

Newsmakers, Names & Faces

Healthy Androscoggin winner in Community Matters More contest



Christine Bosse, Vice President of Bangor Savings Bank (l.), presents a \$1000 check to Erin Guay, Executive Director of Healthy Androscoggin, which was one of the \$1000 winners selected by Maine residents in Bangor Savings Bank Foundation’s Community Matters More grant program for non-profit organizations. Healthy Androscoggin is a community coalition that works in Androscoggin County to create healthier residents by supporting tobacco-free lifestyles, preventing youth substance abuse, encouraging physical activity, promoting healthy eating, and preventing childhood lead poisoning. For more information on Healthy Androscoggin or its programs, see www.healthyandroscoggin.org.

CMMC residency graduates seven doctors



Pictured here (l. to r., from front) are Joshua Garfein, D.O.; Kara Callahan, M.D.; Gregory Thibodeau, M.D.; Sean Tyler O’Sullivan, D.O.; Leslie Bradbury, M.D.; Lisa Torgersen, M.D.; and Nicole Boutaugh, D.O.

Central Maine Medical Center’s Family Medicine Residency recognized seven third-year family medicine residents at recent graduation exercises. Honored at the commencement

exercises were family physicians Joshua Garfein, D.O.; Kara Callahan, M.D.; Gregory Thibodeau, M.D.; Sean Tyler O’Sullivan, D.O.; Leslie Bradbury, M.D.; Lisa Torgersen, M.D.; and Ni-

cole Boutaugh, D.O. Program Director Donald “Raj” Woolever, M.D., gave the welcome address with Associate Program Director Deborah Taylor, Ph.D., serving as graduation master of ceremonies. In attendance were Family Medicine Residency faculty, residents and residency staff, hospital and office-based CMMC physician teachers, family doctors who serve as preceptors for residents and medical students, as well as graduating residents’ families and special invited guests.

The graduating resident class awarded the following: Family Medicine Residency Clinical Staff of the Year to Coleen Coffren, R.N.; Community Preceptor of the Year to Jeff Wall, D.O.; Hospitalist of the Year to Eileen Cloonan, M.D.; Mentor of the Year to Steve Jacobs, M.D.; Faculty of the Year to Bethany Picker, M.D.; the Dr. Bruce Johnson Residency Teacher of the Year Award to Bruce Kenney, D.O., D.O.M.E.; Rural Track Clinical Staff of the Year to Jaime Collins, M.A.; and Rural Track Faculty of the Year to Said Daoud, M.D.

The CMMC family medicine graduates will be practicing as follows: Nicole Boutaugh, D.O., hospitalist fellowship, CMMC, Lewiston; Leslie Bradbury, M.D., Swift River Family Medicine, Rumford; Kara Callahan, M.D., hospitalist fellowship, CMMC; Joshua Garfein, D.O., NMM/OMM Plus One Residency, CMMC Family Medicine Residency; Sean Tyler O’Sullivan, D.O., integrative medicine fellowship, Maine Medical Center, Portland; Lisa Torgersen, M.D., Swift River Family Medicine, Rumford.

CMMC created the Family Medicine Residency Program in 1978 to support the training of family physicians in order to provide well trained family doctors to the Lewiston-Auburn area as well as to other areas of Maine.



Sue B. Dixfield
“I’ve crocheted and delivered over 800 blankets.”

Triple treble crochet.
Double hip replacement.
Double knees.
All add up to delivering afghans one by one.

“I make afghans for the patients at CMMC and Rumford Hospital, just one way I keep busy. I have degenerative arthritis and it got so bad, I couldn’t even deliver my afghans. Dr. Jeff Bush determined my joints were deteriorated, and he performed four replacement surgeries. Right knee, right hip, left knee, left hip. All better. My quality of life has improved tremendously and I’m back bringing in my blankets plus walking four to six miles a day. I recommend the OICM to anyone.”

The OICM is where people like Sue get better, faster. The in-hospital unit is staffed by an integrated team of orthopaedic specialists. Please visit oicm.cmmc.org to [hear more from Sue](#) and learn about the OICM.



300 Main Street, Lewiston, ME
207.344.2288
oicm.cmmc.org



Governor's Address: Governor LePage Joins Coalition of States Challenging New Overtime Rule

Governor Paul R. LePage joined a coalition of states today in filing a federal court complaint challenging the United States Department of Labor's new overtime rule.

Dear Maine Taxpayer,

If implemented, this rule would more than double the minimum salary threshold for public and private workers without Congressional authorization," said Governor LePage. "The rule will force many state and local governments to substantially increase their employment costs. Some may be forced to eliminate some services and even lay off employees."

The complaint urges the court to prevent the implementation of the new rule before it takes effect, which is scheduled for December 1, 2016.

The "threshold" for salaried employees is now \$47,500 a year. All salaried employees making less than that will now qualify for overtime. Employers will be required to pay time-and-a-half to anyone working more than 40 hours a week. This will significantly in-



Governor Paul R. LePage

crease labor costs for businesses, as well as state and local governments.

On March 13, 2014, President Obama ordered the Department of Labor to revise the Fair Labor Standards Act's overtime exemption for executive, administrative and professional employees—the so-called "white collar" exemption—to account for the federal minimum wage.

On May 23, 2016, the Department of Labor issued the final new overtime rule. It doubles the salary-level threshold for employees to be exempt from overtime, regardless of whether they perform executive, admin-

istrative, or professional duties. After December 1, 2016, all employees are entitled to overtime if they earn less than \$913 a week—including state and local government employees. Additionally, the new rule contains a ratcheting mechanism to automatically increase the salary-level every three years without going through the standard rule-making process required by federal law.

In addition to Nevada, other states that joined this filing include: Alabama, Arizona, Arkansas, Georgia,

Indiana, Kansas, Kentucky, Louisiana, Michigan, Nebraska, Ohio, Oklahoma, South Carolina, Texas, Utah and Wisconsin.

This rule, coupled with referendum questions to dramatically increase the minimum wage and impose a 10.13% income tax on successful Mainers, demonstrates the Democrats at the state and national level are doing everything they can to put people out of work.

Thank You,
Paul R. LePage
Governor

L.L. Bean to sponsor Dempsey Challenge Two-Day Ride

The Dempsey Challenge has announced that L.L. Bean will be the presenting sponsor of its Two-Day Ride, an event boasting cycling routes that include iconic views of Maine's countryside and coast.

The Two-Day Ride aims to challenge participants in new ways with back-to-back days of cycling over new routes that include great climbing and stunning scenery. This exclusive, intimate ride is geared toward the accomplished cyclist and will offer a taste of Maine hospitality and authenticity while raising funds for those impacted by cancer. Riders will experience autumn in Maine from its iconic rocky coast to its rustic countryside, enjoy great food and drink, and be part of the camaraderie for which the Dempsey Challenge is known.

On Day Two, the ride route will hook up with the existing Dempsey Challenge course to finish the last 30 miles with one-day riders. As participants approach the finish line, they'll be greeted by cheering spectators and a lively Festival in the Park, complete with a traditional Maine lobster bake. The Two-Day Ride registration fee is \$150, plus a fundraising minimum of \$1,000.

"We are extremely proud to once again sponsor this year's Dempsey Challenge," said L.L. Bean Strategic Partnership Manager Christina Semanyshyn. "It's a fun, healthy way to support a great cause and the wonderful work the Dempsey Center does in improving quality of life for people who have been impacted by cancer."

The Dempsey Challenge is a two-day, See Dempsey, page 4

HAM's softball tournament supports NAMI-Maine

Health Affiliates Maine recently organized the inaugural "Strike Out the Stigma" Co-Ed Softball Tournament to raise funds and mental health awareness for the National Alliance on Mental Illness-Maine. Taking place at Lakeview Fields in Auburn, the all-day tournament raised over \$1,700 for NAMI-Maine, whose mission is to provide support, education and advocacy to build better lives for the one in four Mainers affected by mental illness.

"We are committed to our partnership with NAMI-Maine and are pleased with the level of interest and participation in this event," said Andrea Krebs, Executive Director of HAM. "This event meant a lot to our staff."

Ben Fortier of Electricity Maine and Tammy Fecteau of Health Affiliates Maine were instrumental in coordinating the event. Participants included employees from Health Affiliates Maine, their family and friends, and local area municipal recreation departments from Auburn, Lewiston, Mechanic Falls and Augusta.

Health Affiliates Maine will continue its efforts to support NAMI-Maine by taking part in the Maine Walk on Sunday, September 25 at Spring Point Ledge Lighthouse in South Portland. Support NAMI Maine by donating at www.namimaine.org.

Health Affiliates Maine is a growing statewide mental health and substance abuse agency providing counseling, case management, and psychiatric services. To make a referral, call 1-877-888-4304 or visit their website at www.healthaffiliatesmaine.com.



Taking place at Lakeview Fields in Auburn, the all-day tournament raised over \$1,700 to provide support services for the one in four Mainers affected by mental illness.

CAPTAIN 202 MORGAN'S

TATTOOZ

& Body Piercing

"THE TREASURE IS IN THE INK!"

207-241-8523

675 Main Street • Lewiston, ME
Open 7 Days: 10:30am-8:00pm

Seeing you smile makes us smile.

Comprehensive Dental Services
New Patients Always Welcome

Center Street Dental

www.centerstreetdental.net

(207) 784-2211 • 26 Cross Street • Auburn, ME

TRI-COUNTY
MENTAL HEALTH SERVICES

We offer hope

1-888-304-HOPE (4673)

Now offering services from
one convenient location!

Come visit us at:
1155 LISBON STREET
LEWISTON

Offering comprehensive behavioral
health services.

www.tcmhs.org

TWIN CITY TIMES

TWIN CITY TIMES, INC.
2016®

33 Dunn Street,
Auburn, ME 04210

(207) 795-5017
Fax: (207) 782-9579

Info@TwinCityTimes.com

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

Ashley Bailey
Office Manager
Ashley@TwinCityTimes.com

Steve Bouchard
Copy Editor
Editor@TwinCityTimes.com

Laurie A. Hiscock
Ad Designer
Ads@TwinCityTimes.com

Katrina Ray-Saulis
Proofreader
Info@TwinCityTimes.com

FREE e-subscriptions at www.TwinCityTimes.com

COPYRIGHT

All materials found in Twin City TIMES are copyrighted.
All rights in those materials are reserved and permission
to use them must be specifically granted by Twin City TIMES.

SUBSCRIPTIONS

To receive a subscription, send name, address and payment
of \$100 for 52 weeks or \$195 for 104 weeks to
Twin City Times, 33 Dunn St., Auburn, ME 04210

ADVERTISING

For advertising information,
call 795-5017
or email: ads@twincitytimes.com.

DEADLINE

Deadline for ads and press releases is
5 p.m. on Friday preceding publication.
Published every Thursday.

PRESS RELEASES & STORIES

All submissions, including photos, must
be emailed to editor@twincitytimes.com.

PROOFS

Publisher is not responsible for
any errors in ad copy not inspected
by advertiser prior to publication.

Only Steps Forward

A new high school clears first hurdle—now what?

By Jonathan P. LaBonte
MAYOR OF AUBURN

The news over the last week was very well received in the City of Auburn; it was going to be our time to receive state investment in a modern high school.

After more than a decade of hard work by school department staff and consistent advocacy from local and state elected officials, the state Board of Education accepted a recommendation to put Edward Little High

School on the “approved projects” list.

So what exactly does that mean?

There are certainly more questions than answers at this point as the timing of everything will hinge on the soon-to-be-started planning process.

When will a new high school open? Where will it be? Will kids in elementary school now get to attend the new high school? Those are all great questions, and

hopefully an outline of how each answer is sought will be shared in the coming weeks.

Our school department management team will be meeting with state Department of Education officials later this month to secure details on the planning process and a timeline for that. From there, I will be looking for the Auburn City Council and city management team to have a joint public meeting with the school committee



Mayor Jonathan P. LaBonte

and school management to review what was discovered and determine a path to

embark on this planning process together.

A 21st-century Edward Little will be an investment for the next two to three generations. And while it shouldn't be needlessly delayed to answer millions of “what ifs”, the community should be thoughtful to consider how this investment—likely to top \$50 million—can advance the type of city we all believe possible in Auburn.

Our educators at the high school have been active in expanding programs and opportunities outside of the traditional classroom, in part to innovate due to inadequate facilities in the current building, but also to empower our students to connect their education to career fields they may pursue. How will a modern Edward Little support educators in making that connection to career aspirations and deepen the connection of those businesses in our region to the schools?

Opportunities for early college experiences, including the so-called Bridge Year program, give our students a chance to earn college credits while still completing their high school credits. With the Auburn City Council budgeting economic development program funds to expand early college opportunities, up to and possibly including the completion of two years of community college or a trades program, what does a modern Edward Little with expanded college offerings look like?

Would we see more students studying at the Central Maine Community College campus? Might the University of Southern

Maine consider utilizing space in our new high school to expand course offerings in Lewiston-Auburn?

