


DEMPSEY™ CHALLENGE

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October 1 - 2, 2016
Special section: pages 11-17

Memory Mums supports Dempsey Center



Dempsey Center community services coordinator Mary Dempsey places a memorial card in one of the gardens. Also pictured (from l.) are Erin Jones and Glenn Bolduc of Spruce Bay Landscaping, Central Maine Healthcare VP for Public Affairs Ericka Dodge, and long-time WHA member June van Mourik.

The Woman's Hospital Association of Central Maine Medical Center is currently presenting its annual Memory Mums fundraising event to support the Dempsey Center. The project honors the memory of Amanda Dempsey, the mother of Mary Dempsey and actor Patrick Dempsey, who had multiple bouts with ovarian cancer and passed away in March 2014. Those wishing to honor someone by dedicating a mum in the Memory Mum garden at the hospital's 60 High Street entrance can get order forms at the WHA Gift Shop in the Main Lobby. Flowers can also be dedicated online at www.cmmc.org/wha/mums.

Safe Voices plans Memorial Vigils on Oct. 3

October is Domestic Violence Awareness Month, and Safe Voices will host their annual Memorial Vigils in Androscoggin, Franklin and Oxford counties, rain or shine, on Monday, October 3 at 6 p.m. The Androscoggin County vigil will start from Festival Plaza in Auburn and include a short

candlelit procession across the bridge to Veterans Park in Lewiston. Vigils will also take place at the same time at the Norway Town Office, the Gazebo in Mexico, and Meetinghouse Park in Farmington.

The goal of the vigils is to honor those who have lost their lives to domestic

violence, to support those who have survived domestic violence, and to offer hope to those still facing abuse. Guest speakers from the community will share their thoughts on the issue. The vigils are open to the public, and community members are encouraged to attend and show their support.

Safe Voices' theme for this year's Domestic Violence Awareness Month is "Use Your Voice" (#useyourvoice). See **Vigils**, page 5

Aging Well, Living Well Expo features 30 workshops

SeniorsPlus, the designated agency on aging for Western Maine, will present its ninth annual Aging Well, Living Well Expo on Friday, October 7 at the Grand Summit Hotel and Conference Center at Sunday River in Bethel. The day-long event, which runs from 8:15 a.m. to 4 p.m., features a variety learning opportunity for adults, including workshops and lectures. See **Expo**, page 5



Participants in the day-long event may explore serious, practical issues as well as a variety of recreational pursuits.

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Newsmakers, Names & Faces

Millhime ACT shared at LA Rotary



Monica Millhime

Monica Millhime, affiliated with Rotary for 30 years, was the featured guest speaker of the Lewiston Auburn Rotary Club on Thursday, August 18 at the Ramada Inn of Lewiston. Millhime shared the principles of ACT - Aspirations, Commitment and Transitions - as it relates to her Business/Education classification. A native of New Jersey, she started her 30-year corporate career at the Sun Journal as a graphic designer aspiring to Advertising Manager/Department Head.

Millhime was an integral part of the Diversification Team as the

Explore Maine New Media Director, Northeast Data Solutions Vice-President of Sales/Marketing, and Franchise Dealer for Val-Pak of Maine. She served as Maine's first woman President of the New England Newspaper Advertising Executive Association prior to her departure from the SJ to complete a degree in education.

She was a substitute teacher in Lisbon transitioning to the role of district-wide Community Resource Coordinator for marketing, grant writing, advisor capacities for students, yearbook and co-curricular programs.

Millhime currently works with Western Maine Community Action, at the Lewiston CareerCenter, as an Employment and Training Business Specialist, developing and coordinating employer projects with Ready2Work and on-the-job training programs. Millhime serves on the Rotary board as Program Chair and is a Paul Harris Fellow.

CMCC coach named to Flyers 50th Anniversary Team



Mustang Hockey Head Coach Kevin Cady

Head coach Kevin Cady of the new CMMustangs hockey team has been named by Philadelphia Flyers Alumni President Brad Marsh as an equipment manager for the upcoming game against the Pittsburgh Penguins alumni.

In honor of the 50th anniversaries of the Flyers and Penguins franchises, former players from both teams will face off on January 14 at the Wells Fargo Center in Philadelphia. This official alumni game will feature players from every era of Flyers' hockey. Some Flyers alumni confirmed for the game include Bobby Clarke, Bill Bar-

ber, Reggie Leach, Mark Howe, Eric Lindros, and Simon Gagne.

"This game is a celebration of the past 50 years of Flyers Hockey," said Marsh. "Kev (Coach Cady) is one of those guys behind the scenes and with us on the bench that we considered like a little brother," Marsh added. Cady worked in the Flyers organization from 1977 to 1986 as an equipment manager with both the AHL Maine Mariners and the NHL Flyers. He also worked later in the Buffalo Sabres organization as equipment manager with the AHL Portland Pirates from 2009 to 2011.

The Mustangs will begin their inaugural season with games against Dartmouth College on Saturday, October 15 at 3 p.m. and Sunday, October 16 at 10 a.m. Both games will take place at the Norway Savings Bank Arena in Auburn. More information and the schedule for the season can be found at www.cmmustangs.com.

Local students graduate from Bates

The following local students graduated from Bates College at the school's 150th commencement ceremony on May 29.

Jacob Bergeron, the son of Kathleen T. Bergeron of Lewiston, graduated after majoring in history and German at Bates. He is a 2012 graduate of Lewiston High School.

Emma Bilodeau, the daughter of Mrs. Karen M. and Mr. Marcel B. Bilodeau of Auburn, graduated after majoring in sociology at Bates. She is a 2012 graduate of Edward Little High School.

Joshua Britten, the son of Mr. and Mrs. Patrick M. Britten of North Yarmouth, graduated after majoring in sociology at Bates. He is a 2012 graduate of Yarmouth High School.

Alexis Dickinson, the daughter of Mr. and Mrs. Thorn C. Dickinson of Brunswick, graduated after majoring in psychology at Bates. She is a 2012 graduate of Brunswick High School.

Elizabeth Dolgicer, the daughter of Olga Dolgicer of Auburn, graduated cum laude after majoring in art and visual culture and politics at Bates. She is a 2012 graduate of the Hewitt School.

Wendy Goldman, the daughter of Richard Marc Goldman and Linda S. Hermans, M.D. of Dresden, graduated after majoring in religious studies at Bates. She is a 2012 graduate of Hall-Dale High School.

Chris Madden, the son of Mr. and Mrs. Matthew

T. Madden of Lewiston, graduated after majoring in history at Bates. He is a 2012 graduate of Lewiston High School.

Catie O'Toole, the daughter of Patrick M. O'Toole of Lyman and Maria A. Reali of Windham, graduated cum laude after majoring in neuroscience and art and visual culture at Bates. She is a 2012 graduate of Yarmouth High School.

Melissa Paione, the daughter of Mr. and Mrs. Edward A. Paione of Auburn, graduated after majoring in psychology at Bates. She is a 2012 graduate of Edward Little High School.

Jed Quint, the son of William C. Hiss and Colleen J. Quint of Minot, graduated after majoring in economics at Bates. He is a 2012 graduate of Poland Regional High School.

Suzannah Smith, the daughter of Owen B. Smith and Jean S. Shaw of Brunswick, graduated after majoring in environmental studies at Bates. She is a 2012 graduate of Brunswick High School.

Becky Smith, the daughter of Mr. and Mrs. Stephen K. Smith of South Freeport, graduated after majoring in geology at Bates. She is a 2012 graduate of the Waynflete School.

Bates College graduated 462 students from 32 states and 43 countries. Cumulatively, the Class of 2016 performed 17,500 hours of community service, exemplifying Bates' commitment to community learning and civic action.

Maine 4-H staff members win national awards

Two University of Maine Cooperative Extension staff members will be recognized with national 4-H awards for outstanding achievements in creating opportunities for young people across the State of Maine last year.

Kristy Ouellette, UMaine associate Extension professor in 4-H youth development in Androscoggin and Sagadahoc counties, will receive the National Distinguished Service Award for having been actively engaged for seven years or more in Extension 4-H

youth programs. And Susan Jennings, UMaine resource development officer and Maine 4-H Foundation director based in Falmouth, will receive the Denise Miller 4-H Innovator Award, a national honor recognizing innovation, accomplishment, and commitment in the design and delivery of a unique 4-H program. The awards will be presented at the national 4-H conference in New Orleans on October 13.

Ouellette, who joined the UMaine Extension fac-

See 4-H, page 6



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Governor's Address: Ballot questions may run afoul of Maine Constitution

Last week I spoke at a forum during Constitution Week at Husson University. Liberals are constantly attacking our Constitution, but I believe it is a sacred document.

Dear Maine Taxpayer, As Governor, I am sworn to uphold the Constitutions of Maine and the United States of America. I take this responsibility very seriously.

In fact, I carry a copy of the Constitution in my suit pocket every day.

In Maine, I believe three of the questions on the November ballot are unconstitutional. If they

pass it will be impossible to uphold my oath of office.

Question 1 seeks to make marijuana legal. But the federal government says marijuana is illegal.

If I allow marijuana to be legal in Maine, I will violate my oath to follow the laws of the federal government.

Question 3 proposes Universal Background Checks on all private sales and transfer of firearms.

This is an attempt to create a gun registry, which is being funded by New York liberal billionaire Michael Bloomberg.

The Maine Consti-



Governor Paul R. LePage

tution clearly states: "Every citizen has a right to keep and bear arms and this right shall never be questioned."

It sure sounds like Bloomberg is questioning the traditional practices of responsible firearms owners.

It's a not-so-subtle attempt to create a gun registry so Bloomberg and the government will know if you own a gun.

Bloomberg should leave our Constitution and our guns alone. He should spend his money trying to keep liberal cities like Chicago and New York City safe.

Question 5 wants to throw out our traditional system of voting and replace it with Ranked Choice Voting.

It's a complicated process that allows candidates to get a second chance to win elections—and maybe even a third chance.

Supporters claim it ensures a candidate gets a majority of votes, rather than a plurality. But that's not true.

In the last election, I got the most votes ever cast for a Maine governor. Mike Michaud got the second most number of votes.

But with Ranked Choice Voting, it's possible that third-place candidate Eliot Cutler could have won. That's probably why he supports it.

But the Maine Constitution states that candidates win by plurality. Period.

Even the Attorney General says Ranked Choice Voting is unconstitutional. It's one of the rare times we agree.

Despite these constant attacks on our rights and our laws, I will always follow and defend the Constitution.

If the people of Maine want these three laws, first, we must change our Constitution.

Thank You,
Paul R. LePage
Governor

Nursing Assistant program graduates seven



Seven students recently completed the Maine College of Health Professions Nursing Assistant course and then passed the State of Maine competency examination. They are David "Mike" Potter of Bridgton; Alec Turcotte, Zach Michaud, Melissa Mathon, and Alaina Dyer of Lewiston; Chrissy Vining of Auburn; and Ryan Fournier of Manchester.

The students were accepted into the "Earn While You Learn" program through Central Maine Healthcare. The cost of the program was paid for by CMHC and the students were paid to attend the

program. Upon completion of the program, the students will work at CMMC, Rumford Hospital, or Bridgton Hospital for at least two years.

The nursing assistant class consists of 90 hours of classroom instruction, 20 hours of laboratory experience, and 70 hours of clinical experience, which are completed in Lewiston at CMMC and in Auburn at Clover Manor. Upon successful completion of the 180 hours of course work, students are eligible to take the state certification exam. After passing the exam, students are placed on the Maine Registry of Certified

Nursing Assistants and may be employed as certified nursing assistants in the State of Maine.

The college offers associate degree programs in nuclear medicine technology, nursing, and radiologic technology. Certificate programs are available in computed tomography, Reiki, and nursing assistance. General education courses are offered each semester and are open to the public. The next CNA course will be offered in January, with an application deadline in December. For more information about classes and programs at the college, see www.MCHP.edu.



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33 Dunn Street,
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(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

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Only Steps Forward

Council to consider responsible growth of agricultural zone

By Jonathan P. LaBonté
MAYOR OF AUBURN

In the coming weeks, the Auburn City Council will take up a discussion on how to best review a zone of our city that encompasses about 40% of our 68 square miles. That zone is known as the agricultural and resource protection zone.

Every area of the city has a set of rules that have been in place for decades that says what you can build, how you can build it and

what can happen on the property. Known as zoning, it's intent is to protect the investments of property owners in an area by ensuring predictability of development and to also help cities and towns manage growth of government services throughout their territory.

In Auburn, the agricultural zone was put in place two generations ago to serve several purposes: to reduce land values for



Mayor Jonathan P. LaBonté

those working their land by farming to keep the land affordable; to manage the

rate of growth of public infrastructure and services in a city as large as Auburn; and to provide for "land banking," a term that means keeping land undeveloped with plans to allow development in later years.

One of the key aspects of the restrictions in this area of Auburn, to the north, west and south of the core of the city, is that property owners must earn the majority of their income from the land before they may

build a home. In an earlier time in our history, that may have been easier to achieve than it is today for the growing number of small farmers across the state who may see Auburn's land mass and access to markets as an opportunity.

During the time since the restrictions in building and growth have been in place, farming has changed significantly, as has the management of woodlots and the ownership of the very land in question.

