

Tickets now available for Helicopter Ball Drop



Helicopter Ball Drop

Central Maine Medical Center will present its sixth annual Helicopter Ball Drop on Tuesday, June 21 at 5 p.m. at Martindale Country Club in Auburn. Hosted by the CMMC Associates Volunteer Program, this unique fundraiser supports CMMC's Arbor House, a place where families from out of town can stay free of charge while coping with the stress and trauma of a loved one's hospitalization.

Raffle tickets are sold representing numbered golf balls that are dropped

onto a target from a helicopter high above. The owner of the golf ball that lands closest to the target wins the cash prize. The event will feature a social hour with cocktails and hors d'oeuvres and entertainment provided by local musicians Debbie Morin and Denny Breau.

Ticket levels are \$100 for one chance in up to 50 to win \$2,000; \$50 for one chance in up to 100 to win \$1,500; \$20 for one chance in up to 300 to win \$1,000; or \$10 for one chance in up to 400 to win \$500. Ticket holders need not be present to win.

The CMMC Associates Volunteer Program brings together people from the community and local businesses to work with the CMMC Development Office to raise funds in support of hospital programs and services. For more information about the event or to purchase tickets, contact the CMMC Development Office at 795-2950 or giving@cmhc.org. For more information about supporting the Arbor House Helicopter Ball Drop as a sponsor, see www.cmmc-giving.org.

Maine Refugee Day



Mianze Silva represented Angola along with her family, at the opening ceremony of the Maine Refugee Day in Lewiston last Friday. Photo by Bell Studios/PortraitEFX. See more photo on page 3.

Ancient Ones return to Maine Wildlife Park



This exhibit features a large period canvas tent and demonstrations of activities from woodland Maine in the late 1700s.

For much of the day on Saturday, June 11, and on Sunday morning, June 12, until noon, the Maine living history group "The Ancient Ones" will return to the Maine Wildlife Park in Gray to set up and inhabit, in full period dress, a Living History Camp representing woodland Maine in the late 1700s.

This popular exhibit will feature a large period canvas tent and demonstrations of a variety of period activities, including fire starting, cooking, trading, tomahawk throwing, flint knapping, weaving and caring for flintlock muskets. Visitors will be invited to try their hand at some the activities as well. Be sure to bring your camera for this educational and entertaining event. For more information about the Ancient Ones, see www.theancientonesof-maine.com.

Owned and operated by the Maine Department of Inland Fisheries and Wildlife, the Maine Wildlife Park has over 30 species of native wildlife on display, plus wildlife gardens, nature trails, a fish hatchery and other interactive exhibits.

See MWP, page 3

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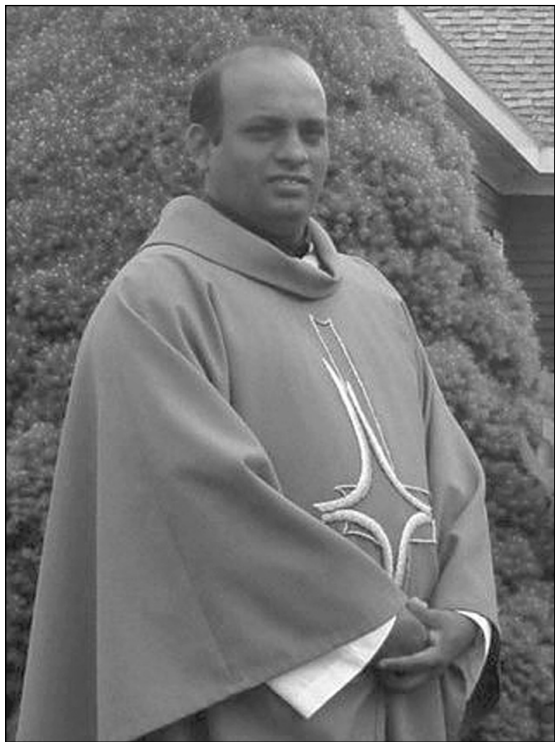
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Newsmakers, Names & Faces

Diocese announces local appointment



Fr. Dominic Savio

The Roman Catholic Diocese of Portland has announced that, effective July 1, Fr. Dominic Savio, HGN, has been appointed lead priest-chaplain at St. Mary's Regional Medical Center, St. Mary's d'Youville Pavilion, St. Mary's Residence, and Central Maine Medical Center, all in Lewiston.

Since September of 2013, Fr. Savio has served as parochial vicar at Corpus Christi Parish, comprised of Notre Dame Church in Waterville, Sacred Heart Church in Waterville, St. John the Baptist Church in Winslow, and St. Helena Church in Belgrade Lakes.

A native of Tamil Nadu, India, he joined the Heralds of Good News, a missionary society of apostolic life, in 1994. After nine years of seminary formation, Fr. Savio was ordained to the priesthood on December 29, 2003. From January of 2004 to May of 2008, he served as parochial vicar at St. Anthony's Shrine in the Diocese of Madras-Mylapore in Tamil Nadu. From June of 2008 to March of 2013, he served as principal at the Good News School in the Diocese of Guntur, Andhra Pradesh, India. He arrived in the Diocese of Portland in April of 2013.

JROTC medal awarded to Cadet Kaitlyn Lemay



Beverly Robbins, Regent of the Mary Dillingham-Burnt Meadow Chapter of the Daughters of the American Revolution, presents the DAR JROTC medal to Cadet Kaitlyn Lemay at the JROTC Military Ball and Awards Ceremony in May.

Credit union promotes Punch



Leah Punch

Community Credit Union has promoted Leah Punch to the position of Loan Servicer. She formerly worked as the New Accounts Member Representative. In her new position, she will maintain loan files and serve as the backup to the cards department.

Punch attended Central Maine Community College and New England College of Business and has completed Certified Teller Training. In her free

Norway Savings helps Tree Street Youth branch out



Norway Savings Bank has pledged \$10,000 to Tree Street Youth's ongoing fundraising Campaign for Growth.

"Over the past five years, Tree Street Youth has made higher education accessible to many students who otherwise would not have had the opportunity," said Patricia Weigel, President & CEO of Norway Savings Bank. "We want to ensure that Tree Street Youth continues to develop

strong, educated leaders for our communities for years to come."

College graduates, on average, earn more money than those with a high school diploma and are more prepared for the jobs available in our increasingly knowledge-based economy. However, many low-income students often don't have the support or resources needed to attend college.

Thanks to programs like Tree Street Youth, the dream of attending college and building a successful career is now a reality for a growing number of students in the Lewiston-Auburn area. On any given day, 125 to 150 students attend academic, art and athletic enrichment programs at Tree Street Youth's facility on Howe Street. The agency's BRANCHES (Becoming Responsible Adults 'N Cultivating Higher Education Success) program boasts a 100% high school graduation rate and a 95% college acceptance rate.

Tree Street Youth's programs are "geared towards making post-secondary education within every child's reach," says Executive Director Julia Sleeper. "These young people are the future of Lewiston and, in fact, the future of Maine."

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Governor LePage and other New England Governors Lead Discussion on Opioid Abuse

Governor Paul R. LePage today participated in the fifth annual International Conference on Opioids at the Joseph B. Martin Conference Center at Harvard Medical School. Governor LePage joined a Governors Panel featuring six New England governors who spoke about opioid abuse and actions taken by their administrations to address drug abuse, overdose and deaths.

“The New England governors are taking this issue very seriously, and our goal is to identify ways we can work together to fight this crippling pandemic we are all facing,” said Governor LePage. “We are making progress in

Maine, and as far as over-prescribing, doctors are cooperating, which is the first step. Second, is to ensure we keep the illicit drug off the streets. Maine is a leader in this crisis, and by sharing information with each other we can improve many – and in some cases – save lives.”

Attending governors include Governor Baker (MA), Governor Shumlin (VT), Governor Raimondo (RI), Governor LePage (ME), Governor Hassan (NH) and Governor Malloy (CT).

This year, the LePage Administration has tackled the heroin crisis with a three-fold strategy:

Education/Prevention: Maine enacted a bill to prevent opioid addiction and help close the gateway to heroin abuse by limiting



All six New England Governors attended the conference. L-R: Governors Shumlin VT, Raimondo RI, Malloy CT, LePage ME, Hassan NH and Baker MA. Photo Courtesy: Office of the Governor.

the strength and duration of opioid prescriptions while requiring prescribers to participate in the PMP, undergo addiction training and submit opioid scripts electronically.

