additional \$25,000 donation to the Dempsey center if either 25,000 cyclists from around the world joined the event, or \$25,000 was raised by Zwift as part



Dennis Richardson wears a watch that was given to him by Patrick Dempsey after the sudden death of Richardson’s brother, Eric, last December. Richardson said he thinks of his brother every time he puts on the watch. (Tsukroff photo)



Patrick Dempsey (far right), a Lewiston native, is best known for his roles as an actor, and for driving racecars. He cheers cyclists as they reach the finish line in the 2017 Dempsey Challenge. (James Carpenter photo)

of the event.

As part of the Zwift experience, the Dempsey Center invited 5 participants, all with ties to the Dempsey Center or Dempsey Challenge, to be part of an in-person experience located at the

Dempsey Center. Participants pedaled on a trainer, driving their avatar around a virtual course.

Guests included Kyle Rancourt, Dempsey Challenge steering committee member and Zwift group ride leader; Trevor Max-

well, Dempsey Center client and founder of online community and podcast Man Up to Cancer; Lizzie Baker, M.D., cancer survivor and cycling coach of the Dempsey Challenge “Training Tuesdays” series. *See Dempsey, page 11*


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PLAY with The Public Theatre

From The Public Theatre LEWISTON - Do you miss theatre as much as we do?

The Public Theatre at 31 Maple Street is creating a PLAY Club (like a Book Club but we read plays) and we're inviting you to join. Every year when we pick our season, we read tons of great plays that never appear on our stage (sometimes for the simple reason that the cast size is too big). We thought it'd be fun to share some of these great scripts with you and find out if you like them as much as we do.

Each month we'll choose a play and meet on ZOOM to talk about it. We'll meet three times and discuss three fabulous plays. Executive Artistic Director Christopher Schario will be the moderator and Professor Martin Andrucki of Bates College will provide insights and suggestions for discussion.

PLAY Club members will be responsible for acquiring and reading all

scripts prior to each meeting. We recommend you sign up quickly as group size will be limited to ensure great conversations. If demand is high we may consider adding a second group.

The first play we'll discuss in October will be the Pulitzer Prize and 2012 TONY award winning play Clybourne Park.

Inspired by Lorraine Hansberry's groundbreaking 1959 play, A Raisin in the Sun, Clybourne Park is set in two different eras, with conversations happening in the same house fifty years apart. Act One takes place in 1959, when a white couple unknowingly sells their home to the first black family in the neighborhood (the same neighborhood mentioned in A Raisin in the Sun) and their neighbors want them to stop the sale. In Act Two, it's 2009, and the same property is being bought by a young white couple, and the now predominantly African-American neighborhood battles to

hold its ground in the face of gentrification. Excruciatingly funny, thought-provoking and squirm-inducing, there's a reason this play won the Pulitzer Prize!

Both Clybourne Park and A Raisin in the Sun are easily available for purchase online. It is not necessary to read A Raisin in the Sun, but we suggest it. We will provide a synopsis of Raisin in the Sun to those who sign up for the Club.

At the end of the October meeting we will suggest four plays for the remaining two sessions. Those in attendance at the October meeting will vote on which two plays we will read for January and March.

Wed, Oct 28, 7-8:30 p.m. - PLAY: Clybourne Park by Bruce Norris

Wed, Jan 27, 7-8:30 p.m. - TBA

Wed, March 24, 7-8:30 p.m. - TBA

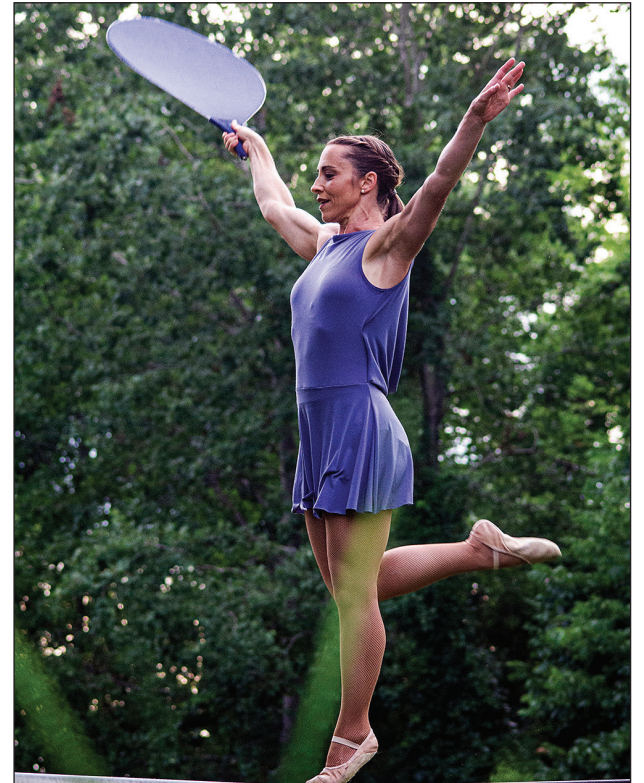
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Maine theaters receive \$200,000 in grants

