

Youth Council plans "What Do You Know About Lewiston?" Trivia Night



Pictured here (l. to r., from front) are LYAC members Isho Mohamed, Hunter Landry, Carolyn Adams, Amino Aden, Emma Wolverton, Emma Williams, and Hunter Steele. (Absent from the photo is Gabrielle Wilson.)

The "New Lewiston" is a term being used by the Lewiston Youth Advisory Council to tout all the positive things about their home city. The group plans to highlight some of those things at their upcoming "What Do You Know About Lewiston?" Trivia Night on Thursday, November 9, from 6:30 to 8 p.m. in the Council Chambers at Lewiston City Hall. This fun, highly interactive event is free and open to the public.

Believing that Lewiston has greatly evolved over the years, the event will not just tell attendees that Lewiston is a wonderful place, but will engage them in a variety of entertaining and educational activities

designed to enable them to learn about and experience the "New Lewiston." The event was born out of the group's concern that misconceptions about the quality of life in Lewiston continue to circulate, both locally and away. At the event, LYAC hopes to inspire those attending to become cheerleaders for their city.

The event will include such activities as "Time for Trivia," "Categories," "Hat Talk," "Evening Out in Lewiston," "Surprise Pick," and "Open Mic." Prizes will include gift certificates from Ben's Burritos, The Public Theatre, Sea 40, The Italian Bakery, Mother India, the Baraka Store, and

the EllieAnna Gift Shop. A surprise grand prize for some lucky attendee will be announced at the close of the evening. The new eight-minute Lewiston video tour will be screened and free "New Lewiston... Proud of My City!" wristbands will be given away.

Since established by the Lewiston City Council in 2001, the Lewiston Youth Advisory Council has been recognized locally, statewide, and nationally for its innovative and creative work on behalf of the city and its residents. The group is funded annually by the Lewiston Firefighters Association. For more information about LYAC, visit www.lewiston-maine.gov/lyac.

Governor, First Lady host Blaine House Food Drive

The First Family invites the public to visit the Blaine House again this year to assist fellow Mainers who are food insecure. Since Governor Paul R. LePage and First Lady Ann M. LePage began this annual food drive in 2011, they have collected thousands of pounds of food for pantries and shelters across Maine.

This year's food drives will take place on two consecutive Saturdays, October 28 and November 4, from 9 a.m. to noon each day, when Mainers will have an opportunity to bring a food donation, take a tour of the Blaine House led by Governor LePage, and enjoy light refreshments.

"Our family has been blessed, and we appreciate this opportunity to give back in a meaningful way," said Governor LePage. "It is heartwarming to see our neighbors, friends, co-workers, students, and various groups like the Boy and Girl Scouts dropping off donations year after year. Mainers are generous people."

See Food, page 3

"Trunk-or-Treat"

The United Methodist Church at 439 Park Avenue in Auburn invites young Trick-or-Treaters to visit on Sunday, October 29, from 3 to 5 p.m., when they'll be invited to go from

car to car in the church parking lot for goodies and games. The event is free and open to the public. For more information, call the UMCA office at 782-3982.

St. Dom's Holiday Festival Nov. 4



This annual event boasts 75 vendors and crafters featuring a wide variety of handmade and commercial items.

Get a jump on your holiday shopping while supporting local crafters and other vendors at Saint Dominic Academy's 12th annual Holiday Festival on Saturday, November 4, from 9 a.m. to 3 p.m. at its Auburn campus at 121 Gracelawn Road. This well-attended event boasts 75 vendors and crafters. There will be a wide variety of

handmade and commercial items, such as wooden crafts, clothes, art, toys, jewelry, Christmas and home décor, and personal care items. There will also be a large raffle area, a 50/50 raffle, food and refreshments, games, face painting, a visit from Santa, and more. For more information, contact Donna Cote at dcote@unum.com.

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Newsmakers, Names & Faces

Lewiston pediatrician receives Professional Advocate Award

Advocates for Children has announced that Lewiston pediatrician Stephen B. Jacobs, M.D. has been selected by the Maine Children's Trust to receive a statewide award for his longstanding efforts to prevent child abuse and neglect. Dr. Jacobs will receive

the Professional Advocate Award in recognition of his significant contributions and commitment to preventing and reducing child maltreatment and his leadership in advocating for strategies that positively impact child well-being.