While holding back on growth may also have been with an eye towards industrialization, the favorable conditions that were once in place generations ago to lure large-scale manufacturing are no longer in place. While we do have some key assets like transportation infrastructure and land buffered from many residential uses, high energy costs and an unfavorable tax structure for industry don't bode well for new industrial plants any time soon.

But rather than holding out on some pipe dream about luring some large corporation here, we have an opportunity to look at the agricultural zone and the current businesses located there. And perhaps for the first time in a very long time, we can ask those businesses how we can help them grow or how we can eliminate regulations that

keep them from growing. Think of local farms like Valley View and Mt. Apatite that sell into CSAs (community supported agriculture) or make the rounds of many of the farmers' markets in southern Maine.

Or farm businesses that have evolved to include strong agricultural tourism components like Wallingford's. You can't go there just for apples anymore. Now you need baked goods. You need to try their new hard ciders. You need to take a hayride and pet a few baby goats while you're at it.

And speaking of tourism, there is the still-untapped opportunity of recreational tourism in Auburn if we found ways to engage and help existing businesses like Lost Valley, Fox Ridge, Martindale or others diversify their businesses while holding onto their core.

While I touted last week that Auburn could be designated as Maine's City of Neighborhoods, with over nearly half of our land mass we could also be Maine's city of Farms and Forests.

With the right focus and the right goals from the outset, I'm confident the city can embark on reviewing the rules of growth and development in our agricultural zone to support our small businesses and help them find a path towards growth without us being in their way.

AHCH moves forward in "We Honor Veterans" program

Androscoggin Home Care & Hospice has reached Partner Level Two status with the We Honor Veterans volunteer program. Administered by the National Hospice and Palliative Care Organization, in collaboration with the Department of Veterans Affairs, the program works with participating hospice organizations to better meet the special needs of military veterans while providing end-of-life care.

Partner Level One of the program requires the participating organization to provide veteran-centric education for staff and volunteers and to identify patients with military experience. AHCH began the process by providing several veteran-to-veteran matches of veteran volunteers with veteran patients. AHCH currently has 14 veteran volunteers who, to date, have performed over 90 pinning ceremonies, which recognize the military service of a patient with family, friends and AHCH staff in attendance.

To reach Level Two, the organization must build capacity to provide quality care for veterans. To achieve this, AHCH provided presentations throughout the year to staff and volunteers on veteran-specific issues and provided community outreach education to two different veteran's organizations. AHCH plans to continue moving forward towards Level Three status.

"Maine veterans served our country, and many still suffer the consequences from doing so," said Roger Hamann, a longtime AHCH volunteer who helped expand the We Honor Veterans program. "The very least we as a community can do for them is to serve, thank and honor them for the commitments they made to protect us. As a Vietnam veteran, there is no more respectable way I can think of to do this than to be involved with the We Honor Veterans program."

For more information about AHCH and how you can help, call the Marketing and Development Office at 777-7740, ext. 1407 or see www.ahch.org.

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Enough is Enough

Local taxpayers must foot the bill for asylum seekers

By Robert E. Macdonald
MAYOR OF LEWISTON

I woke up in a pool of cold sweat, dazed and confused. Momentarily I thought I was back in the 'Nam. We were being over-run.

Suddenly it became clear, these were asylum seekers—or as Augusta Democrats affectionately refer to them, future Democratic voters—and they were over-running Lewiston Auburn.

The Somalis came to the Lewiston-Auburn area as refugees. They are productive and contributing members of our community and have been for several years. However, asylum seekers are a group who enter the United States on visas. When their visas expire, they are expected to return home. Guess what? Some suddenly claim they

cannot return to their homeland and want to seek asylum.

About two years ago, several asylum seekers showed up at Lewiston's General Assistance Office looking for help. Because they had overstayed their visa, they were here illegally. They were not eligible for any federal assistance. So they eventually showed up at Lewiston's door with their hands out.

At the time, the Lewiston City Council was being given mixed signals, making it difficult to come to a decision as to whether to help them or not. The LePage Administration stated Maine municipalities did not have to provide financial assistance from local taxpayers. If municipalities chose to provide such assistance, they would receive no state reimbursement.

On the opposite side,



Mayor Bob Macdonald

groups like Maine Equal Justice Partners and the Maine Peoples Alliance threatened legal action against the city should we not help the asylum seekers, stating they would file a lawsuit seeking interest on the total amount withheld and further a lawsuit asking for punitive damages.

note address by longtime WCSH-TV weatherman Kevin Mannix. With his wife, Linda Rota, Mannix recently published the book "Weathering Shame," in which the couple recount their life experiences, including feelings of shame and stigma, resulting from growing up exposed to alcoholism, severe depression and suicide. Mannix will discuss how personal struggles can inspire us to embark on journeys of self-discovery, recovery or awareness.

"Our goal is to offer new learning opportunities to enlighten and encourage active aging and improve quality of life," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus. Almost 300 attended last year's event.

Vigils

Continued from page 1

voice), reflecting that we all have the power to use our voices to create social change and help end domestic violence. Employers, educa-

tors, healthcare providers, family and friends all have opportunities to speak up in support of survivors.

The vigils are an occasion for the community to come together to show that domestic violence impacts us all. By engaging in the dialogue, we can all play a role in creating a safer, violence-free environment.

Safe Voices will conduct other awareness events throughout the month of October. For more information about these events, contact Kelley Glidden at 795-6744 or kglidden@safevoices.org, or see safevoices.org. If you or someone you know is in a domestic violence situation, call Safe Voices' 24-hour helpline at 1-800-559-2927.

Send all items for **What's Going On** to **Editor@TwinCityTimes.com**.

Deadline is **Friday by five.**

Receiving no guidance from the Attorney General's Office, the Lewiston City Councilors correctly felt they had a fiduciary duty to Lewiston taxpayers and chose a path that continued to help the asylum seekers until such time the federal court came down with a ruling.

When the final federal ruling came down, it showed the Governor had been right all along. It also revealed that by supporting these people, Lewiston had violated federal law and could have been forced to pay heavy federal fines for our actions.

But our Progressive Democratic friends, along with RINO Senator Amy Volk of Scarborough, found a section in the federal law that allowed the legislature the ability to pass a law that would allow the state to legally help these asylum seekers.

With the speed of young jack rabbits, they got to work. They zeroed in on legislation introduced by Senator Eric Brakey (R-Auburn) that would have stopped aid to our now uninvited guests. Then, led by the altruistic Senator Volk, they gutted the bill and rewrote it

to mandate that Maine help our unwanted guests.

The bill passed, but fell short of the votes needed to override the Governor's veto. It became law when the Governor did not veto the bill in time. We have now become the only state in the Union that takes in and supports asylum seekers. In Lewiston, the tsunami has begun.

Lewiston legislators voting against providing taxpayer money to the asylum seekers were Sen. Nate Libby and Rep. Michel Lajoie. Voting to continue to support them were Rep. Peggy Rotundo, Rep. Jared Golden and Rep. Heidi Brooks.

It further must be noted that Catholic Charities has nothing to do with this increase of asylum seekers. The blame falls on the Maine State Legislature and no one else.

Thanks to our legislature, Maine will become the new shining beacon of the world. Lewiston-Auburn will become the new Ellis Island. From July 1 through September 15, the taxpayers of Lewiston have been relieved of \$116,597. At the beginning of last week, an-

other 12 families have been guided to our door.

Supporters of the bill will point out that the state (a.k.a. Maine taxpayers) will reimburse municipalities 70% of their payout. True. But that 70% is quickly being eaten up by unreimbursed administrative costs.

Yes, we need workers to fill the many jobs vacant throughout the state. Truthfully, many of our new guests have come to work. But because of language issues (most speak no English) and a vetting process that could take up to two years before they get a working permit, I doubt they are a solution to the state's immediate problem.

Further, because of the federal government's slow processing, several individuals have lost their jobs because their working permits expired, through no fault of their own. They are currently waiting for the paperwork confirming that the work permits have been renewed.

But don't fret, our new workers should be able to vote in the next Presidential election. Although I hate to admit it, I have a penchant for deep royal blue.

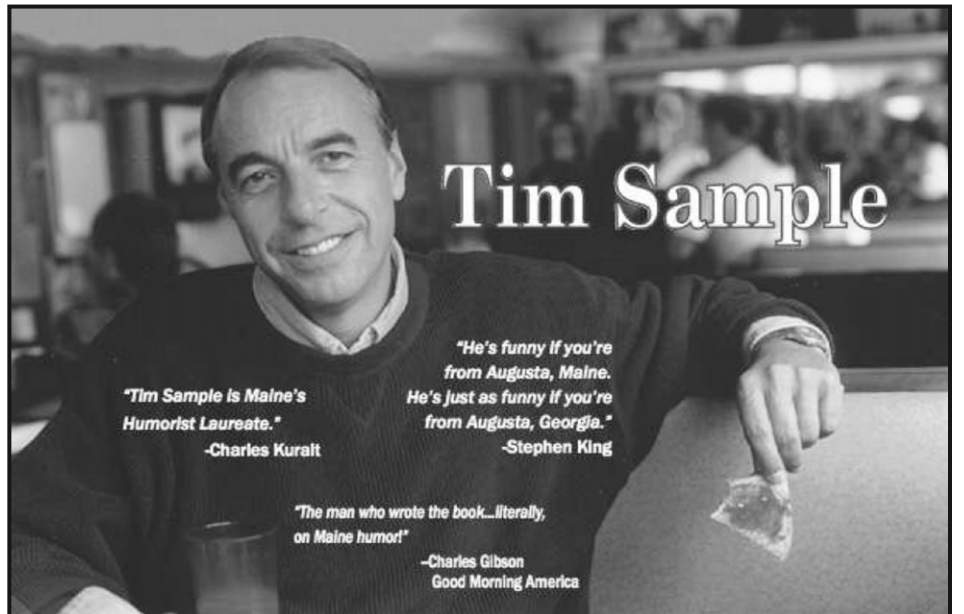
Expo

Continued from page 1

Tickets are \$25 per person and include breakfast, lunch, and entrance to workshops. Raffle and gondola ride tickets may be purchased for an additional fee. Seats are limited and advance registration is strongly recommended. To buy tickets, call 1-800-427-1241 or see www.seniorsplus.org/AWLW.

Those attending will have opportunities to explore serious, practical issues, such as end-of-life planning, and recreational pursuits like line-dancing, woodcarving, and home brewing. The more than thirty available workshops will cover a range of topics, including law, health, exercise, cooking, and art. Examples include "Healthy Aging for Men," "What Color Is Your Personality?" and "Photography with Your Phone." Workshops are 75 minutes long. A complete schedule can be found at www.seniorsplus.org.

The Expo will begin with a breakfast key-



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What's Going On

First Universalist hosts Clean Elections forum

Maine Citizens for Clean Elections will lead an interactive discussion on "Money, Politics and Maine," and present the first opportunity to meet the Clean Elections candidates from the L-A area, on Tuesday, October 4 at 6:30 p.m. The event will take place at First Universalist Church, located at 169 Pleasant Street in Auburn.

The discussion will provide an opportunity for those attending to learn about and discuss the role

money plays in our political system and the reforms that can amplify the voices of Maine voters in our elections. Participants will learn how to be active advocates for a stronger, more representative democracy in Maine. Local Clean Elections candidates will be on hand to take questions about their policies. This forum is hosted by the church's Social Justice committee. For more information, call 783-0461 or see auburn.org.

Local pro-lifers plan "Life Chain"

On Sunday, October 2, from 2:30 to 3:30 p.m., local pro-lifers will form a "Life Chain" by lining the sidewalks along both sides of the Longley Bridge in Lewiston-Auburn while holding signs and quietly praying for an end to abortion.

Local residents are invited to join them for this

rain-or-shine event. Children under close supervision are welcome, and chairs may be brought for the elderly or handicapped. Participants are asked to gather at 2 p.m. at Great Falls Plaza, next to the Auburn Post Office, to pick up a poster. For more information, call Ron at 782-7721.

Fall Festival of Books & Bake Sale

New Gloucester Library at 379 Intervale Road will host its annual Fall Festival of Books & Bake Sale on Friday, September 30 and Saturday, October 1. Children's items only will be available for purchase on Friday from 5:30 to 7:30 p.m., when books will be 25 cents for hard covers and 2

for 25 cents for soft covers. Adults must be accompanied by a child to shop on Friday. On Saturday from 8 a.m. to noon, books, CD's, and DVD's will be for sale, most for 25 and 50 cents each. There will also be buck-a-bag items and a bake sale. For more information, call 926-4840.

MaineCF invites residents to Community Conversation

The Maine Community Foundation will host a Community Conversation for residents of Androscoggin County on Wednesday, October 5 from 7:30 to 9:30 a.m. at the Franco American Heritage Center in Lewiston. In the latest in a series of conversations hosted by the foundation across the state, MaineCF hopes to hear how it can help build on Androscoggin County's strengths to help improve quality of life for its residents. Information will also be available about MaineCF grant opportuni-

ties and scholarships. The event, which will be facilitated by MaineCF President and CEO Steve Rowe, will include breakfast. For more information or to register, see Eventbrite.

A statewide organization with offices in Ellsworth and Portland, the Maine Community Foundation works with donors and other partners to improve quality of life for all Maine people. The foundation awarded more than \$25 million in grants and scholarships last year. For more information, see www.mainecef.org.

Alternative Manufacturing CEO to address Rotary



Greg Boyd

Veteran Rotarian Greg Boyd will be the featured speaker at the next meeting of the Lewiston-Auburn Rotary Club on Thursday, October 6, from noon to 1 p.m. at the Ramada Inn of Lewiston. Guests are welcome to attend.