The academic partnerships that span from business to peer education institutions like CMCC, USM and even Lewiston High School and the regional vocational technical programs are significant and could be greatly expanded with an investment in Auburn's high school.

On the athletic field side, what might modern athletic facilities do to support the success of our student athletes? A key economic growth area identified by the city is sports tourism. The attraction of sporting events and tournaments to a community can help to drive up retail, hotel and food spending, fueling further commercial and job growth.

Could new athletic facilities, part of any investment in new high schools by the state, be paired with other partners to create an economy of scale to attract tournaments and larger events to Auburn and the region? Norway Savings Bank Arena has already grown into hosting New England-wide tournaments, as well as Division 1 hockey events. Central Maine Community College has regularly hosted regional tournaments in several sports. We can grow that.

There will be no investment that parallels a modern high school in attracting and retaining families and attracting and retaining businesses in our community. I'm excited to join in as a partner on the process, and I hope each and every one of you is too.

Dempsey

Continued from page 3

non-competitive fundraiser which champions the spirit of celebration and a culture of paying it forward, all hosted in the hometown of actor Patrick Dempsey. Every dollar raised by the Challenge benefits the Dempsey Center, a leader in Quality of Life care for individuals and families impacted by cancer. The

Dempsey Center provides a personalized, holistic and integrated approach to cancer prevention, education and support.

For more information about the Two-Day Ride presented by L.L. Bean, a complete schedule of Dempsey Challenge events, or to register, see dempseychallenge.org.

Girl Scouts of Maine to host Girls' Night Out events

As part of a new recruitment initiative, Girl Scouts of Maine will host Girls' Night Out events for potential members and volunteers this month at various locations across the state. Events in the local area will take place Fridays from 5:30 to 7:30 on the following dates: at the Harriet Beecher Stowe School in Brunswick on September

16; at the U.S. Army National Guard in Lewiston on September 23; and at Grace Episcopal Church in Bath on September 30.

These drop-in events will bring together girls from kindergarten through fifth grade and their parents, providing them with an opportunity to discover why Girl Scouting is important
See Scouts, page 8

HOME DECOR 50% OFF

Categories Listed

Does not include Seasonal Department

Candle Holders
Wall and table

Wood Decor
Wood wall decor and finished decorative wood accessories
Does not include furniture or unfinished craft wood

Decorative Lanterns, Birdcages & Terrariums

Knobs, Drawer Pulls & Handles

Decorative Bottles
Fruit & vegetable filled

Collage Frames

Trays, Coasters & Place Mats

Framed & Canvas Art

Glass Decor
Glass department, floral glass vases and craft glass containers
Does not include craft stained glass or glass tabletops

Metal Decor
Metal wall decor, functional & decorative metal accessories (includes metal containers in our Floral & Craft Departments)
Does not include furniture

Wicker, Decorative Boxes & Storage
Does not include large trunks or craft & papercrafting storage

Decorative Memo Boards, Chalkboards & Corkboards
Priced \$24.99 & Up

Men's Metal & Wood Decor
Wall and table

Items labeled Fall and Christmas are not included in the Home Decor sale.

| | | | | | | | | | | | | | | |
|--|--|---|---------------------------------|------|--|-------|--------------------------------------|------|-------------------------------|------|-----------------------------------|-------|--------------------------------|------|
| <p>FALL HOME & PARTY DECOR, FLORAL AND CRAFTS</p> <p>40% OFF</p> <p>Does not include fall fabrics or floral custom designs</p> | <p>CHRISTMAS DECOR</p> <p>40% OFF</p> <p>Does not include fabric, needle art, candy, light sets, light accessories or Scotch® tape</p> | <p>CHRISTMAS TREES</p> <p>12 in - 12 ft</p> <p>40% OFF</p> | | | | | | | | | | | | |
| <p>CHRISTMAS FLORAL Arrangements • Bushes • Wreaths Garlands • Swags • Stems Picks • Ribbon</p> <p>40% OFF</p> <p>Does not include custom designs</p> | <p>CHRISTMAS CRAFTS</p> <p>40% OFF</p> <p>All items labeled Make It Christmas® & Christmas by Bead Treasures®</p> | <p>CHRISTMAS LIGHTS</p> <table><tr><td>GE® Mini Light Set 100 Count</td><td>4.99</td><td>Multi-Function Light Set 150 Count 16 Function</td><td>12.99</td></tr><tr><td>All-Purpose Light Clips 100 Count</td><td>4.99</td><td>Net-Style Lights 150 Count</td><td>9.99</td></tr><tr><td>GE® Icicle Light Set 300 Count</td><td>12.99</td><td>GE® Light Set 25 Count, C-9</td><td>9.99</td></tr></table> | GE® Mini Light Set 100 Count | 4.99 | Multi-Function Light Set 150 Count 16 Function | 12.99 | All-Purpose Light Clips 100 Count | 4.99 | Net-Style Lights 150 Count | 9.99 | GE® Icicle Light Set 300 Count | 12.99 | GE® Light Set 25 Count, C-9 | 9.99 |
| GE® Mini Light Set 100 Count | 4.99 | Multi-Function Light Set 150 Count 16 Function | 12.99 | | | | | | | | | | | |
| All-Purpose Light Clips 100 Count | 4.99 | Net-Style Lights 150 Count | 9.99 | | | | | | | | | | | |
| GE® Icicle Light Set 300 Count | 12.99 | GE® Light Set 25 Count, C-9 | 9.99 | | | | | | | | | | | |
| <p>FLORAL 50% OFF Categories Listed</p> <p>Does not include Seasonal Department or items labeled "floral accents"</p> <p>Ribbon & Trims by the Roll Ribbon, bows, tulle & deco mesh in our wedding, floral and fabric departments Does not include ribbon, trim or tulle sold by the yard</p> <p>Floral Arrangements Flowering and greenery Does not include custom designs or potted trees</p> <p>Garlands, Swags, Wreaths & Teardrops Flowering and greenery</p> | <p>Wedding Items Labeled Studio His & Hers® Invitations, toasting glasses, ring pillows, cake toppers and more</p> | <p>FURNITURE ALWAYS 30% OFF THE MARKED PRICE®</p> | | | | | | | | | | | | |
| <p>FRAMES 50% OFF Categories Listed</p> <p>Photo Frames Always 50% off the marked price® Our entire selection of basic & fashion tabletop frames and wooden photo storage</p> <p>Collage Frames</p> <p>Wall Frames Poster, document and portrait frames with glass</p> | <p>Custom Frames ALWAYS 50% OFF THE MARKED PRICE® Applies to frame only</p> | <p>CRAFTS 30% OFF Categories Listed</p> <p>Chalkboards, Corkboards & Dry-Erase Boards</p> <p>Clay Modeling, oven-bake, air-dry & jewelry clay</p> <p>T-Shirts Always 30% off the marked price® Youth & adult t-shirts, tank tops, infant & toddler t-shirts, sweaters and dresses</p> | | | | | | | | | | | | |
| <p>PAPER CRAFTS 50% OFF Most Categories Listed</p> <p>Chipboard, Chip Decor™ Letters & Shapes and Mixed Media by the Paper Studio® Does not include chip decor Cricut® cartridge</p> <p>Embellishments by the Paper Studio® Spice Parts®, Flea Market Fancy™, Poppies & Paperies™, decorative tape, brads, bottle caps, flowers and more</p> <p>Papercrafting Totes & Organizers by the Paper Studio®</p> | <p>Scrapbook Albums & Refill Pages by the Paper Studio® Over 200 styles Does not include photo albums</p> <p>3D Stickers & Stickers 40% OFF by Joleen®, Soft Spoken®, Sticker®, Thickers™, Remarks and Moments® Over 500 styles</p> | <p>ART SUPPLIES</p> <p>Poster Board White 4/1.00 \$1.19 Regular price</p> <p>Colored, neon & metallic 2/1.00 \$1.19 Regular price</p> <p>Artist Sets Priced \$24.99 & Up Art, watercolor, acrylic & oil 30% OFF</p> <p>Art Easels & Tables Priced \$12.99 & Up 30% OFF</p> <p>Master's Touch® Oil Paint 4.87 50 ml \$5.99 Regular price</p> <p>12.87 200 ml \$14.99 Regular price</p> <p>Master's Touch® Art Canvases & Panels Includes 10" canvases letters Does not include 2-packs 30% OFF</p> | | | | | | | | | | | | |
| <p>JEWELRY MAKING 50% OFF Categories Listed</p> <p>Poetic Spirit™ by Bead Treasures® Pendants, beads, leather and more</p> <p>Glass Beads Color Gallery™, Brilliance, Bead Treasures® and Czech Glass Beads</p> <p>Traditions™ Natural pendants and beads</p> | <p>Vintaj® Unique artisan components made in the USA</p> <p>Instant Gratification by Traditions™ Combine mix-and-match components to create personalized jewelry... instantly! No tools required.</p> <p>the jewelry Shoppe™ Findings, hair accessories, nickel free, sterling-sipped and sterling silver</p> | <p>FABRIC</p> <p>Home Decor Fabric Prints, solids, sheers and laminated fabric</p> <p>Fleece Prints, solids and microfleece</p> <p>Calico Prints & Solids Apparel prints and batiks</p> <p>ALWAYS 30% OFF THE MARKED PRICE®</p> <p>Ribbon, Trim & Tulle Spools Does not include ribbon, trim or tulle sold by the yard or Seasonal Department 50% OFF</p> <p>Fall Apparel Fabric Does not include harvest fabrics 30% OFF</p> <p>Felt & Flannel Patches or solids and prints by the yard 25% OFF</p> | | | | | | | | | | | | |

* Discounts provided every day; marked prices reflect comparable prices offered by other sellers for similar products.

HOBBY LOBBY®

PRICES GOOD IN STORES MONDAY, SEPTEMBER 19 - SATURDAY, SEPTEMBER 24, 2016.
PRICES GOOD ONLINE SUNDAY, SEPTEMBER 18 - SATURDAY, SEPTEMBER 24, 2016.
SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK.
SELECTION AND QUANTITIES VARY BY STORE. AD DOES NOT APPLY TO PRE-REDUCED ITEMS.

STORE HOURS:
9 A.M. - 8 P.M.
CLOSED SUNDAY

• AUBURN: Northwest corner of Mt. Auburn Ave. & Turner Street

(207) 782-6026

40% OFF

One Item at Regular Price

COUPON CODE: 8264

Coupon For In Store or Online Use!

HOBBY LOBBY®

Super Savings, Super Selection!

Offer good for one item at regular price only. Limit one coupon per customer per day. Must present coupon at time of purchase. Offer is not valid with any other coupon, discount or previous purchase. One cut or one bolt of fabric or trim "by the yard" equals one item. Online fabric & trim discount is limited to 10 yards, single cut. Excludes Heidi Swapp® Misc., Fall Applicator, Cricut® products, Gemini Machine™, Crafters Companion, Silhouette CAMEO® Machine, candy & snack products, gum & mints, helium tanks, gift cards, custom orders, labor, rentals or class fees. Cash Value 1/10¢. VALID THROUGH SEPTEMBER 24, 2016

SHOP ANYTIME AT HOBBYLOBBY.COM

Enough is Enough

The American Dream is not achieved through “safe spaces”

By Robert E. Macdonald
MAYOR OF LEWISTON

“Nobody knows the trouble I’ve seen, nobody knows but Jesus.” When one-half of my family arrived in America, they were met with hurtful and hateful ethnic slurs, signs that told them to forget about trying to get employment, denigrating cartoons and news articles, and they were demonized because of our religion.

Upon arriving in America, we took over the lowest rung on the societal ladder.

Relying on the generosity of our immigrant countrymen and the Catholic Church—and ignorant to terms like “trigger warnings” and “safe spaces”—we began our climb to upward mobility. This was accomplished by realizing that the best person to ensure success was you.

Sacrifice, hard work

and persistence propelled us from the gutter to City Hall, the State House and finally the White House. This success was not obtained by a Brahmin birthright. It was not willed to us by a rich daddy. It was not presented to us because of the treatment we had received during past generations or just because we were able to walk, talk and breathe.

No, it was earned the proper way—hard work.

Upon migrating north to Lewiston, I came across another group of people that were looked down upon by those in charge. They also endured ethnic slurs and contempt stemming from their customs, language and religion. Because of their strong family values and work ethic, they had been brought here to work in the mills. They were forced to work long hours for poverty wages. They received no health insurance. And God



Mayor Bob Macdonald

forbid if you were seriously injured on the job, no workmen’s compensation.

The mills were cold in the winter and stifling in the summer. Many employees lived in housing and shopped in stores that were owned by the mill owners. This forced you to mind your Ps and Qs; otherwise you would find yourself and your family out on the street (with no Pine Tree Legal

to represent you). Further, women were forced to quietly bear sexual harassment from many bosses at the mill.

But through all of this, they endured and continued to climb the ladder of upward mobility. The previously mentioned groups, along with the Greeks, the Poles, the Italians, the Jews, the Chinese and a host of other nationalities, endured this type of treatment when they first arrived in the United States. They were instilled with a work ethic, a desire to succeed and the knowledge that unlike other world countries, you could raise your social standing to the heavens.