Treatment: Governor LePage signed a bill to allocate another \$3.5 million toward addiction treatment

through enhanced funds for the uninsured and expanded access to detox facilities in the state. This is on top of the \$72 million Maine spent on addiction treatment for the uninsured in 2015.

Law Enforcement: Facing a shortage of state police and other state law

enforcement personnel due to recruitment and retention problems, Governor LePage proposed and the legislature enacted bills to increase the number of MDEA agents by 10 and to increase salaries for law enforcement officers by up to 18 percent.

Studies show 75 percent of heroin addictions begin with an opiate prescription; those on prescription opioids are 40 times more likely to become addicted to heroin than those who are not. According to the Maine Department of Health and Human Services, in 2014 more than 80 million opioid pills were prescribed to nearly 350,000 people in Maine—that’s one-third of the adult population taking a pill a day for 8 months out of the year.

In MaineCare, the state cut opioid prescriptions in half in the past few years by setting limits on script sizes and encouraging alternative pain management techniques, such as chiropractic care, physical therapy and more.

The International Conference on Opioids is a two-day professional conference that explores emerging opioid research and initiatives aimed at improving patient care and reducing risk of abuse.

Organizers say it is designed to educate primary care physicians, pain specialists and others with an interest in applied opioid pharmacology and the public health aspects of opioids.

Maine Refugee Day



Bernard Ndlkumasabo carries the flag of Burundi in the parade at the opening of the Maine Refugee Day in Lewiston last Friday. Photo by Bell Studios/PortraitEFX.



Brothers Adam and Alio Hussein, refugees from Somalia, wait for the opening parade at the Maine Refugee Day in Lewiston last Friday. Photo by Bell Studios/PortraitEFX.

12, or \$3.50 per person in groups of 15 or more. Available Family and Community Season Passes are a great bargain for families and groups that visit the park several times over the course of the summer. They can be purchased in the Department of Fish & Wildlife’s Online store at www.mefishwildlife.com.

For more information about the Maine Wildlife Park, call them at 657-4977 or see www.mainewildlifepark.com.

MWP

Continued from page 1

Located at 56 Game Farm Road in Gray, the park is open for admittance daily April 15 through November

11 from 9:30 a.m. to 4:30 p.m. Visitors may stay until 6 p.m. Bring a picnic and spend the day!

Admission is \$7.50 for adults and \$5.50 for seniors and kids ages 4 through

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Only Steps Forward

Immigrants will fill the gap in a shrinking economy

By Jonathan P. LaBonté
MAYOR OF AUBURN

During this week's Auburn City Council meeting, I issued a proclamation declaring the month of June as Immigrant Heritage Month in the City of Auburn. This came on the heels of a joint proclamation with the City of Lewiston's mayor declaring last Friday as World Refugee Day for an event hosted at Simard-Payne Railroad Park.

As many of you know, my influence as mayor is limited to chairing the

council meetings and using the proverbial "bully pulpit" to raise issues of importance to our city.

So why the focus this month on immigrants and refugees? The simple answer: Auburn needs more people if it wants to grow, and attracting people that are looking for a fresh start and see the United States and our community as a place for it will be critical to our future.

There are a lot of misperceptions about immigrants moving to a com-



Mayor Jonathan P. LaBonté

munity and the change that it brings. The reality is, as most of us already know, is that change is coming whether we want it or not,

and it's our ability to adapt and invite the change we want that will make us thrive as a community.

About 150 years ago, we were still a fairly sleepy town on the west side of the river. Predominantly English settlers and merchants had made homes here. There were growing enclaves of Jewish immigrants, though. The Irish were growing in numbers as mill and canal construction in Lewiston was becoming more significant. And in a handful of years, a rail in-

vestment by the city, along with Lewiston, would accelerate the movement of French-speaking Canadians to our community.

The changes then were bumpy. Many of the various immigrant groups formed their own neighborhoods and limited how much they interacted with others. Over time, Auburn and Lewiston became more of a melting pot. The conditions then were much different; the cities were in an aggressive growth mode as textile mills, shoe factories and other manufacturing created a need for more and more workers and the spin off from that.

What I often hear today, as we talk about growing our city and attracting people, is that there aren't the jobs available now that there were then. And that's just not true. The jobs are much different than they were then, and many businesses will soon face a wave of retirements and citizens aging out of the workforce that may limit their growth or even long-term viability.

In Androscoggin County, the next 15 years will see a loss of close to 15 percent of the workforce as people age out and are not replaced. The economic impact of not finding new workers and residents to fill that gap will mean a shrinking economy.

Granted, the Auburn region must contend with state-level policies that limit growth, including Maine having one of the highest

tax burdens in the country and energy prices making it more difficult for manufacturers here to compete with those in the south or overseas. Those forces do make it more challenging for our community, but sitting back and letting the demographic challenge impact us without being proactive isn't an option in my book.

I have worked with the city council and Auburn staff to pitch transportation connections to Portland and Boston and to market our community as an affordable, urban alternative to those cities.

I have worked with the city council and Auburn staff to pitch new ways to support early college and trades certificates among our students at Edward Little and those in Adult Education. This would be a major first step in securing the capital for a new high school and help to attract working-age families to call Auburn home.

Within the options to grow our workforce and support business retention and growth is being a community that welcomes immigrants and those looking for a new start. The long-term return from offering that type of hand up could be significant for our city and our region.

This month, we celebrate that this community was built on attracting people from other towns, cities, states and countries and that to continue to grow and sustain it, we will need to do more of the same.



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Enough is Enough

Vote Tuesday on two requests about our schools

By Robert E. Macdonald
MAYOR OF LEWISTON
“School days, school days.

Dear old Golden Rule days, ’reading and ’riting and ’rithmetic. Taught to the tune of a hic’ry stick”

But that was then, this is now.

In 1907 when William Cobb and Gus Edwards wrote “School Days,” it was a simpler and much more respectful time. The Golden Rule was king in the classroom. Classes of 30-plus students were the norm. Teachers demanded and received respect.

Unruly behavior was not tolerated. It resulted in a reprimand—or a trip to the principal’s office for counseling and perhaps a taste of corporal punishment via the rattan (switch). Or even a suspen-

sion from school. But that was the easy part. The rattan may have hurt your pride, but now you had to face the real music: your parents. Their job, one they did well, was to reinforce in your ever-evolving mind the social etiquette you were expected to follow: be courteous and learn.

Lastly, one thing that never appeared on any radar screen: litigation against a teacher or a school because little Johnny or Jane were unfairly treated.

Yes, school has drastically changed since the 1900s through the 1960s.

The turbulence of the ’60s has now come home to roost in our schools. The Golden Rule that once insured order and learning no longer exists. It has been erased by the children of the entitlement-mindset families, families who see



Mayor Bob Macdonald

nothing shameful in living off the taxpayer.

But worse, these families see absolutely no value in their children getting an education. This leads to disrespectful and assaultive behavior in our classrooms and diminishes the instructional time of those who are there to learn.

Before continuing, let me make one thing perfectly

clear: with a few exceptions, it is not the refugee children that are causing this problem. This is because they have an overwhelming appreciation of education, especially those to whom it has been denied. Unlike our domestic entitlement crew, these students could easily thrive in a 40-student classroom.

Next Tuesday, June 14, you will be asked to vote on two questions concerning our schools. Leaving aside my municipal cap as mayor of our great city and donning the cap of a fixed-income retiree with no children or grandchildren in the Lewiston School system and being a property taxpayer, I urge you to vote “Yes” on these questions.

The State of Maine has graciously agreed to build Lewiston a new school to replace the Longley and

Martel schools. This will be funded by taxpayers throughout the state. No local property taxes will be used. Thus, the school could be classified as a gift.

Secondly, by this time you have received a flyer from The New Elementary School Building Committee. It requests that the voters approve an additional \$2,151,360 for a gym, air conditioning and artificial turf on a baseball/field hockey field. On its face this appears to be nothing more than supplying the schools with non-essential amenities. But what I see is needed economic development.