Jacobs practices at Central Maine Pediatrics. Since 1985, he has provided medical care in acute care settings, worked as a pediatric hospitalist at CMMC (a position he co-created), worked in the NICU at CMMC, worked at Androscoggin Pediatrics and Central Maine Pediatrics, was medical director of the Androscoggin County developmental assessment clinic, and has provided weekend coverage at Bridgton and Franklin Memorial Hospitals. He sits on the board of Advocates for Children and, in his thirty-two years of practice in Lewiston, has cared for several generations of local families. He resides in Greene and has three adult children, all of whom work in the healthcare field.

The 14th annual recognition dinner is open to the public and will take place on Thursday, October 19 at 5:30 p.m. at the Double Tree Hotel in South Portland. Tickets can be purchased on the events page at www.mechildrenstrust.org.

The Maine Children's Trust is the statewide organization created by Maine statute to prevent child abuse and neglect of Maine's children. The Trust works closely with state and community partners to support and deliver an array of programs and services which work to support families and prevent abuse from occurring in the first place.

Advocates for Children is the only agency in Androscoggin County dedicated to the prevention of child maltreatment. As a community-based non-profit that firmly believes in fostering the healthy growth and development of children and families, AFC serves as a comprehensive resource for parents of children of all ages. For more information, see www.advocatesforchildren.net.

Buckfield Junior-Senior High raises hurricane relief funds for Red Cross



Students and teachers donated \$1,011.26 to the disaster relief organization at a recent assembly.

At a recent school assembly, the Student Council of Buckfield Junior-Senior High School presented a donation for hurricane relief to the American Red Cross of Maine. By incorporating a bottle drive challenge as part of their homecoming events, students raised a total of \$931.26 over a four-day period. Teachers raised an additional \$80, for a grand total of \$1,011.26.

Accepting the dona-

tion on behalf of the Red Cross was Margie Bickford of the Central and Mid Coast Maine Chapter and Ellin Ruffner, a disaster mental health volunteer. Bickford spoke about the organization and showed a video of Red Crossers responding to Hurricane Harvey in Texas and Hurricane Irma in Florida. Ruffner, who has deployed to more than 30 disasters around the United States, told the assembly about her experiences as a Red Cross volunteer. About 70 Red

Crossers in Maine have deployed to relief efforts for Hurricanes Harvey, Irma and Maria.

In the last five weeks, the American Red Cross has launched a wide-ranging relief effort to help people devastated by the three historic, back-to-back hurricanes Harvey, Irma, and Maria. To help people affected by the hurricanes by making a donation, call 1-800-RED CROSS or see redcross.org.

Lost Valley hires new manager

Lost Valley Ski Area of Auburn has hired John Herrick as its new general manager. Herrick brings a wealth of leadership experience to his new position. In 2015, he retired as a Chief Master Sergeant, the highest enlisted rank in the U.S. Air Force. He is also a life-long skier who has served as president of the Lost Valley Racing Club and a member of the Auburn Ski Association. He resides in Auburn with his wife Tracy, son Andrew, and daughter Samantha, who is away at college.

"I have... spent countless hours skiing here at Lost Valley," said Herrick. "In fact, I used to take the bus here after school. The mountain was my babysitter in the winter. I think it's an awesome opportunity to be in charge of something that has been a positive part of my life."

"[Owner] Scott (Shanaman) has an amazing vision for Lost Valley as a year-round destination, and I'm going to do everything in my power to help him get there," he continued. "But first and foremost, we all know Lost Valley is a ski mountain. We're already working hard on continuing improvements to the base lodge, adding and improving trails and equipment, and staff training. This is a very exciting time for our



John Herrick (l.), with owner Scott Shanaman

community and for Lost Valley, and I'm honored to be a part of it." In addition to making improvements to the base lodge and adding a brew pub, Lost Valley has been also working on opening three new trails for the 2017-18 season.

"We are very excited to have John on board with us at Lost Valley," said owner Scott Shanaman. "His leadership experience and 'get it done' attitude are a great asset, but more im-

portantly, his commitment to this community and to the vision we have for Lost Valley are what make him the perfect fit for us."

Lost Valley features 18 trails of varying difficulties, two chairlifts, two surface lifts, a terrain park, learn to ski and snowboard programs, and is home to the Maine Family Snow Tube Park. For more information, search "Lost Valley Maine" on social media or see LostValleySki.com.