Here was a country of unlimited opportunities—if you wished to pursue them. Today many of our new immigrants are overcoming the same barriers. They are on the road to success, ready to claim their part of the original American Dream.

Unfortunately, like the snake did to Eve, the radicals of the ’60s and their offspring continue billing themselves as community organizers and leaders. They continue to attempt to tear down our Constitution and create a new set of laws apparently obtained during a psychedelic stupor. In their world, everyone is a victim. They want free money and work free days trying to catch imaginary Pokémon characters on their expensive iPhones.

What have they created? A generation that feels education, health insurance, housing, food, etc. should be free. Everyone is a victim and should have a “safe space” when subject to the least little emotional upset.

They further create people like San Francisco’s second-string quarterback, Colin Kaepernick. People like Kaepernick are brought up in an Ozzie and Harriett-type neighborhood. They are provided a good education and usually make plenty of money. Once successful, they disrespect our country (yes, the United States flag is the symbol of our country) by refusing to stand at the playing of the National Anthem. This is supposed to protest those who didn’t have the opportunity to live the type of life they have lived.

Perhaps Kaepernick could enlist in one of our armed services. Or he could put in long hours being paid a monthly wage equivalent to sitting on the bench for less than a minute. He could also experience being shot at by an enemy.

Perhaps Kaepernick could take an apartment at Chicago’s Cabrini-Green Housing Project. Let’s see who scares him the most—the police or the gangbangers.

CMHRA meeting tackles succession planning

The next meeting of the Central Maine Human Resources Association will take place on Tuesday, September 20, from 7:45 to 9:30 a.m. at the Carriage House, located at 1119 Lisbon Street in Lewiston. Presenters Kim Anania of KMA Consulting and Phil Harri-

man of Lebel & Harriman, LLP will address the topic “Succession Planning: Understanding Crucial Leadership Styles.” There will be time to network before and after the program. Registration online is preferred and available at <http://cmhra.shrm.org/events>.

Succession planning recognizes that some positions are the lifeblood of the organization. Planning well for the continuity of key leadership roles ultimately determines future success or failure. An effective and proactive environment identifies, motivates, and develops a leadership pipeline for future success. To plan, it is helpful to understand the behaviors and characteristics of the leaders in your business, what some describe as the alignment of the head, heart and stomach.

Kim Anania founded KMA in 2007 after identifying that businesses have a need for an HR resource to provide practical advice and guidance to reduce the risk of litigation. She has

See CMHRA, page 8

SHAKER HILL

Outdoors

www.shakerhilloutdoors.com

KAYAK & PADDLEBOARD SUPERCENTER

TRADE-INS WELCOME

Large selection for beginners and families

Ask about the LIFETIME GUARANTEE

RECREATIONAL - FISHING - TOURING

Open 7 Days a week
Monday – Friday 8am – 5:30pm • Saturday 8am to 4pm • Sunday 9am to 3pm

998-5390 • 271 Maine Street, Route 26, Poland
“Well worth the 15 minute drive from Lewiston”

Lewiston-Auburn & Bridgton

United Ambulance Service

Serving Central and Southern Maine

Emergencies & Medical Transfers:

777-6000

Auburn
215 Rodman Rd.

Locations:
Bridgton
32 Hospital Dr.

Lewiston
192 Russell St.

- Emergency & Community Paramedic Care
- 17 GPS Dispatched Ambulances
- Internationally Accredited Communications Center
- Hospital Owned & Operated
- State Licensed Training Center
- CPR & First Aid Training

Maine’s Only Accredited Ambulance Service

www.unitedambulance.com

Proudly Serving Communities Since 1981

Out & About with Rachel Morin

Hope Weston turns 101



Hope Weston of Schooner Estates Retirement Community Celebrates her 101st Birthday this year!

Story and photos by Rachel Morin

My friend, Hope Weston, a resident at Schooner Estates, celebrated her 101st birthday on July 6 of this year, at a special birthday gathering at the retirement community, surrounded by family and friends. And as Mark Prevost, Director of Resident Services, says, “Hope has been celebrating her birthday with us all summer!” It is clear Hope is a favorite and is well-liked by the residents there.

I have seen her activity all summer, as I was privileged to visit her on several occasions, enjoying our talks, taking photos, and hearing about her very interesting life. She is a gracious lady, white haired, with pretty blue eyes, a charming smile and friendly manner that you cannot help but be drawn to her. She is

always impeccably groomed and her outfits are a delight to see.

Hope was born 101 years ago in Manila, Philippine Islands, to American-born parents, Eugene Eveleth Wing, from Augusta and Nellie (Nell) Grace McBeth Wing from Fairfield. Hope’s father held a high position in the banking industry and they enjoyed a very comfortable life. The household had a cook, houseboys, maids, a gardener, a chauffeur and a nanny.

Hope’s mother made short work of the nanny and chose to be the sole caretaker for her only child. Mother and daughter went everywhere together and enjoyed a warm, close bond.

From an early age, Hope learned the proper etiquette, social niceties and obligations of what is

expected by society for a young lady in Manila. She went to all the important dinners, dances and parties of the young social set as well as being privy to many business and social events her father’s position required him to attend. Mother and daughter were expected to attend as well.

Hope attended the American Schools in Manila which were more advanced than the schools in the States. Many times, her classes were small with as little as five students. “This was good,” she says, “as we received a lot of individual attention and learned quickly.” Hope recalls each student had to prepare a topic and speak for 40 minutes without notes. Hope remembers being so practiced that in later life, she was able to give presentations flawlessly without notes, because of this early experience.

Hope and her mother made several trips to the States over the years. Travel was by steam ships as there was no opportunity for air flights in those days. The trips were lengthy with many ports-of-call along the way. Hope had an early education of the world, different cultures, cuisine, customs and languages. Her

mother made sure she saw all the historic sights to see.

About four to five years before her 80th birthday, Hope decided to write a book on her life for her sons, Robert Nathan Weston and his wife, Mickie, of Winthrop and James Lowell Weston and his wife, Judy, of Greene, and her six grandchildren and by now, six great-grandchildren. Hope knew when she would be gone; her story would be gone as well. It took her three years to write this labor of love entitled “Hope’s Two Lives: Eighty Years from the Far East to the State of Maine.” It was published in 1997.

It is a charming story, written as if she were sitting in a comfortable, homey setting with the reader and talking one-on-one about the story of her life. Her detailed account from her earliest memory of family and people she met, the travels and international experiences, her thoughts and observations in pre-war Philippines, and eventually to college at University of Maine in Orono where she met her husband, Lowell Nathan Weston of Augusta. They married after graduation and as was the custom in those days, the bride returned to her homeland for a large, lavish wedding in Manila on December 25, 1937.

Leaving Manila, the newly-weds settled in Augusta, the bridegroom’s hometown. Hope was on her own to deal with preparing meals, running a household and keeping a budget. There was no household help. Undaunted, Hope took to the role of wife and homemaker with enthusiasm and dedication. She tackled the housework and did the laundry by hand. She took pride in her shining and gleaming home.

As always, Hope learned quickly and became an excellent cook. She entertained at dinners for family and friends with elaborate meals served on the elegant china with linen tablecloths,



Hope celebrates her birthday with son Jimmy and daughter-in-law Judy at last year’s 100 year birthday party. (SchoonerPhoto)



Hope, showing her playful side at Schooner Halloween Party. Alice Warren, left, sports a Witch’s hat. (Schooner Photo)




Hope with friends June Spear and Maureen Tibbetts on LA Sr. College visit to Colby College Museum of Art in 2014.


napkins, candelabra, stemware and silverware brought from her homeland. Mrs. Hildreth, the wife of Maine Governor Horace Hildreth, invited Hope as co-hostess when she had social gatherings for women at the Blaine House. Hope was in her element, welcoming the

women and making them comfortable.

It wasn’t long before the happy arrival of two little sons - Bob, first and then Jimmy. Her book is brimming with delightful stories of raising these boys and all the fun things they See **Hope**, page 7

“Look, it’s Dr. Bob!!!”





DR BOB'S
FAMILY DENTISTRY

www.drbobsfamilydentistry.com
80 Pleasant St, Brunswick, ME
207-344-1999

Blanchard's Cash Fuel

**#2 Heating Oil and K-1
Off Road Diesel (Dyed)
On Road Diesel (Clear)**

225-3588

3 Conant Road, Turner
(on the Auburn/Turner Line)

Don't Shiver...We Deliver!

www.blanchardscashfuel.com



ANDROSCOGGIN
HOME CARE & HOSPICE

A patient shares their story...

“ I'm so thankful for AHCH! Their staff is wonderful. I have such a feeling of security knowing that I can call them anytime 24/7 if I run into something I don't know how to handle. If they can't help me over the phone, they will send someone out. Their service is the best. ”

- Margaret



WWW.AHCH.ORG
777-7740

Pelletier's Banquet Facility
C&J Hall

Your Perfect Venue for:

- Weddings
- Receptions
- Birthdays
- Anniversaries
- Retirement Parties
- Social Events

Packages available including Full Catering & DJ Services at Affordable Rates!
Air conditioned, Handicap-Accessible, Seats 175

711 Webster Street, Lewiston (207) 782-1913

Lawrence Murch, O.D.
Optometrist

We welcome MaineCare.

- Complete eye exams
- Complete frame and lens packages
- Contact lenses

345-9863

17 Lewiston Street • Mechanic Falls, ME



Hope Weston and Mark Prevost, Director of Resident Services, when she received her membership in the Centenarian Club July 6, 2015. (Schooner Photo)

Hope

Continued from page 6

did as a family. Her life story is warmly written in great detail and a joy to read. The interest for this book goes beyond family and friends encompassing a wider public readership.

Sitting in Hope’s spacious apartment, one has only to look around to see the precious memories of her life in Manila. Photos of family, friends, neighbors, statues, artwork, quilts, rugs, antique pieces, exquisite furniture are all reminiscent of her life in a far-away land.

Our visits passed pleasurably as she spoke of her early life, her self-taught successful ventures in watercolors, quilting, hooking rugs, decoupage, creating artwork, gardening, photography, writing and sewing. She learned by doing. She designed and sewed much of her wardrobe. I thought to myself, “Is there no end to what this woman can do,

or is willing to try?” Well no, as she continues to be creative and keeping busy in her workroom where she has many projects going. A favorite hobby is crafting artistic all-occasion cards based on sayings. In fact, a colorful card she sent me at New Year’s inspired this column! A smiling Hope in a straw hat tilted sideways with stripes of red, white and blue arrived announcing she had achieved her 100th year and listed her accomplishments that year!

She has compiled a book of her favorite recipes for her family to enjoy. The collection is entitled “Mum-sy’s Cookbook” with recipes she neatly hand-printed with her colorful artistic illustrations. She enjoys the meals at Schooner but can still cook light meals if she has a mind to!

An avid gardener in her earlier years, she now tends several potted plants



Hope and Terry Gendron arrive at Ogunquit Playhouse to see “West Side Story” in 2013 with LA Sr. College.



Hope with Sr. College friends, Sally and Paul Belisle, ready to board the Coach for the Ogunquit Playhouse to see “Witches of Eastwick” in 2015.

on the wide sill of her three living room windows. She tells me she is especially proud of her vibrant lush green poinsettia plant that is thriving way past the Christmas season.

Hope participates in the Schooner Estates social activities on site and off site, is an active member of USM Lewiston Auburn Senior College and never misses a

Charlie Plummer class! She is also a regular attendee on Senior College excursions to museums and musical theaters.

Hope uses a walker now to get around and if extensive walking is needed, she has a motorized chair that she handles with finesse. She is a role model for aging gracefully and productively.



Hope, center, with classmates Jan Upham, Lesley Rudolph, Bob Pacios during a break in WWII History course taught at Schooner by LA Sr. College Professor Charles Plummer.



Hope's quilted wall hanging of a Chinese man is displayed on her dining room wall.



Hope's “Peace, War, Peace” quilt she created depicting WWII in the Philippines.



Hope Weston, center, at her 101st Birthday Celebration on July 6, 2016 at Schooner Estates with daughter-in-law Mickie Weston and son Bob Weston. Behind her are friends Bob Parker, Rachel Hayes, Glenn Hayes, and Bob Rich. (Schooner Photo)



Hope enjoys shopping at Wallingford Fruit and Vegetable Farm (Schooner Photo)

YOUR BEST SKIN

LASER TREATMENT CENTER
SUITE 208, ABOVE COSMO PROF

250 CENTER STREET • AUBURN, ME

Botox and fillers • Spider Vein & Rosacea Treatment
Spot Fat Reduction • Tattoo Removal
Wrinkle, Age Spot & Scar Reduction
Acne Treatments • Laser & HydraFacial MD Treatments

www.YourBestSkinofMaine.com • (207) 333-3069

A STITCH IN TIME

CUSTOMIZED EMBROIDERY

RACHEL JALBERT-PALIAN
Owner

RACHEL1@EARTHLINK.NET
207-713-1008

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE

JAN HALEY
Personal Lines Agent

“I give my clients fast, courteous and reliable service, demonstrating that we are head and shoulders above the rest. That’s how I deliver the promise.”