Boyd is President and CEO of Alternative Manufacturing, Inc. of Winthrop. Founded in 1989 and is 100% employee-owned, AMI provides a wide range of electronics manufacturing and support services to original equipment manufacturers across a diverse range of high-tech industries throughout the North-

eastern U.S. and Canada. The company's work can be found worldwide in building security systems, solar energy equipment, aircraft instrumentation, industrial laser controls, LED lighting, industrial weather stations, and a host of emerging products from high-tech startups.

For more information about this or other Rotary programs, contact Monica Millhime at 753-9040 or monica.milhime@maine.gov.

4-H

Continued from page 2

ulty in 2008, has been a leader in 4-H STEM initiatives; the new 4-H Children, Youth and Families at Risk project; and Tech Wizards, a youth mentoring project through the National 4-H Council, with federal funding from the Office of Juvenile Justice and Delinquency Prevention. Her work has led to more than \$1.7 million in grant funding supporting Maine youth.

Super Saturday coming to Lewiston Adult Ed



In his class, before serving up some poutine, Randy Smith of Pinky D's will give students an inside look at how the food truck business works.

Lewiston Adult Education will host its annual Fall Super Saturday on October 15 at Lewiston High School with a roster of eleven classes. All day-long classes will include lunch. For more information, including full class descriptions, times and fees, or to register for a class, call 795-4141 or see www.lewistonadulthood.org.

Among the day's highlights will be a class on the basics of running a food truck business led by Randy Smith of Pinky D's, and a Halloween Costume Workshop led by Nancy

Jennings and the youth trustees of the Maine 4-H Foundation launched the Maine 4-H Pitch Project in support of entrepreneurial projects for Maine youth. Through the program, residents ages 5 to 18 can pitch a project or new business idea and receive funding from the Maine 4-H Foundation Youth Trustees. In two years, more than \$45,000 has been raised to endow an annual fund to support more than 14 small-business and innovative club projects.

Maine youth receiving awards include an 8-year-old running a rhubarb farm, a 12-year-old raising chickens and eggs, and one youth operating a school and community garden.

Kenneally. In addition to sharing pointers about operating a food truck, Smith will serve students poutine, a traditional Canadian dish consisting of French fries served with cheese curds and gravy, which has become increasingly popular beyond Canada in recent years. In the costume workshop, parents and children looking to get ready for trick-or-treating will decorate a mask that could serve as part of a costume.

Other classes that still have places available include Alcohol Painting; Introduction to Metaphysics and Meditation; CPR, First Aid, and AED Training; Smartphones and Tablet Devices for Android; Smartphones and Tablet Devices for iOS; Body Language; Digital Photography; and Nutrition and Fitness.

Nail technician joins Beauty Bar staff



April Ridlon

The Beauty Bar has added April Ridlon to its team of talented beauty professionals. A nail technician with over 18 years of experience, Ridlon offers sculpted acrylic nail and toenail enhancements, hard gel nail enhancements, shellac manicures, pedicures and natural nail and toenail repairs. She has a passion for all types of nail art and embellishments, which is evident in her work. She lives in Sabattus and enjoys reading. The Beauty Bar is located at 36 Millett Drive in Auburn. To make an appointment, call 782-3848; for more information, see www.thebeautybarmaine.com.

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Optimist Club donates Constitutions



The Lewiston-Auburn Optimist Club recently donated 100 pocket U.S. Constitutions to be used by students of Auburn Middle School. Pictured here (back row) are AMS Civics teacher Shane Gilbert and George Mathews of the LA Optimist Club and students (l. to r.) Trinaty May Williams, John Rilley Pinkham, Dominic Ryerson, Owen Nguyen, Emilee MacPeck, and Savannah Santin.

St. Martin de Porres Residence celebrates milestone, plans to expand

Praising it as an act of mercy, Bishop Robert P. Deeley celebrated a Mass of thanksgiving at the Basilica of Sts. Peter and Paul recently for the St. Martin de Porres Residence in Lewiston, which for the past 25 years has served as a place of shelter and hope for the homeless.

"This is a place of welcome, of acceptance, of new possibilities, and of new beginnings," said Bishop Deeley during the Mass. "That was the vision of Brother Irénée 25 years ago and continues to guide the mission to the present."

The residence was founded in 1991 by Brother Irénée Richard, O.P., a Dominican brother and deacon of the Catholic Church. Guests, as they are called and treated, receive an evening meal and a place to stay overnight. During the day, they must work to better their situation.

"Our ministry is very simple," said Brother Irénée. "We welcome our guests with open arms. No matter what they have done or what their issues are, we accept them where they are at, without judging them or labeling them. They are our brothers and sisters going through rough times, and we are here to say that you are okay, and things will get better if you sincerely work at it. For many of them, we become their second family."

Through the years, the residence has been a lifeline for 3,700 men and women. It has space for 10 people at a time, and usually all beds are filled. While the mission has not changed through the years, the need it addresses has increased.

"We've seen an increase, and also, we've seen that it takes a little longer for them to get some services," said Brother Irénée. "There have been some cutbacks in some services, such as mental health and even in

housing, the vouchers and so forth."

He said the biggest increase has been in the number of women seeking assistance. This is why St. Martin de Porres Residence is working to open a separate building for women, which will be called the St. Catherine of Sienna Residence. If all goes according to plan, it will be located in the former St. André Group Home, which was operated by the Good Shepherd Sisters of Quebec. Brother Irénée credits the sisters' generosity, along with the support of some donors, for moving the project towards reality.

"It is from God. There is no doubt in my mind," he said.

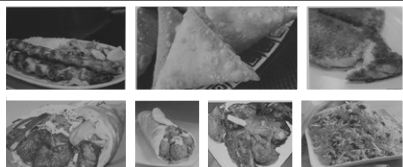
He hopes the St. Catherine of Sienna Residence will be able to open in December or January, and when it does, it will double capacity, allowing it to welcome 10 men in one residence and 10 women in the other.

Concelebrating the Mass with the bishop on Sunday were Fr. Timothy Nadeau, pastor of Prince of Peace Parish; Msgr. Marc Caron, the former pastor of the parish; and Fr. André Descôteaux, O.P., the prior provincial of the Province of St. Dominic in Canada.

Following the Mass, a fundraising concert for the St. Martin de Porres Residence was held at the Franco Center in Lewiston. For more information about how to help the residence with its mission, call 786-4690.

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What's Going On

St. Dom's Class of 1966 celebrates 50th Class Reunion



The St. Dom's Class of 1966 celebrated their 50th Class Reunion recently at Saint Dominic Academy. The evening started off with a social hour followed by the taking of a class photo. Sr. Therese Demers led a tribute to all deceased classmates and a closing prayer was led by Fr. Richard Malo. Dinner was catered by Mac's Grill and

dessert was provided by The Italian Bakery. Suzanne Roy presented a special power point called "Golden Memories," Louise Landry Robert, Linda Rouleau St. Pierre, Patricia Poulin Patry and Linda Michaud Holdway led the group in singing the school song, and Carmen Berube Coulombe held a drawing of many gifts and prizes. After din-

ner, the classmates enjoyed dancing to music provided by DJ Chad Leighton. They wrapped up their Reunion Weekend with a delicious brunch at the Green Ladle on Sunday. A great time was had by all who attended.

Those in attendance were Louise Audet Smith, Fernande Baillarger Colon, Lucille Berube Lazure, Louise Bonneau Mailer, Paul Bu-

reau, Lillian Burke Kent, Rachel Camire Krawczyk, Clio Carbonneau Draper, Anita Champagne Landry, Marcel Chasse, Roland Chretien, Raymond Cloutier, Claire Courtemanche Tennyson, Roger Couturier, Lionel Dehetre, Sr. Therese Demers, Rita Desjardins Olson, Gerard Dube, Patricia Dutil Albert-Ross, Raymond Dutil, Suzette Fortin Plourde, Helen Gastonguay Doyon, Linda Geoffroy Tremblay, Joan Giasson Mahon, Camille Goulet, Willie Grenier, Cecilia Grenier Courtemanche, Marcel Hamann, Monique Jolicoeur Lecompte, Gerard Joly, Maurice Labbe, Louise Landry Robert, George Langelier, Roland Latulip, Richard Lebrun, Deacon Denis Mailhot, Ronald Maillet, Jerome Maillet, Fr. Richard Malo, Louise Metayer Gagne, Linda Michaud Holdway, Roger Michaud, Deacon Paul Moore, Philippe Moreau, Claire Nadeau Nelson, Anita Ouellette Jean, Gilbert Poliquin, Ronald Pomerleau, Irene Lachance Ryan, Jeanne D'arc Laroche Lachance, Constance Poulin Martel, Patricia Poulin Patry, Joan Poulin Heckethorn, Rachel Poulin Bossie, Monette Pratt Valcourt, Sandy Rioux, Linda Rouleau St. Pierre, Suzanne Roy, Lorraine Thibodeau Fournier and Robert Roy.

Church dedicates Children's Center to Nancy Taber



Among those taking part in the dedication ceremony were Associate Pastor Nate Blanchard, niece Alicia Lavoie, Dan Burgess, Pam Cooper, Pastor David Clark, Stephanie Hansen, Eric Johnston, Linda Johnston, and brother Jeff Taber.

As a part of a Rally Day celebration on September 11, Court Street Baptist Church dedicated its newly renovated Children's Center to the late Nancy Taber. While she had no children of her own, Taber loved children in her extended family and at the church. She served on the Board of Christian Education.

Taber graduated from Edward Little High School and, in 1977, obtained her LPN license from what is now Central Maine Community College. She earned her RN license at Regents College in Albany, New York, in 1991. She worked over 35 years at Central

Maine Medical Center, including service in the neo-natal department.

Taber's bequest to the church provided the funds to renovate space in its education wing devoted to a nursery and to two classrooms. Colorful and vibrant

floor tiles, murals, curtains, and a play rug provide an inviting milieu. A feature of the center is a puppet theatre.

"A welcoming nursery facility says to both the children and their parents that the church considers children to be valued members of our church family," noted Pastor David Clark during the dedication ceremony. Among those attending were Nancy's brother, Jeff Taber, and her niece, Alicia Lavoie.

Many people contributed hours of labor to the project, including Nancy's friends, Linda Johnston and Trustee Eric Johnston, as well as Nate Blanchard, Associate Pastor of Children, Youth, and Families; Pam Cooper, Chair of the Board of Christian Education; and Stephanie Hansen, Superintendent of the Sunday School.

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What's Going On

Sabattus Disc Golf, local breweries bring championship tourney to Maine



New England's first major Professional Disc Golf Association U.S. Women's Championship took place recently at Sabattus Disc Golf. (Photo by Renita Leatherman)

New England's first major Professional Disc Golf Association U.S. Women's Championship took place recently at the Sabattus Disc Golf Course on Bowdoinham Road in Sabattus. A showcase event for this rapidly growing sport, the tournament drew about 100 competitors, two-thirds of whom traveled from well beyond New England to

attend. Among the states and provinces represented were California, Colorado, Florida, Michigan, North Carolina, Texas, Wisconsin, and Ontario, Canada.

Tournament proceeds were donated to the Dempsey Center, with two local breweries pitching in to support the cause. Gritty McDuff's, a dedicated longtime supporter of the

Dempsey Center, was a sponsor of the PDGA tournament and provided their "Dempsey's Courage Ale" for opening ceremonies and a players' dinner prepared by Moe's Original Bar B Que.

Also, Peter Ruby, owner of Sabattus Disc Golf Course, played an instrumental role in forming a collaboration between nationally noted disc golfers,

including husband and wife duo and former world champions Nate Doss and Valarie Jenkins of Bend, Oregon, and Lewiston's Baxter Brewing Co., to develop a limited release red IPA to be brewed to benefit the Dempsey Center. A Journey Sponsor of the Dempsey Challenge, Baxter Brewing felt that the collaboration aligned with its recent rebranding efforts to reach more outdoor enthusiasts, and the new brew's symbolic name was scheduled to be unveiled at the tournament.

The event was also supported by the Maine Sports Commission and the Maine Office of Tourism. Sabattus Disc Golf is located at 605 Bowdoinham Road in Sabattus. For more information, call 375-4990 or visit www.sabattusdiscgolf.com.

Norway Savings recognized as a Best Place to Work

Norway Savings Bank was recently named one of 2016's Best Places to Work in Maine and nationally recognized as one of the Best Banks to Work for in the Country.

In all, 21 large organizations in Maine achieved "Best Places" status in the eleventh year of the Maine program and 60 banks achieved "Best Bank" status in the fourth year of the national program. To determine status for both programs, banks and organizations were evaluated in a two-step process, starting with an evaluation of their policies, practices and demographics, which made up 25% of the rating. The remaining 75% came from employee surveys measuring the experiences and attitudes of individual employees.

As a two-time Gold-Level Well Workplace award recipient, Norway Savings

Bank, which employs 280, has also been recognized as one of the country's healthiest companies by the Well-ness Council of America.

"For 150 years, we have never lost sight of our number one asset, our employees, who live our mission of delivering the best banking experience to our customers each and every day, said Norway Savings Bank President and CEO Pat Weigel. "We are proud to be recognized with these two awards and will continue the bank's commitment to providing a professional and supportive environment for our high achieving employees."

