

Carriage exhibit on display through Oct. 29



School children visit Skyline Farm's museum exhibit, "Recollections of Horse & Buggy Days." (Photo by Pamela Ames)

Skyline Farm Carriage Museum's current exhibit, "Recollections of Horse & Buggy Days," showcases quotes from real people who recall life in New England during the horse-drawn era. Bringing these memories to life in the exhibit are 33 vintage horse-drawn vehicles,

including a child's "Harvard" goat-drawn wagon, a piano-moving wagon with a rare cylinder player piano, a four-wheel racer, a pallbearer's coach, a Bar Harbor buckboard, and a fire fighters' wagon.

The exhibit is now open for viewing on Sundays from

1 to 4 p.m. through October 29 or by appointment. Admission is free, but donations are appreciated. A nonprofit, all-volunteer organization, Skyline Farm is located at 95 The Lane in North Yarmouth. For more information, contact Greg Cuffey at 892-0188 or info@skylinefarm.org.

LYAC plans public education initiative on "The New Lewiston"

At the first official meeting of the 2017-18 Lewiston Youth Advisory Council, members discussed what people truly know about Lewiston. During their orientation in Au-

gust, the group had noted how negative impressions about the city, sometimes expressed both by residents and those from away, were frequently at odds with the many amenities and activi-

ties the city now offers.

Believing that Lewiston has greatly evolved in recent years, the council focused on what they might do to spotlight the Lewiston of today. Their brainstorming

session resulted in a plan to develop a public education initiative about "The New Lewiston." Instead of reacting to negative comments they believe are out of date, the council plans to reach out to different age groups around the city and state with the message that the city's low crime rate, numerous restaurants and parks, famous and accomplished natives, and annual events make today's Lewiston a great place to be.

"I don't like how Lewiston's reputation is sometimes talked about and perceived by others," said new council member Hunter Landry. "To me, Lewiston is Portland without the coast. There is a lot to do here."

"We're excited to work on some public education, because we want people to really know how great it is here," added second year member Emma Williams.

Member Carolyn Adams, who hopes to become a photojournalist, told the group about someone she had spoken with and photographed earlier in the day, a local woman who was sharing positive thoughts on a piece of cardboard. "I was excited about that, because we need to focus on our positives, not negativity about our own city," she said.

Group members are conducting research about See LYAC, page 3

LAYSA U-13 Boys Travel Team



The U-13 Boys Travel Team from the Lewiston-Auburn Youth Soccer Association will play at the LAYSA field complex behind Auburn Middle School three more times this year, September 17 at 3 p.m., September 21 at 1:30 p.m., and September 30 at noon. Pictured here (l. to r., from front) are team members Jack Thompson, Daxton St. Hilaire, David Abdi, Liban Issack, Eli St. Laurent, Cooper St. Hilaire, Caleb Albert, Jaxson Kimball, Miles Frenette, Coach Keith Albert, Isaac Shannon, Matthew Connor, Josh Murphy, Farid Muhammad-Aceto, Khalid Hersi, Shafi Ibrahim, Mohamed Adow, Campbell Cassidy, and Coach Max Thompson.

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Newsmakers, Names & Faces

Maine College of Health Professions receives donation of x-ray machines



MCHP Radiologic Technology Program alumni Nancy Nystrom and Cary Desjardin present the Pen Bay Medical Center donation to MCHP Clinical Coordinator Julie Branagan.

The Maine College of Health Professions recently received a donation of two portable x-ray units from Pen Bay Medical Center in Rockport and Waldo County General Hospital in Belfast.

The units will be used in simulated patient care situations for students in the Radiologic Technology Program. This hands-on training gives students the advantage of practicing and being tested in an actual lab setting long before conducting the procedures in a radiology department. Having familiarity with equipment also helps students' hiring prospects because they will already have experience on the proper equipment.

The portable x-ray

units will be used as part of inter-professional education at MCHP. In addition to its own students, the college works with family practice residents, respiratory therapy students, pharmacy students, nursing students, and medical imaging students to provide an interdisciplinary educational approach unique to MHCP.

"Inter-professional education can increase students' skills in teamwork and communication," said Dr. Ann Curtis, Coordinator of Inter-Professional Education at MCHP. "Having these portable x-ray units will enable us to offer students exciting new learning opportunities, where they can develop crucial collaboration skills needed to re-

Mechanics Savings supports Community Concepts



Pictured here (l. to r.) are Community Concepts CEO Shawn Yardley, Mechanics Savings Bank Senior Vice President & Compliance Officer Marianne Mason, CRCM, and Mechanics Savings Bank President and CEO Rick Vail.

Mechanics Savings Bank has made an investment of \$5,000 in Community Concepts to support the organization's overall work towards helping people with low income achieve personal and financial stability, with special emphasis on advancing financial literacy. Community Concepts offers free financial counseling to individuals and families to help them achieve their financial goals.

Mechanics Savings is a proud supporter of financial stability for those in our local communities through its ongoing volunteerism and charitable giving. "This financial literacy partnership with Community Con-

cepts is a natural fit for Mechanics Savings," said Rick Vail, Mechanics Savings Bank President & CEO. "We are both local organizations striving to support the needs of families and businesses in the communities we serve."

"Support from Mechanics Savings is so valuable as we help low income families in our communities prosper," said Community Concepts CEO Shawn Yardley. "These funds are vital to our work. We thank Mechanics Savings and look forward to our partnership expanding in years to come." To find out more about financial coaching at Community Concepts or to schedule a one-on-one session, call 333-6419.

duce errors in healthcare and promote the best outcomes for patients."

Refurbished x-ray units generally cost approximately \$5,000, but these donations are worth much more to MCHP faculty and students. The donation goes a long way toward helping MCHP continue to expand its course offerings and continue to grow.

Recently, the college was ranked 15th in the nation for two-year trade schools by Forbes maga-

zine. Founded in 1891, Maine College of Health Professions, formerly CMMC College of Nursing, is affiliated with Central Maine Medical Center and offers associate degrees in Nursing, Radiologic Technology, and Computed Tomography. The college also offers certificate programs in Computed Tomography, Certified Nursing Assistance and a certificate in Phlebotomy. For more information, visit MCHP's website.

Doctor joins Central Maine Urology Center



Evan Dunn, M.D.

Evan Dunn, M.D., has joined the staff at Central Maine Urology Center, located at 287 Main Street, Suite 404, in Lewiston. Dunn attended the College of William and Mary in Williamsburg, Virginia, receiving his Bachelor of Science in Biology. He earned his medical degree from University of Tennessee Health Science Center in Memphis, Tennessee, where he also completed his general surgery internship and urology residency.

He is certified by the American Board of Urology and is a member of the American Urological Association, Alpha Omega Alpha Honor Medical Society, and Phi Beta Kappa Honor Society.

As a general urologist, Dunn provides many urological services both in the office and in the operating room. One of his specialty services includes the surgical treatment of kidney stones, providing his patients with prompt relief from a very painful condition. "My role as a provider is to be an aggressive advocate for my patient's health and wellbeing," says Dunn. "I encourage my patients to take an active role in their care. I strive to cure the diseases I can and mitigate those I cannot. My health care tenets arise from my time spent in the Air Force - 'Integrity first, Service before self, and Excellence in all we do.'"

Central Maine Urology Center is part of Central Maine Healthcare and can be reached by calling 795-2171.

City Clerk announces candidates

Lewiston City Clerk and Registrar of Voters Kathleen M. Montejo has released the following list of candidates who have qualified to run for local office in the Lewiston municipal election on November 7. Pursuant to Section 7.04 of the City Charter, all candidate names will appear on the ballot in alphabetical order.

MAYOR: Shane D. Bouchard of 28 Perley Street, Mark A. Cayer of 97 Summit Avenue, Benjamin W. Chin of 16 Kensington Terrace, Ronald W. Potvin of 291 Pond Road, and Charles A. Soule of 135 Bartlett Street.

CITY COUNCIL:
Ward 1 - James J. Lysen of 26 Taylor Hill Road; Ward 2 - Donna M. Gillespie of 15 Stanley Street and Zachary Tyler Pettengill of 200 Montello Street; Ward 3 - Alicia Marie Rea of 60 Webster Street; Ward 4 - Michel A. Lajoie of 279 Old Greene Road; Ward 5 - Kristen S. Cloutier of 33 Charles Street; Ward 6 - Joline Landry Beam of 9 No Name Pond Road and Pauline A. Gudas of 6 Raymond Avenue; Ward 7 - Michael J. Marcotte of 12 O'Connell Street and Thomas P. Shannon of 53 Androscoggin Avenue.

SCHOOL COMMITTEE: At Large - Safiya Said Khalid of 202 Park Street and Megan D. Parks of 1 Sherbrooke Avenue; Ward 1- Renee P. Courtemanche of 7 Bearce Avenue and Ahmed Abdullahi Sheikh of 53 Tall Pines Drive; Ward 2 - Monique Roy of 45 Hamel Street; Ward 3 - Francis N. Gagnon of 18 College Street; Ward 4 - Tanya Marie Estabrook of 6 Gerry Street and Benjamin Joseph Villeneuve of 22 Hillside Lane; Ward 5 - Hassan B. Abdi of 109 Birch Street and Luke D. Jensen of 45 Sylvan Avenue; Ward 6 - None; Ward 7 - Tina Louise Hutchinson of 200 Rosedale Street.

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Governor's Address: Affordable softwood lumber prices are needed now more than ever

After the devastation from Hurricanes Harvey and Irma, the families who have to rebuild their lives need affordably priced lumber.

Dear Maine Taxpayer,

Unfortunately, corporate greed from a coalition of big lumber companies has already sent those prices skyrocketing. Making a profit is the goal of any company—and it should be.

But it is unconscionable that this coalition is in a position that could lead to price-gouging Americans in distress.

The issue is tariffs levied on Canadian softwood. The coalition is holding the U.S. Department of Commerce hostage, trying to slap a tariff on softwood exports to the United States from New Brunswick. But New Brunswick, Atlantic Canada and Quebec border mills have been exempt from the tariff for over three decades.