Voted by Market Study as Best Insurance Agency in Greater L/A for the 5th year running!

CHAMPOUX INSURANCE

DELIVERING ON THE PROMISE

416 Sabattus St. ~ Lewiston
(207) 783-2246
www.MaineInsuranceOnline.com

TRAIN IN JUST MONTHS FOR AN IN-DEMAND MEDICAL CAREER IN LEWISTON-AUBURN!

Financial Aid Available*
Custom Design YOUR Schedule
Job Placement Assistance
Who Hires Our Grads? ntinow.edu/HIRE

Clinical Medical Assistant
Phlebotomy/EKG Technician
Medical Coding/Billing
Medical Office Assistant

*for those who qualify

20 East Ave, Lewiston | 207.805.8000
For consumer info: ntinow.edu



JOIN US FOR OUR FALL DRIVE GREEN EVENT SEPTEMBER 19TH THRU THE 25TH



3039R COMPACT TRACTOR W/CAB

- POWERFUL, DEPENDABLE & CAPABLE
- OVER 50 IMPLEMENTS AVAILABLE
- 6-YEAR POWERTRAIN WARRANTY!

0% FOR UP TO 84 MONTHS²¹

PREMIUM IN EVERY ASPECT BECAUSE THE WORKDAYS RUN LONG.

Heavy duty frame for increased weight and more power to the ground. Rugged diesel engines up to 46 engine horsepower. High capacity hydraulics. choice of gear or hydrostatic transmission. Standard 4-wheel drive. Open station or climate controlled cab. Easy to use controls and an ergonomic seat is what make this a premium tractor.



1110 MINOT AVENUE
AUBURN, ME 04210
(207) 782-8921
TOLL FREE 1-877-482-8287

JCT. ROUTES 17 & 131
UNION, ME 04862
(207) 785-4464
TOLL FREE 1-877-488-6466

216 CENTER ROAD
FAIRFIELD, ME 04937
(207) 453-7131
TOLL FREE 1-877-483-2473

www.hammondtractor.com



²¹Financing available through John Deere Credit with and approved credit application. Offer valid on all John Deere 1, 2 and 3 Family Tractors. Offer expires September 30, 2016. Other finance options available. See dealer for details. AOB01KKCU2NG0106-00028275

EPA

Continued from page 1
closure form may be used for this purpose.

Containing the work area to prevent dust and debris from leaving the work area by laying plastic sheeting on the ground, floors and entrances to the work area.

Posting warning signs and containment tape barriers to keep people away from dust and debris potentially contaminated with lead.

Prohibiting the use of certain work practices like open-flame burning and the use of power tools without high-efficiency particulate air (or HEPA) exhaust control.

Cleaning up the work site thoroughly and performing a verification procedure.

Having certifications onsite and maintaining records to document compliance.

The majority of our inspections were conducted in June and July, but some follow-up activities continue. Results are being evaluated to determine the severity of noncompliance and will dictate how fines will be issued. Ongoing coordination and communication with local and state officials along with several non-governmental organi-

zations may result in future EPA inspection in the area should illegal work practices be identified.

Enforcing lead paint notification and worksite standards helps to level the playing field for companies who are doing the right thing by complying with the law, as well as helping to provide a safer and healthier environment for all residents as well as the workers themselves.

Infants and children are especially vulnerable to lead paint exposure, which can cause lifelong problems, including developmental impacts, learning disabilities, impaired hearing, reduced attention span, hyperactivity and behavioral problems. Because New England has so much older housing stock, lead paint is still frequently found in buildings that were built before 1978. According to the most recent data available from the Maine Childhood Lead Poisoning Prevention Program, Lewiston-Auburn has the highest number of incidences in the state of children under the age of six with elevated blood lead levels.

Although lead paint has been identified as the primary source of childhood lead poisoning, drinking water, soil, air, and consumer products are other potential sources of lead. Please visit this EPA website to help protect your family from exposures to lead: www.epa.gov/lead/protect-your-family-exposures-lead.

Sharon Hayes is the Chief of the Toxics and Pesticides Enforcement Unit at EPA's Region 1 office in Boston.

Wildlife

Continued from page 1

other interactive exhibits. Located at 56 Game Farm Road in Gray, the park is open for admittance each day April 15 through November 11 from 9:30 a.m. to 4:30 p.m., with visitors allowed to stay until 6 p.m. Guests are encouraged to bring a picnic and spend the day.

Admission is \$7.50 for adults and \$5.50 for seniors and kids ages 4 through 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 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.maine-wildlife-park.com.

CMHRA

Continued from page 5

supported, managed and led company-wide initiatives in areas including HRIS conversions, federal and state compliance, benefits management, recruiting, retention, safety, workers' compensation, employee relations and training.

Phil Harriman formed Lebel & Harriman in 1983 with Michael Lebel. For over 30 years, he has assisted businesses in the areas of business succession planning, key employee compensation, and estate planning.

Membership to CMHRA is open to all for-profit, non-profit, public and private organizations. Meetings are regularly attended by human resources managers, benefits administrators, health, wellness and safety managers, training and development professionals, supervisors, small business owners, and other individuals interested in human resource issues. Questions about membership should be directed to Cindy Letourneau or Lori McRae at membership-chair@cmhra.org.

Scouts

Continued from page 4

to the development of girls, how it relates to the success of young women today, and the important role that adults play.

"Girl Scouts helps girls develop their full potential," says Joanne Crepeau, CEO of Girl Scouts of Maine. "When a girl becomes a Girl Scout, she grows into a young woman who is self-confident, strong and compassionate. She learns how to build and maintain healthy relationships. She becomes more aware of the world around her and uses her skills and talents to make her world a better place."

Girl Scouts of Maine will showcase their new sign-up technology at these recruitment events, making it easier than ever for girls to find a troop in their area and to sign up. For more information about Girls' Night Out or other sign-up events, call 888-922-4763 or see girlscoutsofmaine.org.



Check out our Student Checking

A smart, easy way for students to manage money.

- No minimum balance required
- No monthly service fee*
- Reimbursed ATM fees - up to \$12 each month
- MasterCard™ Debit Card
- Online Banking with Bill Pay
- Text Auto Alerts
- Mobile Banking with Mobile Deposit

*\$2 monthly fee if not subscribed to e-Statements (and receiving paper statements).
For students under the age of 18: A parent/guardian is required as co-owner. Student benefits expire on the student's 24th birthday. At that time, the account will automatically convert to an On The Move Checking Account.



Mechanics Savings Bank

AUBURN • BRUNSWICK • LEWISTON • WINDHAM

207.786.5700 or Toll-Free 1.800.325.7553

MechanicsSavings.com



If I can't find what you're looking for, it doesn't exist.

Foreclosure Specialist

**754-7300
795-9640**



DAVE DEPOT

Member FDIC

davedepot@masiello.com • 155 Center St., Auburn, ME 04210



Home Improvement

GUIDE

FALL 2016 • Twin City Times

Houses: Building them better than they used to



(BPT) - The phrase, “they don’t build them like they used to,” has been applied to nearly everything from cars to footwear, but most often it seems people say it about houses. In fact, this sentiment has become so common that many believe the homes today aren’t built to the standards they were 60 or 70 years ago.

People tend to believe this because there is

an undeniable charm to older homes—yet, the ones they’re often thinking of were built for millionaires. It’s hardly fair to compare the mansions and manor homes owned by the 1 percent a century ago to today’s middle-class subdivisions. The truth is, there were plenty of poorly constructed houses built back then. We just don’t see them, because they’re no longer standing.

Building materials, techniques and technologies have changed. Most often, these changes have translated into better, more affordable houses. Still skeptical? A quick look at a few examples will show that this urban myth is not too hard to dispel.

A variety of exterior choices

For a time, vinyl siding

See **Building**, page 13

Turn your attic into a new living space

(BPT) - When your family outgrows your home’s available space, moving to bigger digs isn’t always the best option. Maybe you really love your current home. Perhaps you can’t find a bigger home in your price range in the area of your choice.

Whatever your reason for staying in place, expanding the home you already have can be a cost-effective option when your family needs more room.

Converting an unused attic into a usable living area is a reliable, cost-effective way to gain more space in a home. It’s also a good investment; when you add an attic bedroom, you can expect to recoup about 77 percent of the construction cost when you resell the house, according to Remodeling Magazine’s Cost vs. Value Report.

Three time-tested techniques can help you turn an empty attic into the extra space you dream of:

1. Rely on natural light for beauty, visibility and cost savings. Attics don’t usually



have many windows, and adding them can be difficult if the ceiling is sloped. Adding dormers—a typical solution—can be costly and time-consuming, plus eat up wall space that is often at a premium in attics.

Skylights or roof windows can be a better, more cost-effective way to bring natural light and fresh air into an attic. Installation is faster and cheaper than adding dormers, and they work well on slanted ceilings. Energy Star-qualified, solar-powered, fresh-air skylights like those from Velux America make it easy and affordable to bring natural light and

fresh air into an attic space.

Add solar-powered blinds in designer colors and patterns, and the skylight becomes an even more valuable piece of the room’s overall decor. Solar-powered skylights close automatically in case of rain. They, and the blinds, are operated by programmable remote control, making it easy to adjust the amount of sunlight that enters the space.

Both products, plus the installation costs, are eligible for a 30 percent federal tax credit to the homeowner.

2. Pay close attention to insulation. In any home, the attic is often the hottest

See **Attic**, page 13

Call Us To Schedule Your Pool Closings

Opening & Closing Weekly, Bi-Weekly, Monthly Maintenance

CERTIFIED

POOL

SAFETY

COVER

• Free Delivery

• Free Start-Up Chemicals

SPAS

MARQUIS SPAS

M-T POOLS INC.

Celebrating Over 40 Years!

SERVICE • POOLS • LINERS • SPAS

LISBON

206 Lisbon Road

353-8406

BRUNSWICK

202 Bath Road

725-8894

20% Off A RADON TEST*

• Approximately 1 in 3 Maine homes has high levels of radon.

• Testing is the only way to know if there is radon in your home.

• Radon is the second leading cause of lung cancer.

A&L

LABORATORY

A Division of Granite State Analytical Services, LLC.

155 Center Street Auburn, Maine 04210

207-784-5354

www.allaboratory.com

As the weather gets colder and we close our windows and doors it’s the perfect time to test your home for radon. Call the lab or visit us online to order a test kit.

*20% off with this ad

Valid Until 12/31/2016

Alexander Construction

"We Value Your Home and Our Reputation"

207-740-5533

Steve Bourassa

Poland, ME 04274

sbourassa16@yahoo.com

www.alexanderme.com

Call for our FALL ROOFING Specials!

Fully Insured • Residential / Commercial

Serving Lewiston, Auburn, & Poland, Maine Areas

BBB Accredited Business since 2013.

Check us out at www.bbb.org

FRANK D'S PAINTING

No job too big or too small

25 years experience

207-344-9754

Free Estimates

RAYNOR

AUTHORIZED DEALER

GARAGE DOOR

"Made in U.S.A."

Bob's

OVERHEAD DOOR CO.

Residential ■ Commercial ■ Industrial

Sales & Service

GARAGE DOOR AND ELECTRIC OPENERS

Lifetime Warranty Doors • Highly Insulated Doors

• Repairs • Installation

• Sales • Replacement

Corner Route 9 Route 126, Sabattus, ME

www.bobsoverheaddoors.com

375-8511 • 800-375-8511



New trends strengthen your property investment

(BPT) - When you're in the process of buying or building a home, you're constantly researching trends and technology that will set your home apart. Fast forward a few years and you probably don't have your finger on the pulse of home advancements like before.

It's good you've settled in to your home, but a lot can change in just a handful of years. If you're finally thinking about finishing the basement, updating the kitchen or investing in landscaping, there's probably a lot of new processes and products available since you've last been in the market.

Get up to speed by learning about the top home improvement trends that are getting lots of attention in 2016.

Air quality
Homeowners are taking action to improve indoor air quality by choosing smart products like AirRenew drywall boards that clean the air. Ideal when remodeling or finishing basements and bathrooms, these boards feature the industry's first formaldehyde-absorbing technology.

That means they actively remove volatile organic compounds (VOCs) from the air, converting them into a safe compound that improves indoor air quality. VOCs are prevalent in bathroom spaces due to personal hygiene products like hair spray and the use of cleaning chemicals.

Plus, the M2Tech technology in AirRenew is moisture and mold resistant, which is excellent for bathroom and basement spaces where these conditions often thrive.

Acid stained concrete
Homeowners are looking beyond concrete's core strength and durability to discover its beauty when treated with acid staining techniques. Specialty stains are used to add stunning depth and color that closely



mimics stone, including marble.

Perfect for basements and patio spaces, concrete experts pour the slab; then after it has cured, return to apply the stain treatment. The result is completely customizable and often closely resembles upscale applications at a fraction of the cost.