PORTLAND & ELLSWORTH—An anonymous Maine Community Foundation donor has provided \$200,000 in general support grants to 20 community theaters across Maine to help sustain them during the pandemic shutdown.

"In addition to its emergency response to COVID-19, the Maine Community Foundation and its donors are working to build resiliency in Maine communities," said MaineCF President and CEO Steve Rowe. "In this case, an anonymous donor has chosen to shine a spotlight on smaller community theaters and how they are a critical part of a community's identity and creative spirit. We are grateful for the donor's generosity and vision."

Among the grant recipients, Bagaduce Theater in Brooksville canceled its summer season of four plays and let go its administrative staff and company of actors who were to begin rehearsals in May. The theater's property with large fields provided space to build an outdoor stage to accommodate social distancing of actors and audiences alike. This summer they held a series of staged readings that followed safety protocols.



Arielle Ebacher performs tight-wire as theater meets circus in Celebration Barn's drive-thru production "Just Outside the Window." (Michael Menes/Celebration Barn photo)

Likewise, Celebration Barn in South Paris canceled its existing summer programming due to COVID-19. The theater was able to maintain two part-time staff members and design new summer programming, including outdoor on-site performances, online performance training, and circus arts theater classes for children. The theater will celebrate its 50th anniversary in 2022.

Wintergreen Arts Center in Presque Isle discontinued its creative preschool and afterschool arts programming and replaced it with free online arts education programming as a resource for families. This fall they will be offering some performing arts classes. The center has seven paid positions and is moving to a new space at the Aroostook Centre Mall, which will include a theater area.

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Congratulations to all of the participants of the Dempsey Challenge 2020!

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Dempsey

Continued from page 8

ries; Dennis Richardson, co-captain of “Be the Miracle” – the top fundraising team of the Dempsey Challenge.

The event was to virtually host several celebrity athletes, including Olympic gold medalist Kikkan Randall, Boston Marathon winner Desiree Linden, Stanley Cup winner Andrew Ference, and NASCAR Hall of Famer Bobby Labonte.

In order to host this special event during the COVID-19 pandemic, the Dempsey Center adhered to state CDC guidelines, taking additional precautions to ensure a safe and meaningful event for guests.

Following the virtual ride Saturday, Richardson planned to cycle in person on Sunday “to the ocean and back,” wearing his pink

and purple tutus, for a video to download to Strava, another virtual training app for runners and cyclists.

For virtual rides, cyclists remove the rear wheel of their bike and attach it to a training device that adjusts pedaling resistance to give the rider the impression of climbing up and coasting down hills.

Richardson’s father died from complications of Richard colon cancer in 1999. “We didn’t have a Dempsey Center then,” Richardson said.

On December 14, 2019, Richardson’s brother, Eric, died unexpectedly from a heart attack.

Dempsey and his family came to Maine over the Christmas holiday, and Dempsey then stayed on an extra day after his wife and children returned to California to “spend a day with me and get me through it.

To give me advise, help me out,” Richardson said. “So, you know, he went out of his way . . . so how do you repay that? So what you do, you work a little harder, and you raise more money.”

Richardson said that with this extended visit, Dempsey “saved me twice. In that challenge to quit smoking, he saved my life.”

Dempsey found a special way to help Richardson remember his brother by giving Richardson a wristwatch. Dempsey told Richardson to think of his brother every time he puts on the watch.

A couple of weeks ago, when Richardson met with Dempsey in person, he told Dempsey “Every time I put this watch on, I think of Eric . . . and you.” It is this caring and friendship that Richardson said motivates him with his efforts for the Dempsey Challenge.