Norway Savings Bank will be recognized and honored at the Best Place to Work in Maine awards ceremony on October 4 and was featured in the August 29 issue of American Banker Magazine as one of the 60 banks to achieve "best bank" status.

Class of '66 donates bench, supports Mills Foundation



Travis Mills (fourth from l.) poses with members of the Reunion Committee next to the granite bench they donated to Veterans Memorial Park. L. to r, from front, are Ron Landry, Elaine Lawrence, Anita Deleto, Doris Roy, Joane Mahon, Jackie Veilleux, Dick Cloutier, Claudette Rodrigue, Mike Parkin, Bob Volock, John Delahanty, Linda Narvick, Chuck Palian, and Louis Dumont.

Lewiston High School's Class of 1966 recently made a donation of \$2500 to the Travis Mills Foundation, a Maine-based non profit that assists wounded and injured veterans and their families.

The class also gifted a granite bench to Veterans Memorial Park as a class legacy. The generosity of classmates, along with contributions by local businesses Davinci's, Fishbones, Fuel, Marche, Mother India, Orchid and Rails, helped exceed the cost of the bench, which was dedicated in July during a week of events celebrating the class's 50th reunion.

Beat Cool Weather Keep health in mind as cold creeps closer

(Family Features) Temperatures may be dropping, but just because swimsuit season is over doesn't mean it's time to let your fitness regimen fall by the wayside. Keeping active and maintaining a healthy lifestyle is important year-round, so stay on track as the weather cools with these tips and tricks.

With cooler temps comes the temptation to indulge in comfort foods.

Remember that it's OK to satisfy those cravings but keep portions in control.

From the start of school to the kickoff of new sporting seasons, fall is a time of fresh beginnings. Get your own start on a healthier lifestyle by kicking unhealthy habits such as smoking.

Make the most of these last few months to enjoy seasonal fruits and vegetables. Try new recipes

featuring options such as apples, pears, pumpkin and squash to enjoy the natural goodness of fresh produce and add some variety to your typical diet.

Colder weather may bring relief from the heat, but it also brings cold and flu season fast on its heels. Practice good hygiene and wash your hands often to minimize your exposure to germs and illness.

Commit to a workout routine. Whether that means investing in the proper home workout equipment to have at home or securing a gym membership (or a combination of the two), pledge to make time for a workout most, if not all, days of the week.

Set a good example for the youngest members of your family by finding *See Health, page 9*

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Out & About with Rachel Morin

A New Memoir Writing Class at L-A Senior College

Story by Rachel Morin

Something new is happening for the 17 Senior Colleges in the State of Maine. I have joined six members of USM's Lewiston Auburn Senior College in a pilot program with 13 students in an Online Memoir Writing class with a ZOOM application, similar to Skype, for a Sept. 12 through Nov. 21 class. We will not only hear the class, but be able to see everyone on video as well. What is even greater is that it is being taped for us to review what was covered in class. As every good

teacher knows, repetition is important.

The online course is offered in response to requests for seniors who may be isolated and unable to get to the classes offered at colleges, due to isolation in rural areas, illness, or disabilities making it difficult to get around. The goal is to see how this program works. If successful, this pilot program will be the foundation for future online courses on different subjects offered to Senior Colleges throughout the State.

We are indeed fortunate to have Elizabeth Peavey as our instructor, a well-known Portland-based writer, performer and educator.



Anne Cardale, Director of Maine Senior College Network, is coordinating the course in cooperation with University of Southern Maine, Portland. She has been giving tutorial sessions in preparation for the online course which started September 12. (Submitted Photo)



Elizabeth Peavey, well-known writer, author and playwright in the Portland area, is the instructor for an Online Memoir Writing Class with a ZOOM application. This is a pilot program by the Maine Senior College Network to test the suitability for having more online courses for 17 senior colleges in the State of Maine. (Submitted Photo)



USM Lewiston Auburn Senior College students compare notes on the tutorials they have been taking for the Online Memoir Writing Course using the ZOOM application. L to r, Rachel Morin, Patricia Vampatella, Susan Donar, Betty Campbell, Mary Jane Beardsley. (Photo by Gene Gilbert)

Her one-woman show, "My Mother's Clothes Are Not My Mother" has played to sold-out houses since 2011 and won the Maine Literary Award for Best Drama. An author of three books, her "Glorious Slow Going: Maine Stories of Art, Adventure and Friendship" was a Maine Literary Awards finalist. She has written a humor column for 20 years, and her writing has been featured in Down East Magazine since 1993. She teaches Public Speaking at the University of Southern Maine now in her 21st year. She also teaches and coaches writing groups across the state.

Anne Cardale, Program Director of Maine Senior College Network, is coordinating the online course in cooperation with University of Southern Maine, Portland. Anne is also editor of the MSCN newsletter. She has conducted weekly online tutorial sessions the past six weeks in preparation for our official start of the class which was September 12. Patricia Vampatella, a class member, has been helpful going to local homes

and installing the ZOOM application for students who needed help.

The video part of the online course has been a boon as we have enjoyed seeing the instructor and the students interacting. Our small class has become a close-knit group and supportive of each other's endeavors. We have made new friends. For some of us, this online course was new to us, never having participated in one. We have adopted the adage, "You are never too old to learn." Our Lewiston Auburn Senior College Logo has a similar thought "Forever Learning." Or as those at Sunrise College like to say "We're old enough to know that we're young enough to learn."

Members of the class, besides the ones pictured, are Gail Nightingale, USM Lewiston Auburn Senior College, Nancy Roe, SAGE, UM Presque Isle, Joan Miller and Jackie Lowe, Sunrise Senior College, UM Machias, Lorraine Ravis, Jim Walker and Rachel Desley, no affiliation.

State Library receives grant for digitization of historic Maine newspapers

The Maine State Library will digitize over 100,000 pages of historical Maine newspapers and make the content available online as part of a two-year, \$275,000 grant announced recently by the National Endowment for the Humanities.

The project will involve imaging master microfilm copies of Maine newspapers and optimizing the newly-created digital files so that text of the newspapers can be searched. The digitized content will then be uploaded to the web-based Digital Maine repository at www.digitalmaine.com and the Library of Congress' Chronicling America archive at www.chroniclingamerica.loc.gov.

"Digitization of these historic newspapers will greatly enhance access to first-hand accounts of Maine history as it unfolded," said Maine State Librarian James Ritter. "Anyone with an internet connection will be

able to browse the papers or perform a quick keyword search to look for stories about specific people, places or events from the past."

Any Maine newspaper printed prior to 1923 could be included in the project, provided that the master microfilm is available for imaging. Newspapers printed between 1923 and 1962 might also be eligible for digitization if the publisher is willing to provide a waiver of copyright to permit the content to be imaged and shared.

The Maine State Library is encouraging institutions and individuals holding master microfilm copies of historical Maine newspapers to contact the library if they are interested in having their collection considered for inclusion in the project. Given the limited number of pages funded through the project, not all eligible papers can be imaged at this time. Priority will be assessed based upon

a number of factors, including historical value and geographic coverage. For more information, including contact information, see www.maine.gov/msl/newspapers.

Information gathered through the project will update the 1999 Maine State Archives directory of Maine newspaper holdings and provide for an interactive online database to allow users to search newspaper holdings by institution, media format, and availability online.

A significant share of Maine newspapers won't be imaged through microfilm digitization because quality master film can't be located or may never have been created. Newspapers printed in the late 19th century and the first half of the 20th century are at particularly high-risk of permanent loss because of the instability of the paper on which they were printed. Even when stored in optimal conditions, the acid in the newsprint will cause the paper to become brittle

over time.

"Some original copies of Maine newspapers are so fragile that they can't be handled without causing permanent damage," said Adam Fisher, director of Collections Development and Digital Initiatives at the Maine State Library. "There's an urgent need to get quality images of these papers today before the information contained in them is lost to time."

Although the Maine State Library does not have permanent staff or dedicated revenues for digitization, the institution has developed a partnership or sponsorship model that led to the digitization of bound original volumes of historical newspapers using high-resolution book scanners located at the library's offices at the Maine State Capitol Complex in Augusta.

Earlier this year, the Maine State Library partnered with Friends of Libby Memorial Library in Old Orchard Beach to digitize two local newspapers from the past, "The Old Orchard Mirror" and "The Old Or-

chard Mirror." Contents of those papers can be found online at www.digitalmaine.com/old_orchard.

The Maine State Library is currently engaged in a similar project with the Oquossoc-based Maine Outdoor Sporting Heritage Museum and the Phillips Historical Society to digitize "The Maine Woods" newspaper published between 1900 and 1909. Copies of those papers will be available online later this year.

"The process of imaging larger format papers on book scanners is more of a challenge for us, but the end result is far better than microfilm in both image quality and text searchability," said Fisher. "What we need now, more than anything, is for individuals or institutions to come forward to sponsor a newspaper digitization project to ensure permanent public access to the information contained in these historical treasures."

For more information about Maine State Library digitization services, call 287-5626 or email adam.fisher@maine.gov.

Health

Continued from page 8

ways to get the whole crew involved. Take a walk or bike ride, or organize a game of backyard ball to get those feel-good endorphins going.

Poor sleep not only drags you down, it can raise your risk for numerous medical problems. Set a bedtime that allows you plenty of rest and stick to it. Also eliminate as many factors as possible that can disrupt your sleep, such as the TV, music and lights.

Electrolytes for Fitness

During a workout, you lose more than just water when you sweat – you also lose electrolytes. If you don't replace what you lose, you can become dehydrated, decreasing strength, reducing endurance and delaying muscle response. Water alone doesn't contain electrolytes, so you need a beverage enhanced with electrolytes like Propel Electrolyte Water. With 9 available zero-calorie flavors, it's the only national water brand with enough
See Health, page 10

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What's Going On

Poland Comm. School students make history come alive



Gifted and talented art students from Poland Community School capped off a special five-month art education unit by presenting a program in period dress at the resort's Maine State Building. Pictured here (l. to r.) are Jake Twigg, Lily Moreau, Anna Brettler and Ben Cushman.

Nineteen gifted and talented art students in Grades 2 through 6 at Poland Community School made connections to the history of their community during a special five-month art education unit called "Maine Landmarks, Their Stories."

Working with RSU 16 gifted and talented teacher Ell Fanus and Poland Community School art teacher Jonathan Graffius, the students were charged

with selecting a community landmark, learning about its history and the stories associated with it, and connecting their art to what they uncovered.

Choosing Poland Spring Resort as their subject, the students met with Poland Spring Preservation Society's publicity director, Kate MacGregor, to learn more about the resort's history. With this knowledge in hand, they then created a historic timeline

and selected specific periods of interest.

"Mr. Graffius and I encouraged student-led choices and fed those interests by asking creative and critical-thinking questions," explained Fanus. "We provided additional materials, shared resources on topics of interest and taught any skills the students needed to accomplish their evolving projects. In this integrated unit, the students applied art and academic learning standards in the areas of history, reading, research, speaking and technology."

Of the students who focused on the great fire that destroyed the inn, one created a stained glass window depicting the fire while another created a 'who-dunnit'-style game board outlining its possible causes. The stained glass windows of the resort's All Souls Chapel inspired another student to learn more about the famous stained glass created at the turn of the twentieth century by the Tiffany Glass Company and one of the company's accomplished female designers.

Other projects focused on the Chicago World's Columbian Ex-

hibition, where the Maine State Building was erected. The 1893 exhibition was the first to use electricity to illuminate the fairgrounds, inspiring one student to learn more about the scientist responsible for this feat, Nikola Tesla. Another student did research on the only female architect invited to design a building for the fair.

All of the students presented their final projects to more than 100 members of the public in a program at the Maine State Building. Each student, in period dress, related a short excerpt from the history of Poland Spring Resort, thereby highlighting the major events of its historic timeline. Those attending moved through the building to see all of the student presentations and to view its permanent displays.

"This student art event was a tremendous success, and members of the Poland Spring Preservation Society have already requested that another student art event take place at the resort," noted Fanus. "Several parents also expressed their gratitude and appreciation for the depth and breadth of their children's learning experience."

Trinity Jubilee expanded children's services for summer

In an effort to better meet the unique summer vacation needs of local children, the Trinity Jubilee Center expanded its Food Service Program by adding a daily children's breakfast and lunch during the summer months. The center also held a children's book giveaway, distributing books to underprivileged children, and awarded participating children with healthy gifts each week, included towels and goggles for the city pool and gift certificates to the farmer's market, to reward healthy behaviors associated with physical activity, nutrition, and education.

"We added children's meals because we saw how many kids were going hungry when schools were closed," said Executive Director Erin Reed. "Then we took the opportunity, not just to offer nutritious meals, but also to help them live healthier in other ways." More than 1,000 meals were served to children during the summer of 2016.

Through the book giveaway, each child was able to select 10 books, which were donated by local families and by South Portland Public Library. "Many of the children didn't own any books and were so ex-

cited to pick out their own," said Reed.

The Jubilee Center is a community center in downtown Lewiston. Programs run six days per week. Through the center's soup kitchen, food pantry, resource center, refugee integration program, and day shelter, patrons receive assistance with groceries, applying for jobs, and medical care. For more information on the Jubilee Center's programs, see www.trinityjubileecenter.org.

Health

Continued from page 9

electrolytes to replace what you lose in sweat. Learn more at propelwater.com.