Durable drywall
As technology continues to advance at a rapid pace, homeowners need the option of mounting and remounting the newest televisions, speaker systems and other home electronics. By thoughtfully selecting drywall, you can say goodbye to anchors and stud finders for good.

Habito drywall allows builders and homeowners to create spaces that provide easy mounting of fixtures up

to 30 pounds. You can hang a TV or piece of art without anchors and feel confident it's secured to the wall.

MDF cabinets
Medium density fiberboard (MDF) is a high-grade, composite material that is used to create cabinetry for kitchens, bars and bathrooms. Made from wood fibers and resin, MDF is dried and pressed to create an incredibly durable material.

SHAWN'S LAWN'S
We care for your lawn so you can care for your family!

Leaf Pick up • Leaf Removal
Leaf Disposal • Leaf Blowing • Fall Clean up

795-9077

www.shawns-lawns.com • shawn@shawns-lawns.com

**CUSTOM KITCHEN DESIGN**

**SPECIALIZE IN CUSTOM BUILT-INS**

**FREE CUSTOM ARCHITECT DESIGN**

**Bouffard & McFarland BUILDERS**

Phone: (207) 783-6224 | Fax: (207) 783-4994
195 Center Street • Auburn, ME | mainebuilthomes.com

**Roy I Snow, Inc.**
ELECTRICAL CONTRACTORS

Commercial Residential Industrial

www.RoySnow.com 207.782.3734

Serving Maine since 1947

SPC PAVING
Just keeping our wheels rolling



Asphalt Paving Contractor
Lewiston, Maine
Fully Licensed & Insured

(207) 782-4010



Visit us on the web:
www.superiorpavingcompany.com

Homeowners are choosing MDF cabinets because they do not expand and contract like solid wood, which means it better withstands seasonal changes in temperature and humidity.

Acoustics
Today's approach to home design goes beyond appearances to look at how the spaces affect every one of the senses. Homeowners in particular are paying close attention to the acoustics of a home. Knowing how sounds can be manipulated and controlled within a house is important for functionality and livability.

A professional can assist in the details of acoustics design, but basic features that best control sound are insulation, ceiling material and flooring design.

Smart spaces
High tech knows no bounds because more homes are incorporating smart spaces into each room. These are special areas where you can store and charge devices so that they are always operable.

For example, a drawer in the kitchen will have built-in USB chargers. The cabinet in your master bath will hold and charge your tablet. The living room built-in will feature a smart-phone dock.

Personal technology continues to grow and today's home is growing with it.

Smart renovations to prepare your home for winter



(BPT) - Do you shudder at the thought of shivering through another frigid winter? Now may be an opportune time to consider investing in some energy efficient winterizing projects to let your home stay comfortable throughout the colder months.

By investing in several simple, yet cost-effective measures, you can reap both immediate and long-term benefits.

While instinct may urge you to increase the heat during winter and

keep your home toasty all day long, that's not always cost-effective. Investing in a programmable thermostat allows you to adjust the temperature remotely, lowering the setting when the house is empty, and save money in the process.

Modern thermostats let you monitor the indoor temperature of your home via your smart phone or online. By keeping the temperature low when no one is home and programming the thermostat to increase the temperature when everyone

returns, you could notice a 10 percent drop in your heating costs.

Fall is also an ideal time to ensure your furnace is functioning optimally. Schedule an appointment for a professional to inspect and clean your furnace once a year. By doing so, you'll help your furnace function more effectively and last longer.

If ice damming on the roof is an annual problem, consider taking measures to reduce the risk of ice dams forming. Major damage can



result from ice damming, so it's never too early to start thinking about a long-term solution.

Ice damming occurs when warm, indoor air escaping through the roof melts snow on the shingles. The water then refreezes as it runs off the roof, creating a barrier of ice at the edge. Shovelling snow or chipping ice away can threaten life, limb and roof, so it's best to consider more permanent solutions.

While caulking or weather-stripping can help address the gaps allowing the air to escape, proper air sealing insulation and attic venting are the best methods to stop ice damming from occurring. Spray foam insulation is one modern material that both insulates and seals to reduce the risk of ice damming.

Installed by professionals, spray foam insulation, like that available from Icynene, works well in all climates to limit air leakage and help maintain an even,

comfortable temperature in the living areas of a home.

As a long-term solution, spray foam insulation helps maintain a comfortable temperature year round while helping to control monthly heating and cooling expenses. Thanks to spray foam insulation's air-sealing qualities, homeowners can reduce the size of their heating and cooling equipment since less effort is required to heat or cool the home.

While air leakage can cause heating and cooling bills to jump and ice damming to occur, a well-insulated home and economical winterizing can help you

get through the cold winter months.

Spray foam insulation is not a DIY product, so it's important to ensure that you work with a trained and licensed spray foam contractor to ensure that the foam is installed safely and properly. A licensed professional will walk you through the process from beginning to end and give you confidence that you've invested in a high performance energy efficient solution that pays back year over year in savings.

 Find us on Facebook
facebook.com/twincitytimes

WEBSTER TREE SERVICE INC.


- TREE REMOVAL • PRUNING
- STUMP GRINDING • FIREWOOD
- STATE LICENSED & INSURED



STEVEN WEBSTER
784-9421
48 QUAIL RUN • AUBURN

Provencher's

Landscaping - Nursery - Garden Ctr. & Gift Shoppe



- Trees, Shrubs & Perennials
- Spring Flowering Bulbs
- Fall Mums, Asters
- Pumpkins & Gourds
- Hay & Cornstalks

299 River Rd., Lewiston, ME 04240 • (207) 783-9777
www.provencherlandscaping.net



LPPOIRIER & SON INC., EXCAVATION

COMMERCIAL & RESIDENTIAL SERVICES
EXCAVATION AND SITE WORK

Water, Sewer and Septic System Installation
Snow Plowing, Snow Removal, Sanding & Salting
Paving and Concrete Services • Material Sales

207.782.3617
FREE ESTIMATES
FAX: 207.777.3911

1331 Sabattus Street
Lewiston, ME 04240
email: info@lppoirier.com
web: www.lppoirier.com



Linda Beaulieu

ABR, GRI
Realtor-Broker



Cell 207-754-3310

*When it comes to Real Estate, I work for **YOU!***

FMI and listings go to: www.lindab.masiello.com

 THE MASIELLO GROUP
Better Homes and Gardens | The Masiello Group
155 Center Street • Auburn, ME 04210

CLOSING YOUR POOL? WE HAVE YOU COVERED!



Winter/Safety Covers...
Great Look!
Mesh Design - No Pumping
No Water Bags
Plus... We Carry Shock - Algecide Anti-Freeze
Solid Winter Covers
Plugs - Water Sleeves
All your Winter Needs
Remember to bring in a water sample for a FREE professional analysis



POOL & SPA CENTER
783-0858
1-800-244-0858

Hours: M-F 9-5; Sat. 9-4
1975 Lisbon St., Rt. 196, Lewiston Just 2 Miles East of Exit 80

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling



Call Tyler 500-8100
Finish Carpenter
NOW Accepting Credit Cards!



BATHROOM REMODELING

CALL TODAY FOR ESTIMATE!

Quality Work with References Available
www.facebook.com/AmericanBuilders207



Simple ways to add curb appeal to your home

(BPT) - Homes with great curb appeal not only make you the envy of every neighbor on your street and provide a great first impression for guests, but they also offer increased value and take less time to sell. There are many simple, quick and low-cost curb appeal improvements that you can tackle over the weekend, or even in a day, to give your home an inviting, uplifting spirit.

Add or repair a fence
Make the most of your home's appearance by considering the details. Looking for a quick way to spruce up your home's exterior? Adding or repairing a fence to your property is a great value-add with a relatively small investment.

In order to determine the perfect fence design for your home, you should first consider the end function you are most concerned with, such as curb appeal, protection from the ele-

ments or privacy. While building or repairing a fence can definitely be a DIY project that you tackle on your own, many homeowners struggle trying to ensure their fence gate is sag-free and square.

Before starting your project, try a No-Sag Gate Kit to reduce sagging and maintain use and longevity over time. The kit includes everything you'll need to build a custom-sized gate, add to a pre-fab gate application or repair a sagging gate.

According to Danny Lipford of Today's Homeowner TV and radio shows, "A sagging gate can be an eyesore and dangerous, but fixing it can be a snap with a no-sag gate kit. The kit's standard design works for any home or yard, and installation is incredibly easy because no Z-bracing or angled cuts are required."

Emphasize your home's best features

Updating window and door trim is a great way to enhance your home's look, style and personality. One simple update can be made by coordinating window trim paint color with your landscaping, window boxes or fence for an integrated look. Painting is one of the most cost-effective ways to update and protect the exterior of your home, with many retailers offering paint under \$30 per gallon.

The color of your home's exterior features, such as fences and window boxes, should also be considered when choosing plants to landscape for added curb appeal. Mix things up and strive for four-season color. Additionally, be sure to group your plants so they have plenty of room to spread by researching how tall and wide the mature plants will be.

In addition to your fence and trim, your shutters are also an important exteri-



or feature that contributes to curb appeal. When painting shutters, it is best to use a gloss or semi-gloss sheen to create a spectacular finish. If you want them to stand out, you can even consider painting them in a contrasting color; however, if you prefer they are subtle, paint them just a few shades darker than your house.

Park in style
Your garage can be

an area of both function and beauty, and it is a large surface that can potentially draw attention through color. Choose a garage door style that is most complementary to the architecture of your home, and accentuate it by choosing a color that complements all your exterior elements. One tip is to match your garage door with your home's base color or front door color, especial-

ly if it's a dominant part of the front facade.

You can also beautifully highlight the architectural beauty of your garage door by incorporating one of your home's accent or trim colors for an additional point of interest. For an added pop of color, consider matching the garage door color with a subtler part of the exterior, such as your grout color or the darkest tones of your brick or stone.



UNITEDTM INSURANCE

Fall Home Safety Reminders

- Clean the gutters
- Seal gaps around windows and doors
- Inspect the roof for damaged shingles, corroded flashing or leaky vents.
- Drain and winterize outdoor faucets and irrigation systems.
- Clean or replace furnace filters. Have a professional inspect the heating system.
- Check fireplaces for soot or creosote buildup with a professional chimney sweep
- Inspect your wood or gas stoves
- Finally check your homeowner policy for any potential gaps.

UNITEDTMINSURANCE.net

Make an appointment with a United Agent today!
31 Court St. Auburn, Maine 04210
(207) 784-5181

Jersey auction for Demsey



Cancer Warrior, Karen Albert prepares to drop the puck at a recent L/A Fighting Spirit hockey game. Mary Dempsey, Founding member of the Dempsey Center/Community Service Coordinator is also pictured. The LA Fighting Spirit will be auctioning off official hockey jerseys to benefit the Dempsey Challenge. More photos at facebook.com/twincitytimes.

Building

Continued from page 9

dominated neighborhoods. It was the choice for new construction and remodels alike. Sure, it was maintenance-free and far less of a headache than wood siding—and cheaper than stone or stucco—but few called it an inspired look.

A new generation of synthetic wood siding promises to add not only quality, but also authenticity to home siding options. Available in a variety of styles and colors, Cedar Impressions Shakes mimic the texture and rustic beauty so many prize in cedar, without the maintenance issues that turn so many away from natural wood siding.

Another important advancement in materials is in roofing, where more homeowners are choosing synthetic slate shingles. Slate, which has decorated cathedrals and mansions around the world, is as beautiful as it is difficult to maintain and afford. Its synthetic counterpart, made from recycled rubber and plastic, creates the appearance of a stone roof, while being stronger, more flexible and easier to install. It also lasts much longer than asphalt shingles—even up to 50

years.

Interior walls Along with engineering advancements that have improved the structural integrity and resilience of new homes, interior walls have greatly improved as well. While many people have a nostalgia for plaster walls, the new drywall technology used in Habito by CertainTeed Gypsum brings the strength and durability of plaster into a modern drywall.

Incredibly strong, this drywall is not only able to stand up to extreme abuse, but it's also able hold an incredible amount of weight, up to 30 pounds on a single wood screw. This new drywall eliminates the need to find a stud or install a wall anchor, and it makes decorating and redecorating incredibly easy. It's particularly handy for today's modern lifestyle where televisions, speakers, pictures and shelves are mounted on the wall.

Of course, these more refined and stronger building technologies are only part of the story of why homes are now built better than ever. And the next time someone says “they just don't build them like they used to,” you'll say that's a good thing.

APL “Appy Hour” covers “Apps for Busy Bees”

Apps are everywhere and can be used for almost anything, but sometimes the sheer amount of apps available can be overwhelming. If you are looking for help in narrowing down the choices, visit Auburn Public Library this fall for their monthly “Appy Hour.”

The first session, “Apps for the Busy Bee,” will take place on Monday, September 26 at 4 p.m. in the Androscoggin Community Room. With the school year

in full swing and summer travel in the rear view mirror, everyone's time is stretched thin. This session will focus on time management and scheduling apps, with library staffers highlighting some of their favorites and those attending invited to share, too. Other monthly programs based on different themes will follow. All are welcome to come and participate by talking about their favorite apps. For more information, call 333-6640, ext. 4

Attic

Continued from page 9

spot in the summer and the coldest in the winter. The amount and quality of insulation in the attic directly affects the comfort level in the space—and the overall energy efficiency of your home.