This money will provide a year-round facility that can be used to teach English to our non-English speaking refugees. Remember, if they can’t speak English, chances are

they won’t be employable and unable to fill positions that are needed to keep Lewiston running.

The classrooms could also be used to bring our refugee population up to their class level and further prepare all Lewiston students to enter the job market at good wages (this will be the subject of next week’s column).

Artificial turf will allow us to be competitive in drawing statewide sports events to Lewiston. There is a very positive, can-do attitude running through many of Lewiston’s 40-year-old and younger crowd who wish to make this city a showplace. They are going to do it!

Progress is achieved through deliberate baby steps. Your “Yes” vote will allow this progress to continue.

New pastor at United Methodist Church



Rev. Jackie Brannen (l.) symbolically passes the mantle of pastoral leadership to the incoming Rev. Steve Bascom, Sr.

Reverend Steve Bascom, Sr. has been named the new pastor of United Methodist Church of Auburn. He replaces Reverend Jackie Brannen, who has served UMCA for the past four years. Brannen has been appointed as the District Superintendent of the Maine Northern Conference of the United Methodist Church and will be headquartered in Bangor. Both will begin their new duties on July 1.

A New Hampshire native, Rev. Bascom has served as a United Methodist pastor in New England for 29 years. He graduated from Gordon-Conwell Theological Seminary in 1990 with dual graduate degrees in Divinity and Religious Education. He and his wife, Jude, have three adult children and will live in the church parsonage.

Auto dealers support CMCC programs



Here (l. to r.) are Matt Walsh, automotive department chair at CMCC; CMCC President Scott Knapp; Tom Brown, president of the Maine Automobile Dealers Association; and George Dykstra, education representative for the association.

Representatives of the Maine Automobile Dealers Association were on the Central Maine Community College campus recently to present a check for the automotive technology programs at the college.

The automotive technology programs at CMCC are designed to prepare highly skilled technicians for the automotive industry. Students learn in a variety of environments, including the classroom, laboratories

and shops, while planning and performing practical job service. Upon graduation, students accept positions as general technicians, or as specialists in areas such as front-end alignment, brakes, or automatic transmissions.

Field Day at Poland Spring Academy

Poland Spring Academy recently held its annual field day. All students participated in several fun events, including a tug-o-war, swim noodles javelin throw, obstacle courses, and many different foot races.

Outstanding performers at the event were Silas Burnham and Kris Krastins, who finished first in the middle and high school three-legged races; Sam Burnham and Nemo Kilbreth, who finished first in the K-4 three-legged race; Jacob Day, who finished first in the long jump, the 400-yard race, and performed the most push-ups; Justin Bernier, who won both the 100-foot and 100-yard races; and Christian Petersen, who performed the most sit-ups and jumping jacks.



Poland Spring Academy field day.

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A Smokin' Celebration



If the surge in barbecue and smoking competitions across the country is any indication, grilling has become an art form. This Father's Day, grab dad and gather around the grill or try a new technique that's rising in popularity – smoking – to create a masterpiece meal – and plenty of memories – together.

From secret marinades to tricked out grills and smokers, competitive smokers know there is a near ritualistic approach to teasing the perfect flavor out of a premium cut of meat. Follow in the footsteps of those pit masters and smoke like a pro with these tips from Omaha Steaks Executive Chef Karl Marsh.

Start with style

The first step is deciding how you'd like to prepare your meat. Consider stepping up your game by smoking your meat. Smoking is a popular choice because it infuses flavor throughout the meat, while extended cook times at low temperatures make it extra tender. Another advantage is the chance to create a wide range of unique flavors using wet and dry rubs, as well as seasoned wood chips and planks.

Choose your cut

Virtually any meat can be smoked, but the most popular cuts of meat to smoke are brisket, ribs, pork shoulder or turkey, all of which are typically large in size. Guarantee a great experience with Omaha Steaks Brisket for smoking or Whole Pork Butt, which were created with the competitive barbecue and smoking circuit in mind.

Ready your rub

Rubs are often used to add flavors and surface texture to a cut of meat. For best results, brush meat with cooking oil or another liquid ingredient (such as yellow mustard) before adding the rub. Spread the rub on a clean plate and place the meat on it. Coat both sides with the rub by gently pressing the meat on the plate.

Set up the smoker

Some pit masters consider their equipment as vital an ingredient as the meat or flavorings they choose. Preparation varies from one recipe to the next, but one constant is the importance of maintaining a steady temperature. As you prepare your charcoal, be conscious of where you'll place any wood chips or other

flavor enhancers for maximum impact.

Slow and steady

Sensational flavor takes time to build, so plan to dedicate several hours to your task. Often, smoked foods require foil wrapping for at least a portion of the cook to retain moisture. Plan to check in at regular intervals to restock wood chips, flip or rotate meat and apply a fresh coat of seasoning or spices.

Find more tips and recipes perfect for a smoking Father's Day celebration at omahasteaks.com.

Ancho Chile Rubbed Smoked Beef Brisket

Prep time: 1 hour

Cook time: 11-13 hours

Rest time: 1-2 hours

Total time: 13-16 hours

1 Whole Omaha Steaks

Brisket for smoking

2 cups white vinegar

2/3 cup yellow mustard

3/4 Omaha Steaks Ancho

chile Rub

4 cups Ancho Chile Smoking Spritzer, divided (recipe below)

8 cups apple or cherry wood chips, soaked in water
Remove brisket from bag and rinse with white vinegar then rinse with water.

Dry completely using paper towels.

Slather brisket generously with yellow mustard.

Rub generously with ancho chile rub and inject with 1 cup Ancho Chile Smoking Spritzer.

Prepare smoker using 1 chimney of pure lump charcoal fully lit and one chimney of pure lump charcoal unlit. Make sure water pan is full and adjust vents until smoker maintains a temperature between 225 and 250 F.

Place brisket on smoker fat side up and brush smoking spritzer over top.

Every hour, check smoker temp, squirt with smoking spritzer and add handful of wood chips.

After 3 hours, flip brisket fat side down and squirt with spritzer.

After 6 hours, flip brisket fat side up. Wrap heavy duty foil around the last 3-4 inches of brisket tip to prevent it from drying out. Restock water pan and add lump charcoal as needed. Adjust vents until temperature is between 225 and 250 F.

Beginning at 8 hours, check internal temperature every hour and apply spritzer and wood chips as needed.

Between 11-13 hours, when internal temperature is between 195 and 200 F, if fork slides easily into brisket, it is done.

Let brisket rest for 1-2 hours before slicing and serving.

Ancho Chile Rubbed Smoked Pork Butt

Prep time: 1 hour

Cook time: 8-10 hours

Rest time: 1 hour

Total time: 10-12 hours

1 Omaha Steaks Whole

Pork Butt

2 cups white vinegar

1/2 cup yellow mustard

1/2 cup Omaha Steaks

Ancho Chile Rub

4 cups Ancho Chile Smoking Spritzer, divided (recipe below)

8 cups apple or cherry wood chips, soaked in water

Score top fat so it will melt into pork while smoking and allow more rub to get into meat. Rub pork with white vinegar then rinse with water. Pat dry with clean paper towels.

Rub pork butt with yellow mustard. Rub pork butt with ancho chile rub. Inject pork with 10-12 ounces of Ancho Chile Smoking

Spritzer.

Set up smoker with 1 chimney using unlit lump charcoal and 2 chimneys using lit lump charcoal.

Adjust vents in smoker until temperature settles between 225 and 250 F.

Place pork butt fat side up and add a lot of wood chips.

Every half hour, add more wood chips and spritz pork with smoking spritzer.

After 2 hours, insert remote thermometer probes. Be careful not to let thermometer touch bone to prevent false readings.

After 5 hours, place pork in foil pan and liberally coat with spritzer. Wrap pan

tightly with foil.

Continue cooking without adding wood chips or opening smoker until thermometer hits 190 F (for sliced meat) or 200 F (for pulled meat), about 8-10 hours total.

Let rest 1 hour before serving.