Auburn Art Club scholarship recipient



Cameron Robinson, son of Drew and Paula Robinson, is the recipient of \$1000 scholarship from the Auburn Art Club. Robinson graduated from Edward Little High School with the Class of 2017. He is attending Keene State College, where he plans to major in music technology, with the goal of pursuing a career in recording or producing music as well as performing.

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Fontaine Team supports Make-A-Wish Maine



Fontaine Team - The Real Estate Leader raised \$7,132 for Make-A-Wish Maine with its fourth annual Bid for Wishes Silent Auction. With the help of other local business owners, the agency was able to grant the wish of a Maine child with a life-threatening illness. Held in memory of Nolan Thomas Williams, who died of melanoma just a few weeks before his fourth birthday, the event has raised a total of \$19,600 in its four years. Fontaine Family - The Real Estate Leader has offices at 336 Center Street in Auburn and 432 US Route 1 in Scarborough. For more information, call them in Auburn at 784-3800, in Scarborough at 289-3830, or see www.brendafontaine.com.

IM Wireless opens new Lisbon location



Pictured here (l. to r.) are Town Manager Diane Barnes, IM Wireless CEO Manny Arora, Director of Sales Aimee Shepherd-Despress, District Manager Carmen Quinlan, Director of Marketing Ruchika Arora, PCL Ross Cunningham, and Lisbon Economic & Community Development Director Tracey Steuber.

IM Wireless recently held a grand opening and ribbon cutting ceremony at their new location at the Mid-Town Shopping Plaza at 580 Lisbon Street in Lisbon.

A Verizon Wireless authorized retailer, IM Wireless is committed to providing excellent cell phone retail and customer service. “We make sure our sales staff is knowledgeable, professional, friendly, and ready to help you make the right choice,” says CEO Manny Arora. “We look forward to serving you best and earning your business

for life.” The company takes pride in delivering top-notch customer service while adhering to a 100% satisfaction guarantee. For more information, visit or call them at their new location at 353-5200.

Based in Salem, New Hampshire, IM Wireless has 27 retail locations throughout New Hampshire, Massachusetts, and Maine. As a reseller for Verizon, the company sells Wireless devices and equipment that enable consumers and businesses to communicate efficiently. They also configure and install devices and

equipment at households and business locations to enable voice, internet and Wi-Fi connections.

Food

Continued from page 1

ple, and in times of need we come together for a greater cause - that’s what the holiday season is all about.”

The Good Shepherd Food Bank will accept all donations brought to the Blaine House and will distribute those donations to the communities they have identified as most in need.

New plaque at Morse Library



Pictured here (l. to r.) are Bob Allison, Susan Allison, Marnie Gardner, and Paul Gardner. Absent from the photo is Patricia Rose.

Julia Adams Morse Memorial Library in Greene recently installed a new plaque in recognition of five town residents for their efforts on behalf of the library. The plaque lists

former Trustees Susan Allison and Marnie Gardner, Building Committee members Bob Allison and Paul Gardner, and former Librarian and Trustee Patricia Rose. The five were honored for

their longstanding contributions to the library’s governance and/or maintenance and for their leadership during its building expansion project in 2006.


SeniorsPlus welcomes new board members



Pictured here (l. to r.) are James R. Handy, Don R. Berry, and John S. Jenness, Jr.

SeniorsPlus recently welcomed three new members to its Board of Directors. Don R. Berry is

a resident of Sumner, Chair of the Oxford County Democrats, and President of the Western Maine Labor Council. James R. Handy resides in Lewiston, is employed by L.L. Bean, and is a member of the Maine House of Representatives. John S. Jenness, Jr. is a resident of South Paris, an attorney, a photographer, and owner of Sunset Hollow Gallery in Paris, Maine. They were introduced at the organization’s annual meeting on Monday, September 25.



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TWIN CITY TIMES, INC.
2017®

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Auburn, ME 04210

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What's Going On

For open enrollment, AARP offers “Four C’s for Getting the Most From Your Medicare Coverage”

Medicare open enrollment is the only time of the year when over 290,000 Medicare recipients in Maine can review and make changes to their Medicare coverage. October 15 through December 7 is Medicare open enrollment season, and any changes you make will be in place on January 1, 2018.

During open enrollment, you can: join a Medicare Prescription Drug plan; switch from one Medicare Prescription Drug plan to another Medicare Prescription Drug plan; change from a Medicare Advantage plan back to Original Medicare; switch from one Medicare Advantage plan to another Medicare Advantage plan;

switch from a Medicare Advantage plan that does not offer drug coverage to another Medicare Advantage plan that does offer drug coverage; switch from a Medicare Advantage plan that offers drug coverage to another Medicare Advantage plan that does not offer drug coverage; or switch from Original Medicare

(Part A and Part B) to a Medicare Advantage plan.