Have an insulation pro evaluate the insulation in your home's attic before you begin planning your conversion. You may need to add insulation or even replace older, inefficient types—a move well worth the investment since insulation is so important to your home's overall comfort and energy efficiency.

Many insulation pros will recommend spray insulation for attics because it goes easily between existing joists. Plus, it can create a tight air barrier without losing the inches of space required for thick fiberglass batt insulation.

3. Get smart about plumbing. If your attic conversion will incorporate a bathroom, good for you! Bathroom additions return more than 56 percent of your initial investment when you resell, according to the Cost vs. Value Report.

If pipes are already present in your attic, adding a bathroom can be simple. If no plumbing exists, consider cost-effective alternatives that will have less impact on the space, like up-flush plumbing. Because it fits into the kind of tight spaces that often occur in attics, up-flush plumbing can be an easy, cheaper way to plumb a sink, toilet or shower stall in an attic space.

Converting an unused attic into living area can be a great way to expand your space without moving. Plus, when you finally are ready to move one day, that attic renovation may end up paying for itself by boosting the sale price of your home.

Kiwanis, Troop 121 team up for yard sale

A joint fundraising yard sale will be hosted on Saturday, September 24 by the Lewiston-Auburn Kiwanis Club and Boy Scout Troop 121. The event will take place rain or shine from 7 a.m. to 2 p.m. at the United Methodist Church, located at 439 Park Avenue in Auburn. The sale will feature household goods and other items, such as small furniture, tools, children's toys and games, sports equipment, and clothing.

Troop 121 offers youth with special physical, mental and emotional challenges the opportunity for success in a safe Scouting environment that builds character, encourages citizenship,

teaches life skills and develops personal fitness. It currently serves scouts from Androscoggin, Kennebec and Oxford counties. Troop leader Don Malpass says money raised at the sale is needed to support camping and other troop outings.

Other proceeds from the sale will be used by the Kiwanis Club to help support Kiwanis International's Eliminate Project, a worldwide mission to eliminate maternal and neonatal tetanus, a deadly yet highly preventable disease. For more information about the yard sale, email ahannon15@gmail.com, ruthd44@gwi.net, or malpass3@roadrunner.com.

www.TwinCityTimes.com

Introducing

Central Maine Weight and Wellness Center

A unique center dedicated to your whole health. Come in for weight loss. Come out with wellness.

Central Maine Weight and Wellness Center knows that one size does not fit all. That's why our care is customizable to your unique health needs so you can find your right kind of healthy—whether that's losing 20 or 200 pounds.

Patients seen by appointment only. Take your first step toward wellness and call today!

Central Maine Medical Group

WHAT WE OFFER

- ▶ Weight loss surgery with Central Maine Bariatric Surgery
- ▶ Non-surgical weight loss and weight management
- ▶ Functional medicine practice

Jamie Loggins, M.D., bariatric surgeon
Maya Ramirez, M.D., functional medicine practitioner, weight loss specialist

LOCATION

10 High Street
Lewiston, ME 04240

TELEPHONE

207-795-5710

www.cmmc.org/weightloss

TWIN CITY NIGHTS

Weekly Arts & Entertainment

Historical Society program explores lives of Muskie, Nixon



Chris Beam

At the next meeting of the Androscoggin Historical Society, the careers of two major political figures in 20th-century America will be explored in a talk by a scholar who has studied the lives of both.

U. S. Senator Edmund S. Muskie of Maine and President Richard M. Nixon were political opponents. In 1972, Muskie, a frontrunner for the Democratic presidential nomination, was

initially considered to be the most formidable potential candidate to challenge the incumbent Nixon. For that reason, Muskie was a primary target of actions by the Nixon reelection campaign that became part of the Watergate scandal.

Despite their clashing ambitions and different perspectives on politics and governance, however, their lives and careers reveal surprising similarities that are

worth exploring.

On Tuesday, September 27 at 7 p.m., archivist and historian Chris Beam will discuss how the parallel narratives of Muskie and Nixon illuminate important developments in the political history of the United States in the three decades following World War II. He will review, not only the circumstances of their upbringings and the trajectories of their political lives, but also the local and national contexts in which they operated.

Beam has gained considerable insight into both politicians. While working at the National Archives in Washington, D.C., he spent over four years on the staff that processed the Nixon White House tapes. From 1988 to 2005, he oversaw the Edmund S. Muskie collection at Bates College.

A native of Brunswick, resident of Lewiston, and member of the Board of the Androscoggin Historical Society, he teaches history at Central Maine Community College, the University of Southern Maine, and the American Public University System.

The program is free, but donations are welcome. The historical society is located in the County Building at 2 Turner Street in Auburn. An elevator is available at the Court Street entrance.

Blues & Roots duo to play concert in Phippsburg



Ben Hunter and Joe Seamons

Ben Hunter and Joe Seamons will perform in concert at the Phippsburg Congregational Church on Friday, September 23 at 7:30 p.m. The Seattle-based duo has been acclaimed for their unique blend of pre-blues a cappella field hollers, fiddle and banjo breakdowns, and distillations of early jazz.

Ever since Dom Flemons, a founding member of the Carolina Chocolate Drops, invited them to tour and appear on his album, "Prospect Hill," their star has been rising. In January of this year, they released their second album and were awarded first place at the 26th annual International

Blues Challenge in Memphis in the solo-duo category, competing against 94 acts representing 16 countries.

Their new album, "The North Wind & The Sun," includes songs that range from Memphis Jug Band blues, Southern prison work songs, an 1861 song used to recruit black soldiers for the Civil War, and an early jazz piece by Duke Ellington. They also recently launched a documentary project that explores modern day music along the Mississippi River.

After two years of national touring with bluegrass outfit Renegade Stringband, Hunter and Seamons at-

tended the Port Townsend Acoustic Blues Festival, where living legends of traditional blues and ragtime showed them a new musical direction, prompting them to set out as a duo. They have toured widely in the United States, playing leading festivals and such storied venues as the Orpheum Theater in Memphis and Club Passim in Boston.

The historic 1802 Phippsburg Congregational Church is located at 10 Church Lane in Phippsburg. Tickets are \$12 for adults and \$8 for students at the door. Doors open at 7 p.m. For more information, call 389-1770.

Lunch Specials
\$4.99
and up



Try our *Shamrock salad!*



Your Neighborhood Pub
& Mexican Cantina

Open 7 Days Lunch & Dinner

PEDRO O'Hara's
134 Main St, Lewiston • 783-6200 www.pedrooharas.me

Entertainment

Mon: Open Mic Night
\$2 Miller Light Pints & 1/2 Off Apps

Tues: Trivia Night Starting at 7pm
\$2 per person • Beer Specials

Wed: Police/Fire/Military & EMT's
eat for half price every Wednesday!

Fri: Oct 7 Toby McAllister

Sat: Oct 8 4-Play

Fri: Oct 14 Ron Bergeron

Thu: Oct 20 Paul Newton

Fri: Oct 21 Denny Breau

Thu: Oct 27 Josh Hatfield

MONDAY SPECIAL
20% OFF
BURGERS



DRAFT BEER

30% off
All Day

1052 Minot Ave., Auburn
783-6885 • www.macsgrill.com

Bob Degen Trio at Bates College this weekend



With Degen’s elegant originals central to their repertoire, pianist Bob Degen, drummer Peter Perfido and bassist Harvie S. embrace jazz tradition and contemporary improvisation. The trio will perform on Friday, September 23 at 7:30 p.m. in Bates College’s Olin Arts Center at 75 Russell Street in Lewiston. For more information, call 786-6135 or email olinarts@bates.edu. The program is free, but tickets are required. See batesconcerts.eventbrite.com.

Twin City Nights

Spaghetti Dinner to benefit Organ Fund



The Sr. Elizabeth Platt Organ Fund Committee includes (l. to r., from front) Diane Denis, Aleta Rioux, Bonnie Stone, GG Galarneau, Roland Bergeron, Tom Cremona, Ron Peyser, Ray Biron, and Derek Laliberte. Not pictured is Carol DeRoy.

The Andy Valley Knights of Columbus, Council 8742 will present a Spaghetti Dinner on Sunday, September 25, following the 11 a.m. mass at Sacred Heart Church, located on the corner of Minot and Western Avenue in Auburn. The price will be \$10, with children under five eating for free. Special

pricing will be available for families of five or more. All are invited. Proceeds will go to the Sr. Elizabeth Platt Organ Fund.

Tom Cremona, PGK, will serve his famous sauce. Being a true Italian, his home-made sauce is an old family recipe, using the finest olive oil, garlic onions and more, which

he has been perfecting for over 30 years. Meatballs, sweet Italian sausage and pork chops are simmered in the sauce for over four hours. The meal will include spaghetti cooked al-dente with Tom’s home-made sauce, salad with your choice of dressing, garlic or Italian bread, dessert, and water, coffee, tea, or punch.

Sawyer Memorial screens “Biblical Treasures of Turkey”

Sawyer Memorial of Greene will present two screenings of independent filmmaker Robin Williams’ documentary film, “Biblical Treasures of Turkey, Pt. 1,” on Friday, September 23 at 2 and 7 p.m. Both screenings are free and open to the public.

Robin Williams has been on the National Geographic Film Series in Washington, D.C. for over 30 years. He has tracked the great travelers of history, from St. Paul to Mozart to Lewis & Clark to Charles Lindbergh. His film, Biblical Treasures of Turkey, highlights the Biblical accounts of the travels of St. Paul, Barnabas, St. John and others. Williams recorded these travels with

his camera by filming the actual locations. He also followed the Silk Route to the Kurdish nomads who live on the slopes of Mt. Ararat, where ancient fortresses and Kurdish palaces are peppered throughout the craggy landscape and, according to local lore, “Noah’s Ark” sits by itself in a high mountain valley. “There is a lot of evidence that it is the real Ark,” Williams says. “It even has the shape of a huge ship.”

The film, which covers just about every corner of Turkey and allows the audience to see places that have never before been filmed, has received rave reviews across America as a profound work on the early years of Christianity. The

See Turkey, page 16

City to unveil new Festival Plaza plaque

An unveiling of a new plaque at Auburn’s Festival Plaza has been scheduled for Friday, September 30 at 7 p.m. Created to explain the background behind Festival Plaza, the plaque details

the plaza’s unique architecture and what it represents. The City of Auburn invites citizens to attend the event, which is scheduled to coincide with the last L-A Art Walk of the season.

\$3 off 2 LUNCH BUFFETS

Monday thru Friday

11am - 1:30pm

*No other discounts may apply - Expires 09-31-2016.

An Italian experience since 1978

783-0336

12 Mollison Way, Lewiston
www.marcositalian.com

Find us on Facebook - Marcos Lewiston

109 Main Street
South Paris, ME 04281

\$10 OFF*

Dinner for Two w/\$50 minimum

Expires September 30, 2016

Corey Sumner, Owner

Ph. (207) 743-2532 • Fax. (207) 743-5810

Luigi's Pizzeria

782-0701

DAILY SPECIALS

Now Serving Beer & Wine

| | |
|---|--|
| MONDAY The Fergy | FRIDAY \$1.00 OFF Any Large Pizza |
| TUESDAY Meatball Subs | SATURDAY 2 Ham or Salami Italians |
| WEDNESDAY Spaghetti Dinner <small>1 Meatball, Salad, Garlic Bread, Fountain Drink</small> | EVERYDAY Regular 1-Topping Pizza <small>w/Fountain Drink</small> |
| THURSDAY Mini Pizza | |
| Homemade Apple & Blueberry Turnovers made with our dough | |

Since 1953
Your Home...
our only competitor!

63 Sabattus St., Lewiston

www.LUIGISPIZZERIA.COM

Hot & Cold Buffet-Style Catering

Wedding Catering

We can accommodate any size party small, large or enormous!!

Professional service at an affordable price

There's NO PLACE like... Dad's Place

Catering Division • 345-9009 • www.dadsplace.info

Call Diana or Larry for more info and pricing!

Twin City Nights

Solo performer explores challenges of motherhood



Sara Juli will present “Tense Vagina: An Actual Diagnosis,” an autobiographical solo performance fusing movement, music, and audience participation to explore the contradictions of motherhood, on Friday, September 23 at 8 p.m. at Bates College’s Pettigrew Hall, Gannett Theater, 305 College Street in Lewiston. For more information, call 786-6161. The performance is free, but tickets are recommended via [bates theater and dance.eventbrite.com](https://www.eventbrite.com). (Photo by Kristofer Alan Thompson)

Franco Center Piano Series opens with Chiharu Naruse



Naruse will perform works by Schumann, Mozart, Ravel, Debussy, Beethoven, Brahms, and Maine resident Elliott Schwartz.