Dennis Richardson sports the pink tiara and purple and pink tutus he wore during his 100-mile ride on Sunday during the Dempsey Challenge. Richardson’s wife, Lori, had made him promise to wear the tutus and tiara if their Be the Miracle fundraising team reached the \$15,000 mark before the end of the day last Saturday. (Tsukroff photo)

Dempsey helped start the Patrick Dempsey Center at Central Maine Medical Center, Lewiston, in response to his mother’s bouts with cancer. The first Dempsey Challenge took place in 2009. Dempsey’s mother died on March 24, 2014.

The Dempsey Center “has always been a positive spin on such a negative family situation, with cancer,” Richardson said. “You know, they help everybody in the family, they heal them . . . not just the patient.”

Send all items for What’s Going On to the Editor. Deadline is Friday by five.



Jennifer Jordan is congratulated by Patrick Dempsey as she nears the finish line of a foot race in the 2019 edition of the Dempsey Challenge. (DB Maine Photography photo)

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COVID-19 testing expanded

From Maine DHHS

AUGUSTA— Governor Janet Mills and Commissioner of Health and Human Services Jeanne Lambrew announced today that anyone in Maine can now get tested for COVID-19 without the need for a separate order from a health care provider, a milestone resulting from Maine’s vastly expanded testing capacity.

The Maine Department of Health and Human Services (DHHS) has broadened its Standing Order to include all individuals who think they need a COVID-19 test. This means that participating sites may test anyone in Maine over the age of 12 months who feels they need a test, even if they don’t have a primary care provider or a written order from a clinician.

This expanded access is made possible by Maine’s expanded testing capacity, including ramping up operations at the State lab, partnering with Maine-based IDEXX Laboratories Inc., and developing nearly 30 “swab and send” testing locations throughout Maine.

As of last week, Maine is conducting 400 tests per 100,000 people, a State record. Maine ranks first in the nation on the percentage of people tested according to a target level developed by researchers at the Harvard Global Health Institute.

“Increased access to testing is a critical part of the strategy to mitigate the spread of this deadly virus, to return kids to school safely, and to ensure that our economy stays up and running,” said Governor Janet Mills. “This expanded order is another step forward in our ongoing battle against COVID-19 as Maine continues to be a national leader in testing capacity.”

Last week’s broadening of the Standing Order “is the result of months of work and effective partnerships with health care organizations across Maine,” said DHHS Commissioner Jeanne Lambrew. “While it represents a significant milestone, testing alone will not defeat this virus. Maine people must remain vigilant with the public health measures that prevent the spread of COVID-19.”

Additionally, the Standing Order now also

applies to antigen testing, in addition to PCR (molecular) testing. The clinical performance of rapid antigen tests largely depends on the circumstances in which they are used. Rapid antigen tests perform best when the person is tested in the early stages of infection with coronavirus when viral load is generally highest. The Standing Order does not apply to antibody testing, which has not been proven reliable.

While it’s always best to talk with a health care provider about getting a COVID-19 test, those who believe they’ve been exposed to COVID-19 may get a test at a site operating under the Standing Order. The Order helps people who don’t have a primary health care provider, can’t communicate in a timely way with their health care provider, or are visiting Maine or coming back to Maine from another state, for example.

Previously, the DHHS Standing Order broadly allowed people with known exposure or elevated risk of exposure to the virus to get tested, with or without symptoms. Now, people who feel they need a test who are not otherwise at high risk can get tested,

with or without symptoms. Maine CDC continues to encourage people experiencing symptoms to get tested, as well as close contacts of infected individuals, people of color, and others at high risk of COVID-19.

While more people in Maine can now get tested under the Standing Order at participating sites, not everyone should get tested. Testing capacity has been vastly expanded but resources must continue to be used wisely. Maine CDC does not recommend, for example, that people get tested for peace of mind before visiting another household or attending a gathering. This is because a person could already have been exposed but been tested too early for the virus to be detected, or could be exposed to COVID-19 after getting tested. Testing alone is not prevention, and a negative test does not necessarily mean it’s safe to gather with others. The best ways to prevent the spread of COVID-19 are to practice physical distancing and good hand hygiene and wear a face covering in public.

The U.S. CDC also does not advise frequent, routine test-

ing in most circumstances. Dozens of sites across Maine have been providing testing under the Standing Order since it was first issued in June. This includes all of Maine’s 27 Swab and Send sites. The Swab and Send sites complement the roughly 40 current testing sites already available to the public. For a list of all sites providing tests to people without symptoms and without requiring a provider referral, visit the Keep Maine Healthy website.