Ancho Chile Smoking Spritzer

Makes: 4 cups

2 cups apple juice

1 cup cranberry juice

1 cup canola oil

2 tablespoons red hot pepper sauce

1/2 cup Omaha Steaks

Ancho Chile Rub. Combine all ingredients and mix well. (Family Features)

Time to Stop Making Those "No Time for Exercise" Excuses

Once upon a time, not all that long ago, scheduling time for exercise wasn't a necessity for most people. Earlier generations faced a much more physical life. Walking was usually the prime means of transportation, and most jobs and home life required a great deal more physical labor.

Life today is much less physically demanding for most of us, but can be much more mentally and emotionally challenging. And for many of us, facing all the demands of modern life, it can seem difficult to squeeze in time for exercise.

And yet we all know that staying physically active is good for both our bodies and our minds. So how do we make it happen?

One starting point in getting more active is to recognize that staying physically active isn't an all or nothing proposition. While a daily hour at the gym might provide the maximum benefit, research has shown that any amount of exercise produces health benefits. One study found that women who exercised just 2.5 hours a week reduced heart disease risk by 30 percent. And studies find exercise doesn't have to be just in one long time period. Shorter blocks of 10 or 20 minutes of being active still add up to better health.

Being physically active doesn't have to mean a gym

or running marathons. Any activity that raises your heart rate and has you breathing harder is providing health benefits. Raking the lawn, doing housework, walking the dog or playing with the kids - they all can count as positive exercise.

Physically, being more active can reduce your risk for heart disease, stroke, high blood pressure, diabetes and some types of cancer. It helps with weight control and seems to fight many of the negative effects of the aging process.


On the mental health side, exercise has been shown to fight depression, reduce anxiety, lower stress, and even reduce the symptoms of ADHD. Regular exercise has been linked to improved memory and thinking, especially for those of us getting up there in years.

When it comes to exercise, the only bad choice is not to do it. Take a careful look at your day and odds are good you'll find that there's a spare 15 or 20 minutes when you can take that walk or go play with the kids. And that will be, instead of making excuses, exercise, and good for you.

"Counseling Corner" is provided by the American Counseling Association. For more information, see www.counseling.org, or direct comments and questions to ACACorner@counseling.org.



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-2015 Maine Integrated Youth Health Survey

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1. Start by Encourage your child to talk about whatever interests him or her
2. Ask open-ended questions
3. Control your emotions
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* National Institute on Alcohol Abuse and Alcoholism

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Budget Document Technology adds Gelinas



Gerry Gelinas

Budget Document Technology has hired Gerry Gelinas to the position of Field Service Manager. Gelinas brings over 20 years of industry knowledge, having served in positions from senior technician to digital print production specialist. As Field Service Manager, he will oversee the company's service team, from dispatchers to field service technicians.

"As Budget Document Technology continues to grow, it is imperative that we strengthen our organization with individuals committed to customer service," said company president Thomas G. Ouellette. "With the addition of Gerry, we have added both industry expertise and the dedication to customer service that our clients have come to expect."

Founded in 1989, Budget Document Technology is an independently-owned industry leader in digital office technology, providing copying, printing, scanning and document workflow solutions. From its offices in Lewiston and Bangor, the company supports clients throughout Maine and seacoast New Hampshire. For more information, see www.bdtme.com.

Bariatrician joins CMBS staff



Maya Ramirez, M.D.

Bariatrician Maya Ramirez, M.D., has joined Central Maine Bariatric Surgery in Lewiston. A bariatrician is a specialist in the medical treatment of obesity.

Dr. Ramirez received her bachelor's degree in 1985 from the University of Notre Dame. She received her medical degree from the University of Michigan Medical School in 1989 and is a member of the Alpha Omega Alpha Honor Society. She completed her residency in Physical Medicine and Rehabilitation in 1994 at the University of Washington School

of Medicine. In addition to board certification in PM&R, she completed the ABMS subspecialty certification in Pain Medicine and also became board certified by the American Board of Pain Medicine.

In 2000, the search for better solutions for her patients' chronic diseases led her to the American Academy of Anti-Aging Medicine. She became board-certified there, and eventually completed a fellowship in Metabolic and Nutritional Medicine through the A4M.

While this knowledge has been very helpful, she has found the paradigm of Functional Medicine to best address the complex interactions between integrated organ systems and the expression of chronic disease. Functional Medicine's systems biology approach to chronic disease allows for the inclusion of lifestyle, genetic, and environmental factors into the comprehensive assessment and treatment of the

Century 21 names L'Italien Quality Service Producer

Century 21 Real Estate LLC has recognized Roy L'Italien of Century 21 Advantage of Lewiston with the Century 21 Quality Service Producer award.

This national award is presented annually to those Century 21 affiliates who receive a minimum return rate of 30 percent on their post-transaction client satisfaction surveys sent between January 1 and October 31, with a minimum satisfaction index of 90 percent. Surveys are e-mailed to all customers immediately after the purchase or sale of a home.

"The Quality Service Producer Award is an integral part of our brand's

commitment to excellence and recognizes Roy's dedication to continuously exceeding the service expectations of his clients," said Angela Morin-White, broker-owner of Century 21 Advantage.

L'Italien has 12 years of experience in the real estate industry and has been with the Century 21 System for 10 years.

"Receiving the Quality Service Award allows me to demonstrate even further to my clients that my commitment and dedication to their satisfaction during the real estate transaction is real and taken very seriously," said L'Italien.

Practice celebrates new location with Open House

St. Mary's Integrative Medicine and Weight Management will celebrate the opening of their new location at 198 Main Street in Lewiston with an Open House and Ribbon Cutting on Tuesday, June 14, from 4 to 7 p.m.

The public is invited to stop by for an office tour and to meet their friendly staff. Light snacks and fun door prizes will be provided. There will be opportunities at 4:30, 5:30 or 6:30 p.m.

chronic disease of obesity. Dr. Ramirez obtained certification in Functional Medicine in 2014 and became board certified by the American Board of Obesity Medicine in 2016.

She works at Central Maine Bariatric Surgery, located at 10 High Street, Suite 105, in collaboration with bariatric surgeons Jamie Loggins, M.D. and Kirk Sahagian, D.O. The practice can be reached at 795-5710.

Maine State Music Theatre earns TripAdvisor award

Maine State Music Theatre has received a 2016 TripAdvisor Certificate of Excellence. Now in its sixth year, the achievement celebrates hospitality businesses that have earned great traveler reviews on TripAdvisor over the past year. Recipients of the award include accommodations, eateries and attractions across the world that have continually delivered a quality customer experience.

"We are honored to be selected for this award," said MSMT Artistic Director Curt Dale Clark. "Each summer, we bring in from across the country over 150 company members, from actors to technicians to educational fellows, who work tirelessly to create Broadway-caliber productions for our audiences. This award is a true testament to their incredible work."

For 58 years, Maine State Music Theatre has brought first class Broadway-quality theatre to the picturesque town of

Brunswick. The theatre, contracted with the Actors' Equity Association's Council of Resident Stock Theatres, produces four main stage musicals, two children's musicals, and three special concert events each summer at the Pickard Theater on the campus of Bowdoin College. For more information, see www.msmt.org.

The Certificate of Excellence accounts for the quality, quantity and recency of reviews submitted by travelers to TripAdvisor over a 12-month period. To qualify, a business must maintain an overall TripAdvisor bubble rating of at least four out of five, have a minimum number of reviews and must have been listed on TripAdvisor for at least 12 months.

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What's Going On

Maine-ly Harmony competes in regionals



Maine-ly Harmony

The Maine-ly Harmony women's barbershop chorus of Augusta recently traveled to the town of Devens, Massachusetts for a weekend of competition against other women's barbershop choruses from across New England and Canada. They returned home thrilled to achieve a judging score that will

propel them to the international competition in Providence, Rhode Island, in November. Directed by Kathy Greason of Brunswick, the group consists of women of all ages hailing from Bangor, Albion, Fayette, Readfield, Freeport, Belgrade, Old Town, South China, and other Central

Maine communities. They meet Wednesday evenings in Augusta to sing in the barbershop style of four-part harmony. All are invited to attend a rehearsal and participate in the singing and fun of this lively group of women. For more information, contact Donna Ryder at 582-5523 or aryder3@roadrunner.com.

CCU supports Humane Society



Community Credit Union sold caterpillar and butterfly decorations at its branches this spring to help raise money for the Greater Androscoggin Humane Society. Thanks to credit union members, staff and management, \$880 was successfully raised, and an assortment of food, toys and other wish list items was also collected for the shelter.