Concert artist and teacher Chiharu Naruse will perform at the Gendron Franco Center on Friday, September 23 at 7 p.m. The opening program in the Center’s 11th Piano Series season, her recital will feature works by Schumann, Mozart, Ravel, Debussy, Beethoven, Brahms, and Maine resident Elliott Schwartz.

Tickets for the concert are \$15, \$10 for seniors ages 60 and over, and free for students. Season passes for the entire six-concert series are available and provide a considerable discount. They can be obtained by visiting the Box Office Monday through Friday from noon to 4 p.m., calling 689-2000, or at francocenter.org. Located at 46 Cedar Street in Lewiston, the center is wheelchair accessible.

This program, including works by contemporary composer Elliott Schwartz, attests to Naruse’s interest in interpreting compositions spanning several centuries. During the past year, she performed at Bowdoin College’s Klavierfest in honor of Schwartz’s 80th birthday and played a program devoted to Lera Auerbach’s 24 Preludes for Piano to a full house at Bates College.

Already praised for her keyboard talents in her native Japan, Naruse went on to study in Germany with Klaus Baessler and receive master’s degrees in music performance and music instruction from the

Hochschule für Musik Hans Eisler in Berlin, where she also studied lied accompaniment under Wolfram Riegar. In 2002, she came to the United States to study with the renowned pianist and teacher Frank Glazer.

In addition to her solo appearances, Naruse is a well-respected chamber music player and coach, teacher, and juror at music competitions. Since her critically-acclaimed Franco Center debut in December 2006, she has given solo recitals and appeared with chamber groups in Europe and Japan, as well as here in Maine, including appearances at Bates College, Gould Academy, the University of Maine at Augusta, and the Ocean Park Music Festival.

An engaging cham-

ber musician, she has performed with cellists James Kennedy and Benjamin and Joel Noyes and violinist Dean Stein. Here in Maine she has appeared with the Portland String Quartet, the Daponte String Quartet, Venti Cordi, and as concerto soloist with the Augusta Symphony Orchestra and the Maine Promusica Orchestra. For several summers, she has been part of the Massachusetts Suzuki Festival at the New England Conservatory.

In addition to holding her private studio, Naruse teaches at Bates College and the Portland Conservatory. She lives in Gray with her husband, two growing children, and a menagerie of animals, including several chickens.

“Knitting for Victory” at APL

Auburn Public Library will welcome Holly Korda on Tuesday, September 27 at 2 p.m. for a presentation called “Knitting for Victory: How the Red Cross Mobilized the Nation to Knit and Helped Win World War I.” Knitters and history buffs alike will enjoy this program, which will include fascinating stories

and vintage photographs. In the summer of 1917, following the U.S. declaration of war against Germany in April of that year, the American Red Cross put out an urgent call for volunteers in every state, who came to knit more than 15 million pounds of wool into socks, sweaters, hats, and bandages for our

soldiers and allies overseas. In less than two years, membership in these “Knitting Brigades” swelled from 200,000 to over 30 million as women, men, and school children knit and purled over 23 million articles for the war effort in the most successful mobilization of community resources in the See **Knitting**, page 19

Pinetree Soc. hosts “Kicking Off the School Year Right”

Parents and caregivers of children with disabilities are invited to participate in a free roundtable discussion called “Kicking Off the School Year Right” on Tuesday, September 27 from 10 a.m. to noon at the Pine Tree Society, located at 368 Minot Avenue in Auburn. September brings significant changes in the daily routines of families with preschool- through high school-aged children. This transition from summer back to school often creates challenges, especially for families of students with varying abilities. Now that the first few weeks of school are over, this program will

provide an opportunity for these families to come together to discuss ways to make the rest of the school year successful. Appropriate for families caring for children with disabilities who are of preschool through high school age, this interactive discussion on transitioning back to school will be led by Heidi Bowden. Topics to be discussed will include anxiety and stress factors at school and at home and how to follow your student’s Individual Education Plan (IEP). Space is limited. To reserve your spot, call Lori Manson at 386-5915 or see www.pinetreesociety.org.

Starting as a bold new idea in 1936, Pine Tree Society helps Maine children and adults with disabilities lead richer, more socially connected lives through a spirit of innovation and a desire to discover new ways to break down barriers that many find insurmountable. To learn more, visit www.pinetreesociety.org.

Turkey

Continued from page 15
Araxine Wilkins Sawyer Memorial is at 371 Sawyer Road in Greene. For more information, call 946-5311 or see sawyer-foundation.com.

FRANCO
CENTER

207 689-2000

EVENTS

FRANCOCENTER.ORG



PIANO CONCERT SERIES

Chiharu Naruse

Friday,

September 23 at 7p.m.

\$15; Seniors \$10; Students Free

“a world class artist who would grace any concert stage.”
- Portland Press Herald

... AND MARK YOUR CALENDER ...

Saturday, October 15

*Franco Center
Gala and Concert*



Celebrate - Experience - Discover

Central Maine's Premier Events

FRANCOCENTER.org

Conferences
Class Reunions
Banquets
Concerts
Dances
Proms

Corporate Parties
Weddings/Receptions
Celebrations of Life
Family Gatherings
Fundraising Events
... and more!

COMPLETE CATERING & BAR SERVICES!

(207) 783-1585 * FRANCOCENTER.ORG * 46 CEDAR STREET, LEWISTON

UNDERWRITERS: CENTER STREET DENTAL * TURNER PUBLISHING * TWIN CITY TIMES * TV5MONDE
SPONSORS: ANDROSCOGGIN BANK * SUN JOURNAL * PENMOR * ROOPERS * UNCLE ANDY'S DIGEST
GLEASON MEDIA * NEXT LEVEL BUSINESS COACHING * CITY OF LEWISTON * OXFORD CASINO
SCHOONER ESTATES * CENTRAL MAINE HEARING CENTER * FIDELITY DISTRIBUTORS * PLATZ ASSOCIATES

Thursday, September 22

Lisbon Business Breakfast Forum. 7:30 to 9 a.m. Lisbon Town Office. Lisbon business leaders are invited to this opportunity to network one-to-one and meet new Lisbon Police Chief Marc Hagan. RSVP by 9/19 to 353-3000, ext. 122 or tsteuber@lisbonme.org.

Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. Rebecca Grover of the Maine Turnpike Authority discusses the MTA's GO Maine program. Guests welcome. 753-9040; monica.millhime@maine.gov.

MEREDA Fall Networking Social. 5 to 7 p.m. Baxter Brewing Co., Lewiston. Enjoy great food, Maine-made beer, and friendly conversation with colleagues and friends from Maine's real-estate industry. \$35 (members \$25) until 9/15; add \$10 after. Register at www.mereda.org.

Legal Advisory Workshop. 5:30 to 7 p.m. Conf. Rm., Chamber of Commerce, 415 Lisbon St., Lewiston. Business attorney Michael Malloy discusses what the new federal overtime rule means for small businesses. Members \$25, non-members \$50. 783-2249; www.LAMetroChamber.com.

Folk Arts Demonstration. 6 p.m. Callahan Hall, Lewiston Public Library. Knitter Sally Wilson and tatter Elaine O'Donal demonstrate their work and techniques; local fiber artists are invited to bring samples of their work to show. 513-3135; LPLReference@gmail.com.

Thread Theatre. 7:30 p.m. Franco Center, 46 Cedar Street, Lewiston. Actors (drawn at random) perform 10-minute scenes (drawn at random) on tonight's theme, "Back to School." Adult themes. Happy hour at 6:30. \$5. 783-1585; www.francocenter.org.

Friday, September 23
Film Screening. 2 and 7 p.m. Sawyer Memorial, 371 Sawyer Rd., Greene. Independent filmmaker

Calendar

See more Calendar at www.TwinCityTimes.com

Robin Williams' documentary film, "Biblical Treasures of Turkey," traces Biblical accounts of the travels of St. Paul, Barnabas, St. John and others. Free. 946-5311; sawyer-foundation.com.

Annual Soirée. 5:30 p.m. St. Mary's Nutrition Center/Agora Grand Event Center, Lewiston. This Nutrition Center event features appetizers, wine and beer tastings, demos with star chefs, and a full sit-down dinner. \$125. 777-8863; www.stmarysmaine.com/2016soiree.

Girls' Night Out. 5:30 to 7:30 p.m. U.S. Army National Guard, Lewiston. Girl Scouts of Maine hosts this opportunity for girls in grades K-5 and their parents to learn how Girl Scouts helps girls grow into their full potential. 888-922-4763; girlscoutsofmaine.org.

Concert: Chiharu Naruse. 7 p.m. Franco Center, 46 Cedar St., Lewiston. Naruse opens the center's Piano Series season with works by Schumann, Mozart, Ravel, Debussy, and Maine resident Elliott Schwartz. \$15 (\$12 ages 60+, students free). 689-2000; francocenter.org.

Senate District 20 Candidates Forum. 7 p.m. Meetinghouse, 389 Intervale Rd., New Gloucester. Beverly Cadigan moderates this issues forum for incumbent Eric Brakey and challenger Kimberly Sampson; audience questions. Free.

"Maine Speaks!" 7 p.m. Harlow Gallery, 160 Water St., Hallowell. Poets Tom Lyford, Susann Pelletier, Kevin Sweeney, Marcia Wall Simmons and bluegrass musician Stan Keach read poems and play music reflecting their roots. Sugg. donation \$3. 622-3813.

Manhattan Short Film Festival. 7:30 p.m. The Public Theatre, Lewiston. Audiences at 250 venues view

10 short films from around the world and then vote for the winner. Again 9/24. \$8. 782-3200; www.thepublictheatre.org.

Concert: Bob Degen Trio. 7:30 p.m. Olin Arts Center, 75 Russell St., Bates College, Lewiston. With Degen's elegant originals central to their repertoire, this trio embraces jazz tradition and contemporary improvisation. Free, but tix required. batesconcerts.eventbrite.com.

Concert: Ben Hunter and Joe Seamons. 7:30 p.m. Congregational Church, 10 Church Lane, Phippsburg. This Seattle-based Blues and Roots duo perform songs from their new album, "The North Wind & The Sun." \$12 adults, \$8 students at door. 389-1770.

"Tense Vagina: An Actual Diagnosis." 8 p.m. Pettigrew Hall, Gannett Theater, 305 College St., Bates College, Lewiston. Sara Juli's solo performance fuses movement, music, and audience participation to explore the contradictions of motherhood. Free, but tix recommended. batestheatranddance.eventbrite.com.

Saturday, September 24
Fundraising Yard Sale. 7 a.m. to 2 p.m. United Methodist Church, 439 Park Ave., Auburn. The Kiwanis Club and Boy Scout Troop 121 team up for this sale of household goods, small furniture, tools, children's toys and games, sports equipment, and clothing. ahannon15@gmail.com.

Bean Supper. 4:30 to 6 p.m. Sixth St. Congr. Church, 109 Sixth St., Auburn. Two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American Chop Suey, assorted desserts and beverages. \$6 (\$3 kids 5 to 12, free age 5-).

Concert: State Street Traditional Jazz Band. 7:30 p.m. Unitarian Universal-

ist Church, 1 Middle St., Brunswick. This seven-piece combo from Portland plays original New Orleans-style jazz. \$12 advance, \$15 at door.

729-8515; <http://StateStreet.brownpapertickets.com>.

Maine Event Comedy. 8 p.m. Celebration Barn Theater, 190 Stock Farm Rd. (just off Rte. #117), So. Paris. Comedians Mark Turcotte, Michele Mortensen, and Tuck Tuck-er perform. Adult content. \$14/12. 743-8452; www.CelebrationBarn.com.

Sunday, September 25
Lewiston Farmer's Market. 10 a.m. to 1 p.m. Municipal Parking Lot, corner of Lincoln & Main. Enjoy family-fun activities while buying fresh, local goods and products. Sundays through mid-October. 513-3848; lewistonfarmers-market@gmail.com.

Spaghetti Dinner. Following the 11 a.m. mass. Sacred Heart Church, corner of Minot, Western Ave., Auburn. Spaghetti, Tom Cremona's famous homemade sauce, salad with choice of dressing, garlic or Italian bread, dessert, and water, coffee, tea, or punch. \$10. All welcome.

Monday, September 26
"Appy Hour." 4 p.m. Andro. Community Room, Auburn Public Library. In "Apps for the Busy Bee," library staffers and attendees this month share favorite time management and scheduling apps. Free. 333-6640, ext. 4.

Author Visit. 6 p.m. Auburn Public Library. Local historian and author John Henderson discusses his new book, "Na Eireanach Na hAndroscoffin: The Irish of the Androscoffin." Copies avail. for purchase. 333-6640, ext. 4.