Best Foot Forward

Keeping in shape requires keeping your feet in motion, but without proper footwear you can find your energy sagging and muscles straining. This is especially true for runners, whose feet take a real pounding. Look for a shoe that fits well in both the heel and instep, fitting snugly but not restrictive. Remember that feet swell during a run, so be sure you have ample room in width and length. Also be sure the shoe offers enough flexibility to give without causing blisters or rubbing uncomfortably while you're running.

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Run, Walk, Cycle Schedule of Events

Unless otherwise noted, all events will take place at Simard-Payne Memorial Park: 46 Beech Street, Lewiston, ME

Schedule is subject to change. Updates to the schedule can be found on our website, www.dempseycenter.org.



Saturday, October 1st

6 am – 7:45 am: Run/walk presented by Positive Tracks and Two-Day Ride presented by L.L. Bean participant Packet Pick-Up

6 am – 2 pm: Official Merchandise Tent Open

6:45 am: Opening ceremonies led by Patrick Dempsey at the start stage

7:30 am: 10K Run/Walk presented by Positive Tracks

8 am: 5K Run/Walk presented by Positive Tracks

8 am – 1 pm: Free, family-friendly Festival in the Park, open to the public

8:20 am – 1 pm: Hananford 5 & 10K Café (participants only)

9 am: Two-Day Ride presented by L.L. Bean cyclists released

9 am – 2 pm: Cyclist Packet Pick-Up

10 am: Amgen Breakaway from Cancer® Survivor Walk (NEW START LOCATION FOR 2016! Visit the Spirit of Hope tent at the Festival entrance to be directed to the staging area for the walk.)

10:15 am (approx.): "Thank You" from Patrick Dempsey at the Entertainment Stage presented by Center Street Dental

11 am: Kids' Fun Run presented by Cigna, start stage

11:30 am – 1:00 pm: Open house at the Dempsey Center (29 Lowell St., 5th Floor)

4:00 pm: VIP Private Reception presented by Tag Heuer (invitation only; \$10,000 and above fundraisers).

5:30 pm: Champions for Hope Celebration (invitation only; \$3,000 and above fundraisers).

6 am – 7:15 am: Packet Pick-Up for cyclists

6 am – 5 pm: Official Merchandise Tent Open

7 am: Opening ceremonies led by Patrick Dempsey

7:30 am: Cycling Rides presented by Specialized. Cyclists released in waves: 100-, 70-, 50-, 25-, and 10-miles

7:30 am: Family Ride and Vivian St. Onge Memorial Rickshaw Project riders depart (immediately following release of 10 mile riders)

8 am – 5 pm Festival in the Park, continues

9:30 am – the last rider! Lobster Trap (need ticket to enter) and Gritty's & Baxter Brewing Finish Line Beer Garden (open to the public)

10:30 am – 4 pm Dempsey Challenge Music Festival

11:30 am – 1:00 pm:

Open house at the Dempsey Center (29 Lowell St., 5th Floor)

4 pm: Closing ceremonies led by Patrick Dempsey, Entertainment Stage presented by Center Street Dental

4:15 pm: After Party with live music in the Gritty's & Baxter Brewing Finish Line Beer Garden

11:59 pm: Final Fundraising Deadline to receive all other fundraising incentives.

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Sunday October 2nd

THANK YOU

Thank you for joining us for the 8th Annual Dempsey Challenge! The weekend is packed full of exciting happenings, including the Festival, Survivor Walk, and a great entertainment lineup! A full schedule is included to the left and on our website.

The Dempsey Challenge is the primary fundraiser for the Dempsey Center, allowing us to provide free support, education, and complementary therapies to anyone impacted by cancer. Thanks to generous contributions from our sponsors, every dollar raised by you, our participants, directly benefits the Dempsey Center!

This year, we are proud to debut our new brand, which you'll see throughout the weekend, as well as our new Challenge tagline, "The Road Ahead, Together". We know there will be many powerful stories shared, goals achieved, and loved ones honored over the weekend. We are privileged to be able to share this experience with you.

With gratitude,
Wendy Tardif, Executive Director
Aimee Labbe, Development Manager
Tish Caldwell, Fundraising Coordinator
Andrea McLean, Project Specialist
Dani Colvin, Marketing Manager
Dempsey Challenge Local Organizing Committee



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Packet Pick-Up

Packet Pick Up will take place at Simard-Payne Park beginning Friday, September 30, from 12-7 pm and continuing throughout the weekend (we encourage you to pick your packet up Friday if possible).

The minimum fundraising commitment for the Dempsey Challenge is \$150 for those 18 and older. Although you have until the time you pick up your packet to raise your minimum amount, we encourage you to send your donations in early. If you have not met your minimum by the time you pick up your packet, you can pay the balance by check, cash, or credit card in order to receive your bib for participation.

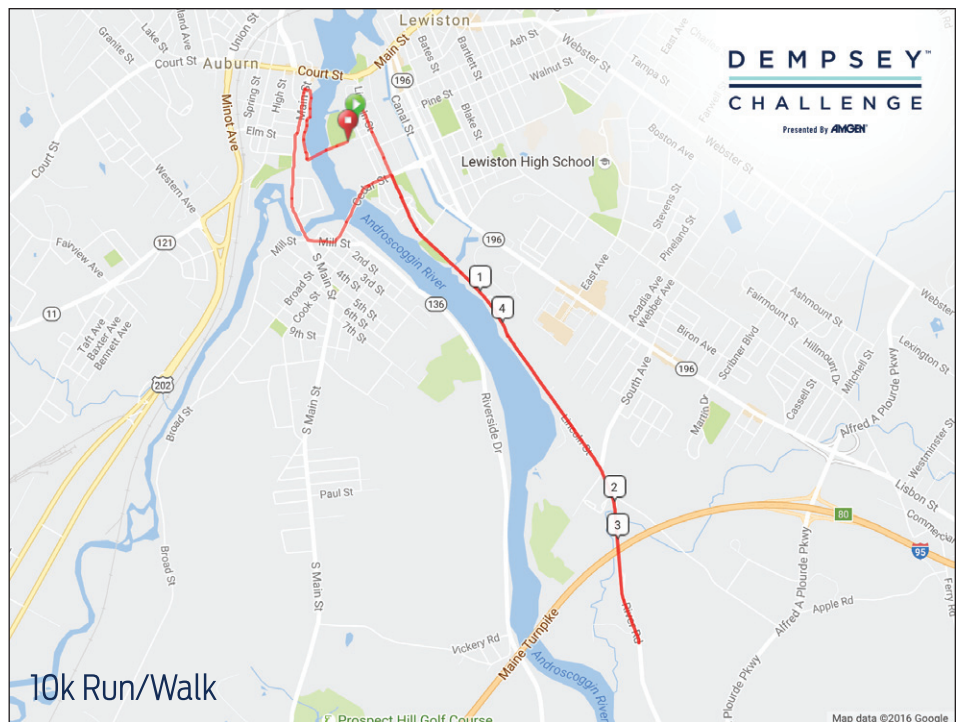
New registrations will be accepted at Packet Pick Up/ Registration providing the entry fee and minimum fundraising amount are paid onsite (for example, a cyclist can participate for \$225 and a runner/walker for \$185).



What is Positive Tracks?

Positive Tracks is a youth-centric non-profit that partners with the Dempsey Center to help young people get active and give back through the power of sport.

Every dollar raised by youth (ages 23 and under), and matched by Positive Tracks and funding partners goes to the Dempsey Center to provide free cancer support and services. Through this partnership, young people have raised close to \$1,000,000 for The Dempsey Center.



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Please note: Lincoln Street from Main to Alfred Plourde Parkway, as well as a section of Main Street in Auburn, will be closed to vehicular traffic for the 5K and 10K. Please allow extra time if you will be traveling those roads between 7:30-10 am. We may post changes to these courses due to weather or other situations beyond our control.

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The OICM is a partnership, with a dedicated surgical unit at Central Maine Medical Center and eight practicing surgeons from Central Maine Orthopaedics. Learn more on our website. Or, if you want to get your gear out of the garage, give us a call now.

Find out more about Dr. Paul Cain and his specialty areas, including sports medicine. Simply visit www.oicm.cmmc.org/drcaim.



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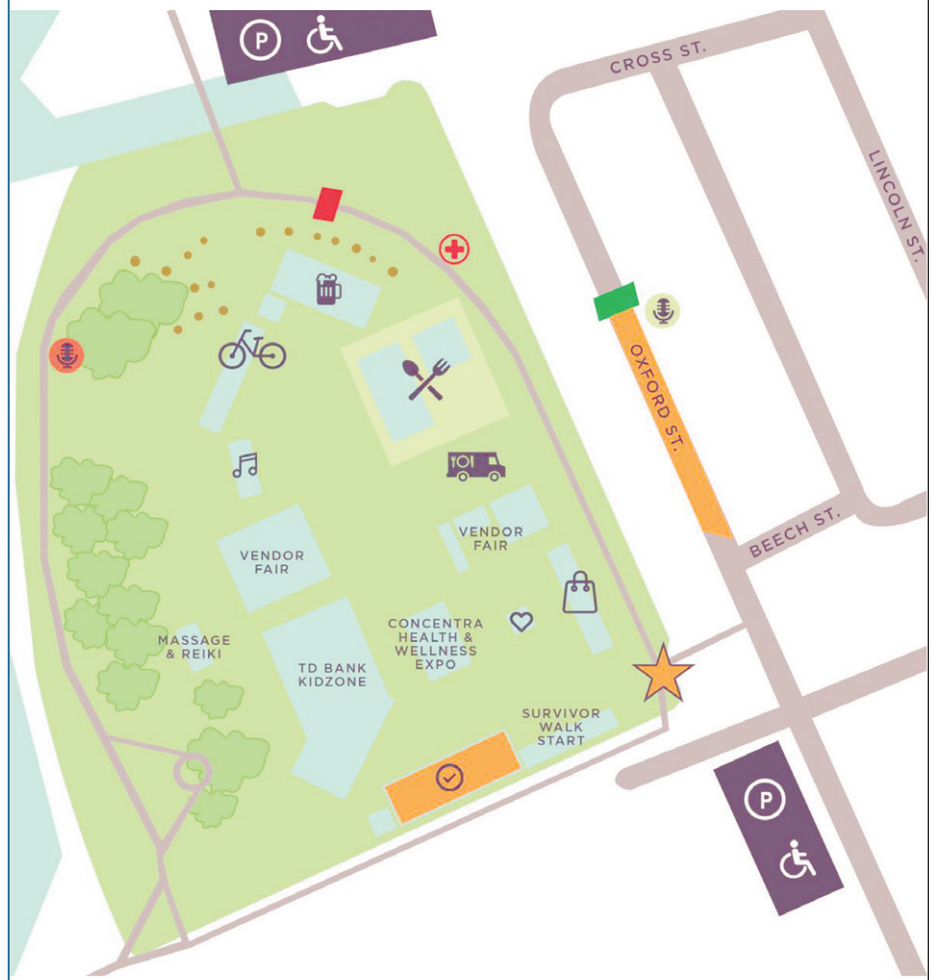
Your support of the Dempsey Center is essential to our mission, it allows us to provide support services that complement treatments, support caregivers, patients and their families equally. To donate visit www.dempseycenter.org/ways-to-give

Participate in the Dempsey Challenge

Participate in the Dempsey Challenge — our annual run, walk, and cycle fundraising event. Every dollar raised by participants directly benefits the Dempsey Center.

VENUE MAP SIMARD-PAYNE MEMORIAL PARK

- ENTRANCE
- CHECK-IN, PACKET PICK-UP, INFORMATION
- START LINE
- FINISH LINE
- SPIRIT OF HOPE TENT
- MEDICAL
- BIKE & BAG VALET
- ENTERTAINMENT STAGE PRESENTED BY CENTER STREET DENTAL
- GRITTY'S & BAXTER BREWING FINISH LINE BEER GARDEN & SEATING
- HANNAFORD 5&10K CAFE/LOBSTER TRAP
- CONCESSIONS
- OFFICIAL MERCHANDISE
- START STAGE
- FINISH STAGE
- ADDITIONAL SEATING



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Live Entertainment

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SATURDAY, OCTOBER 1
9:00 AM - Radio Revival
11:00 AM - Camp of Rock
SUNDAY, OCTOBER 2
12:30 PM - Pete Kilpatrick
2:00 PM - Jason Spooner