Cross Insurance adds account execs to Lewiston office



Abram Treadwell

Cross Insurance, a subsidiary of Cross Financial Corp., has hired Abram Treadwell as Account Executive/Personal Lines and Sean Doyle as Account Executive/Commercial Lines. Both will be based in the company's Lewiston office.

Treadwell has more than a decade of experience in the insurance industry. Licensed in property and casualty insurance, he has serviced accounts in all fifty states and has distinguished himself by winning numerous sales contests. A graduate of the University of Phoenix



Sean Doyle

with a degree in Business Management, he grew up in Auburn and now resides in Farmingdale.

Doyle began his insurance career writing personal lines insurance in 2011. When an opportunity to work with small businesses arose, he shifted to assisting them with their commercial insurance needs. He is an active participant in the Maine Motor Transport Association and the United Way of Androscoggin County and is currently working on his Certified Insurance Counselor designation. He grad-

uated from the University of Colorado with a Bachelor of Science degree in Business Marketing and now resides in Auburn.

Cross Insurance has a proud tradition of serving clients, both large and small, with honesty, fairness, and diligence. Since its founding in 1954, the company has grown extensively through the acquisition of more than 100 insurance agencies throughout New England. It now has 700 employees operating from offices in Maine, New Hampshire, Rhode Island, Massachusetts, and Connecticut.

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Willi Irish celebrates
40 years at Norlands



In the guise of “Aunt Clara,” Willi Irish is ready to greet visitors to the Washburn Family mansion.

By Jane Frost,
Washburn-Norlands
Board of Trustees

Willi Irish, better known to visitors of the Washburn-Norlands Living History Center in Livermore as “Aunt Clara,” “Mercy Lovejoy” or “Patty Washburn,” recently marked her 40th year introducing the public to the people and way of life of 18th- and 19th-

century rural Maine. Irish was one of a handful of local women recruited by Norlands’ founder Billie Gammon in the early 1970s to help visitors understand everyday life on a Maine farm a century earlier. She shared with Gammon a vision for the 445-acre Washburn estate as a place where the public could experience rural life

Dube named Outstanding
CU Employee



Denise Dube, Operations Manager at Lisbon Community FCU, receives the award from Richard Dupuis, Outgoing Chair of the League’s Awards & Convention Committee.

As part of its recent 78th Annual Meeting & Convention, held recently in Portland, the Maine Credit Union League presented its Annual Awards to six individuals who have nearly 175 years of combined experience working for Maine’s credit unions. More than 800 credit union representatives and guests attended this year’s event, the largest crowd in at least two decades.

Receiving the Jeanette G. Morin Award

for Outstanding CU Employee was Denise Dube, Operations Manager at Lisbon Community FCU in Lisbon. A 35-year credit union employee, Dube started as a teller right out of high school and has held a variety of positions over the course of her career.

One co-worker described Dube as “that person who will do anything to get the job done to help members.”

“This is an honor I will cherish,” said Dube. “I truly enjoy what I do.”

What’s Going On

in the past while learning about the extraordinary Washburn Family. In service to that vision, she learned the techniques of “living history,” in which participants take part in farm chores and housework as practiced in the past and interact with interpreters assuming the dress and manners of the period.

Irish’s birth family, the Boothbys, shared the Livermore neighborhood with the Washburns. She claims ancestors directly descended from Plymouth Colony founder William Bradford, as well as the other Pilgrims who made the first voyage on the Mayflower. She grew up on the family homestead, Century Elm Farm, less than a mile from the Norlands. A cousin, Rob Boothby, still operates the farm and apple orchard. On fall weekends, she entertains visitors to the farm with Abenaki stories. She and her husband, Bill Irish, live just a mile from the Washburn estate in a home they built for themselves.

Her interest in history was sparked by “one of the best teachers I ever had, Gwilym Roberts, a professor of history at what was then Farmington State College, where I was majoring in home economics.” She was inspired to carefully record the many stories told by her father and older relatives who had come into regular contact with the Washburns and their neighbors. She uses these stories to bring to life the actual 19th-century characters she portrays at Norlands. One of those, “Aunt Clara,” is based on her great, great aunt, Clara Boothby Howard.

As the center’s Director of Interpretation and Training, Irish has also encouraged dozens of other interpreters to draw upon the diaries and letters of the Washburns and other local farm families to accurately portray the speech, manners and activities of women in small rural towns in the 1800s. Interpreters are inspired by her stories

of people and events that actually took place in the neighborhood. “It’s painless education because it’s entertaining, and people love to be entertained,” she says.

Among her favorite memories are road trips with other members of the original band of interpreters, Glenda Richards and Norma Boothby, who took the Norlands experience to schools and other organizations, often at long distances from Livermore. Among her favorite programs offered to visitors at Norlands is the schoolhouse experience. “It’s the most real,” she says. “I

look out the windows of the one-room school and see the same scene the schoolmistress did in 1870, and we are using the same objects and methods she did a hundred and fifty years ago.”

Have there been humorous situations over her 40 years at the Norlands? Of course! She recalls one that occurred during a three-day “live-in” attended by 20 adults at Pondsides, an 18th-century building just below the Washburn mansion. In the early morning hours, with just the dim light of candles and a small fire in the big kitchen

hearth to see by, she and a fellow interpreter struggled to prepare corn meal mush for breakfast. Half way through the agonizingly slow process of stirring the porridge to prevent lumps, the two women discovered that they had been adding whole wheat instead of corn meal to the pot. “We switched to corn meal and kept right on cooking,” she says. “It was a little different breakfast, but no one seemed to mind.”

Her wishes for the future at Norlands? “It will be so wonderful to have our barn again!”

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Weekly Arts & Entertainment

"Just Us" benefit concert at Franco Center



This group of family and friends have been singing great songs together for generations.

The "Just Us" entertainers will present their annual concert to benefit the Dolard and Priscilla Gendron Franco Center in Lewiston on Sunday, June 12 at 2 p.m.

Just Us is an extended group of family members and friends who have been performing great music

together for generations. Songs are learned by ear and harmony comes from within the hearts of each talent. The group first performed at the Franco Center in the summer of 2000 to raise funds for the Festival de Joie. Since then, they have performed at the center 36 times, and this will be the

sixteenth year the group has staged a benefit show to raise funds to support the center's operation.

Tickets for the event are \$12 for adults or \$10 for seniors ages 60 and over; students will be admitted for free. Tickets can be obtained by visiting the Box Office Monday through Friday from noon to 4 p.m., calling 689-2000, or at francocenter.org.

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

"Tuesdays at the Gazebo" resumes June 14

The Music for Mavis summer concert series "Tuesdays at the Gazebo" will present Simons and Goodwin on Tuesday, June 14 at 6:30 p.m. on the village green on Rt. 117 in Turner Center. The popular duo covers all forms of Americana music, including soft rock, country, blues, pop standards and traditional and contemporary folk. While their set lists are always unpredictable, audiences have learned to expect the tight and consistent harmonies that come from years of friendship and performing together. Bring chairs, blankets, and friends. The music is not funded by the town, but supported by suggested donations of \$5 to \$10 from audience members.



Simons and Goodwin

Celebration Barn to present "Droplet Dance"



Molly Gawler will perform her "Droplet Dance" at Celebration Barn Theater on Saturday, June 11.

Celebration Barn Theater will present a fusion of dance, circus, story and music in the form of

Molly Gawler's "Droplet Dance" on Saturday, June 11 at 8 p.m.

Molly Gawler grew

up on Buttermilk Hill on a small farm in Maine. She has danced from a young age, studying ballet, modern and improvisational dance, and eventually began working with Pilobolus Dance Theater in 2006. Soon thereafter, she was a part of the Academy Awards "Oscars" of 2007 and began collaboratively creating many theatrical shadow projects. The culmination of that work was her lead role as "the dog girl" in Pilobolus' "Shadowland," a full-length show that toured the world.

Gawler's "Droplet Dance" weaves story and song into colorful threads that connect hearts and bring about awareness of water in our world. She is often joined in performance by her husband, Lao Gillam, and the music is most often created live by traditional folk musicians, including the Gawler Family Band and the Gawler Sisters Trio, with which she plays fiddle, banjo and sings.