It is always a good idea to review your plan to make sure you are getting the most out of your Medicare coverage. Just follow the “Four C’s”: coverage, cost, convenience and customer satisfaction.

Coverage: Medicare’s official website has a tool to help you find and compare all plans available in your area. You can also call 1-800-MEDICARE. The

website address is www.medicare.gov.

For in-person help, call your local Area Agency on Aging at 1-877-353-3771. Their staff and volunteers are fully-trained, certified SHIP counselors that can help you navigate

Medicare and the complexity in choosing drug plans with deductibles, copays, and how to address the coverage gap (the so called the “donut hole”). This process can be confusing, but the Area Agencies on Aging are *See Medicare, page 12*

John F. Murphy Homes director to address Rotary Club



Peter Kowalski

The next meeting of the Lewiston-Auburn Rotary Club will feature guest speaker Peter Kowalski on Thursday, November 2, from noon to 1 p.m. at the Village Inn at 165 High Street in Auburn. Kowalski is the long-serving Executive Director of John F. Murphy Homes. Over nearly three decades, he has worked with the board of directors, staff, stakeholders, and the surrounding communities to build an agency with the resources and expertise to be a premium provider of services to adults and children with intellectual and developmental disabilities and Autism Spectrum Disorder.

Kowalski’s commitment to service and advancements in practices have led to leadership roles with state and national or-

ganizations. He served two terms as the president of the American Network of Community Options and Resources, a Washington, D.C.- based trade association with a membership of more than 800 agencies serving 385,000 people with disabilities nationwide. At the state-level, he served as the president of ANCOR Maine, which merged with another organization to form the Maine Association of Community Service Providers.

Kowalski is a member and past-president of the Lewiston-Auburn Rotary Club and serves on the board of the Public Theatre. He graduated magna cum laude from the University of Maine with a B.A. in Psychology. He lives in Turner with his wife, Gail. Together they have two grown children and one grandchild. They enjoy hiking and camping, spending time every summer in and around Maine’s Baxter State Park.

Guests are welcome and no reservations are required. Lunch will be available at the restaurant. For more information, call 753-9040 or see www.lewistonauburnrotary.org.

NTI collects donations for Longley Elementary School

Northeast Technical Institute’s Student Leadership Council is now collecting non-perishable food items and new-in-package children’s underwear and socks for students at Lewiston’s Longley Elementary School, which educates approximately 350 students in grades Pre-K through 6.

The SLC is requesting that donations be delivered to NTI’s Lewiston campus, located in the Lewiston Mall at 20 East Avenue. Donations will be collected through Friday, November 10 for delivery to the school during the week of November 13. For more in-

formation, contact Campus Manager Wendy Berube at 344-3141 or wberube@ntinow.edu.

Founded in 1995, Northeast Technical Institute is the region’s leading provider of short-term career focused training. With campuses in Scarborough, Bangor, and Lewiston, courses are offered in healthcare, information technology, commercial truck driving, HVAC/R, and manufacturing. Northeast Technical Institute’s programs are accredited through the Council on Occupational Education. For more information, see www.ntinow.edu.

Police reminder: it’s illegal to tamper with political signs

After receiving complaints from several campaigns regarding the theft or destruction of their political signs, the Lewiston Police Department is reminding the public that it is illegal to tamper with or remove such signs without authorization. In addition to fines

of up to \$250 that may be assessed according to Maine statute §1917-B (Unlawful Removal of Temporary Signs), a person may be charged criminally by the police for a variety of other offenses, such as theft, criminal mischief, or criminal trespass.

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Enough is Enough

Welfare payments increase, Social Security only inches up

By Robert E. Macdonald
MAYOR OF LEWISTON

History thought with the death of populist Senator and former Governor of Louisiana Huey Long in September of 1935 that his “share the wealth” program had died with him.

The Kingfish, as he was known in the late 1920s and mid-1930s, was the Bernie Sanders of that period. His political slogan was, “Every man a King.”

This loosely described his “share the wealth” program. His program was designed to limit the wealth that a person could accumulate during his lifetime. The excess wealth would be confiscated and redistributed to the poor.