It is understandable that lumber companies in the Western U.S. would favor these tariffs. They need to even the playing field against big companies from provinces such as British Columbia, which



Governor Paul R. LePage

dumps cheap, government-subsidized lumber into the U.S. market.

However, the smaller companies in New Brunswick produce less than 2%

of the Canadian softwood market. Their prices are already similar to Maine's prices, so the tariff is not necessary.

Our cross-border commerce is intertwined with our Canadian neighbors. Our lumber trade flows back and forth between Maine, Quebec and New Brunswick. Some Maine companies own mills and forest land on both sides of the border. We are already seeing job losses as companies try to avoid the tariffs.

The Department of Commerce is sympathetic to our position that New

Brunswick should be exempt from tariffs. But the coalition's aggressive posture will only drive up softwood prices for the American people in their time of need. It will continue to eliminate good-paying jobs for workers in Maine and Eastern Canada.

That's why I am calling for a suspension of all tariffs until rebuilding efforts are complete. We should not allow corporate greed from big lumber companies to kick these good people while they are down.

Coalition businesses that could benefit unfairly from the hurricanes in-

clude: U.S. Lumber; Col-um's Lumber Products; Potlatch Corporation; Rex Lumber Company; Sen-eca Sawmill Company; Stimson Lumber Com-pany; and Weyehaeuser Company.

I am urging the New England Governors and Eastern Canadian Pre-miers to tell the coalition to exempt New Brunswick from the tariffs. Now is not the time for corporate greed—it is time to do the right thing for the Ameri-can people.

Thank You,
Paul R. LePage
Governor

LYAC

Continued from page 1

Lewiston for a planned "What Do You Know About Lewiston" trivia night, where residents will compete in group fashion by answering questions LYAC members pose about the city. For instance, members wonder if people know that a young woman who has been widely touted in the news for developing a popular new fashion line lives in Lewiston, or that the world-renowned artist and poet Marsden Hartley was a Lewiston native.

New LYAC member Emma Wolverton mentioned hearing how residents in some communities paint rocks with positive messages for community placement. She suggested that those attending trivia night might help paint Lewiston-focused facts, places, and messages on rocks for community distribution.

The date and time of the Trivia night will be announced soon, and LYAC will offer a gift card from a Lewiston restaurant for the winner.

Funded annually by the Lewiston Firefighters Association, the Lewiston Youth Advisory Council was established by the Lewiston City Council in

Dion Challenge raises \$162,267 in scholarship funds for Saint Dominic Academy

This summer, Donald Dion, Jr., a 1972 graduate of Saint Dominic Academy, formerly Saint Dominic Regional High School, challenged the community to help raise \$150,000 in scholarship funding to help children from local families attend the school. Thanks to the generosity of Dion and donors from the St. Dom's community, a grand total of \$162,267 was raised by the initiative.

"We are so grateful for the continued support of our families, faculty, staff, alumni, and local businesses," said Don Fournier, president of the

2001. Since then, it has been recognized at the local, state, and national levels for its innovation and creativity. Recent projects have included a T.A.L.K. positive campaign to encourage civil communication, a public education campaign called "Do You Do Lew," and the filming of a "We Love Lewiston" video with elementary school children. For more information about LYAC, see at www.lewistonmaine.gov/lyac.

academy. "Their donations show how they truly value all that St. Dom's has to offer."

"I was fortunate enough to attend St. Dom's," said Dion. "Along with the rigorous academics, I also learned to work hard, reach for my goals, and about the value of service to others. I would like to ensure that more students are afforded the opportunity to attend a faith-based college preparatory school."

After graduating from Saint Dominic Regional High School, Dion earned a bachelor's degree in economics and business administration from Saint Michael's College in Vermont, a Juris Doctor degree from the University of Maine Law School, and a master of law degree from Boston University Law School. He founded Dion Money Management, an investment advisory firm, in 1996, served as publisher of the Fidelity Independent Advisor, and is the trustee of the Dion Family Foundation, which focuses on funding tuition assistance at Catholic institutions.

The proceeds from

the Dion Student Scholarship Challenge will offer tuition support for qualifying students and families. Sixty-six percent of St. Dom's students rely on scholarships or financial aid to attend the school.

For more information about supporting tuition assistance at the academy, call 782-6911 or email donald.fournier@portlanddiocese.org.

CMMC offers pre-diabetes Lifestyle Change Program

Central Maine Medical Center will offer a free Lifestyle Change Program starting September 21. The PreventT2 curriculum, approved for the CDC-led National Diabetes Prevention Program, features multiple sessions over 12 months covering healthy, long-term changes to prevent or delay type 2 diabetes. Any adults with a pre-diabetes diagnosis or at high risk for pre-diabetes or type 2 diabetes are

welcome to join.

Participants will meet in a small group led by a trained lifestyle coach. The program will begin with weekly one-hour meetings for eight weeks. After the initial meetings, the group will meet bi-weekly for eight sessions and end with monthly meetings for six months as participants move toward a lifetime of healthy living. For more information See *Lifestyle*, page 4

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Tree Street Youth Center director to address Rotary Club

The guest speaker at the next meeting of the Lewiston-Auburn Rotary Club on Thursday, September 21 at noon will be Julia Sleeper, co-founder and Executive Director of Tree Street Youth Center in Lewiston. The event will take place at the Village Inn at 165 High Street in Auburn. Guests are welcome and no reservations are required. Lunch will be available at the restaurant.

Born and raised in the Bangor area, Sleeper initially moved to Lewis-

ton as an undergraduate at Bates College. During her time as a student, she began connecting to community youth in downtown Lewiston through service learning opportunities afforded to her as a Psychology and Education major. Over the past 10 years, she has continued to build on the relationships formed as an undergraduate, seeking to provide valuable programming to at-risk youth in Lewiston-Auburn. After completing her master's degree in Leadership and Organizational Studies



Julia Sleeper

at USM's Lewiston-Auburn College, she co-founded Tree Street Youth Center. For information on future Rotary speakers, con-

tact Club President and Program Chair Monica Millhime at 753-9040 or see www.lewistonauburn-rotary.org.

United Methodist seeks personal hygiene products

The United Methodist Church of Auburn is supporting the Center for Wisdom's Women by collecting personal hygiene products for the center to distribute to the women it serves.

Products needed include shampoo and conditioner, tooth brushes and

tooth paste, soap and body wash, disposable razors, lotion, chap-stick, and feminine hygiene products. Donations should be dropped off at the church, located at 439 Park Avenue in Auburn. For more information, call the church at 782-3972.

Reunion committee seeks members of Class of '68

The Lewiston High School Class of 1968 is planning its 50th class reunion for September 22, 2018. For details about the event, contact a committee member or see Facebook at "Lewiston High School 1968 50th Class Reunion."

Reunion organizers would like to contact all classmates. Please help spread the word and get in touch by calling 782-6581, 783-9809, 754-8145, or 749-9373, or sending your contact information via email to LHS-68reunion@yahoo.com.

Joint UMaine-AARP study outlines fiscal impact of insufficient retirement savings

New research by the University of Maine commissioned by AARP Maine reveals the fiscal impact of inadequate retirement savings in the state. The resulting study, "Fiscal Implications of Inadequate Retirement Savings in Maine," shows that an aging Maine workforce moving into retirement is increasingly reliant on public assistance, signaling a trend that could have important fiscal implications for the state.

"Insufficient savings for retirement increases older Mainers' reliance on social services," said Amy Gallant, AARP Maine Advocacy Director. "With savings for retirement continuing to decline, the problem is only worsening."

have to grow at this rate. Increasing retirement income through greater pre-retirement savings could substantially reduce taxpayer contributions for, and older Mainers' reliance upon, public assistance. For example, an additional \$1,000 in individual retirement income would save Maine taxpayers \$15.6 million by 2032.

Philip Trostel, Professor of Economics at the University of Maine, spearheaded the research. "This report can serve as a catalyst for change," he explained. "Helping workers save during their career will reduce government spending for retiree benefits. It is important for the State of Maine to consider options that will create more vehicles for workers to save toward retirement through their workplace."

States are innovating to solve this problem by removing the regulatory and operational barriers for small businesses that want to offer their workers a way to save for retirement. A popular solution has been to set up public-private partnerships that work like a 529 college savings plan for retirement. While more than 30 states are taking bipartisan action to enact such legislation, the U.S. House voted on and passed H.J. Resolution 66 and 67, repealing Department of Labor guidelines that allow states the flexibility needed to enact such measures. AARP has urged the Senate not to take up these resolutions.

"This study shows that states can ill afford to wait to tackle the retirement security crisis, and it is out of touch for Congress to put roadblocks in front of states that want to take preventative action," said Gallant.

Lifestyle

Continued from page 3

about the program, visit the Central Maine Healthcare DPP website at www.cmmc.org/diabetes-prevention.

To register, contact Louise Ingraham at 330-7769 or preventdiabetes@cmhc.org.



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Enough is Enough

City Council addresses problem of disorderly Bates students

By Robert E. Macdonald
MAYOR OF LEWISTON

Last week the Lewiston City Council in a 5-1 vote brought order back to a Lewiston neighborhood. This long-time quiet residential neighborhood in the White Street/Davis Street area, which borders Bates College, will be returned to tranquility.

Although the problem was brought on by a miniscule number of Bates College seniors, it was not a Bates College problem. It was a City of Lewiston problem. These were a group of seniors at Bates who took advantage of their parents' wealth, opting to rent apartments and houses off campus, thus neutralizing any attempt by the Bates Administration to control and punish their behavior.

This quiet neighborhood has been the scene of loud drinking parties, many involving underage drinkers. These party-goers urinate on people's lawns and bushes. They threaten neighborhood residents when confronted by them about their behavior. Trash, bottles and cans, paper cups, condoms, etc. are thrown on the street, yards and sidewalks.