Some of the organizations operating Swab and Send sites, as well as other organizations, are offering testing to their patients at additional sites as well. For a complete and frequently updated list of COVID-19 testing sites in Maine, visit: Get-Tested-COVID19.org.

DHHS covers the full costs of specimen collection and lab testing for any COVID-19 lab test done at one of the State-contracted Swab and Send sites through at least October 31, 2020. For other testing sites, individuals should confirm coverage with their health plan as well as ask about any payments that may be required.

The DHHS Standing Order complements but does not replace patients’ relationship with their health care provider. It also does not require all health care providers or COVID-19 test collection sites to provide a test.

It’s always best to call a testing site before going to schedule an appointment, which is typically required. Policies on minimum age for testing vary among locations, so individuals should check before seeking a test for anyone under 18. Children 12 months and younger should see a health care provider for a COVID-19 test.

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Thursday, October 22ND until 7:00pm
Saturday, October 24TH - 9:00am to 12:00pm
Tuesday, October 27TH until 7:00pm
Friday, October 30TH until 5:00pm



Calendar

Send your submissions to the Editor. More online.

Sunday, Oct. 4
6 p.m.
LEWISTON - Basilica of Sts. Peter and Paul, Lewiston
Organ concert at the basilica, limited to 50 in-person and live-streamed. To register, call 207-240-9419 or email:

Scott.Vaillancourt@PortlandDiocese.org

Monday, Oct. 5
7 p.m.
GORHAM - Planning Board meeting, via Zoom.

Tuesday, Oct. 6
9:30-10 a.m.
GORHAM - Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5yrs)

Tuesday, Oct. 6
6:30 p.m.
GORHAM - Regular Town Council meeting, via Zoom.

Wednesday, Oct. 7
10 a.m.
GORHAM - Baxter Memorial Library. Nature Mandala - join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. This week we tie in some math, art, and science to create mandalas out of objects in nature. Collecting multiple small treasures, such as mini pine cones or dried flower petals, could be helpful ahead of the program. (Indiv. or Partner Activity)

Thursday, Oct. 8

9:30-9:50 a.m.
GORHAM - Baxter Memorial Library. Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and foster a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

Saturday, Oct. 10
8 a.m.-noon
GORHAM - All Gorham Residents are welcome to drop off brush/yard trimmings at the Gorham Public Works garage located at 80 Huston Road.

Monday, Oct. 12
GORHAM - Columbus Day Holiday Observed -Municipal Center, Administrative Offices & Library Closed.

Tuesday, Oct. 13
9:30-10 a.m.
GORHAM - Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5 years)

Wednesday, Oct. 14
9:30-10 a.m.
GORHAM - Baxter Memorial Library Babies en Plein Air - Bring your baby

and a blanket to join us for an interactive, socially distanced, outdoor lap-sit program. To ensure the comfort and safety of all participants, we ask that caregivers wear masks and leave older siblings at home or with a friend during this community baby program. Program will be canceled in the event of inclement weather. (birth-18 months)

Wednesday, Oct. 14
10 a.m.
GORHAM - Baxter Memorial Library Mystery Objects in a Bag - Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Sharpen your scientific reasoning skills to detect mystery items in a bag. We'll be talking size, texture, materials, shapes, sounds, etc. to detect what objects are. You'll attempt to stump a partner, too! (Partner Activity)

Wednesday, Oct. 14
7 p.m.
GORHAM - School Committee meeting, via Zoom.

Thursday, Oct. 15
9:30-9:50 a.m.
GORHAM - Baxter Memorial Library Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and fos-

ter a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

Thursday, Oct. 15
6:30 p.m.
GORHAM - Zoning Board of Appeals meeting, via Zoom.

Tuesday, Oct. 20
8 a.m.
GORHAM - Ordinance Committee meeting, via Zoom

Tuesday, Oct. 20
9:30-10 a.m.
GORHAM - Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5 years)

Wednesday, Oct. 21
8 a.m.
GORHAM - Gorham Economic Development Corporation meeting, via Zoom.