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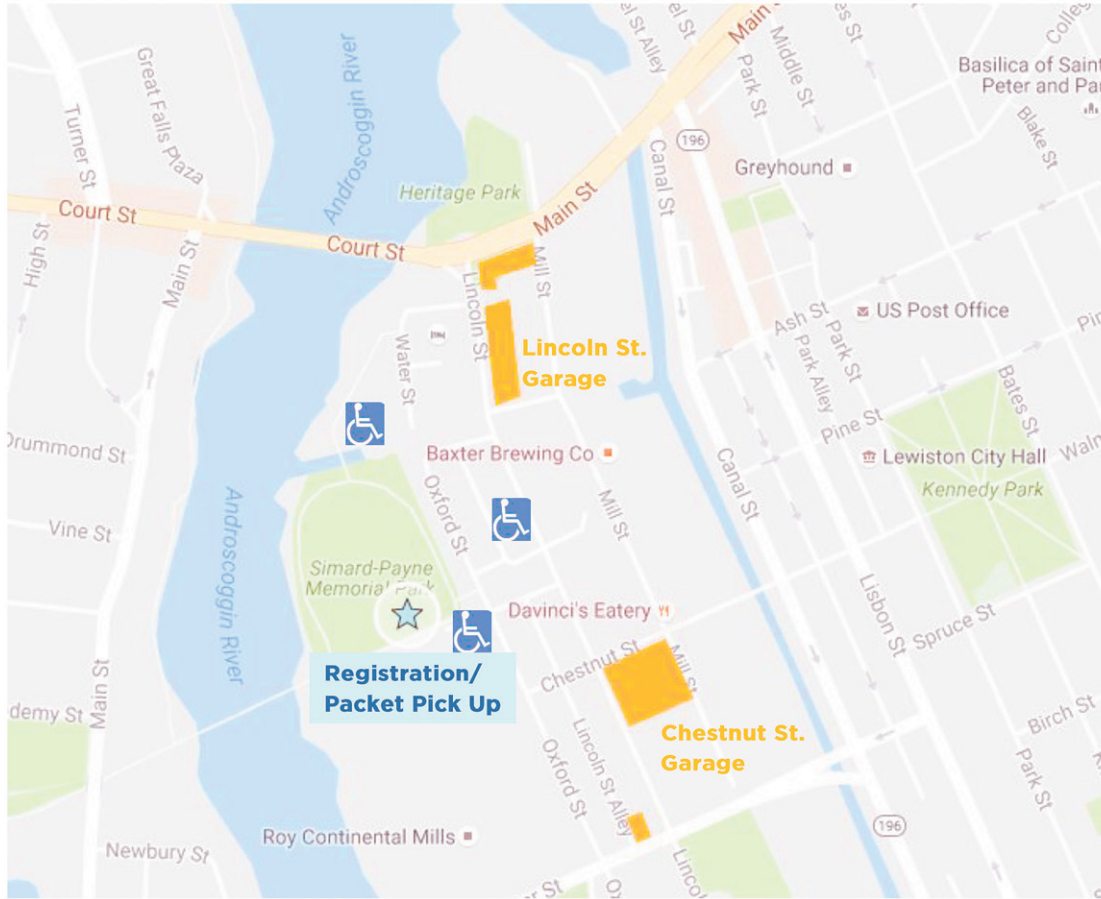
PARTICIPANT AND VOLUNTEER PARKING

Participants may park in any of the gold shaded areas.

Volunteers should park in the lower levels of garages to allow participants with bikes on top of their vehicles to park on surface parking.

ADA Accessible parking can be found at the three blue shaded areas, including the lot located behind the Hampton Inn. Please do NOT park at the Hampton Inn lot for hotel guests.

The Lincoln St. Garage (corner of Lincoln and Main Streets) is free on Friday beginning at 12 pm, and on Saturday and Sunday. The Chestnut St. Garage is free on Saturday and Sunday only. Please utilize garages to be respectful of local businesses.



PLEASE NOTE: On Saturday, Lincoln Street will be closed from Main Street to Alfred Plourde Parkway, and Cedar Street will be closed from Lincoln Street to Mill Street as part of the 5K & 10K from 7:30 am - approximately 9:15 am.

DEMPESEY CHALLENGE

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SURVIVOR WALK- New Start Location

The Survivor Walk will take place on Saturday at 10 am at Simard-Payne Park. Survivors, caregivers, families, and those walking in honor or memory of someone are all welcome to join in this free walk.

Please visit the Spirit of Hope tent by 9:45 am to be directed to the gathering spot for this walk, which is new this year! Please see the venue map on page 14 to view the new starting spot.

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ATM

An ATM will be available for use near the entrance of the Gritty's & Baxter Brewing Finish Line Beer Garden.

Dogs

While we are huge dog lovers, per City of Lewiston ordinance, dogs are not allowed in Simard-Payne Memorial Park during our event, unless as a registered service dog. Thank you for leaving your furry

friends at home!

No Smoking

Per City of Lewiston ordinance, smoking is prohibited in Simard-Payne Memorial Park. We also ask that you do not smoke on course or at any Dempsey Challenge functions.



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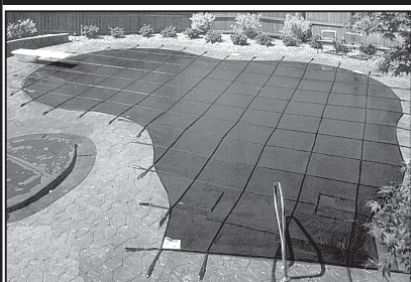
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Gritty's & Baxter Brewing Finish Line Beer Garden

Participants will each receive one ticket for a complimentary beer, attached to their bib. The Garden is also open to the public, with pints for sale for \$5 each. 21+, ID required to be served.

TD Bank Kid Zone

In this area you'll find interactive activities and games for kids of all ages, including make-your own smoothies and an obstacle course! Kids who complete the Whole Health Hero Challenge receive a free goody bag.

Massage & Reiki Tent


Our volunteer massage therapists and Reiki practitioners will be providing free massage and Reiki for participants on a first-come, first-served basis on Saturday and Sunday.

Bag & Bike Valet

Free bag & bike valet will be available on both Saturday and Sunday, thanks to our friends at the Maine Cycling Club! Stop by to drop off your bag, bike, keys, and whatever other items you'd like stored while you're out on course or in the park. The Tent will be located near the finish line.


Spirit of Hope Tent

Providing activities and opportunities to recognize and acknowledge our cause throughout the weekend, this tent also includes the Flags of Hope and Healing, an opportunity for all to honor and remember loved ones through a handmade flag which is displayed for the weekend.



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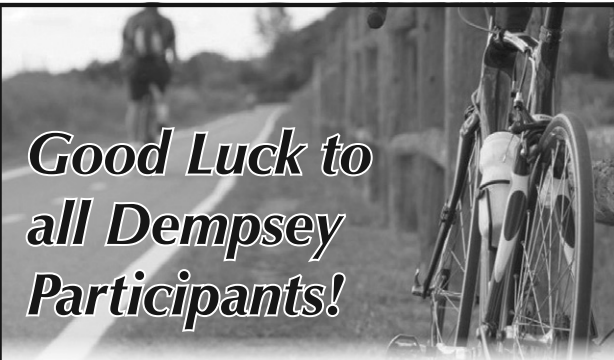






Kids' Fun Run & Family Ride Presented by Cigna

The Kids' Fun Run will take place on Saturday at 11 am at the Start Stage. The free, two-mile Family Ride will take place on Sunday morning at 7:30 am. For more information and to sign up, please visit our website.



**Good Luck to
all Dempsey
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Saturday	9 am - Noon	9 am - Noon	7:30 am - Noon

Rules of the Road & Bike Inspection

Your safety is very important to us! Please note that ALL roads will be OPEN during the cycle events on Sunday. All participants, volunteers, and spectators should take extra caution when driving near the venue and routes. Cyclists should visit the Bicycle Coalition of Maine website for safety tips and group ride guidelines.

Also, please get your bike inspected before the ride with our free bike inspection coupon. This coupon allows you a free inspection at participating bike shops.



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Amanda Dempsey Award



Brooke Ismail

Named in memory of Amanda Dempsey, the award is given annually to a cancer survivor who demonstrates a passion for helping others with cancer in the state of Maine.

Brooke Ismail Named Recipient of 2016 Amanda Dempsey Award presented by Amgen's Breakaway From Cancer®

Brooke Ismail has been named the 2016 Amanda Dempsey Award Winner presented by Amgen's Breakaway from Cancer.

Named in memory of Amanda Dempsey, the award is given annually to a cancer survivor who demonstrates a passion for helping others with cancer in the state of Maine. It is presented in conjunction with the annual Dempsey Challenge, the primary fundraising event for the Dempsey Center.

Brooke Ismail has been named the 2016 Amanda Dempsey Award Winner presented by Amgen's Breakaway from Cancer. Named in memory of Aman-

da Dempsey, the award is given annually to a cancer survivor who demonstrates a passion for helping others with cancer in the state of Maine. It is presented in conjunction with the annual Dempsey Challenge, the primary fundraising event for the Dempsey Center.

Brooke was first diagnosed with breast cancer in September 2013. Her diagnosis required a double mastectomy, and even though her surgery was to take place on October 1, she still insisted on attending the Dempsey Challenge a mere nine days later. That Sunday morning, she was driven to the finish line to cheer on her team members from "Brooke's Rack Pack", who participated in her honor.

Brooke took her diagnosis as a challenge to help others, and their families, as they face their cancer journeys. She has become passionately involved in cancer research, support and fundraising, as well as being an inspiration for survivors.

In the last few years, Brooke has taken on major responsibilities in the cancer community to help patients, families and survivors. She's on the leadership committee of the Champion the Cure Challenge in Bangor, and is key committee member of the Pink Runway Project. Additionally, Brooke recently started a peer-to-peer support group called Open Arms, which helps educate, empower and provide support and friendship to women in various stages of their cancer journey — all from a patient perspective.

"Each year our partnership with the Dempsey

Challenge reinforces the foundation of our Breakaway from Cancer initiative," said Richard Paulson, vice president and general manager, Amgen Oncology. "Amgen is proud to be part of this event and to honor Brooke for her dedication to leadership in the fight against cancer. Brooke is a key player in the team that is leading the fight to overcome this disease, and we applaud her commitment to education and awareness. Congratulations, Brooke, and thank you for your devotion to this effort."

Brooke will formally accept the award on Saturday, October 1, at the Champions for Hope Celebration, which recognizes the fundraising efforts of Dempsey Challenge participants. Past award winners include: Dr. James Campbell, Nel Bernard, Hailey Sontag, Kristen Short, Laura Davis, Scott Thomas, Carlene Sperry and Allen Lariviere.

As part of Dempsey Challenge weekend, Amgen's Breakaway from Cancer and the Dempsey Challenge invite all cancer patients, survivors, and their families to walk with Brooke and actor Patrick Dempsey in the Amgen Breakaway from Cancer Survivor Walk on Saturday, October 1, at 10:00 a.m. at Simard-Payne Memorial Park in Lewiston. The walk is free to the public, and there is no need to preregister. There is a new start location this year, so participants are encouraged to visit the Dempsey Center Spirit of Hope Tent by 9:45 a.m. to be directed to the staging area for the Walk.

DEMPSEY™ CHALLENGE

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Festival in the Park

The free, family-friendly Festival in the Park includes a wealth of activities, food and drink, entertainment, information, products for sale, and much more. The Festival is open to the public and we encourage you to invite family and friends to take part in the festivities!

Saturday, October 1: 8:00 AM - 1:00 PM

Sunday, October 2: 8:00 AM - 5:00 PM

Official Merchandise

Official Dempsey Challenge merchandise will be available for purchase all weekend: Friday from 12- 7 pm during Packet Pick-Up; Saturday from 6 am- 2 pm; and Sunday from 6 am-5 pm.

Concentra Health & Wellness Expo

Under this tent you'll find free health screenings, interactive displays on cancer prevention and early detection, and resource information on overall wellness from more than 20 organizations.

Food Trucks & Concessions

Local food trucks will be serving up great food at reasonable prices! Most items are between \$4-\$8.

Dunkin' Donuts: New England's favorite pick-meup will be serving their famous coffee, baked goods, and other treats. El Toro: El Toro Mexican Grill is a Maine-based food truck specializing in authentic Mexican burritos, tacos, quesadillas and more. Alabama BBQ: Direct from Alabama comes the most mouth-watering barbecue in New England.

Cycling Rides presented by Specialized

Sunday, October 2, 2016

10 Mile Ride, 25 Mile Ride, 50 Mile Ride,
70 Mile Ride, 100 Mile Ride

Two-Day Ride presented by L.L.Bean

The Dempsey Challenge Two-Day Ride aims to challenge you in new ways, with back-to-back days of cycling new routes that include some great climbing and coastal Maine views.

L.L.Bean is the Official Outdoor Retailer and Presenting Sponsor of the Two-Day Ride.

This exclusive, intimate ride is geared toward the accomplished cyclist and offers 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 the Dempsey Challenge is known for. On day two, the Two-Day Ride route will hook up with the existing Dempsey Challenge course to finish the last 30 miles with one day riders. As you approach the finish line, you'll be greeted by cheering spectators and our 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.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

“Early Evening Show” wraps up summer run at Celebration Barn

Mike Miclon’s “Early Evening Show” will wrap up its summer run at Celebration Barn Theater in South Paris on Saturday, October 1 at 8 p.m. with guest appearances by comedian Dawn Hartill and cellist April Reed-Cox.

Dawn Hartill has shared her observations on life, marriage and motherhood in performances throughout Maine, most notably with Maine Event Comedy and at Portland’s Laugh Shack, Lewiston’s Thread Theater, and the Portland Comedy Showcase. She is the 2016 winner of the Strand Cup Comedy Competition and was a quarter-finalist in the Couch Summer Comedy Classic in Portland.

April Reed-Cox has been playing classical cello for a quarter century. She has competed throughout the country and has traveled the East Coast, performing in various symphonies along the way. When she isn’t performing with the Early



Comedian Dawn Hartill has shared her observations on life, marriage and motherhood in performances throughout Maine.

Evening Show Orchestra or the Alehouse String Band, she teaches private lessons at Bay Chamber Community Music School and Wood-sound Studio. She holds a Master’s degree in Music Performance.

A popular spoof of late-night talk shows featuring special guests, audience interactions and wild improvisations, the Early

Evening Show built its reputation with a 14-year run at the Oddfellow Theater in Buckfield to become the longest-running live variety show in Maine.