Many of today’s young men and women seem to have no concept of the value of a franc, a pound,

a peso, a yen or the everyday dollar. It seems they believe that somewhere in our great country there are geese laying golden eggs and women named Rapunzel, seated in towers throughout our country, spinning straw into gold. They seemed to have forgotten wealth is attained through hard work, not magic.

But worst of all, many of our young idealists seem to be willing to forget the sacrifices made by our forefathers. They are slowly, like John Lennon’s song “Imagine,” trying to rid the world of borders and become one world, one people.

In the forefront of this movement are organizations, such as the Maine People’s Alliance and Maine Equal Justice Partners, which are self-proclaimed advocates for the poor, the



Mayor Bob Macdonald

illegal and legal aliens.

Over the past five years Auburn State Senator Eric Brakey, Sue Charron and Elaine Brackett, director and assistant director of Lewiston General Assistance, former Auburn GA Director Dot Meagher and I have been submitting

welfare bills to the Maine State Legislature. Our winning percentage would put us dead last in any sports league standings.

This year Social Security recipients will see a two-percent increase in our monthly check. The good news is there will be no increase in our Medicare insurance, guaranteeing the two percent is an increase and not offset by increases in Medicare like past years. I don’t know about you, but my friends and I did a happy dance in our coffee shop hangout.

Our happiness turned to anger when we found out our state dependents were receiving a 20-percent across-the-board increase. The maximum amount allowed for General Assistance will go from \$575 to \$641 per month for one

person and \$1,316.00 to \$1,472 per month for a family of six.

The allowance for food will go from \$199 to \$192 per month, a decrease of two dollars a month for one person. In the case of six people, it will go from \$925 to \$913 per month, a decrease of \$12.

Housing will range from \$483 per month for an efficiency apartment, an increase of \$72. A four-bedroom apartment is \$1,071 per month, an increase of \$170.

There are also rates for clothing, hot water, etc., which are too numerous to list.

Don’t forget that three of Lewiston’s State Representatives (Rep. Jared Golden, Heidi Brooks and former Representative Peggy Rotundo) voted

for and passed a state law that enabled the State of Maine to circumvent a current federal law that prohibits states from using welfare money to support illegal immigrants. Senator Nate Libby and Representative Michel Lajoie showed compassion for Lewiston taxpayers and voted against the bill.

There are many “Lewiston” families in dire straits, and welfares acts as a necessary safety net. What I don’t accept is Lewiston residents being made to pay for roaming domestic tribes of welfare gypsies. It is also maddening is that we are forced to pay for illegal aliens.

In 13 months we will have the power to correct this situation. The question is: will we?

Early Voting Polling Place now open in Lewiston



Registered voters who would like to vote early are welcome to go to City Hall and vote their ballot before election day.

The City of Lewiston’s Early Voting Polling Place is now open. Any registered voter who would like to vote early is welcome to go to City Hall and vote their ballot before election day. The Early Voting Polling Place is open Monday, October 23 through Thursday, November 2 (not including Saturday and Sunday). The hours are 9 a.m. to 4 p.m. There will be extended hours on Thursday, November 2 until 7 p.m. The space consists

of 14 voting booths set up in the City Council Chambers, located on the first floor of City Hall. Voters with questions are welcome to contact the City Clerk’s Office at 513-3124.

New Ventures offers marketing mini-grants

Are you a small business owner looking for a marketing boost? For over eight years, New Ventures Maine’s marketing mini-grant program has strengthened small businesses’ access to markets by supporting the development of well-planned marketing tools, materials, and activities. Under the program, NVME awards cash mini-grants (up to \$400) to micro-enterprises for marketing projects via a competitive process. This program is partially supported by Norway Savings Bank.

A total of \$400 is available in the current November 2017 grant cycle for businesses in the Western Region that includes Androscoggin, Franklin, and Oxford counties. Eligible businesses for the mini-grant employ five or fewer full time equivalent employees and have gross annual sales under \$250,000. Not-

for-profit organizations or businesses are not eligible. A 25% match of the prize amount will be required. Mini-grants support business marketing and promotion, not the production of products or purchase of equipment, tools, furnishings, or other fixed assets.

Interested small business owners can apply for the marketing mini-grant online at newventuresmaine.org. More information about the mini-grant program and about the competitions in the other five regions of the state are available at newventuresmaine.org. If you prefer a paper application, please contact Karleen Andrews, the Microenterprise Specialist for NVME’s Western Region at karleen.andrews@maine.edu. The deadline for the mini-grant application is 5 p.m. on Friday, November 3.