Neighborhood children are kept up by the noise. Breadwinners report to their jobs tired. The elderly and the infirm are denied a proper night's sleep.

Why? Because this small group of Bates seniors don't care. Well, the city council and the mayor care. Speaking for myself, I have no sympathy for them or



Mayor Bob Macdonald

the entrepreneurs that are buying up neighborhood housing to make a quick buck.

The parking was the first step. We have stepped up our code enforcement and fire department inspections of these buildings to make sure they are up to code and safe. We have an ordinance

on the books pertaining to disorderly apartments. These will be strictly enforced, along with other laws and codes that will make the area livable.

Lastly, I must stress that 99 percent of Bates College students create no problems. Their presence is a boon to our community. Please do not look at or treat them like the one percent that neither respects nor cares about the community. If the landlords, college administration, city officials and neighborhood residents work together, order will be permanently restored in the neighborhood.

I left the city council meeting very happy: we had stabilized this neighborhood. This was a big win for those living there. But I also thought of the trashing from

Ben Chin and the Maine People's Alliance (MPA) I have endured, simply for attempting to ensure a better quality of life for the good people living in Lewiston's downtown.

Like those living in the White/Davis Street neighborhood, these inner-city residents suffer from the same conditions—times 10. Why? Because relief has been stymied by Chin, the MPA and Pine Tree Legal.

They have made an issue of the deplorable conditions in our downtown housing stock.

They have unmercifully vilified area landlords. While not every building owner is a responsible landlord, the majority are. When assigning blame, who is really responsible for these conditions?

Owning property is a business. In the downtown area, you're limited as to what you can charge for rent. When your tenants destroy their apartments and become deadbeats, going weeks without paying rent before finally being forced out, does this make our landlords the villains?

The real villains are Chin, the MPA and Pine Tree Legal. MPA, along with the willing help of their sycophants in press, vilifies local landlords. Meanwhile, Pine Tree Legal assures deadbeats of additional rent-free living.

The MPA, along with the help of our progressive and liberal local state representatives, have thwarted legislation to alleviate these conditions. But that is for a future column.

City program offers credit for planting eligible trees

Lewiston residents who have a green thumb or want to develop one may benefit from the city's new "Treebate" program. Under the program, Lewiston residents who plant a qualifying tree on their single-family or duplex property may have 50% of the purchase price and planting costs, up to a maximum of \$100, credited to their storm water fee. Applicants will receive a rebate for no more than one tree per year.

The program, which was approved by the City Council in August, was suggested by Ward 7 Councilor Michael Lachance. "Planting a tree improves more than the property it is planted on," says Lachance. "Quality trees enhance streets, neighborhoods, and

whole cities. This program gives back to those who choose to enhance their property with a quality tree. It's a great way for Lewiston rate payers to collaborate with City Hall and enhance our neighborhoods - a 'win-win' return on investment for everyone."

The positive affects trees have on a community are numerous. Trees enhance the urban environment by reducing storm water runoff and absorbing rainfall, reducing soil erosion, absorbing odors and polluting gases, conserving energy when strategically placed around buildings, and improving the community's overall aesthetics.

Tree varieties approved for the rebate are the Red Maple, Yellow-

wood, Green Ash, Thornless Honeylocust, Pin Oak, Japanese Pagoda Tree, Little Leaf Linden, Homestead Elm, Sugar Maple, White Ash, Ginko, Amur Corktree, Bradford Callery Pear, Japanese Tree Lilac, and Princeton Elm. Other trees may be eligible upon approval of the city's arborist. To qualify, trees must have a diameter of at least 1.5 inches in caliper measurement at six inches above the soil surface.

Residents should submit a Treebate application for approval before planting. They will be contacted based upon fund availability once their application has been approved. For tree descriptions, a planting guide, and the application form, see www.lewistonmaine.gov/treebate.

Library program examines "Equity and Excellence in Maine Schools"



Dr. Flynn Ross will discuss the benefits of positive, inclusive school climates on Tuesday, September 19 at Bailey Public Library in Winthrop.

Bailey Public Library in downtown Winthrop will host Maine educator Dr. Flynn Ross, who will give a lecture and presentation on "Equity and Excellence in Maine Schools" on Tuesday, September 19 at 6:30 p.m. Free and open

to the public, the event will take place in the lower level King Event Room of the library at 39 Bowdoin Street in Winthrop. For more information, call the library at 377-8673.

"Equity and Excellence in Maine Schools" provides a Maine-based clearinghouse of resources related to equity in K-12 education. An

outreach initiative of the University of Southern Maine School of Education and Human Development, the program works to promote awareness of equity issues and to provide resources and support to help ensure excellence in education for all children attending Maine schools.

Dr. Ross' presentation will focus on positive,

Tiger Sharks



Members of the YWCA Tiger Sharks Swim Team enjoy their end of summer party. This team for youth interested in competitive swimming provides a positive and encouraging environment; coaches focus on stroke development, increasing endurance, and nutrition. The next try-outs will be on Monday, September 18 from 5 to 6 p.m. at the YWCA at 130 East Avenue in Lewiston. For more information, see <https://ywcaine.org>.

inclusive school climates that can increase student achievement, reduce bullying and violence, and model civil, participatory democracy in action. She will also discuss diversifying the teacher work force and fostering global awareness in schools by building on cultural and linguistic differences in our communities.

Dr. Ross is the state

coordinator of the Scholars Strategy Network, which promotes public scholarship in the media and legislature to enhance democracy. Her research is focused on high quality teacher preparation and ensuring access for underrepresented teaching candidates. She is also involved in community action research to improve educational opportunities

and attainment through the Westbrook Children's Project.

The event is part of the "World in Your Library" series sponsored by the Maine Humanities Council, as well as the ongoing Winthrop Lakes Region Forum, which is presented by Bailey Library and sponsored by the Winthrop Public Library Foundation.

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What's Going On

Good Food Bus setting new records in second full season



Ruth Carney picks up groceries at the Good Food Bus when it stops on Wednesdays at the Center for Wisdom's Women in Lewiston.

The Good Food Bus, a mobile, mostly-local food market operated by St. Mary's Nutrition Center and Cultivating Community, is setting new records on its second full summer season. "Our first week was better than any week last season," commented coordinator Price Hulin, citing 206 transactions in week one of 2017 compared to just 161 in week one of 2016. Sales are set to nearly double this season compared to last. The bus carries a selection of local, fresh fruit and vegetables, along with foods from away, such as citrus. It also offers locally sourced eggs, cheese, and bread; pre-prepared frozen lunch items; and Anchor Meal bags stocked with a recipe and all ingredients needed to prepare a delicious healthy dinner. Anchor Meal bags vary each week and have included spinach and garlic pizza, a chick-pea curry, and a veggie burrito. Responses to the meals have been over-

whelmingly positive. 153 were sold during the last week of July. Currently, the service supports about 75 families each week in cooking a healthy meal from scratch. The meal bags cost \$10 or \$12 and feed two to four people. Customers can call 513-3849 to reserve an Anchor Meal bag at a particular stop; extras are often available. While creating access to good food for all Maine people and supporting local farmers are central to the project, the Good Food Bus is also about fostering social connections. From its beginnings in 2015, the bus has made stops in neighborhoods and businesses across Lewiston-Auburn, Westbrook, and Bath, bringing together diverse Maine shoppers. "It's about being a consistent part of a community, building relationships with people who come out, and sharing information about new and unique items we're offering," says Kathleen

McKersie, who manages bus operations. "It's about helping people connect to one another and to good food." A stop in Lewiston in partnership with the Center for Wisdom's Women, a daytime drop-in center and safe haven for neighborhood women, has many fans. "We cook together every Wednesday, so it's perfect for us that the bus comes by on that day," says volunteer and visitor Bethanie Bernard. "Good food and friendly workers, that's what the Bus offers," says Ruth Carney, a weekly customer who buys her groceries and then some to cook and share with other visitors at the Center. "Today I got zucchini, squash and broccoli that I'm going to turn into a stir fry for everyone to share. If you had snap peas, I'd have gotten those too!" In 2017, the bus schedule grew to 12 stops. Its season runs through the end of October. Cash, credit-debit, SNAP-EBT, and WIC coupons are warmly welcomed. SNAP-EBT and WIC cus-

Skyline Farm hosts 5K Trail Run-Walk this weekend

In conjunction with North Yarmouth Fun Day on Saturday, September 16, Skyline Farm will hold its fourth annual Benefit 5K Trail Run-Walk at 8 a.m. The course consists of one loop through the trails at Skyline Farm and the neighboring Yarmouth Water District land. Advance registration is \$20 at www.RunSignUp.com. Race day registration is \$25 from 6:30 to 7:30 a.m. at Skyline Farm. The first 50 registrants will receive a free technical t-shirt. Prizes will be awarded to the top male and female finishers in eight age categories. A nonprofit, all-volunteer organization, Skyline Farm is located at 95 The Lane in North Yarmouth. For more information, contact Jennifer at 415-6830 or info@skylinefarm.org or see www.skylinefarm.org.



Scott Migliore of Leeds takes first place in last year's event with a time of 20:29.

5 tips to make family mealtimes more mindful



The hectic workday is over. As you pull into your driveway, you feel relief because you've finally escaped the cranky co-workers, the deadlines and traffic jams. Now you can spend the next few hours relaxing at home with your family. What better way to enjoy this time than with a delicious meal together? Sometimes, the lingering stress can be hard to shake, especially if you're in a rush to get dinner on the table. You can shed your stress and make this time together more meaningful. Consciously ease into the transition from work mode to family mode, and use these tips to make your evening meal more relaxing and mindful.