Tickets are \$14 for adults, \$12 for those ages 60 and over, and \$8 those ages 17 and under. All tickets are general admission and members receive priority seating. The lobby and concessions open at 7 p.m. Purchasing tickets in advance is strongly recommended.

Celebration Barn Theater is located just off Route #117 at 190 Stock Farm Road in South Paris. For more information or to purchase tickets, call the box office at 743-8452 or see www.CelebrationBarn.com.

Caldecott Award-winner visits APL this week



Melissa Sweet will talk about her latest book, “Some Writer! The Story of E.B. White,” on Monday, October 3.

Auburn Public Library will host Caldecott Award-winning children’s author Melissa Sweet on Monday, October 3 at 6 p.m. as part of its Maggie Trafton Authors for Young Readers series. Sweet will talk about

her latest book, “Some Writer! The Story of E.B. White,” which profiles the long-time New Yorker columnist who was inspired to write the enduring children’s classic “Charlotte’s Web” after retiring to a saltwater farm in

Maine. Free and open to the public, the event will take place in the library’s Androscoggin Community Room. Books will be available for purchase and signing after the event. For more information, call 333-6640, ext. 3.

Former collection coordinator to discuss “Franco-American Voices from the Front Lines”

James Myall will return to the Franco-American Collection in Lewiston on Tuesday, October 4 at 7 p.m. as the presenter of a program called “Sous les Drapeaux: Franco-American Voices from the Front Lines.” Myall, who served as coordinator of the Collection from 2011 to 2014, will look at various unique aspects of Franco-Americans’ experiences serving in the U.S. armed forces, including divided national identities, use of the French language,



James Myall

and questions of patriotism and discrimination before, during and after wartime.

Part of the ongoing series “Franco-Americans During Wartime: A Heritage of Service,” which began last spring, the program is free and open to the public. It will take place in Room 170 at USM’s Lewiston-Auburn College.

Myall holds a master’s degree in ancient history and archaeology from the University of St. Andrews

See Myall, page 19

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Oct 27 Josh Hatfield

Fri: Oct 7 Toby McAllister
Oct 14 Ron Bergeron
Oct 21 Denny Breau

Sat: Oct 8 4-Play

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APL displays art quilts for ArtWalk L-A



Inspired by Maine's natural beauty and the fabrics she finds in her travels, quilt artist Sheryl Whitmore uses colors and textures to portray a variety of natural subjects. Several of her quilts will be on display in Auburn Public Library's Androscoggin Community Room during the next ArtWalk L-A on Friday, September 30 from 5 to 8 p.m. For more information, call 333-6640.

Myall

Continued from page 18

in Scotland and a master's degree in public policy and management from the University of Southern Maine. During his tenure as coordinator of the Franco-American Collection, he also served as an adjunct professor of American history and government at USM's Lewiston-Auburn College.

He was the executive director of the Freeport Historical Society from 2014 until joining the Maine Center for Economic Policy as a policy analyst in December 2015. He was a consultant for the State Legislative Task Force on Franco-Americans in 2012 and is the co-author of the book "The Franco-Americans of Lewiston-Auburn" (History Press: 2015).

The "Franco-Americans During Wartime" series was funded by the National Endowment for the Humanities as part of its Common Heritage Grant Program to help preserve historical materials by making digital copies of items held by the community. The final event in the series will be a Digitization Day on Saturday, October 22 from 10 a.m. to 4 p.m., when members of the local Franco-American community will be asked to bring in their wartime-related materials to be digitized.

USM's Lewiston-Auburn College is located at 51 Westminster Street in Lewiston. The Collection is usually open Monday through Thursday from 10 a.m. to 4 p.m., although it is best to call ahead to confirm. For more information, call 753-6545, email janet.roberts@maine.edu, or see <http://usm.maine.edu/franco>.

Put a Fresh Twist on Tailgating

(Family Features) Add some team spirit to your menu by stepping out of bounds this tailgating season. Score big points with your fellow fans by sharing new apps and snacks that put a special game day spin on traditional favorites.

Made with fresh chickpeas and tahini, hummus is the perfect smooth and creamy accompaniment for chips, crackers and veggies. But it's easy to take this delicious dip to a fan frenzy level by using it as an ingredient to reimagine your favorite tailgating treats with an option like Sabra Hummus, which is available in more than a dozen appetizing flavors.

These recipes show you how to add a twist with a pull-apart bread and nudge twice baked potatoes toward fan-favorite status.

Find more ways to earn MVP honors at sabra.com.

Spinach and Artichoke Hummus Pull Apart Bread

Recipe courtesy of PotInThePantry.com

Nonstick spray



2 tubes (8 ounces each) crescent rolls

1 container (10 ounces) Sabra Spinach and Artichoke Hummus

1 can (14 ounces) quartered artichoke hearts, drained

12 cups fresh baby spinach leaves

1 cup shredded cheese blend

Heat oven to 350 F. Spray 9-by-5 loaf pan with nonstick spray and set aside.

Lightly spray work surface and carefully unroll 1 tube crescent rolls, so it stays as close as possible to one piece. Pinch seams.

See [Tailgating](#), page 20



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Twin City Nights

Tonight at LPL: "A Franco-American Family Odyssey"

Author Catherine Bergeron-Bergeron will discuss her book "Our Place in Line: A Franco-American Family Odyssey" on Thursday, September 29 at 6 p.m. in Lewiston Public Library's Callahan Hall.

The book, which can be seen as a culmination of her longstanding interest in ancestral photos and family history and lore, offers a unique exploration of the roots of Franco-American immigration to Maine and the other New England states through the lens of the author's own family, who came to settle in the manufacturing and farming communities of greater Lewiston-Auburn.

The author's heritage is one familiar to all Franco-Americans and includes elements applicable to other ethnic immigrants as they seek their niche within



Our Place in Line

A Franco-American Family Odyssey



CATHERINE F. BERGERON-BERGERON

American culture. A book sale and signing will follow her talk.

For more informa-

tion, contact the LPL Adult/Teen Services desk at 513-3135 or LPLReference@gmail.com.

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Join us for our annual Gala and Concert. Arrive at 6p.m. to feast on a selection of dishes from 12 of L/A's favorite restaurants and enjoy drinks at the bar in Heritage Hall. After the opening festivities, join other guests in the Performance Hall for "Songs for the Silver Screen",

A 90-minute concert of some of Maine's best musical theater performers singing a variety of favorite songs from 70 years of Hollywood's greatest movies! This is one of the area's most anticipated nights out every year. After the show, return to the banquet hall for Champagne and desserts.

The reserved seating performance begins at 7:30

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Twin City Nights

**Coming to L-A next week:
Maine Conference on the Arts**



Keynote speaker Crystal Williams is a poet, essayist, and Vice President for the Office of Diversity at Bates College.

Focused on the intersections of creativity, industry, art and innovation, the Maine Arts Commission's second Maine International Conference on the Arts will take place at Lewiston's Gendron Franco Center and Bates Mill complex on Thursday and Friday, October 6 and 7. Advance registration, which confers a 15% discount on conference attendance, closes on September 30.

Intended for artists, arts organizations, arts educators, community developers, and policymakers, the conference is designed to provide networking, inspiration, and learning for Maine artists and communities. It was made possible by a statewide collaboration of Maine arts organizations and the Commission's special inter-

national partnership with New Brunswick, Canada.

"We create world class art in this state, and Maine has a deep culture and long history of driving industry and innovation through creativity," said Julie Richard, Executive Director of the Maine Arts Commission. "We need and deserve a world class arts conference."

Leading the inspiration will be MICA keynote speakers Crystal Williams and Sherry Wagner-Henry. Poet, essayist, and Bates College Vice President for the Office of Diversity, Williams will open the conference on Thursday night with a talk entitled "Practical Approaches to Creating Impact: Getting to Cultural Equity," a conversation that will thread its way throughout the proceedings. Wag-

ner-Henry, the Director of the Bolz Center for Arts Administration at the University of Wisconsin, will inspire the Friday lunchtime crowd with her keynote address, "Stop Asking for Permission! Leading from a Place of Making (Things Happen)."

Matt Lehrman of Audiences Everywhere and Crista Cloutier, The Working Artist, will bring their nationally renowned sessions to Maine for the conference. Include an Idea Lab featuring five Maine artists, a dozen pop-up performances by a full range of Maine performers, 20 breakout sessions, local food and drink picks, local evening entertainment designed specifically for conference attendees and a first-ever Maine Craft Apprenticeships Exhibition and it adds up to an action-packed and art-filled 30 hours.

Breakout sessions offered in five tracks will mirror the Commission's priorities, as outlined in its new Cultural Plan, "Fortifying Maine's Creativity and Culture," which culminates in Maine's bicentennial in 2020. Each of the five tracks, Leveraging Investment, Increasing Visibility, Fostering Arts Education/Lifelong Learning, Encouraging Cultural Tourism, and Building Capacity, will include hands on, nuts and bolts professional development sessions.

The conference will

MSMT hosts Costume Sale

The Maine State Music Theatre will host a costume sale on Saturday, October 1, from 9 a.m. to 1 p.m. at its rehearsal hall at 22 Elm Street in Brunswick.

Don't miss this unique opportunity to purchase genuine theatrical costumes and accessories from the theatre's stock, including ball gowns, shoes, hats, fabrics, modern clothing, historical replicas, masks, men's wear, vintage clothing, furs, and children's costumes. Proceeds will benefit Maine State Music Theatre.

For more information, call 208-8950 or visit www.msmt.org.

also present a remarkable opportunity to showcase one's work and to share and book talent. The event will feature two networking hubs at the Bates Mill, while the conference schedule in many ways prioritizes and creates informal opportunities for networking. Artists, agents, managers, talent buyers, vendors and other service providers will have space and opportunities to connect with attendees and promote their wares.

Conference attendees will be delighted by pop-up performances highlighting Maine's abundant performance talent, including Alison Chase Performance; Lewiston's own Chicks with Sticks; the Commission's Traditional Arts Fellow, fiddler Greg Boardman; and performer Leland Faulkner with jazz musician Brad Terry.

Additionally, the Commission has partnered with the communities of Lewiston-Auburn and Arts and Culture L-A to provide conference attendees with multiple opportunities to experience the vibrant cultural life and deeply creative industrial heritage of the twin cities. On Thursday evening, after the opening reception and keynote, attendees will be treated to a specially-curated selection of community opportunities, and on Friday will have an opportunity for a guided walking tour of the city's cultural infrastructure and creative industries.

For more information about presenters and workshops, including a complete conference schedule, or to register for the Maine International Conference on the Arts, see mainearts.com/MICA.

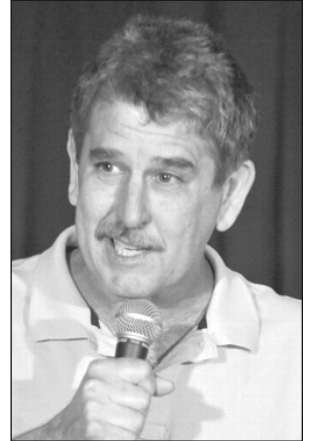
Maine Event Comedy returns to Amvets Post 6

Twenty-year comedy veteran Dennis Fogg will headline Maine Event Comedy's return to Amvets Post 6 in New Gloucester on Friday, September 30 at 8 p.m. The show will also feature Joe Flynn, Bill Picard, Dawn Hartill, and host Mark Turcotte.

Fogg's comedy and restaurant, Uncle Andy's Diner in South Portland, were featured on an episode of the Food Network's "Restaurant Impossible" last summer. The Portland resident, who has entertained audiences throughout New England and beyond, has been a finalist in the Funniest Comic on the East Coast Contest.

Joe Flynn of Salem, Mass. recently performed at Comix at Mohegan Sun. He was a finalist in the Onion Town Comedy Contest, New England's Best Bar Comic Contest and a runner-up in the Witch City Comedy Competition.

Bill Picard is truly a unique act. Born with cerebral palsy and confined to a wheelchair, he has used his physical disability to both educate and entertain. He was a finalist in Portland's Funniest Professional Contest, earned a business degree at the University of Maine and works as



Dennis Fogg (Photo by Mark Turcotte)

a motivational speaker.

Lewiston resident Dawn Hartill won this year's Strand Cup Comedy Competition and was a quarter-finalist in the Couch Summer Comedy Classic in Portland. Mark Turcotte was a 2015 selection to the Boston, Cleveland, and North Carolina Comedy Festivals.

Amvets Post 6 is located 1095 Lewiston Road in New Gloucester. The show is BYOB and for ages 21-and-older. Doors will open at 7:30 p.m. Tickets are \$8 in advance or \$10 at the door. Advance tickets may be purchased at maineeventcomedy.com. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com.

Tailgating

Continued from page 19

Spread half the hummus over entire surface. Sprinkle with half the artichoke hearts, spinach leaves and cheese blend.

Cut into 8 squares. Prop loaf pan up to vertical then stack 4 squares and place them on top of squares already in pan.

Repeat with remaining ingredients.

Bake on center rack 55-60 minutes, or until browned on top and cooked through, rotating pan halfway through bake time.

Place plate over top of pan, invert, then carefully flip over to invert bread. Serve as-is to pull apart, or slice for easier eating.