New Ventures Maine, administrated by the University of Maine in Au-

gusta, is the only statewide organization offering skills development and support in the three areas of career planning, entrepreneurship, and financial management. To learn more about their services, see their website at newventuresmaine.org.

Send all items for **What’s Going On** to **Editor@TwinCityTimes.com**.
Deadline is **Friday by five**.

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What's Going On

Lehmann to be ordained at First Universalist Church

Charlotte Lehmann, a long-time congregational leader of the First Universalist Church of Auburn, will be ordained by the congregation on Saturday, October 28, at 3 p.m. Those who wish to attend her ordination at the church, located at 169 Pleasant Street in Auburn, are asked to RSVP by calling 783-0461 or via e-mail to uuchurchauburn@gmail.com.

A life-long Unitarian Universalist, Lehmann attended the First Unitarian Society of Minneapolis as a child. When she came to Maine to work as a research technician and assistant in instruction in the Geology Department at Bates College, she served Auburn's First Universalist Church in several roles, including as chair of the Religious Exploration committee and as a Worship Associate. Her UU Theater resume includes their first production of "The Vagina Monologues" in 2006 and a lead role in "Hidden: A Gender." She was a recipient of the congregation's Rose Window Award for Excellence in Leadership in 2006.

Lehmann acknowledged a call to ministry in 2008. She attended Lancaster Theological Seminary in Lancaster, Pennsylvania for one semester before entering the full-time Master of Divinity degree program at Meadville Lombard Theological School, a Unitarian Universalist seminary in Chicago, in the fall of 2009. Following graduation from Meadville in May 2012, she continued her ministerial formation through an internship at the Unitarian Universalist Congregation of Binghamton, New York, in 2013. The next step on her path was as Acting Director of Children's Religious Education at The First Church in Belmont, Massachusetts, from 2014 to 2016.



Charlotte Lehmann

Lehmann was granted Preliminary Fellowship as a minister in the Unitarian Universalist Association in April 2016. In August of that year, she was hired by the Unitarian Universalist Church of Tallahassee in Florida, where she is serving as the congregation's interim minister through July 2018. As the next step on her journey as a religious professional, she plans to seek a congregational call as a settled minister.

Lehmann was granted Preliminary Fellowship as a minister in the Unitarian Universalist Association in April 2016. In August of that year, she was hired by the Unitarian Universalist Church of Tallahassee in Florida, where she is serving as the congregation's interim minister through July 2018. As the next step on her journey as a religious professional, she plans to seek a congregational call as a settled minister.

Chamber hosts lunch seminar on domestic violence

The subject of the LA Metro Chamber of Commerce's next Power Lunch Seminar on Monday, October 30, from noon to 1 p.m. will be "Domestic Violence: What Employers Need to Know." The workshop will be presented by Kelley Glidden, Director of Community Education of Safe Voices, and will take place in the Chamber's conference room at 415 Lisbon Street in Lewiston.

Domestic violence is a problem that impacts individuals but must be addressed as a nation. According to the National Coalition Against Domestic Violence, it is an epidemic that affects individuals in every community regardless of age, economic status, sexual orientation, gender, race, religion, or nationality. Understanding what domestic violence is and the many ways it can show

up in relationships is the first step to creating a culture that has zero tolerance for domestic violence.

Power Lunches are sponsored by Community Health Options. This seminar is free, but advance registration is requested. Lunch will be provided. For more information, call 783-2249. To register, see www.LAMetroChamber.com.

Success Is Not a Straight Line When It Comes to Weight Loss

By Marie L. Veselsky, MS, RD, LD, BC-ADM

If there is one thing I know for certain from working many years in the health care field, it is that with most client's quest for significant weight loss SUCCESS is truly not a straight line.

Not a day goes by that I don't have at least one client that comes in for reinforcement and accountability that doesn't feel that they should have done better with their weight loss that week. I tell them that a few weight points does not signal that they are doing poorly, it is the big picture that counts. I reinforce with them that if they hang in there they will be successful!

As a Registered Dietitian, I reinforce the essentials for successful weight loss, including using a professional grade scale that tracks the cli-

ent's weight and graphs it over weeks and months for accountability. Most people do not lose weight in a straight downward line. It is more in a stepwise manner, with sometimes a few steps back before going forward again. There is nothing more satisfying for both the client and me then to look at their weight and body fat % graph after weeks or months and see the big picture of SUCCESS!