1. Take a breath. As soon as you get home, just take a few minutes and chill out. What you'll want to do is shake off any lingering "fight or flight" stress response that's making you feel tense and on edge. With deep breathing techniques - the kind that get your belly moving - you'll lower your heart rate and feel much calmer. Sit in your favorite chair,

soften your gaze and start those long, drawn-out in-hales and ex-hales, counting your breath if needed. Just by transitioning into this calmer state, you'll set the right mood and standard for the rest of the evening. 2. Give the devices a timeout. Being mindful is all about staying in the present and following each action with intention and awareness. But when your mobile device is pinging from the latest Facebook update, text message or news alert, that can distract us from this calm and aware state of mind. For now, while you're preparing and eating the meal, put the devices out of reach - or in another room, if that's practical. 3. Include the kids. With devices out of the way, it's also much easier and more pleasant to focus on the people in the room. If your kids are hanging around the kitchen, take it as a sign they want to be with you, so use this time to connect. A great way to do this is to include kids with the meal preparation. The youngest ones can rinse fruits and *See Tips, page 7*

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YWCA names Women of Achievement Award recipients



Kirsten Walter



Fowsia Musse



Shukri Abasheikh



Betty Robinson

The YWCA has announced the four recipients of its 2017 Women of Achievement Awards. Receiving the Lee Young Leadership Award is Kirsten Walter; receiving the Marcia Baxter Social Justice Award is Fowsia

Musse; receiving the Tonie Ramsey Service Award is Shukri Abasheikh; and receiving the Priscilla Gendron Legacy Award is Betty Robinson.

They will be honored at the Women of Achievement Awards Gala on

Thursday, October 19 at the Gendron Franco Center in Lewiston. Open to the public, the event will begin with a reception at 5:30 p.m. The award ceremony will take place at 6:30. The reception will include substantive appetizers and a cash bar featuring a signature YWCA persimmon cocktail. Dessert and a complimentary champagne toast will follow the award ceremony. The keynote speaker will be Sherri Mitchell, an attorney, activist, and founder of the Land Peace Foundation, an organization dedicated to the global protection of indigenous rights and the preservation of indigenous ways of life.

Tickets are \$45 before September 15 and \$50 thereafter. All proceeds will benefit the work of the YWCA in Lewiston-Auburn. Sponsorship opportunities, including multiple levels of support to fit the budgets of local businesses of all sizes, are available. For more information about the event or sponsorship opportunities, call 795-4050.

Award recipient

What's Going On

Kirsten Walter is the founding director of St. Mary's Nutrition Center. She established its flagship program, Lots to Gardens, in 1999 with just one community garden in Lewiston. She is a member of the Good Food Council of Lewiston-Auburn, co-founder of the Maine Network of Community Food Councils, and supported the development of the Maine Food Strategy. She has served on the boards of the Eat Local Foods Coalition, the Maine Local Food Access Network, University of Maine Cooperative Extension, the Rooted in Community national network and the "Let's Go 5210" obesity prevention program. She is an alumna of the Maine Network Partners Fellowship and the Sustainable Food Systems Leadership Institute, where she continues to serve as an advisor. She has co-authored academic research papers published in Maine Policy Review and the Federal Reserve Bank of Boston's Community and Banking. She is the recipient of several awards, including the University of Maine's Maryann Hartman Award and the Maine Nutrition Council's Katherine Musgrave Public Service Award. She earned a B.A. from Bates College in Lewiston.

Fowsia Musse works at Healthy Androscoggin as a lead awareness educator for both new and long-time Mainer populations in Lewiston. She has worked in the public health field as a cultural broker, medical interpreter, and Community Health Outreach Worker for nine years. She spent her early years in the U.S. working with the Immigrant Resource Center of Maine (formerly the United Somali Women of Maine)

in Lewiston to empower immigrant women and children and advocating for victims of domestic violence, sexual assault, family crisis, and generational trauma. She worked collaboratively with Susan D. Jacoby, DNP, CNM, Heather L. Lindkvist, and Dr. Monique Lucarelli on an article published in the Journal of Midwifery & Women's Health entitled "Increasing Certified Nurse-Midwives' Confidence in Managing the Obstetric Care of Women with Female Genital Mutilation-Cutting." She is a board member at Maine Community Integration, a nonprofit ethnic community-based organization working on education, advocacy, and social change empowerment in Lewiston's New Mainer communities. She serves on the Immigrant and Refugee Integration and Policy Development Working Group that was established by the Lewiston City Council and volunteers with the Lewiston-Auburn Neighborhood Network and the local Red Cross. She also volunteers her expertise to work on parent-school engagement with Auburn Public Schools. She is currently studying toward an Associate's Degree in Human Services at Central Maine Community College.

Shukri Abasheikh is the owner of the Mogadishu Business Center on Lisbon Street in Lewiston. The center offers a range of services, including Halal foods, a cleaning business, tax preparation, money transfers, a seamstress business, a restaurant, and catering services that meet the cultural needs of the diverse communities of African immigrants in Lewiston as well as the larger community. She opened the center after fleeing the civil

war in Somalia and coming to the United States from Kenya, growing it from a small grocery store into the robust business center it is today. Her service to the larger community includes volunteering with the Red Cross, working with the Immigrant & Refugee Resource Center of Maine, and collaborating with local businesses for World Refugee Day. She credits her additional jobs at Lewiston High School, Salvation Army, Hyatt Hotel, and LL Bean for teaching her about customer service.

Betty Robinson is a recently retired professor of sociology and leadership studies at USM's Lewiston-Auburn College, where she taught for nearly 30 years. For seven of those years, she served as the College Dean. She has served on the boards of numerous Maine non-profits, including the Maine Community Foundation. She has contributed significantly to the development of Tree Street Youth in Lewiston by serving as the organization's first Board Chair, and then as Chair of its Capital Campaign, which raised over 1.3 million dollars to expand its building through the construction of a new wing. She serves on the Finance, Development and Executive Committees and is a significant recruiter for the organization, introducing many people to its program. She continues to volunteer regularly, working with college-bound youth. Beyond Tree Street Youth, she involves herself in a variety of educational and social justice issues, always studying, learning, and lending her time, energy and insight to various campaigns and causes.

5 Tips

Continued from page 6
vegetables, cut soft foods with a butter knife and tear lettuce. Older kids can help measure ingredients, stir and whisk, and eventually peel foods with a paring knife.

4. Simplify your menu.

Eliminate the stress of getting weeknight meals on the table, and build a list of delicious go-to meals that you can prepare with ease. For example, this recipe for Easy Shrimp Kabobs will allow you to get the entrv©e ready in minutes, plus the skewers and easy dips will make this a fun favorite with the kids. For more ideas and inspiration to make the weeknight meals more mindful and relaxing, visit seapak.com/recipes.

5. Slow down and savor the food.

Give yourself a few moments for mindful eating. Before earnest conversation begins, put your focus on the food you've taken the time to prepare. Put down your fork, and pay attention to the flavors, the textures and how you respond to them. No matter how hungry you are, don't

rush. Mindful eating is all about pacing yourself and staying in the moment to experience the delicious meal you are eating.

After a long day, you can make the evening meal more relaxing and enjoyable by bringing a mindful approach to dinnertime. When it's time to eat, you'll be in the right state of mind to enjoy your food, as will the people around you.

Easy Shrimp Kabobs
Serves 4
Ingredients
1 12-ounce package SeaPack Popcorn Shrimp
Wooden skewers
Dipping sauces, such as tartar sauce, cocktail sauce, barbecue sauce and ranch dressing

Instructions
Preheat oven to 450 Fahrenheit.

Place shrimp on baking sheet in a single layer so shrimp are not touching.

Bake 5 minutes on the middle oven rack, then turn shrimp over.

Bake another 5-6 minutes until shrimp are hot and crispy. Using a fork to hold the hot shrimp in place, slide shrimp onto wooden skewers.

Serve with small sides of sauces for each person. For example, use tartar sauce, cocktail sauce, barbecue sauce and ranch dressing.

Source: The blog A Helicopter Mom via SeaPak.com. (BPT)

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What's Going On

Lewiston landmark celebrates 100th anniversary with Gatsby-themed event



Built in 1917, the historic train station once served as the general waiting room for passengers traveling to and from Quebec, Boston, New York, and points beyond.

The Royal Oak Room, formerly home to downtown Lewiston's historic Maine Central Railroad train station, will celebrate its 100th anniversary this year with a Gatsby-themed gala event on Saturday, September 16 at 6 p.m. The public is invited to help celebrate the rich history of this landmark

property by stepping back in time to an era when gin and jazz were the talk of the town. The party will feature live music by Mike Willette's Big Band, swing dance performances and demonstrations, and a silent auction to benefit the Alzheimer's Association. The Royal Oak Room is located

at 1 Bates Street in Lewiston. For more information or to buy tickets, call 333-3242 or visit www.royaloakroom.com. The Royal Oak Room was once the general waiting room for hundreds of train passengers traveling to and from Quebec, Boston, New York, and points be-



Photo Credit: Brea McDonald

Today, the beautifully renovated building serves as a premier event facility.

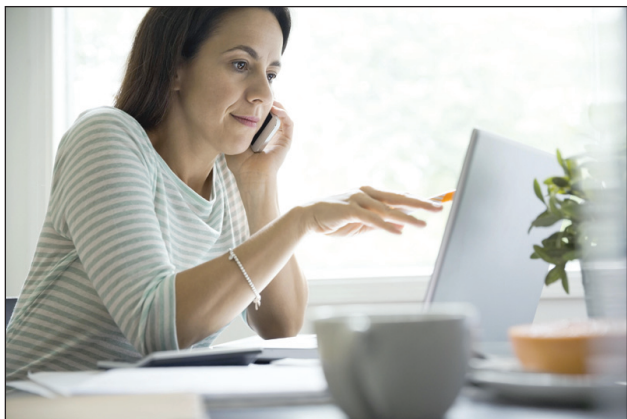
yond. Many in the community can still recall stories of their ancestors who arrived at the station to begin their new lives in America, left and returned as soldiers serving the country during World War II, and embarked on personal journeys to explore the world.