Wednesday, Oct. 21
10 a.m.
GORHAM - Baxter Memorial Library. Playing with Shadows - Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. In this lesson you will use driveway chalk and your shadow to track the sun in your yard. We'll be thinking of questions ahead of time, coming up

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with some reasonable hypotheses, and then testing these out over the course of several intervals. There will be opportunities to extend with higher level thinking and/or drawing/photographing our results. (Partner Activity)

Thursday, Oct. 22
9:30-9:50 a.m.
GORHAM - Baxter Memorial Library Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and foster a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

Thursday, Oct. 22
6:30 p.m.
GORHAM - Town Council workshop: Agriculture Events item. Value per Acre presentation and general town updates. Via Zoom.

Friday, Oct. 23

3-4 p.m.
GORHAM - Baxter Memorial Library. Zoom Pet Costume Contest - Show off your costumed critter in this interactive Zoom program. We want to see your funny, scary, or adorably dressed pets! Ribbons will be mailed to all participating pets. Fill out the google form on www.baxterlibrary.org under the "Youth" heading to enter. We look forward to seeing your wonderful furry family members.

Saturday, Oct. 24
8 a.m.-noon
GORHAM - All Gorham Residents are welcome to drop off brush/yard trimmings at the Gorham Public Works garage located at 80 Huston Road.

Tuesday, Oct. 26
9:30-10 a.m.
GORHAM - Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5 years)

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Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

CLEANING SERVICES WANTED

Seeking Cleaning Services

Very kind elderly lady looking for a cleaning service. Needed once a week. Vacuuming, dusting, and other household chores. Must wear a mask. Gorham, ME. 207-839-3271

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen -

wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Cutting Boards

I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

E-Bike (Pedal Assisted) 2017 Model: Lights, kickstand, fenders, battery charger, new tires & tubes. 40 Mile range. Three levels of power. Paid \$3,000. A steal at \$1,000. And easy to ride uphill. Price firm Lewiston 240-1813. Leave message.

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HOUSING

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LEWISTON SENIOR CITIZENS TRAVEL TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - 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" CANCELLED. VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & 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.

Send all items for What's Going On to the Editor. Deadline is Friday by five.

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Out and About A day trip to Phippsburg



Here is a portion of the Sebasco oceanside flower gardens. (Rachel Morin photo)

By Rachel Morin

It was a lovely mid-August day, sunny, warm, with blue sky filled with fluffy white clouds. It was the kind of day for a pleasant family outing. My family and I were off to enjoy breakfast at Sebasco Harbor Resort in Phippsburg. Sitting at our table, with an oceanside view, we settled in to enjoy a wide selection of food laid out for guests. Servers were busy helping us with our choices, so many and so delicious!

We learned Sebasco had a slow start for business this spring, but things started to pick up in July. By now, in August, business was the best it has ever been, according to Bob Smith, owner of the Sebasco Harbor Resort.

There were several tables with families and

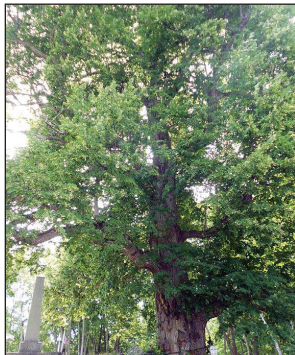
everyone was enjoying the food. Following our tasty breakfast, we walked around the spacious grounds enjoying the salt water air and seeing boats dotting the water everywhere.

But being the ardent flower gardeners we are, we made a point to spend most of our time walking through the huge well-cared for flower gardens. The flowers were luxurious and at their peak. They called for us to take pictures! Not a weed in sight!

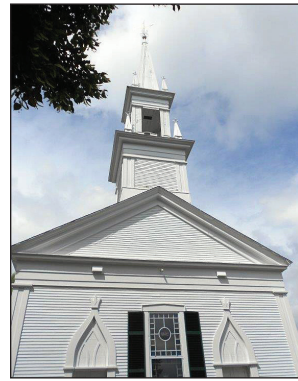
And so, we took our time, looking carefully at each clump of flowers, identifying each flower, and comparing it to the ones we had at home. We continued our slow meandering and picture taking until we had seen every flower and then walked along the ocean side for more pictures.

We then continued our wanderlust drive around Phippsburg and stopped to see the biggest Linden Tree we have ever seen in Maine. It was beautiful in its majesty but we were unable to capture the entire tree by camera.