It is the same with every aspect of your health. From lowering your blood sugars to improving your fitness level. It is those individual steps pointed in the right direction and hanging in there that really totals up to success. It is not straight and easy, but instead remembering to start again if you take a step or two backwards, never forgetting your long term goal. You may not see success in the moment, but if you hang in there and look at the big picture, over time you will see it!

November is National Diabetes Month and research shows that for many it is their high body fat % that is causing their elevated blood sugars due to insulin resistance. It is never too late to make changes that can keep you from going on to have complications from high blood sugars, but it is not a straight line. You have to set your realistic weight goal with the help of a credentialed health care provider and keep at it and not base success on a day to day basis. Research shows that once a person with Diabetes Type 2 starts exercising, reduces their carbohydrate intake and loses some weight, it can take up

to a year to see a significant difference in blood sugar levels! Research also shows that if you hang in there you will achieve success. What else are you doing with the rest of your life! Accept the challenge!


The seven essentials for successful weight loss are: 1) first decide that you want to take action – that is the first step 2) an individualized lower carb meal plan that works long term 3) accountability – weigh-ins 4) reinforcement/education by a licensed credentialed health care provider 5) support 6) individualized exercise 7) food and fitness tracking.

So don't think day to day but think of the big picture and start again!

Individual Appointments: Marie is licensed to practice Medical Nutrition Therapy (MNT) and specializes in MNT for adults and children including: pre-diabetes, diabetes type 2, gestational diabetes, diabetes type 1, desired weight loss, obesity, metabolic syndrome including high blood pressure & high cholesterol, food allergies, gluten intolerance and sports nutrition.


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Marie Veselsky, RD, LD, CDE, BC-ADM
Bachelors in Nutrition/Exercise Physiology
Masters in Adult Education/Nutrition

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Upcoming Diabetes Education Presentation: November is National Diabetes Month!
Presentation on "Diabetes Survival Skills" Tuesday 11/7/2017 @ 2:00pm. Topic: Know Your Diabetes Medications, Carb Counting, Glucose Monitoring – hands on learning.
Presentation FREE with low carb snacks. Come get your free low-carb poster!

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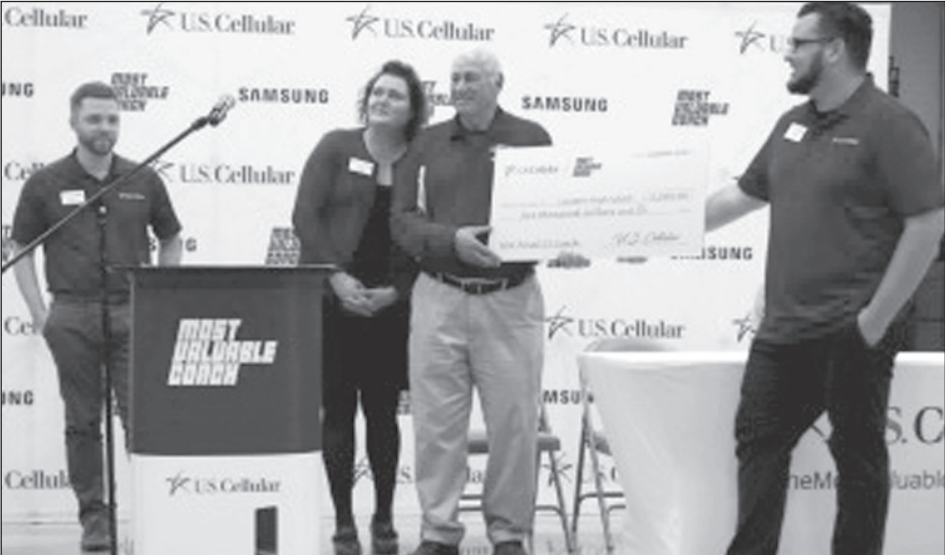
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McGraw makes Final 15 for national coaching award; online voting for winner now open



Lewiston High School Varsity Soccer Coach Mike McGraw displays the \$5,000 school grant he won for finishing among the top 15 finalists for the award. The public can vote for their favorite coach among the finalists until Tuesday, November 14 at 11:59 a.m. CT at TheMostValuableCoach.com.