Tickets are \$14 for adults, \$12 for seniors (60+), and \$8 for kids (17 and under) for general admission; members receive priority seating. The lobby and concessions open at 7 p.m. Purchasing tickets in advance is strongly recommended. Celebration Barn Theater is located just off Route #117 at 190 Stock Farm Road in South Paris. For more information or to buy tickets, call 743-8452 or see www.CelebrationBarn.com.

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Appraisal Fair to feature
Antiques Roadshow regulars



Four expert appraisers from Freeman's Auction House of Philadelphia, one of the oldest and most re-

spected auction houses in the country, will be on hand to appraise your antiques, fine art, decorative arts, historical

documents, or jewelry when the Unitarian Universalist Church of Brunswick presents an Appraisal Fair

Skyline Farm offers program on vintage lanterns



On display will be Tanguay's own collection of more than six dozen examples.

Windham Historical Society Vice President Dave Tanguay will discuss lanterns of the 19th and 20th centuries and their various uses on Tuesday, June 14 at 6:30 p.m. at the Skyline Farm Visitor Center, 95 The Lane in North Yarmouth. On display will be his own

collection of more than six dozen vintage examples.

The types of lanterns examined will include carriage, miners, nautical, Boy Scout, fire, photography, barn, bicycle, early automobile, construction, railroad, police and combination lamps. Some were fueled by

whale oil and kerosene, others by a simple candle. The talk will outline their functions, from commercial uses in transportation, commerce and industry to recreational applications. The program is free and open to the public. Donations will be gratefully accepted.

Shostak to discuss astrophotography at APL

Anthony Shostak, lead curator of the popular 2012 Bates College Museum exhibition "Starstruck: The Fine Art of Astrophotography," will discuss the subject on Tuesday, June 14 at 6 p.m. at Auburn Public Library.

In his presentation, Shostak will talk about the process of creating the exhibition and the complexities of astrophotography, which is a specialized type of pho-

tography that records images of astronomical objects and large areas of the night sky. The first photograph of an astronomical object (the Moon) was taken in 1840, but it was not until the late 19th century that advances in technology allowed for detailed stellar photography. Besides being able to record the details of extended objects, such as the Moon, Sun, and plan-

ets, astrophotography has the ability to image objects invisible to the human eye, such as dim stars, nebulae, and galaxies.

The Curator of Education at the Bates College Museum of Art since 1994, Shostak received his BFA in Painting and Drawing from the University of the Arts in Philadelphia, Pennsylvania, and has shown his work internationally.

Twin City Nights

on Saturday, June 11 from 1 to 4 p.m. at Highland Green Community Center in Topsham. The charge for appraisals will be \$10 per item or three items for \$25. Proceeds will support church programs and services.

If you have watched "Antiques Roadshow" on PBS, you know how much fun and surprising the appraisal process can be. Two of the experts who will be providing verbal appraisers at the event, Kelly Wright and Virginia Salem, are "Antiques Roadshow" regulars. Wright serves as Director of Freeman's Trusts & Estates Department and its New England Representative. Salem is an expert appraiser of jewelry. Joining them in Topsham will be Bowdoin alum Matt Wilcox, who serves as VP of Freeman's Trusts & Estates Department and is its Mid-Atlantic Representative, and Ben Truesdale, who will share his knowledge of Rare Books, Maps & Ephemera.

All items, with the exception of coins, stamps, guns, and carpets, are welcome for appraisal. Although it is easier to put a value on items that can be seen in person, the appraisers are willing to do appraisals from photos if items are too bulky or fragile to transport. While you wait your turn, refreshments will be served and chairs will be available for you to watch the proceedings. If interesting items appear, the appraisers will make sure you get to hear all the details.

Reservations are preferred, but walk-ins are also welcome. To avoid a long wait, make a reservation by contacting Susan Michaud at 729-4857 or michaud_susan@comcast.net, or online at www.uucbAppraisal.brownpapertickets.com. Highland Green Community Center is located at 7 Evergreen Circle in Topsham.

Author to discuss "Irish of the Androscoggin" at APL

Local historian and author John Henderson will discuss his new book, "The Irish of the Androscoggin," on Thursday, June 16 at 2 p.m. in the Androscoggin Community Room at Auburn Public Library. Henderson's newest book goes deeper into the story of the Irish in Lewiston and Auburn than did his previous work and has been expanded to cover Lisbon, Minot, Poland,

Wales, Leeds, and Greene. New topics include Irish women, newspapers, John Murphy homes, theater, the military, and more. The new book also presents ten boldly colorful plates of Lewiston and Auburn architecture closely associated with the Irish and created by the author himself. Copies of the book will be available for purchase. The program is free and open to the public.

"Klezmer Music: A Unique Sound" at APL

In a program jointly hosted by Lewiston-Auburn Senior College and Auburn Public Library, Rabbi Sruli Dresdner will present a program called "Klezmer Music: A Unique Sound" on Tuesday, June 14 at 2 p.m.

Klezmer is a musical tradition of the Ashkenazi Jews of Eastern Europe. Played by professional musicians called klezmerim, the genre originally consisted largely of dance tunes and instrumental display pieces for weddings and other celebrations.

Klezmer music is intended to replicate the human voice, including sounds of crying, wailing and laughing. It is generally the violin's job to do this imitation. Often, a klezmer band will include a fiddle, a bass or cello, a clarinet and a drum. Secondary instruments include hammered dulcimers and the accordion.

The program is free and will take place in the library's Androscoggin Community Room. For more information, call 333-6640, ext. 4.



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Fri: June 10th ~ The Depths, 8pm-11pm
June 17th ~ Josh Hatfield, 8pm-11pm
June 24th ~ The Veggies, 8pm-12pm

Sat: June 11th ~ Chad Porter, 8pm-11pm
June 25th ~ Ron Bergeron, 8pm-11pm

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Twin City Nights

Maine Event Comedy at Amvets Post 6

Maine Event Comedy will debut at New Gloucester's Amvets Post 6 on Friday, June 10 at 8 p.m. The show will feature a handful of New England's funniest comedians, including Johnny Ater, Michele Mortensen, Mark Reilly, Randy Williams and host Mark Turcotte.

Whether he's taking light-hearted swipes at himself and his fellow Mainers or contorting his face into hilarious characters, Johnny Ater has left audiences laughing throughout New England and beyond since 2003. He's performed at the



Michele Mortensen was recently featured in The Huffington Post.

Punchline in San Francisco and is the resident host of the Maine Comedy Festival. He has also appeared on "The Nite Show with

Danny Cashman" and recently spearheaded a fundraising show for the Bath Food Pantry.

Mark Reilly, who moonlights as a U.S. mail carrier, was part of the Broken Record Comedy Show in Nashville, TN, the world-record longest stand-up comedy show featuring multiple comedians. He was a finalist in Portland's Got Talent and a semi-finalist in Portland's Funniest Professional contest.

Randy Williams performs throughout New England and is a regular at the weekly Shaskeen Comedy Night in Manchester, NH. Turcotte was a recent selection to the Boston, Cleveland and North Carolina Comedy Festivals.

Doors will open at 7:30 p.m. for this age 21-plus, BYOB show. Amvets Post 6 is located in New Gloucester at 1095 Lewiston Road. Tickets are \$8 for individuals and \$15 for couples. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com. To buy tickets, see maineeventcomedy.com.

Swingin' Bears Dance

The Swingin' Bears Square Dance Club will host their June dance on Saturday, June 11, from 7 to 10 p.m. Darrell Sprague will call the mainstream and plus square dances and Bernie Porter will cue the round dances. There will be door prizes, a 50/50 drawing, and refreshments will be available after 8 p.m.

Admission is \$7; non-dancers are welcome at no charge.

The event will take place at Oxford Hills Middle School, located at 100 Pine Street in South Paris. For more information, call Carla or Paul at 892-6971 or 781-864-0919, Eleanor at 782-4050, or see swinginbears.squaredanceme.us.

North of Nashville to play Chocolate Church

After a several-month hiatus to pursue separate musical endeavors, the talented duo of Jay Basiner and Andrew Martelle will reunite as North of Nashville for an evening of authentic heartland music on Friday, June 10 at 7:30 p.m. at the Chocolate Church Arts Center in Bath.