The Phippsburg Congregational Church with its close to 300 years of history was nearby. A posted sign



This is the biggest Linden Tree we have ever seen. We couldn't get the entire picture on camera. (Rachel Morin photo)



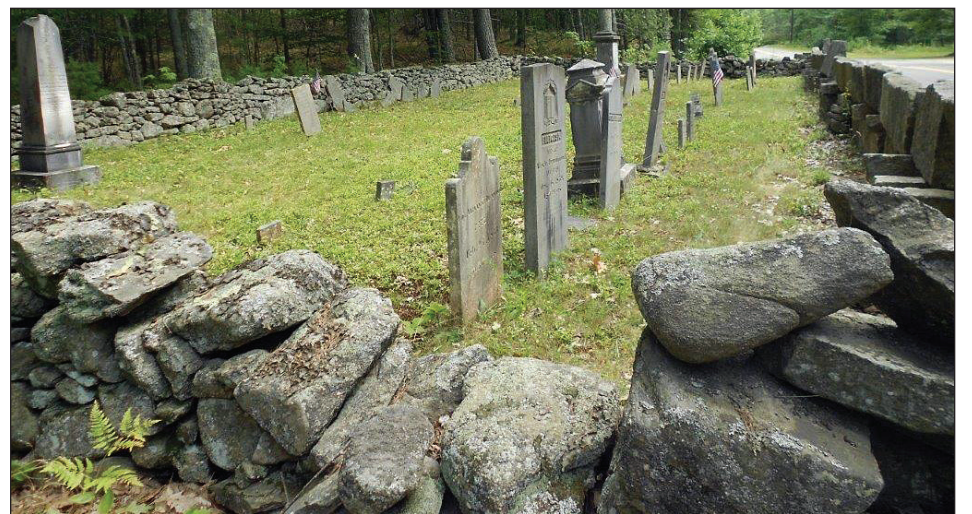
The Phippsburg Congregational Church, an old historic church with nearly three centuries of memories. (Rachel Morin photo)



Liz, Gerry and Debbie Morin enjoying their breakfast. (Rachel Morin photo)



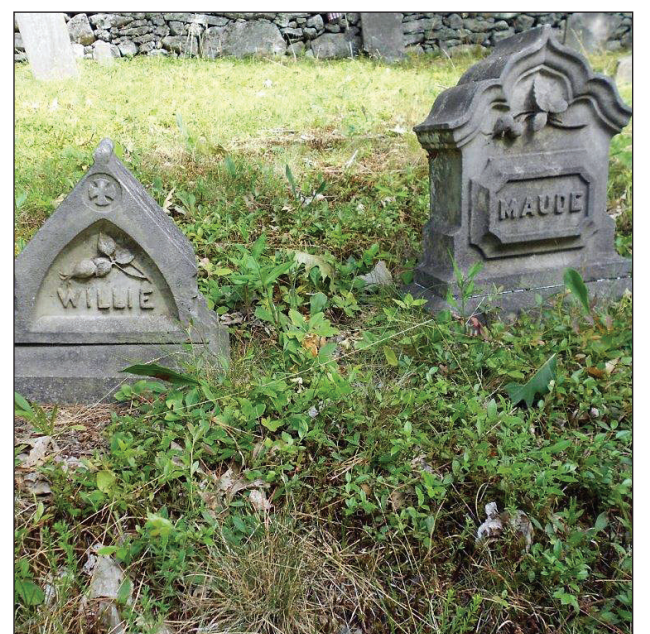
We love the large clump of Black -Eyed Susans and have many at home. (Rachel Morin photo)



We visited this rock-walled historic cemetery in Phippsburg and found many intriguing tombstones. (Rachel Morin photo)



We also have Nasturtiums as well. (Rachel Morin photo)



Children's tombstones. Willie and Maude were here, but had no further information. (Rachel Morin photo)



This was a very interesting tombstone and we wondered about the message, sounded hopeful. (Rachel Morin photo)

saying it is closed during the pandemic but parishioners may still access it online with messages from the pastor.

Next we came across two very old cemeteries

across the road from each other and visited them and read the tombstones with interest. Lots of history to learn there. Old fashioned names and their lives depicted on the tombstones. More pictures as we walked along the rock-walled enclosed cemeteries.

After a few more stops along the way, we headed home to work on some art projects for Gerry and Debbie's art gallery in their backyard deck. It was a very enjoyable day and we promised ourselves another day before our Maine winter sets in.

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