Some milestones in the building's history have included 1917, when Maine Central Railroad launched service at the newly built

Lewiston station; 1960, when rail service ended and the property was sold to Atlantic Steel Company of Boston, which later opened Steel Service Center at the location; 1966, when Lewiston native Robert Roy Sr., whose family originated in Canada, purchased Steel Service Center; 1993, when Robert Roy Jr. purchased Steel Service Center from his father and operated the business from the historic property

for another 13 years before moving it to another location; 2008, when renovations to the historic train depot began; and 2010, when the renovations were completed and the building was unveiled to the public as the Royal Oak Room and honored by the Androscoggin County Historical Society. Today, the Royal Oak Room thrives as one of Central Maine's most unique wedding and special event venues.

Shop for health care with these websites and apps



As our nation seeks solutions to help improve the health care system, there is at least one goal we can all agree on: the importance of making health care quality and cost information more accessible.

This is an important effort that has the potential to help improve health outcomes and make care more affordable - laudable goals See **Healthcare**, page 9

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CMMC Woman’s Hospital Association plants Memory Mums this week



Mums planted at the hospital entrance can be dedicated to the memory of a loved one with a personalized placard.

In what has become an end-of-summer rite of the season, Central Maine Medical Center’s Woman’s Hospital Association will plant mums at the hospital entrance on September 15 for its third annual Memory Mums Project. Flowers planted can be dedicated to the memory of a loved one with a personalized placard for \$15 each. Dedications

can be made in person at the WHA Gift Shop, located in CMMC’s main lobby at 60 High Street in Lewiston, or by downloading the form at www.cmmc.org/wha. Created in memory of Amanda Dempsey, mother of actor and Dempsey Center founder Patrick Dempsey, the Memory Mums Project conveys through vibrant color and heartfelt

messages the love and spirit of the lives it honors. The three services benefitting from the project are the Dempsey Center’s Fund for Cancer Patients, which aims to lessen the stress of a cancer diagnosis by providing financial assistance to patients struggling to meet critical needs, such as food, heating oil, electricity, and gas; the Cynthia Rydholm Center’s Cancer Immediate Needs Fund, which helps financially struggling cancer patients purchase needed medication; and the Sam and Jennie Bennett Breast Care Center’s Patients’ Needs Fund, which helps pay for screening mammograms, extended diagnostic images, and breast biopsy services for women and men who have inadequate or no insurance. The WHA encourages everyone to honor a life that has touched them and to touch the life of another with a “Memory Mum.” For more information about the program or the WHA, call the office at 795-2723, the Gift Shop at 795-2295, or email wha@cmmc.org.

Healthcare

Continued from page 8

considering the nation’s health care system ranks among the least efficient in the world, according to a recent Bloomberg analysis.

More widespread use of health quality and cost resources may be part of the solution. Providing health care prices to consumers, health care professionals and other stakeholders could reduce U.S. health care spending by more than \$100 billion during the next decade, according to a 2014 report by the Gary and Mary West Health Policy Center.

That is in part because there are significant price variations for health care services and procedures at hospitals and doctors’ offices nationwide, yet a study by Families U.S.A. concluded that higher-priced care providers do not necessarily deliver higher-quality care or better health outcomes.

Fortunately, there are many new online and mobile resources that help enable people to access health care quality and cost information, helping them to comparison shop for health care as they would with other consumer products and services. And people are starting to take action: Nearly one-third of Americans have used the internet or mobile apps during the last year to comparison shop for health care, up from 14 percent in 2012, according to a recent UnitedHealthcare survey.

These resources are far more accurate and useful than those of past generations, and in some cases provide people with estimates



care professional about alternative treatment settings, including urgent care and telehealth options. Public websites, such as www.uhc.com/transparency and www.gurroo.com, also can help enable access to market-average prices for hundreds of medical services in cities nationwide.

These resources can help people save money and select health care professionals based on objective information. A UnitedHealthcare analysis showed that people who use online or mobile transparency resources are more likely to select health care providers rated on quality and cost-efficiency across all specialties, including for primary care (7 percent more likely) and orthopedics (9 percent more likely). In addition, the analysis



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What’s Going On

Androscoggin Readers Theater



The members of the Androscoggin Readers Theater are busy with rehearsals in preparation for their weekly performances in October and November at the area senior housing units. This past week, they gathered outside, taking advantage of the good September weather. They write their own humorous skits based on anecdotes and stories about senior citizen happenings that their audiences can relate to. Seated l to r, are Jim Nesbitt with his little dog, LO, Faith Towle, Director Naomi York, Curt Webber; Standing, Joel Goodman, Nancy Daniels, Bob Gardner, Judy Webber. Absent were Linda Jackson-Washburn and Christopher Lansey. (Photo by Rachel Morin)

found that people who use the transparency resources before receiving health care services pay 36 percent less than non-users.

As people take greater responsibility for their health care decisions and the cost of medical treatments, transparency

resources are becoming important tools to help consumers access quality care and avoid surprise medical bills. (BPT)

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

CLT, Franco Center seek actors and singers for "Come Out Swingin': A Lewiston Story"



In February, L/A Community Little Theatre of Auburn and the Gendron Franco Center of Lewiston will co-produce the world premiere production of "Come Out Swingin': A Lewiston Story," a musical written by Portland native Brian Daly. Open auditions are scheduled for Sunday and Monday, September 24 and 25, at 6 p.m. They will take place at the Franco Center at 46 Cedar Street in Lewiston. Those unable to attend at these times are encouraged to call the director to request an appointment. Callback auditions will be by invitation.

Production dates for the show will be Friday and Saturday, February 2 and 3, at 7:30 p.m. and Sunday, February 4 at 2 p.m. Friday, February 16 at 7:30 p.m. has been reserved as a snow date, if needed.

"It's May of 1965, just months after the assassination of Malcolm X, and the controversial Muhammad Ali-Sonny Liston title bout has been moved at the last minute to the unlikely venue ever for a world championship fight - Lewiston, Maine, a Franco-American mill town in decline," says Brian Daly, the musical's writer and composer. "The fictional Mickey St. Pierre, second assistant deputy city manager of Lewiston, sees this as his hometown's one and only chance to take its rightful place among the world's great cities. By dint of his boundless enthusiasm, he gets the colorful characters of Lewiston fired up to play host to celebrity jetsetters and the world's top sports-writers." As the word gets out, what follows is a musical adventure through the

neighborhoods of Maine's second-largest city.

Richard Martin and Mitchell Clyde Thomas of the Franco Center will serve as the director and music director for the show, with regular CLT contributor Jake Boyce of Portland choreographing the dancing. Martin and Thomas are also long-time directors at CLT and serve on its board of directors.

Those auditioning may be asked to audition in all three parts (vocal, choreography and dialogue) to be considered for roles. The play features numerous lead and supporting roles, both singing and non-singing, and an ensemble. In preparation for the audition, singers are asked to bring sheet music for the piano accompanist. No prerecorded music will be allowed and there will be no a cappella

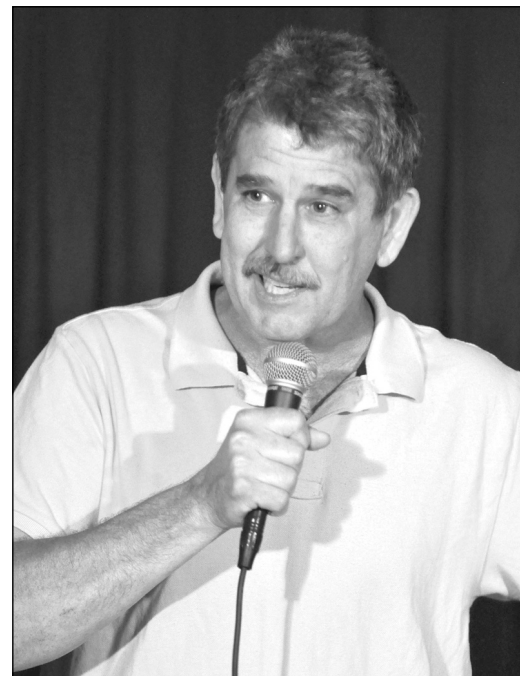
singing. Recorded samples of six of the show's songs are posted on the show's Facebook event page and can be sent directly by request. If you have questions about singing auditions, contact Thomas in advance at 838-1722 or mthomas@francocenter.org.

The show requires a great deal of movement. Time will be allotted for participants to change clothes and shoes prior to the beginning of dance auditions, if needed. Those with all levels of dance experience are welcome to audition. Please bring character shoes, sneakers, or jazz shoes.

The principal and supporting roles include six men and six women. All but two are solo singing roles and the ages vary. Five of the roles ideally require black male vocalists who will make up the singing group "The Sapphires" and must be able to do some strong Temptations-style singing and dancing. The role of Preston, the cool and charismatic African-American leader of the group, includes dialogue.

The ensemble, representing the citizens of Lewiston and those who have come to town for the fight, will be made up of all ages and will provide singing, dancing, and some dialogue. Neither of the boxers in the infamous 1965 fight are characters in the show. To request a perusal script, ask questions, or request an alternate audition time, contact director Richard Martin at 754-9828 or rmartin@francocenter.org.

Maine Event Comedy at Baxter Brewing



Dennis Fogg (Photo by Mark Turcotte)

Maine Event Comedy will present 22-year comedy veteran Dennis Fogg at Baxter Brewing on Friday, September 15 at 7 p.m. The night of laughs will also feature Boston's Liam McGurk, New Hampshire's Tyler Morrow, and Portland's Kevin Neales and Jack Slattery.

Fogg's comedy and restaurant, Uncle Andy's Diner in South Portland, were featured on the Food

Network's "Restaurant Impossible" television show. He was a finalist in the Funniest Comic on the East Coast Contest at Mohegan Sun and performs regularly throughout New England.

The show is free and open to those ages 21 and older. Baxter Brewing is located at 130 Mill Street in Lewiston. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com.

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Fall music events at Bowdoin College

Bowdoin College will present the following music events during the fall semester. Unless otherwise noted, all events are free and open to the public and no tickets or reservations are required.