Every now and then a musical endeavor starts as a lark, but clicks so well that it takes on a life of its own. That's what North of Nashville bandmates Jay Basiner and Andrew Martelle have discovered. With Martelle on fiddle and mandolin and Basiner on lead vocals, acoustic guitar, harmonica and percussion, songs like "Eyes for Me," "One Night of Pretending," "The Working Man" and "Hooked on Me" showcase the duo's lively harmonies, roots influences and natural chemistry. And it turns out they do, indeed, have an Outlaw streak. The duo

plus, BYOB show. Amvets Post 6 is located in New Gloucester at 1095 Lewiston Road. Tickets are \$8 for individuals and \$15 for couples. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com. To buy tickets, see maineeventcomedy.com.



The band's unique sound has been called a cross between Waylon Jennings and Mumford & Sons.

cites Waylon, Willie, Johnny and Kris, as well as Jimmie Rodgers, Hank Snow, Ray Price, Roger Miller, the Kingston Trio and Hank Williams, as their musical influences.

Since 2012, North of Nashville have toured extensively, honing their sound while performing with Dierks Bentley, Lake Street Dive, Phil Vassar, Aoife O'Donovan, Jerrod Niemann, Jacob Jolliff (of Yonder Mountain String Band and Joy Kills Sorrow), Mike Barnett (of The

Deadly Gentleman), Freedy Johnston, Chatham County Line and Chris Stapleton. In 2013, the Portland Press Herald named them a "Band to Watch" and in 2014 they were nominated for a New England Music Award as "Live Band of the Year."

Chocolate Church is located at 804 Washington Street in downtown Bath. Tickets are \$12 in advance or \$15 at the door and can be purchased by calling the box office at 442-8455 or online at www.chocolatechurcharts.org.

"Jack and the Beanstalk" at MSMT



This special Theatre for Young Audiences show is appropriate for kids of all ages.

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Maine State Music Theatre will present "Jack and the Beanstalk" on Wednesday, June 15 at 10 a.m. and 12:30 p.m. and Saturday, June 18 at 11 a.m. This Theatre for Young Audiences show is appropriate for children of all ages.

The beloved children's tale follows a young boy, Jack, who is forced to sell his only pal, Angus the Cow. In this fractured fairytale featuring bovine best friends, imprisoned harpists, hungry mothers, pining giants, rapidly descending behemoths and a boy whose dreams are as big as the sky,

we learn that anything is possible if you believe.

Regular MSMT Director-Choreographer Marc Robin and Artistic Director Curt Dale Clark created the book, lyrics, and music for this production. Clark will direct and choreograph the show. The cast of seven is comprised of local actors and University of Southern Maine students.

Pickard Theater is located at 1 Bath Road on the Bowdoin College campus in Brunswick. Tickets range in price from \$10 to \$15 and are available by calling 725-8769 or online at www.msmt.org.

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Thursday, June 9
Constituent Outreach Hours. Staff reps. of Sen. Angus King are on hand today at Lewiston City Hall (10 a.m. to noon) and Auburn City Hall (2 to 4 p.m.) to meet with area residents about specific problems or issues about federal govt. agencies. No appt. needed. FMI call 1-800-432-1599.

Author Visit. 10 to 11:30 a.m. SeniorsPlus Education Center, Lewiston. Maine businessman and author Derek Volk discusses his memoir “Chasing the Rabbit: A Dad’s Life Raising a Son on the Spectrum.” Free. Register at 795-4010.

Sampson AFB Veterans Meeting. Noon. Governor’s Restaurant, 1185 Lisbon St., Lewiston. Speaker Dennis Beedy discusses his trip to France with a veteran who was honored by a town there for his WW II service. All veterans welcome. 784-5691; 657-4909.

Altered Couture Contest. 6 to 8 p.m. Fort Andross, 14 Maine St., Brunswick. Participants of all ages and skill levels strut their designs for an enthusiastic audience; proceeds this year benefit the Young Fiddler’s Ensemble of Lewiston-Auburn. \$12.50. www.explorefrontier.com.

Theater: “August: Osage County.” 7:30 p.m. Great Falls Performing Arts Center, 30 Academy St., Auburn. Community Little Theatre presents this award-winning black comedy-drama about the disintegration of a Southern family. Again 6/10-12 (Sunday at 2 p.m.) \$18/15/12. 783-0958; www.laclt.com.

Concert: Sojourn. 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. This cover band performs classic songs of the Moody Blues, from “Nights in White Satin” to “Your Wildest Dreams.” \$10/14. 442-8455; www.chocolatechurcharts.org.

Friday, June 10
Concert: Lorraine Ouellette Trio. 2 and 7 p.m. Sawyer Memorial, 371 Sawyer Rd., Greene. The group has been playing a combination of country, French, Polka, and Cajun music for more than ten years. Free. 946-5311; sawyer-foundation.com.

Concert: North of Nashville. 7:30 p.m. Choc-

Calendar

See more Calendar at www.TwinCityTimes.com

olate Church Arts Center, 804 Washington St., Bath. The acclaimed duo reunites after a several-month hiatus for an evening of authentic heartland music. \$12 in adv.; \$15 at door. 442-8455; www.chocolatechurcharts.org.

Maine Event Comedy. 8 p.m. Amvets Post 6, 1095 Lewiston Rd., New Gloucester. The show will feature comedians Johnny Ater, Michele Mortensen, Mark Reilly, Randy Williams and host Mark Turcotte. Ages 21+; BYOB; doors at 7:30. \$8 (couples \$15). maineeventcomedy.com.

Saturday, June 11
Gigantic Indoor Rummage Sale. 8 a.m. to noon. YWCA, 130 East Ave., Lewiston. Look for fabulous finds and unbelievable bargains at this event to benefit YWCA programs. 795-4050; jerwin@ywca-maine.org.

Appraisal Fair. 1 to 4 p.m. Highland Green Comm. Center, 7 Evergreen Circle, Topsham. Experts from Freeman’s of Philadelphia appraise your antiques, fine art, decorative arts, historical documents, or jewelry. \$10/item or 3 for \$25. Proceeds benefit UU Church of Brunswick. Register at 729-4857 or michaud_susan@comcast.net.

Rock with the Moon Dawgs. 7 to 11:30 p.m. Dance the night away at this fundraiser for Maine Music Society; live auctions, door prizes, heavy hors d’oeuvres, cash bar. \$40/50. 782-7228; mainemusicsociety.org.

Square & Round Dancing. 7 to 10 p.m. Oxford Hills Middle School, 100 Pine St., So. Paris. Darrell Sprague calls the squares and Bernie Porter cues the rounds; refreshments, door prizes, raffles. Pres. by the Swingin’ Bears. \$7 (non-dancers free). 892-6971; swinginbears.squaredance.us.

Droplet Dance. 8 p.m. Celebration Barn Theater, Route #117, 190 Stock Farm Rd., So. Paris. Dancer, choreographer and musician Molly Gawler presents this

original fusion of dance, circus, story and music. \$14/12/8. 743-8452; www.CelebrationBarn.com.

Sunday, June 12
YMCA Fit Fest 5K Race. Festival Plaza, Auburn. Event one in the Greater L-A Triple Crown 5K Series; chip timing, prizes, refreshments; free kids’ Fun Run at 8 a.m. \$20 (race day \$25); kids ages 14- free. www.triplecrown5k.com.

Lewiston Farmer’s Market. 10 a.m. to 1 p.m. Municipal Parking Lot, corner of Lincoln & Main. Enjoy live music and/or other family fun while buying fresh, local goods and products. Sundays through mid-October. 513-3848; lewistonfarmersmarket@gmail.com.

Summer Solstice Psychic Fair. 10 a.m. to 4 p.m. Ramada Inn, Lewiston. The Pagan Unity Assoc. presents a day with psychics, mediums, healers, readers, and vendors. \$5 fee incl. workshops. firebornspirit@yahoo.com.

Concert: Just Us Entertainers. 2 p.m. Franco Center, Lewiston. This extended group of family members and friends presents its 16th annual benefit concert to support the Franco Center. \$12/10 (students free). 689-2000; francocenter.org.