Twice Baked Potato Jackets

Recipe courtesy of Smithbites.com

8 small Yukon Gold potatoes

1 cup Sabra Classic Hummus

salt, to taste
pepper, to taste

extra-virgin olive oil, for drizzling

2 tablespoons chopped rosemary

Heat oven to 425 F.

Scrub potatoes and poke with fork 2-3 times to allow steam to escape while baking.

Place whole potatoes on rimmed sheet pan and bake approximately 25-30 minutes, or until potatoes are soft; cool 10 minutes.

Carefully slice potatoes in half lengthwise; scoop out insides into bowl, leaving 1/4-inch ring of potato around edges.

Lightly mash potato chunks; add hummus and stir until combined. Season mixture with salt and pepper; taste and adjust, if necessary.

Using spoon, divide potato-hummus filling evenly between potato jackets. Drizzle with olive oil and broil 5-7 minutes, or until tops are golden and crispy; watch closely as they will burn quickly.

Remove from broiler and sprinkle with rosemary and pinch of salt.

Serve immediately.

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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.

Author Visit. 6 p.m. Callahan Hall, Lewiston Public Library. Author Catherine Bergeron-Bergeron discusses her book "Our Place in Line: A Franco-American Family Odyssey." Free. A book sale and signing will follow. 513-3135; LPLReference@gmail.com.

Friday, September 30
Fall Rummage Sale. 2 to 5 p.m. Calvary United Methodist Church, 59 Sabattus 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.

Fall Festival of Books & Bake Sale. Library, 379 Intervale Rd., New Gloucester. Friday, 5:30 to 7:30 p.m. for kids' items only; Saturday, 8 a.m. to noon, for books, CDs, DVDs, and bake sale. Most prices 25 to 50 cents. 926-4840.

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.

Maine Event Comedy. 8 p.m. Amvets Post 6, 1095 Lewiston Rd., New Gloucester. Host Mark Turcotte welcomes Joe Flynn, Bill Picard, Dawn Hartill and headliner Dennis Fogg. 21+; BYOB, doors at 7:30. \$10 (\$8 in adv.). 513-0742; maineeventcomedy.com.

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. For event schedule or to register, see www.dempsey-challenge.org.

Costume Sale. 9 a.m. to 1 p.m. Rehearsal hall, 22 Elm St., Brunswick. ME State Music Theatre offers theatrical costumes from the its stock, incl. ball gowns,

Calendar

See more Calendar at www.TwinCityTimes.com

replicas, masks, accessories, and children's costumes. 208-8950; www.msmt.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 la carte and combo offerings; choose from beans, coleslaw, buns, bologna, ham and desserts. Call first or just come over. 212-5163.

Public Supper. 5 p.m. Paris Fire Station, Western Ave., So. Paris. The Dept. Auxiliary serves up ham, potatoes, vegetables, bread, mac & cheese, salads and asst. homemade pies. \$8 (ages 4-12 \$4, ages 3 and under free).

The Early Evening Show. 8 p.m. Celebration Barn, 190 Stock Farm Rd. (just off Rte. #117), So. Paris. Mike Miclon's late-night talk show spoof concludes its summer run with guest appearances by comedian Dawn Hartill and cellist April Reed-Cox. \$14/12/8. 743-8452; www.CelebrationBarn.com.

Sunday, October 2
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; lewistonfarmersmarket@gmail.com.

Pettengill Farm Day. 10 a.m. to 2 p.m. 31 Pettengill Rd., Freeport. This family event features an agility dog exhibition, hay rides, scarecrow contest, antique carriage display, kids' games and crafts, lunch, and more. Sugg. donation \$5 (kids \$2). Pres. by Freeport Hist. Soc. info@freeporthistoricalsociety.org.

Life Chain. 2:30 to 3:30 p.m. Local pro-lifers line up along both sides of Longley Bridge in Lewiston-Auburn to quietly pray for an end to abortion. Gather outside Auburn Post Office at 2 p.m. 782-7721.

Fall Festival of Hymns. 6 p.m. Basilica of Sts. Peter and Paul, 122 Ash St., Lewiston. Music featuring the Festival Adult Choir, the Basilica's Adult and Children's Choirs, the Norumbega Brass Ensemble, hand bell choirs, and the Casavant pipe organ. Free; donations

welcome.
Monday, October 3
American Red Cross Blood Drive. 9 a.m. to 2 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. To schedule an appt. time, go to the website, click on "Find a Drive," and enter "LAMetro" where it says "Zip or Sponsor Code." RedCrossBlood.org.

Auburn Art Club Meeting. 2 p.m. Park Ave. Methodist Church, Auburn. Speaker Catherine Bergeron discusses her book, "Our Place in Line," which chronicles her family's Franco-American odyssey. 782-4413.

Authors for Young Readers Program. 6 p.m. Andro. Comm. Room, Auburn Public Library, 49 Spring St. Caldecott Award-winning children's author Melissa Sweet talks about her latest book, "Some Writer! The Story of E.B. White." Free. Books avail. for purchase and signing. 333-6640, ext. 3.

Stanton Bird Club Annual Meeting. 6 p.m. Ramada Inn, Lewiston. Dinner is \$18 and requires a reservation by 9/23; the 7 p.m. keynote address, "The Health of the Maine Moose Population" with MDIFW biologist Lee Kantar, is free and open to all. www.StantonBirdClub.org.

Annual Memorial Vigil. 6 p.m. Festival Plaza, Auburn. Safe Voices marks Domestic Violence Awareness Month at simultaneous events in Auburn, Norway, Mexico and Farmington. All are invited.

Tuesday, October 4
"Money, Politics and Maine." 6:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. The local Clean Elections candidates discuss the role of money in our political system and describe their platform. Free. 783-0461; auburn.org.

"Franco-American Voices from the Front Lines." 7 p.m. Room 170, L-A College, 51 Westminster St., Lewiston. Former Franco-American Collection Coordinator James Mayall discusses unique aspects of Franco-Americans' experiences serving in the armed forces. Free. 753-6545; <http://usm.maine.edu/franco>.

Art of Editorial Car-

tooning. 7 p.m. Community Room, Auburn Public Library. In the second program of the series, Pulitzer Prize-winning cartoonist Mike Keefe offers insights and humorous commentary on a wide range of current events. Free. 333-6640.

Wednesday, October 5
Community Conversation. 7:30 to 9:30 a.m. Franco American Heritage Center, 46 Cedar St., Lewiston. Maine Community Foundation facilitates a discussion about quality of life issues in Andro. Country. Breakfast included. Register at www.mainecef.org.

Finance Matters Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Mindy Davis of Cornerstone Wealth Planning will discuss "When You Should Begin Receiving Your Social Security Benefits." \$50 (members \$25). 783-2249. Register at www.LAMetroChamber.com.

Thursday, October 6
Rotary Club Meeting. Noon to 1 p.m. Ramada Inn, Lewiston. The guest speaker is Greg Boyd, President and CEO of Alternative Manufacturing, Inc. of Winthrop. Guests welcome. 753-9040; monica.millhime@maine.gov.

Anniversary Celebration. 4:30 to 6:30 p.m. TD Bank Call Center, Auburn Mall, 550 Center St., Auburn. The Bank continues its series of 50th Anniversary events with facility tours, refreshments and some special surprises. Free. Please RSVP to AHCHevent@ahch.org.

Friday, October 7
Aging Well Expo. 8:15 a.m. to 4 p.m. Grand Summit Hotel & Conf. Center, Sunday River, Bethel. Explore a variety of serious, practical issues and recreational pursuits through over 30 avail. workshops. \$25 (incl. breakfast, lunch). 1-800-427-124; www.seniorsplus.org/AWLW.

Film Screening. 7 p.m. Klahr Center, UMA campus, 46 University Dr., Augusta. The 2016 Pride Film Festival kicks off with the American drama "The

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DOORS OPEN AT: 12:15am		AUBURN 746 Center Street Movie Hotline — 786-8605					
Deepwater Horizon (PG-13)	1:30	4:15	7:10	9:45			
Masterminds (PG-13)	1:50	4:30	7:20	9:35			
The Magnificent Seven (PG-13)	12:50	3:50	6:45	9:40			
Storks (PG)	12:30	2:40					
		4:50	7:05	9:20			
Snowden (R)	12:45	3:40	6:40	9:30			
Bridget Jones' Baby (R)	1:00	4:00	6:55	9:50			
Sully (PG-13)	1:20	4:20	7:00	9:20			
Miss Peregrine's Home for (PG-13)	12:40	6:50					
Peculiar Children							
Miss Peregrine's Home for (PG-13)	3:45	9:40					
Peculiar Children 3D							
Pete's Dragon (PG)	1:10	3:30					
Don't Breathe (R)			7:15	9:25			
The Secret Life Of Pets (PG)	1:40	4:10					
"The Secret Life of Pets" will not play on Sunday 10/2							
Blair Witch (R)			7:25	9:55			

Boys in the Band" (1970). A facilitated discussion follows. Refreshments. Free. 621-3530; www.hhrmaine.org/pridefilms2016.

Saturday, October 8
Square & Round Dancing. 7 to 10 p.m. Oxford Hills Middle School, 100 Pine St., So. Paris. Kip and Linda Moulton call and cue the dances; pres. by the Swingin' Bears Square Dance Club. \$7 (non-dancers free). 892-6971; swinginbears.squaredanceme.us.

Sunday, October 9
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; lewistonfarmersmarket@gmail.com.

Wednesday, October 12
DAR Meeting. 11 a.m. Rolandau's Restaurant, Washington St., Auburn. Guest speaker Lew Alessio discusses "Ephemera" at this meeting of the Mary Dillingham-Burnt Meadow Chapter. Prospective members welcome. nslamie@hotmail.com.

Thursday, October 13
Chamber Breakfast. 7 a.m. Hilton Garden Inn-Riverwatch, Auburn. This month's speaker is Gov. Paul LePage. \$20 (non-members \$30), incl. breakfast, coffee. Register at www.LAMetroChamber.com.

"Intro to Self-Em-

ployment." 1 to 3 p.m. CareerCenter, 5 Mollison Way, Lewiston. Pres. by New Ventures Maine. Free. Register at 557-1885. newventuresmaine.org.


Friday, October 14
Film Screening. 7 p.m. Klahr Center, UMA campus, 46 University Dr., Augusta. The 2016 Pride Film Festival continues with the Indian-Canadian romantic drama "Fire" (1996). A facilitated discussion follows. Refreshments. Free. 621-3530; www.hhrmaine.org/pridefilms2016.

Saturday, October 15
Fall French Toast & Pancake Breakfast. 6:30 to 10 a.m. Fire Station, Rte. 106, Leeds. Pancakes, French toast, eggs, bacon, sausage, home fries, ham, homemade donuts, coffee and juice. Proceeds will help upgrade pumper truck. \$6 (kids \$4).

Public Square Rosary Rally. Noon. Holy Cross Church, 1080 Lisbon St., Lewiston. Join one of the 1,500 rallies taking place nationwide to pray for the conversion of the U.S. and to offer reparation for sins committed against the Immaculate Heart of Mary.

Monday, October 17
Art of Editorial Cartooning. 6 p.m. Community Room, Auburn Public Library. In the final program of the series, Bangor Daily News staff editorial cartoonist George Danby shares from his book, "The Essential Danby." Free. 333-6640.

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Jun 10th -12th 2017. Trip to Boston Includes Nights lodging and 4 meals. Consists of a guided tour of Lexington and Concord with a visit to the Minute Man National Historic Park. A visit to Cheers with lunch and shopping to follow at Quincy Market. Also includes a tour of Salem and Cape Ann with a stop in the town of Gloucester. \$75 deposit upon registration.

September 15th -22nd 2017 Trip to Jackson Hole Wyoming to South Dakota. Tour includes 8 days lodging, 11 meals, sightseeing of the Grand Tetons, Yellowstone National Park, Deadwood, Crazy Horse Memoria;, Mt. Rushmore, Badlands and a wild life float trip on the Snake River.

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What's Going On

DownEasters coming to Norway Savings Bank Arena



Pictured here (l. to r.) are Chelsea Leeman, Leigh Baker, Sarah Moulton Lawsure, Wendy Flaschner, Nina Sylvia, Kathy Cain, Coach John Merrill, Clelia Signaud, Lynne Marie Cote, Suzanne Gagne Collins, Heidi Coffin, Sue Gagne-Rousseau, and Diane Nugent.

Maine's only Adult Synchronized Skating team is moving to the Norway Savings Bank Arena in Auburn. Comprised of skaters ages 21 to 63 years old, the DownEasters will begin preparing for their 2016-17 competitive season, which begins in early December and concludes in February. Any interested skaters are invited to consider joining them for a practice. For more information, contact Heidi Coffin at hahc@comcast.net.

Synchronized skating is a discipline of figure

skating in which skaters perform on ice as a team moving as one flowing unit while completing difficult footwork. The team performs to music, a program that includes required formations, including circles, lines, blocks, wheels, intersections and moves in isolation. Synchronized skating uses the same judging system as singles, pairs, and ice dancing and is judged primarily on teamwork, precision, speed, difficulty, and performance.

The DownEasters are coached by John Niles

Merrill. He is a member of U.S. Figure Skating and a Certified A-level coach with the Professional Skating Association. After skating professionally around the globe for almost two decades with Disney on Ice and Ice Capades, he returned to competitive skating recently, placing third at the U.S. Adult Masters Championship in Lake Placid, New York. He describes his coaching style as "quirky," but stresses that having fun and learning are what is important.

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