Parking on city streets is available on Park Row and Maine Street. Visitors may park in blue-designated visitor-staff parking lots. Studzinski Recital Hall is wheelchair-accessible with a ramp to the west-side lobby door, near the circle on South Campus Drive. Bowdoin Chapel is wheelchair-accessible with a ramp to the south door.

For information on events not produced by the Department of Music, please call the number provided with the description. All events are subject to change. To confirm dates and locations, for a complete list of events, or be added to their mailing list, contact the Department of Music at 798-4141 or lrussell@bowdoin.edu.

The New York Balalaika Duo. Saturday, September 16 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Performers Mikhail Smirnov and Elina Karokhina will present a concert of favorite Russian songs, as well as lesser-known authentic folk songs collected in many different regions of Russia, accompanied by Russian folk instruments the balalaika and garmoshka. Pre-concert talk at 6:30.

Adam Swanson, ragtime piano. Monday, September 18 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Swanson is one of the world's foremost performers of vintage American popular music, including ragtime, early jazz, the Great American Songbook, and more. He holds a bachelor's degree in classical piano and a master's degree in musicology from the Peabody Conservatory of Johns Hopkins University.

Grdina-Houle-Loewen. Saturday, September 23 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Since 2014, the collective Grdina-Houle-Loewen has forged a new stream of complex compositions that meld together density, ferocious energy, and technical virtuosity. The group's versatility and wide dynamic range has become finely honed, creating an ensemble that can change course dramatically.

Klavierfest event: "The Many Faces of Music," a lecture and masterclass by Marvin Blickenstaff. Saturday, September 30, 4 to 6 p.m. Kanbar Auditorium, Studzinski Recital Hall.

Klavierfest event: Richard Dowling, piano. "Great Scott!" Saturday, September 30 at 7:30 p.m. Kanbar Auditorium,

Studzinski Recital Hall. Richard Dowling's "Great Scott!" piano concert features the beloved ragtime piano works of Scott Joplin used in the 1973 Academy Award-winning movie "The Sting" (including "The Entertainer"), plus many other dazzling, delightful, and rarely-heard Joplin compositions.

Klavierfest event: "Thinking Creatively about the Piano and its Sound," a lecture by Jeffers Engelhardt. Sunday, October 1, 2 to 3:30 p.m. Kanbar Auditorium, Studzinski Recital Hall.

Klavierfest event: Diane Walsh, piano. Sunday, October 1 at 4 p.m. Kanbar Auditorium, Studzinski Recital Hall. Diane Walsh was associate professor at New York City's Mannes College of Music for 32 years and, in the Fall of 2015, served as Visiting Artist at Colby College. A Steinway Artist now living in Portland, she will perform works by Bach, Mozart, Bartók and Schumann.

Christian de la Fontaine, flute, and George Lopez, piano. Wednesday, October 4 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. The duo will perform works by Bach, Gaubert, and Clementi.

Steven Doane, cello, and Xak Bjerken, piano. Saturday, October 7 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Steven Doane, professor of cello at Eastman School of Music, and Xak Bjerken, professor of music at Cornell University, will perform sonatas by Britten and Brahms, Frank Bridge's "Melodie and Scherzo," and Beethoven's "Variations on a Theme from 'The Magic Flute'."

Family Weekend event: World Music Ensembles. Friday, October 27 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. The Middle Eastern Ensemble (Eric LaPerna and Amos Libby, directors) and

the West African Ensemble (Jordan Benissan) will perform.

Family Weekend event: Bowdoin College Concert Band. "We'll Be Coming 'Round the Mountain." Sunday, October 29 at 2 p.m. Kanbar Auditorium, Studzinski Recital Hall. John P. Morneau will conduct this musical tribute to the grandeur of one of the world's greatest natural wonders, its mountains, featuring music derived from the various cultures of mountainous regions. The program will include the world premiere performance of "Three Mountain Songs: A Jazz Medley," by Terry D. Stenberg, Bowdoin Class of 1956.

Concert: Blue Heron. Saturday, November 11 at 2 p.m. Bowdoin Chapel. Presented in conjunction with the exhibit "The Ivory Mirror." Established as the finest vocal ensemble of its type in North America, Blue Heron combines a commitment to vivid live performances with the study of historical performance practices.

The Aries Trio. Sunday, November 12 at 4 p.m. Kanbar Auditorium, Studzinski Recital Hall. The Aries Trio (Martha Aarons, flute; Lev Polyakin, violin; and George Lopez, piano) will present a program of trios for flute, violin and piano by J.S. Bach (BWV 1038 in G Major), Philippe Gaubert ("Medailles Antiques"), and Nino Rota. In addition, there will be a duo for violin and piano, the "Suite Populaire Espagnole," by Manuel de Falla, and a duo for flute and piano, "Joueurs de Flute," by Albert Roussel.

Bowdoin Chorus. Friday, November 17 at 7:30 and Saturday, November 18 at 3 p.m. Kanbar Auditorium, Studzinski Recital Hall. With Anthony Antolini '63 at the podium, Bowdoin Chorus presents "A Celtic Christmas" concert of songs from Ireland, Scotland, Wales, and Cornwall, See **Bowdoin**, page 11

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Twin City Nights

French Sing-Alongs resume at LAC



Aliette Couturier, Rita Gosseling, Jeannine Doucette, Mary LeClerc, Gail Lawrence, Jacynthe Jacques, pianist Jeannette Gregoire, and Louise Bolduc, collectively known as Les Troubadours, kick off a new season singing favorite French and Franco-American songs on Friday, September 15 at 1:30 p.m. in Room 170 at USM's Lewiston-Auburn College. All are invited to the monthly sessions, where song books are provided so those unfamiliar with the songs, or less than fluent in French, can sing along. The event is sponsored by the Franco Collection at USM-LAC. For more information, call 576-4109.

Lisbon Library hosts "Readers Anonymous" book group

At Lisbon Library's next meeting of "Readers Anonymous" on Thursday, September 21, from 6:30 to 8 p.m., participants will discuss the book "A Man Called Ove," by Fredrik Bachman.

The group meets on the third Thursday of each

month. While there is no charge to join, members are expected to acquire their own copy of each month's book, either on their own or by borrowing one through the library system. Lisbon Library is located at 28 Main Street in Lisbon Falls. For more

information or to sign up, call 353-6564 or email lisbonlibrary@lisbonme.org.



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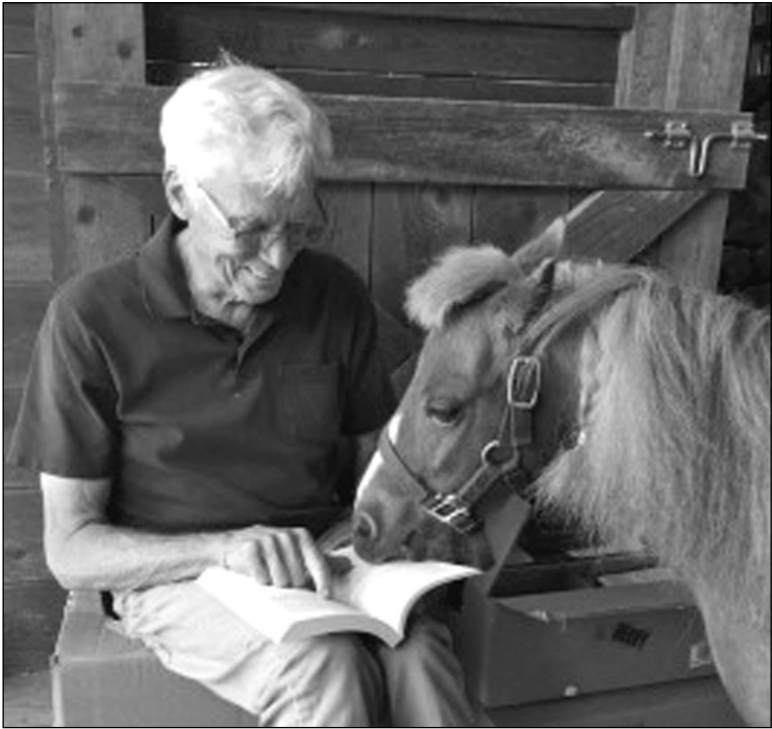
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Twin City Nights

Equine veterinarian to read from book at Skyline Farm



Dr. David A. Jefferson will share stories from his new book, “Maine Horse Doctor: On the Road with Dr. J” on Sunday, September 17.

Well-known equine veterinarian and writer Dr. Dave Jefferson will host a book signing and storytelling session at Skyline Farm in North Yarmouth on Sunday, September 17 at 1 p.m. Jefferson will share stories from his new book, “Maine Horse Doctor: On the Road

with Dr. J,” which features more than one-hundred tales of real-life experiences helping horses and their owners throughout New England. The stories, some funny and some sad, aim to entertain readers while educating them on aspects of responsible horse care.

Following his talk, Jefferson will answer questions and autograph copies of his book. A portion of the proceeds will support local horse charities. Skyline Farm is located at 95 The Lane in North Yarmouth. For more information, call 829-5708.

Bowdoin

Continued from page 12

sung in English and Gaelic, with guest performers harp and guitar duo Castlebay.

Bowdoin College Concert Band. “Southern Harmony.” Sunday, November 19 at 2 p.m. Kanbar Auditorium, Studzinski Recital Hall. John P. Morneau will conduct the Band in this program celebrating the cultural heritage and great music of the people of the southern regions of the United States.

Middle Eastern Ensemble. Monday, November 27 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Directed by Eric LaPerna and Amos Libby, the Bowdoin Middle Eastern Ensemble presents classical

and contemporary music from the Arabic and Ottoman Turkish traditions. The ensembles vocals are accompanied by traditional Middle Eastern musical instruments like the oud (Middle Eastern lute) and qanun (72-stringed Middle Eastern zither), along with Western instruments and Middle Eastern percussion.

Chamberfests. Tuesday, November 28 at 4 and 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Student ensembles will present two different programs of classical chamber music.