Tuesday, June 14
Primetime Adventures Program. 2 p.m. Andro. Community Room, Auburn Public Library. Rabbi Sruli Dresdner discusses the Klezmer musical tradition of the Ashkenazi Jews of Eastern Europe. Pres. w. L-A Senior College. Free. 333-6640, ext. 4.

Starstruck: The Fine Art of Astrophotography. 6 p.m. Auburn Public Library. Anthony Shostak of the Bates College Museum discusses the process of astrophotography and the museum’s successful 2012 “Starstruck” exhibition. 333-6640, ext. 4.

Vintage Lamps Program. 6:30 p.m. Visitor Center, Skyline Farm, 95 The Lane, No. Yarmouth. Dave Tanguay of Windham

Historical Soc. discusses lanterns of the 19th and 20th centuries; his own collection of more than six dozen will be on display. Free.

Tuesdays at the Gazebo. 6:30 p.m. Village green, Rt. 117, Turner Center. The popular duo Simons and Goodwin bring their tight harmonies to a variety of soft rock, country, blues, pop and folk songs. Sugg. donation \$5-10.

Wednesday, June 15
Finance Matters Workshop. 8:30 to 10:30 a.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. David Jean of Albin, Randall & Bennett presents “Exit Planning: Deep Dive into Buy-Sell Agreements.” \$50 (members \$25). 783-2249. www.LAMetroChamber.com.

Senior Resource Fair. 9 a.m. to 1 p.m. East Auburn Baptist Church, 560 Park Ave. Learn about local resources and services while socializing with fellow seniors; lunch provided. Presented by Andro. Elder Abuse Task Force. Free; adv. registration required. 513-3728.

Theatre: Jack and the Beanstalk. 10 a.m. and 12:30 p.m. Pickard Theater, 1 Bath Rd., Bowdoin College campus, Brunswick. This Maine

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Captain America: Civil War (PG-13)	12:30	3:40	7:20	
X-Men: Apocalypse (PG-13)	12:10	3:20	7:15	
Warcraft (PG-13)	1:20	6:40		
Warcraft 3D (PG-13)		4:00	9:20	
Alice Through the Looking Glass (PG)	12:20		7:10	
Alice Through the Looking Glass 3D (PG)	4:30		9:35	
Teenage Mutant Ninja Turtles: (PG-13)	1:10	6:55		
Out Of The Shadows				
Teenage Mutant Ninja Turtles: (PG-13)	4:10	9:30		
Out Of The Shadows 3D				
Popstar: Never Stop Never Stopping (R)	1:30	4:40		
Neighbors 2: Sorority Rising (R)			7:25	9:35
The Angry Birds Movie (PG)	12:00	2:25		
		4:50	7:05	
The Nice Guys (R)			9:15	

State Music Theatre for Young Audiences show is appropriate for kids of all ages. Again Sat., 6/18 at 11 a.m. \$10-15. 725-8769; www.msmt.org.

Thursday, June 16
Mind Your Business Workshop. 8 to 9:30 a.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. Kirk Lalemand of NEXT Level Business Coaching presents “Create a One-Page Business Plan.” \$50 (members \$25). 783-2249. www.LAMetroChamber.com.

HR Thursdays Work-

shop. Noon to 2 p.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. Jay Casavant of Vantage Point Recruiting presents “Hiring for Your Best Fit.” \$50 (members \$25). 783-2249. www.LAMetroChamber.com.

Author Visit. 2 p.m. Androscoggin Community Room, Auburn Public Library. Local historian and author John Henderson discusses his new book “The Irish of the Androscoggin.” Copies avail. for purchase. Free. 333-6640, ext. 4.

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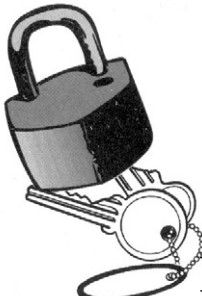
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What's Going On

Lorraine Ouellette Trio at Sawyer Memorial

The Lorraine Ouellette Trio will perform at the Sawyer Memorial in Greene on Friday, June 10 at 2 and 7 p.m. Both shows are free and open to the public. The group has been playing a combination of country, French, Polka, and Cajun music at festivals, nursing homes, and other venues for more than ten years. Joining accordionist Ouellette are Jerry Dube on guitar and vocals and Adrian Leclair on guitar, mandolin and vocals.

The Araxine Wilkins Sawyer Memorial is located



This trio plays a combination of country, French, Polka, and Cajun music.

371 Sawyer Road in Greene. For more information, call

946-5311 or see sawyerfoundation.com.

Father's Day 5K selected as 2016 USATF Championship

The Leavitt Father's Day 5K will take place on Sunday, June 19 at 9 a.m., starting from the fields between the football field and track at Leavitt Area High School.

This annual woods and field trail race to benefit the Leavitt Area High School Cross Country Team has been selected as the 2016 USATF Maine Trail Championships race. While anyone may partici-

pate in the race as usual, only current USATF members will be eligible for USATF awards.

A number of parent-child teams run this race each year, and special prize drawings for parent-child teams are offered during the awards. There is also a Kids' Fun Run for young beginners that involves the Leavitt Hornet and a visit from a firetruck.

There will be a \$50

prize for the first male and female finisher; medals for the first and second place finishers in each age group; special raffle prizes for parent-child combinations; and a medal from the American Red Cross for the first veteran to cross the line. The age divisions are 10 and under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

The entrance fee for adults is \$15 in advance or \$20 on race day; the fee for those ages 10 and under is free if registered in advance or \$5 on race day. The first

MSAD 52 lists summer offerings for kids, adults

Summer is a fine time to learn something new and have fun while doing it. To help make that easier, MSAD 52 Adult and Community Education of Turner, Greene and Leeds will offer a variety of enrichment classes for adults and fun and stimulating camps for kids this summer.

Kids Camps will include Theatre, Art Exploration, Digital Photography, Polymer Clay Play, Youth Field Hockey, Challenger British Soccer, Little Stingers Soccer, Reaction in Action Mad Science, Hornet Pride Football, Hornet Pride Girls or Boys Basketball and TMS Girls Soccer.

Adult Enrichment Classes will include a Watercolor Paint Party, Alcohol Ink Painting, Seat Weaving, Dog Obedience, Sea Glass Necklace, Resin Jewelry, Image Transfer, Essential Oils, Lymphatics in Everyday Life and Substitute Teacher

100 to register will receive free t-shirts. Registration is through Active.com. For the link to sign up, see www.leavittfathersday5k.com.

Leavitt Area High School is at 21 Matthews Way in Turner. For more information, contact Rebecca Webber at rskw@megalink.net or Melissa Pratt at prattconstruct@gmail.com.

Training.

Some classes begin the middle of June while others start in July. MSAD 52 Adult & Community Education is located at 486 Turner Cen-

ter Road in Turner. For a complete schedule and descriptions of Summer 2016 courses, or to register and pay online, see www.msad52.maineadulted.org.

SeniorsPlus receives \$10K grant for nutrition program

SeniorsPlus has received a \$10,000 grant from the Harvard Pilgrim Health Care Foundation to develop in downtown Lewiston a dining site and cooking classes, including interpretation and written translation, for older adult refugees in the community.

The program will focus on cooking and sourcing nutritious foods, including local farm foods, as well as creating a hub for social interaction. SeniorsPlus will work with St. Mary's Nutrition Center and Health Androscoggin to develop the program.

"Our focus groups of older adult New Mainers reveal that greater socialization is what they most desire," says Betsy Sawyer-Manter, Executive Director of SeniorsPlus. "Good food is a universal conduit for positive social interaction."

The award is one of 22 "Healthy Food for Every Age" grants that Harvard Pilgrim Health Care Foundation recently

bestowed to not-for-profit initiatives in Massachusetts, Maine, and New Hampshire. Created in 1980, the Harvard Pilgrim Health Care Foundation supports Harvard Pilgrim's mission to improve the quality and value of health care for the people and communities it serves.

Starting in 2015, the Foundation began expanding its focus on preventing childhood obesity to help families and communities eat healthier by launching the Harvard Pilgrim Healthy Food Fund, aimed at increasing access to fresh, healthy food for families and communities in all of Harvard Pilgrim's five markets across the region.



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