Tuesday, September 27
"Kicking Off the School Year Right." 10 a.m. to noon. Pine Tree Society, 368 Minot Ave., Auburn. This roundtable discussion is open to parents of children with disabilities of preschool through high

FLAGSHIP CINEMAS

SEPTEMBER 23 THROUGH SEPTEMBER 28

DOORS OPEN AT: 12:15am

AUBURN

746 Center Street
Movie Hotline — 786-8605

| | | | | |
|-------------------------------|-------|------|------|------|
| The Magnificent Seven (PG-13) | 12:50 | 3:50 | 6:45 | 9:40 |
| Snowden (R) | 12:40 | 3:40 | 6:40 | 9:30 |
| Bridget Jones' Baby (R) | 1:00 | 4:00 | 6:55 | 9:40 |
| Blair Witch (R) | 1:10 | 4:30 | 7:25 | 9:45 |
| Sully (PG-13) | 1:20 | 4:20 | 7:00 | 9:20 |
| The Wild Life (PG) | 1:50 | 4:15 | 7:10 | 9:15 |
| Don't Breathe (R) | 1:40 | 4:40 | 7:15 | 9:25 |
| Pete's Dragon (PG) | 12:45 | 3:45 | 6:50 | 9:10 |
| Storks (PG) | 12:30 | 2:40 | 7:05 | |
| Storks 3D (PG) | | 4:50 | | 9:20 |
| The Secret Life Of Pets (PG) | 1:30 | 4:10 | | |
| Bad Moms (R) | | 7:20 | 9:35 | |

school age. Free. Space limited; register at 386-5915 or www.pinetreesociety.org.

"Knitting for Victory." 2 p.m. Andro. Comm. Room, Auburn Public Library. Presenter Holly Kor-da discusses how the Red Cross helped win WWI by mobilizing the nation to knit. Free. 333-6640, ext. 4.

"Muskie and Nixon: Parallel Lives." 7 p.m. Andro. Historical Soc., 2 Turner St., Auburn. Archivist and historian Chris Beam examines surprising similarities in the lives of these two political opponents. Free; donations welcome. Elevator available.

Wednesday, September 28
Finance Matters Workshop. Noon to 1:15 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Financial advisor Thomas Carr presents "Know Your Retirement Plan Options." \$50 (members \$25). 783-2249. Register at www.LAMetroChamber.com.

Thursday, September 29
Mind Your Business Workshop. 8 to 9:30 a.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Bob Bernier of Matheson Gas presents "The Challenging Sale." \$50 (members \$25). 783-2249. Register at www.LAMetroChamber.com.

Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. City of Lewiston Grants Coordinator Jayne Jochem discusses the city's efforts on lead abatement. Guests welcome. 753-9040; monica.millhime@maine.gov.

Friday, September 30

Fall Rummage Sale. 2 to 5 p.m. Calvary United Methodist Church, 59 Sabbattus St., Lewiston. Pres. by the Calvary UMC Women's Association; please use garden entrance on Bartlett St. Continues 10/1 from 9 to 11 a.m.


Girls' Night Out. 5:30 to 7:30 p.m. Grace Episcopal Church, Bath. Girl Scouts of Maine hosts this opportunity for girls in grades K-5 and their parents to learn how Girl Scouts helps girls grow into their full potential. 888-922-4763; girlscoutsofmaine.org.

Plaque Unveiling. 7 p.m. Festival Plaza, Auburn. In conjunction with the last L-A Art Walk of the season, the city unveils a new plaque detailing the plaza's unique architecture and what it represents. The public is invited.

Saturday, October 1

The Dempsey Challenge. Simard-Payne Memorial Park, Lewiston. Pres. by Amgen, this run, walk and cycle event supports the Patrick Dempsey Center for Cancer Hope & Healing. Cont. Sunday. Register at www.dempseychallenge.org.

Take Out-Only Bean Supper. 3 to 5:30 p.m. Holy Cross Church Hall, 1080 Lisbon St., Lewiston. Prices range from \$3-10 for a carte and combo offerings; choose from beans, coleslaw, buns, bologna, ham and deserts. Call first or just come over. 212-5163.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL YOUTH SPORTS AT THE Y


Field Hockey
Basketball
Swim Team
Gymnastics

For boys and girls of all ages!

Y Sports teach kids sportsmanship and character as well as athletic skills and a love of physical activity.

Registrations open throughout the fall. Call Chris Shea for more information.

YMCA of Auburn-Lewiston • 795-4095 • www.alymca.org



INTRODUCING



USA Made Product

Native Slayer 10 & 13 Propel Pedaling Kayak

Many Fishing Kayaks & Brands to Choose From!



Open 7 Days a week
Monday – Friday 8am – 5:30pm,
Saturday 8am to 4pm
Sunday 9am to 3pm
998-5390
271 Maine Street, Route 26, Poland
www.shakerhilloutdoors.com

BUSINESS DIRECTORY

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

207-783-9111
www.austinpa.com

Your Financial Team

FLOWER SHOPPE



FREE DELIVERY L/A

Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

PRINTING

FULL SERVICE PRINTER
Copy & Fax Service
UPS Shipping Daily

Bus. Cards • Resumes
Labels & Tags
Envelopes • Letterhead
Forms • Raffle Tickets
Postcards • Mailings
Newsletters • Invitations:
Graduation, Wedding •
and Much More!!!!

*BRING IN THIS AD & RECEIVE 10% OFF YOUR ORDER OVER \$50.00

10% OFF*

evergreen
custom printing 

63 BROAD STREET • NEW AUBURN, ME 04210 • 782-0525
www.evergreencustomprinting.com

*Not to be combined with other offers.

AUTO CARE

The Only Full-Service Gas Station in Auburn!

**Poisson & Sons
Auto Care Center, Inc.**

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MARINE SERVICES

BOAT REPAIR SHOP

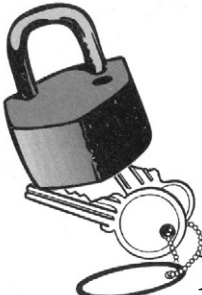
**PONTES
Marine Service**

Power by
  
  

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE

AUBURN SELF STORAGE, LLC



23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CD'S

Discover The Truth About CDs!

CD Interest Rates Are At An All Time Low.
There IS A Safe, Guaranteed Alternative To
Increase Your Income.

Call now for a FREE Guide:
"10 Secrets Your Banker Doesn't
Want You To Know"

Call Our 24 Hour Order Line @782-3800

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

**W.J. Libby
Painting Co.**

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

CHIROPRACTOR

Family Chiropractic Center

Experience Life



1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PHOTOGRAPHY



**Laura Elaines
PHOTOGRAPHY**

LIKE US ON  (207) 212-5993
LauraElainesPhotography@gmail.com
www.facebook.com/LauraElainesPhotography

SPACE AVAILABLE

Your Ad Could Be Here!

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling 


Call Tyler
500-8100
Finish Carpenter

Call 207-500-8100
For FREE Estimates

Quality Work with References Available

PHOTOGRAPHY

portraitēfx of Maine

Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME
(207) 657-6372

maine@portraitefx.com
www.maine.portraitefx.com

WEB HOSTING

Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006



**MAINE HOSTING
SOLUTIONS**

Adam Tice is Art & Ale exhibitor

Adam Tice is L/A Arts' current exhibitor in the Art & Ale window at Gritty's for the month of September. A Lewiston resident, Tice is self-taught and

has a studio in his home. His paintings are of richly lit scenes from the local woodlands and the coast of Maine, whose dramatic vistas first inspired him to move here

from Pennsylvania almost 20 years ago. In his work, he strives to balance a pursuit for nostalgia and narrative through technique, color and composition.

Deals you'll warm up to as soon as you walk thru the door!

duraflame

Electric Stove with Infrared Quartz Heater and Remote Control

MARDEN'S PRICE
\$99⁹⁹
Only Each

- Create a warm and inviting ambiance with the addition of the Duraflame Electric Fireplace
- Operates with or without heat
- 1,500 watts • 5,200 BTUs per hour
- Adjustable flame brightness
- Glowing log set and ember bed
- Easy set-up & charming design

Sold locally at Home Improvement Store for \$199.99

New deals just arrived in our shoe department

| | | |
|--|--|--|
| <p>Secure 8" Steel Toe</p> <p>Original Retail \$125.00</p> <p>Marden's Price \$64⁹⁹</p> | <p>Assure 6" Steel Toe</p> <p>Original Retail \$110.00</p> <p>Marden's Price \$54⁹⁹</p> | <p>Assure 8" Steel Toe</p> <p>Marden's Price \$59⁹⁹</p> <p>Original Retail \$120.00</p> |
|--|--|--|

STANLEY

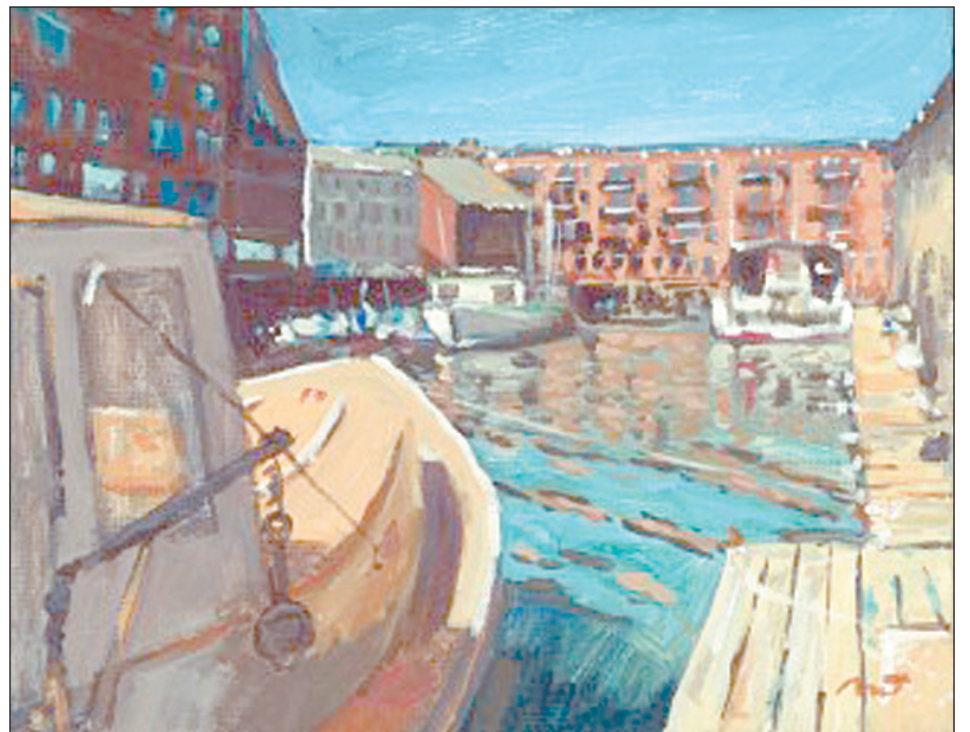
Work Boots and Hiking Boots

| | | |
|--|---|---|
| <p>Hiking Shoe Ramble Soft Toe</p> <p>Marden's Price \$54⁹⁹</p> <p>Original Retail \$105.00</p> | <p>Dexterous 8" Steel Toe</p> <p>Marden's Price \$69⁹⁹</p> <p>Original Retail \$140.00</p> | <p>Dexterous 6" Steel Toe</p> <p>Marden's Price \$64⁹⁹</p> <p>Original Retail \$125.00</p> |
|--|---|---|

www.mardens.com Hours vary- check our website

• 750 Main Street, Lewiston

REMEMBER OUR 30 DAY NO FUSS MONEY BACK GUARANTEE with RECEIPT



 **Central Maine**
COMMUNITY COLLEGE

OPEN HOUSE

SATURDAY, OCTOBER 15TH • 9AM - 12PM

Explore what CMCC has to offer!

- Over 40 degrees, certificates and advanced certificates
- A high-quality education at the lowest tuition rate in all of New England
- On-campus housing
- Flexible scheduling
- Competitive athletic teams
- Central to cities, skiing, and other great activities

**WE LOOK FORWARD TO
SEEING YOU!**

www.cmcc.edu/openhouse

Central Maine Community College
1250 Turner Street • Auburn, ME 04210

Find CMCC on social media at CMCCMaine!

Notice of Non-discrimination: Central Maine Community College is an equal opportunity/affirmative action institution and employer.

For more information, please call Barbara Owen at 207-755-5233 or bowen@cmcc.edu.

Do you have any of these foot or ankle problems?

- ☐ corns
- ☐ calluses
- ☐ toenail pain
- ☐ toenail discoloration
- ☐ athlete's foot
- ☐ heel pain
- ☐ toe pain
- ☐ arch pain
- ☐ ankle pain
- ☐ foot or ankle swelling
- ☐ bunions

Let us take care of them for you! Our foot and ankle specialists have seen and helped patients with every kind of problem you can think of. So don't live with discomfort, pain, or even embarrassment over the way your feet look. **Call 207.783.1328** and tell us you'd like to see one of our foot and ankle docs. We'll get you in and make your feet feel better.



Brian D. McDonald
DPM



Michael C. Saraydarian
DPM, FACFAS



James M. Timoney
DO



**Central Maine
ORTHOPAEDICS**

A Division of Spectrum Medical Group

Assessment, treatment,
and surgical center

690 Minot Avenue, Auburn, ME
cmogroup.org
207.783.1328 • 800.571.2222