West African Music Ensemble. Wednesday, November 29 at 7:30 p.m. Kanbar Auditorium, Studzin-

ski Recital Hall. The West African Music Ensemble, directed by visiting coach Jordan Benissan, will present a program entitled “Ewe Proverb” featuring music of both the Ewe and Akan people.

George Lopez, piano. Monday, December 4 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Lopez presents an overview of Beethoven’s early, middle and late periods, with sonatas from opuses 14, 26, 78 and 101.

Jazz Night. Tuesday, December 5 at 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall. Students coached by Titus Abbott will perform in various jazz ensembles.

Farmington and Jay parishes host Catholic Rural Life Festival this weekend

To highlight the beauty and grace of rural life and the stewardship of creation, St. Joseph Parish in Farmington and St. Rose of Lima Parish in Jay are planning a Catholic Rural Life Festival to be held Thursday through Sunday, September 14 through 17.

The festival will include many events and liturgies aimed at bringing family, friends, and neighbors together in a celebration of the contributions rural life makes to our world. Special Masses and prayer services will be held each day of the festival, including a blessing of the fields. The complete schedule can be found at www.portlanddiocese.org.

The four-day event will offer numerous activities each day. On Thursday, September 14, St. Joseph’s parish hall at 133 Middle Street in Farmington will host a jam making demonstration and workshop called “The Lost Culinary Arts: Ferments, Tonics,

and Tinctures” at 9 a.m. In the afternoon, demonstrations of pie and cheese making are on the schedule, as is a wood-fired rye bread demonstration at Upside Bakery on 319 Intervale Road in Temple. An outdoor movie, “Growing Local,” will be screened at St. Joseph at 7:45 p.m., followed by night prayer.

On Friday, September 15, a soup and bread lunch will be held at St. Rose of Lima’s parish hall at 1 Church Street in Jay. The gathering will be preceded by Latin Mass in the Extraordinary Form at noon and will be followed by a presentation of the Stations of the Cross at 3 p.m. That evening, the action will move to North Church at 118 High Street in Farmington for a pie social and jam session at 6 p.m. and a concert by Hidden Fifth at 7 p.m. Tickets are \$15 per person. Hidden Fifth features Deidre Becher, who has toured around the world with her family’s band, Celtic Spring. Deidre and Celtic Spring performed on NBC’s America’s Got Talent in 2007 and were one of the show’s finalists.

On Saturday, September 16, the day will begin at St. Pio Chapel on 85 Morrill Farm Road in Sumner with a presentation called “Vocation of the Agricultural Leader” at 11:30 a.m., followed by a blessing of the fields at noon and a votive Mass of the Blessed Virgin Mary at 1 p.m. St. Joseph’s parish hall will be a flurry of activity throughout the evening as it welcomes visitors for an art exhibit with

Janice Norton at 5 p.m., an Irish step dancing workshop with Deidre Becher at 5:30 p.m., and the much anticipated farm-to-table dinner and dance at 6 p.m.

Fiddler Don Roy will perform at the dinner, which will feature the food of many local farms, a pizza and sundae buffet for children, and a keynote address by Jim Ennis, executive director of Catholic Rural Life, a national Catholic nonprofit organization dedicated to the vitality of the American countryside and to applying the teachings of Christ to the social, economic, and spiritual development of rural America. Tickets to the event are \$20, or \$10 for children under 12.

On Sunday, September 17, a Knights of Columbus breakfast will take place at St. Rose of Lima Church in Jay at 8:30 a.m. Catholic Rural Life leaders will gather for a roundtable discussion with the public at 11:45 a.m. at the St. Joseph gathering area in Farmington. At 7 p.m., all are welcome to attend “Faith and Sustainability: Caring for Our Common Home” at the UMF Landing. Ennis will lead the presentation along with Dr. Christopher Thompson, professor of moral theology and director of the Center for Theological Formation at the Saint Paul Seminary School of Divinity and the University of St. Thomas in Saint Paul, Minnesota.

For more information, including the latest festival news and updates, call St. Joseph Parish at 778-2778 or see their Facebook page at “catholicrurallifemaine”.

Turning 65? Choosing the right Medicare Part D plan starts with 4 simple rules



If you’re turning 65 in 2017 or 2018, you’re one of 10,000 people who become Medicare-eligible each day. Choosing Medicare prescription drug coverage can be confusing, especially for the first time. You may have questions about which plan fits your healthcare needs and budget or how to enroll. The good news is, it doesn’t have to be overwhelming if you know these four rules.

Rule #1: Lower premium plans may mean higher costs. Plans with a

lower premium may end up costing more in the long run if they have higher drug copays, which can really add up.

Rule #2: Not every plan covers every drug. Drug lists (formularies) can change every year and so can the drugs you take. Be sure to check your plan’s formulary each year to make sure any medications you take are covered.

Rule #3: Check that there are pharmacies close See **Medicare**, page 16

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Thursday, September 14

L-A Metro Chamber Breakfast Meeting. 7 a.m. Hilton Garden Inn Riverwatch, 14 Great Falls Plaza, Auburn. Tom Rainey, Executive Dir. of the ME Center for Entrepreneurial Development, discusses the Top Gun Track Entrepreneur Devel. Program. \$30 (members \$20). 783-2249; lametrochamber.com.

Catholic Rural Life Festival. This four-day event kicks off with activities at St. Joseph’s Parish at 133 Middle Street in Farmington, incl. cooking demonstrations and an evening outdoor film. 778-2778; for complete schedule, see www.portlanddiocese.org.

Community Engagement Seminar. 8:30 a.m. to 4:30 p.m. Brunswick Hotel and Tavern, Brunswick. this day-long session for community leaders is pres. by the Community Institute. \$100. https://jblafleurconsultants.com.

Concert: Matt Loosigian’s Earth Jams. 10 a.m. Andro. Community Room, Auburn Public Library. This folk singer, guitarist, and songwriter specializes in playful, funny songs about ecology for preschoolers and their families. Free. 333-6640, ext. 3.

Sampson AFB Veterans Luncheon. Noon. Governor’s Restaurant, 1185 Lisbon St., Lewiston. Those who took basic training at Sampson Air Force Base in the 1940s and ’50s host this monthly luncheon, open to all veterans and their guests. 577-1766; 657-4909.

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. Claudia Frost, Assistant Governor of neighboring Rotary District 7780, discusses international service projects. Lunch avail.; no reservation required. 753 9040; monica.millhime@maine.gov.

Friday, September 15

Catholic Rural Life Festival. This four-day event continues with activities at St. Rose of Lima Parish in Jay and North Church in Farmington, incl. a 7 p.m. concert by Deidre Becher and Hidden Fifth. \$15. 778-2778; for complete schedule, see www.portlanddiocese.org.

Red Cross Blood Drive. 11 a.m. to 5 p.m. Cool as a Moose, 128 Maine St., Brunswick. For info about donor requirements or to make an appt., call 1-800-RED CROSS or download the Donor App at redcrossblood.org.

French Sing-Along. 1:30 p.m. Rm. 170, L-A College, 51 Westminster St., Lewiston. Les Troubadours kick off a new season of sessions singing local Franco-American favorites. Everyone welcome; songbooks provided. Free. 576-4109.

Calendar

See more Calendar at www.TwinCityTimes.com

Art Walk L/A. 5 to 8 p.m. Happening every third Friday through Dec., this event converts over 20 downtown L-A businesses and storefronts into public arts spaces. 782-7228; for event details, see laarts.org.

Maine Event Comedy. 7 p.m. Baxter Brewing, 130 Mill St., Lewiston. Tonight’s line-up features comedians Dennis Fogg, Liam McGurk, Tyler Morrow, Kevin Neales, and Jack Slattery. Free. Ages 21-plus. 513-0742; maineeventcomedy@gmail.com.

Theater: Oklahoma! 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. The center opens their theatrical season with this Rodgers & Hammerstein classic. Again Sep. 16, 17, 22, 23, and 24 (Suns. at 2 p.m.). \$15 (\$12 in adv.). 442-8455; www.chocolatechurcharts.org.

Saturday, September 16

Catholic Rural Life Festival. This four-day event continues with activities at St. Pio Chapel in Sumner and St. Joseph’s parish hall in Farmington, incl. a 6 p.m. farm-to-table dinner and dance with fiddler Don Roy. \$20/10. 778-2778; for complete schedule, see www.portlanddiocese.org.

Lakes & Mountains Area Walk to End Alzheimer’s. 8 a.m. Simard-Paine Memorial Park, Lewiston. This 2.5-mile fundraiser incl. opportunities to learn more about the disease and support services offered by the Alzheimer’s Association. 272-3900; alz.org/walk.

Saturday at Thorncrag. 8 to 10:30 a.m. Steve Reed (319-6630) of Stanton Bird Club leads this walk at Thorncrag Nature Sanctuary in Lewiston. Park and meet in the parking lot on Montello St., across from Highland Spring Rd. All are welcome. Free.

5K Trail Run-Walk. 8 a.m. Skyline Farm, 95 The Lane, No. Yarmouth. Prizes go to the top male and female runners in eight age categories. \$20 in adv., \$25 on site. 415-6830; www.RunSignUp.com.

Lisbon High Golden Reunion. 11 a.m. Ramada Inn, Lewiston. For all who graduated from Lisbon H.S. 50 years ago or more, this event features a reception at 11:00, buffet lunch at noon, and afternoon music from the 1940s, ’50s, and ’60s. \$25. Register by 9/1. 353-8013.

100th Anniversary Party. 6 p.m. Royal Oak Room, 1 bates St., Lewiston. This historic train station-turned-premier event facility celebrates with a Gatsby-themed gala. Live

music, swing dancing demos, silent auction. For info, tix, call 333-3242, visit www.royaloakroom.com.

Concert: New York Balalaika Duo. 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall, Bowdoin College, Brunswick. Mikhail Smirnov and Elina Karokhina present a concert of favorite and lesser known Russian folk songs. Pre-concert talk at 6:30. Free. 798-4141.

Sunday, September 17

Catholic Rural Life Festival. This four-day event wraps up with activities at St. Rose of Lima Church in Jay and St. Joseph Parish in Farmington. 778-2778; for complete schedule, see www.portlanddiocese.org.

Author Visit. 1 p.m. Skyline Farm, 95 The Lane, No. Yarmouth. Dr. David A. Jefferson will share stories from and sign copies of his new book, “Maine Horse Doctor: On the Road with Dr. J.” Free. 829-5708.

Monday, September 18

Exploring Careers. 10 a.m. to noon, Lewiston-Auburn College. Learn more about how to choose a career path, education and training options, and avail. resources. Pres. by New Ventures. Free. Register at 753-6531, newventures-maine.edu.

Concert: Adam Swanson, ragtime piano. 7:30 p.m. Kanbar Auditorium, Studzinski Recital Hall, Bowdoin College, Brunswick. One of the world’s foremost performers of vintage American popular music plays Scott Joplin works featured in the movie “The Sting.” Free. 798-4141.

Tuesday, September 19

Auburn Farmers’ Market. 4 to 7 p.m. Happy Days parking lot, 67 Mill St. (park at Rolly’s Diner). Local farmers and artisans gather to sell their fresh, seasonal, or home-made products. 320-1969.

“Equity and Excellence in Maine Schools.” 6:30 p.m. King Event Room, Bailey Public Library, 39 Bowdoin St., Winthrop. Free. 377-8673. Dr. Flynn Ross, state coordinator of the Scholars Strategy Network, discusses the benefits of positive, inclusive school climates that address cultural and socio-economic diversity. Free. 377-8673.

Wednesday, September 20

Wednesday Bird Walk. 8 to 11 a.m. Stan and Joan DeOrsey (406-4741) of Stanton Bird Club lead this walk along the Whitman Spring Trail in Auburn. Park and meet on Holbrook and No. Auburn Rds. (pls. not in the Land Lab driveway). All are welcome. Free.

Grand Re-Opening. 9 a.m. to 5:30 p.m. Rem-

edy Compassion Center, 730 Center St., Suite 1C, Auburn. Ribbon cutting (9 a.m.); free hamburgers, hot dogs for customers (11 a.m. to 2 p.m.); raffles, door prizes, giveaways. 312-5798; www.remedycompassioncenter.org.

Work for Yourself @ 50+. 1:30 p.m. Seniors Plus, Falcon Rd., Lewiston. This AARP Foundation workshop helps those ages 50+ make informed decisions and steps toward successful self-employment. Pres. by New Ventures. Free. Register at 888-339-5617. aarpfoundation.org.

Membership Meeting. 6 p.m. Parish Hall, Holy Family Church, 607 Sabattus St., Lewiston. The Ladies of St. Anne host their annual meeting and dinner. \$10. Purchase tix by 9/10. 782-4516.

Thursday, September 21

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. Julia Sleeper discusses her work as co-founder and Executive Director of Tree Street Youth Center in Lewiston. Lunch avail.; no reservation required. 753 9040; monica.millhime@maine.gov.

Friday, September 22

Theater: Oklahoma! 7:30 p.m. Chocolate Church Arts Center, 804 Washington St., Bath. The center opens

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It (R)	1:20	4:15	7:30	XXX
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The Hitman's Bodyguard (R)	1:00	4:00	7:00	9:45
Annabelle: Creation (R).....	1:05	4:05	7:15	9:50
Leap! (PG)	12:50	3:45	6:55	
Dunkirk (PG-13)				9:20
The Emoji Movie (PG).....	12:40	3:50		
The Dark Tower (PG-13).....			7:25	9:40

their theatrical season with this Rodgers & Hammerstein classic. Again Sep. 23, 24 (Sun. at 2 p.m.). \$15 (\$12 in adv.). 442-8455; www.chocolatechurcharts.org.

Saturday, September 23

Bean Supper. 4:30 to 6 p.m. Two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American chop suey, assorted desserts and beverages. \$6 adults, \$3 kids 5-12, under 5 free. Take-out available.

Monday, September 25

BBBS Golf Tournament. 10 a.m. Martindale Country Club, Auburn. This first annual event for Big Brothers Big Sisters includes breakfast, lunch, a silent auction, and an awards ceremony. 653-3857; jennifer@bbbsmidmaine.org.

Tuesday, September 26

Discover Girl Scouts. 4 p.m. Mechanic Falls Library, Mechanic Falls. Girls in grades K-3 and their adult caregivers are invited to learn more about what Girl Scouting offers. 888-922-4763, girlscoutsofmaine.org.

Budgeting Basics. 5:30 to 7:30 p.m. MSAD 52 Adult Education, Turner. Learn methods for stretching your money, paying your bills, and saving for future goals. Pres. by New Ventures. Free. Register at 753-6531, newventuresmaine.org.

Auburn Farmers’ Market. 4 to 7 p.m. Happy Days parking lot, 67 Mill St. (park at Rolly’s Diner). Local farmers and artisans gather to sell their fresh, seasonal, or home-made products. 320-1969.

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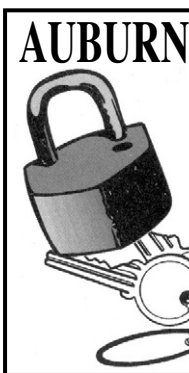
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S O L U T I O N S

How to build healthy habits for the school year and beyond



Bells are ringing across the country as kids settle into classrooms for a year full of fun, friendship and plenty of learning.

While exciting, adjusting to new school schedules is a hectic time. Healthy habits are often forgotten as the focus shifts to studies, assignments and extracurriculars.

“Parents and caregivers can make a big difference in helping kids lead a healthy lifestyle during the back-to-school season and beyond,” says Deanna Segrave-Daly, a mom and registered dietitian. “A few proactive steps can set kids up for success in and out of the classroom.”

Segrave-Daly offers six easy ideas you can try to help encourage your kids to build healthy habits that last a lifetime:

Prioritize sleep

Sleep is something families often sacrifice due to busy schedules. Remember, kids need significantly more sleep than adults to

Eat breakfast

We all know that breakfast is the most important meal of the day - especially for our kids. Help them jump-start their day with a quick breakfast of healthy foods like fruit, eggs and whole-grain cereal. For those busy mornings, grab fridge-free, GoGo squeeZ YogurtZ, made with real low-fat yogurt and fruit, for a wholesome option they can easily eat in the car or bus with a banana, toaster waffle or whole-wheat toast.

Encourage exercise

Kids should do at least 60 minutes of physical activity each day, according to the Centers for Disease Control and Prevention.

Support their rapid mental and physical development,

according to the National Sleep Foundation. School-age children should strive for nine to 11 hours of sleep each night. Establish a nighttime routine and prioritize sleep every night.

Hopefully some of this physical activity can take place during the school day, but there are lots of easy ways to build healthy activity into daily life at home.

Make a habit of going on a family walk after dinner (a great chance to unwind and reconnect) or challenge kids to bring their books up the stairs or to another room one at a time. Take 10-minute “dance party” breaks during homework or see who can jump rope the longest.

Manage screen time

It’s important for families to be mindful of screen time for kids. The American Academy of Pediatrics recommends kids ages 2-5 limit screen use to one hour per day of high-quality programs. For children 6 and older, place consistent limits on the time spent using media and monitor the types of media used.

Snack well

Kids love to snack, and it’s important to keep nutritious options on hand for when hunger strikes

What’s Going On

Museum receives weaving looms and spinning wheels



Museum L-A recently received a donation of two adult weaving looms and two spinning wheels from the American Textile Museum of Lowell, Massachusetts to add to its Collections and Education Departments. The looms and spinning wheels will be used as Museum L-A develops its Design Studio, which will offer hands-on education and research resources to the public, including educators, artists, community members, and educational classes. Here Museum L-A volunteers (l. to r.) Marcel Gagnon, Kevin Callahan, Joshua Selfors, and Steve Burger load one of the looms for transport. The museum is currently located in the Bates Mill Complex at 35 Canal Street in Lewiston and is open Tuesday through Friday from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 3 p.m. For more information, call 333-3881 or email info@museumla.org.

- it helps them avoid emergency vending machine stops. Stock your pantry with healthier snacks like GoGo squeeZ applesauce pouches. These fridge-free pouches, made from natural ingredients, are easy to grab on the way to soccer practice, music lessons or the playground. They’re also an easy lunchbox addition!

Adjust the attitude

Mental wellness is part of overall wellness. Keep in mind the power of a positive attitude toward education. Encourage kids to look at issues from different angles, appreciate diversity and be resilient. Have conversations with children and truly listen to their concerns to build trust and solve problems.

Finally, it’s the adult role models in a child’s life that really set them up for success.

“If you model healthy habits, your child is likely to follow your lead,” says Segrave-Daly. “Try to routinely eat well, sleep well,

exercise and have conversations about the good and bad parts of your day. Your kids are paying attention even when it seems like they aren’t!” (BPT)

Medicare

Continued from page 12

to you. That way, it’s easier to fill your prescriptions. Select a plan with a wide range of “preferred” pharmacies, which typically offer lower co-pays than standard pharmacies in the network. Also, see if using a home delivery pharmacy or a 90-day supply could lower your costs even more.

Rule #4: Look for 24/7 access to pharmacists and Medicare experts who can answer questions about your medicines and offer drug safety tips, money-saving alternatives and expertise in drugs to treat specific conditions.

Also, remember to check the Medicare Part D plan’s Star Rating. This is the overall quality and performance rating (out of 5 stars) based on member satisfaction surveys and other measures by The Centers for Medicare & Medicaid Services (CMS).

For more information, please visit www.Medicare.gov or www.RoadmapForMedicare.com. To talk to an Express Scripts Medicare adviser, call 1.866.544.3794, 8 a.m. to 8 p.m., 7 days a week (TTY users: 1.800.716.3231). (BPT)

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