U.S. Cellular recently hosted a celebratory event at Lewiston High School, where it presented Varsity Soccer Coach Mike McGraw with a school grant of \$5,000 for being among the 15 top vote getters for its Most Valuable Coach award. U.S. Cellular also produced a short video sharing the 15 top coaches’ stories at TheMostValuableCoach.com. The 15 prize winners emerged from an initial field of 50 nominees from across the country to become finalists for the national award. The public can vote for their favorite coach among the Top 15 until Tuesday, November 14 at 11:59 a.m. Central Time at TheMostValuableCoach.com.

The winning coach

will receive a \$50,000 donation to their high school athletic department or the charitable organization of their choosing and a trip to Orlando, Florida for on-field recognition at the Under Armour High School All-America Game. U.S. Cellular’s Most Valuable Coach program honors high school coaches who lead by example, strengthen their teams, and give back to their communities. Coach McGraw is entering his 42nd year of teaching and 35th year as Boys’ Soccer Head Coach at Lewiston High School. In 2015, he led the ethnically-diverse squad to a perfect 18-0 record and the school’s first-ever Maine State Championship. A new

video about the team’s challenges and accomplishments was recently produced by the Chinese Global Television Network. To see it, search on “Lewiston” at <http://america.cgtn.com>. Along with the online public voting, a panel of judges, including Pro Football Hall of Fame inductee Kurt Warner, will help determine the Most Valuable Coach based on leadership qualities and the positive impact they have had on their community, school and players. The winning coach will be announced at noon CT on November 20. For more information, to vote on the top 15 coaches, or to view the official program rules, see TheMostValuableCoach.com.

Kiwanis Club Shoe Drive now underway

The Lewiston Auburn Kiwanis Club is conducting a shoe drive to raise funds to help support community programs for local youth. The Key Clubs at both St. Dominic Academy and Lisbon High School are assisting the Kiwanis Club with the project, which runs through November 12. In conjunction with Funds2Orgs, the club will earn funds based on the total weight of the shoes collected. The goal is to collect a minimum of 2500 pairs of shoes, so community-wide assistance is crucial. Anyone can help by donating gently worn used or new shoes. They can be dropped off Monday through Friday from 8 a.m. to 2 p.m. at the following locations: St. Dominic Academy’s Auburn campus at 121 Gracelawn Road; St. Dominic Academy’s Lewiston campus at 17 Baird Avenue; Lisbon High School at 2 Sugg Drive in Lisbon Falls; Lisbon Community School at 33 Mill Street in Lisbon; and the L-A Metropolitan Chamber of Commerce at 415 Lisbon Street in Lewiston. Pick up can also be arranged by calling 577-7298 or email-

ing info@kiwanislewistonauburnmaine.org. “We had great success with last year’s shoe drive,” said Club President Paul Gauvreau. “We were so happy folks donated last year, and hope they can do so again this year. We know almost everyone has extra shoes in their closets, so it’s a win-win for everyone.” Funds raised are used by the club for such projects as academic scholarships or to support local programs that focus on children and youth. The donated shoes are distributed by Funds2Orgs through its network of microenterprise partners in developing nations to help impoverished people start, maintain, and grow small businesses. Proceeds from the shoe sales are used to feed, clothe, and house families in countries such as Haiti, Honduras, and other nations in Central America and Africa. One budding entrepreneur in Haiti even earned enough to send to her son to law school. For more information about the project, contact Gauvreau at 577-7298 or info@kiwanislewistonauburnmaine.org.

League of Women Voters releases Easy-to-Read Voter Guide

The League of Women Voters of Maine Education Fund has released its tenth “Easy-to-Read Voter Guide” for the 2017 election. Written in easy-to-understand language, the guide is nonpartisan and does not promote any candidates, platforms, or positions on the ballot. This year, the guide will be published in an electronic format only and can be viewed and downloaded at www.lwvme.org/guide.html. There are no statewide candidate elections this year, but the guide covers the four statewide referendum questions that will be decided by voters on November 7. Questions 1 and 2 are Citizen Initiatives to create new laws, Question 3 is a Bond Issue to borrow money, and Question 4 is a request to amend Maine’s Constitution. In the guide, the four questions are stated in the full text that will appear

See *Guide*, page 12

What’s Going On

Chamber announces support for Twin Cities merger

Following a day-long retreat on September 22, the board of the Lewiston Auburn Metropolitan Chamber of Commerce voted to support the merger of Lewiston and Auburn. “The decision to take a position followed several months of conversation at the board level and considered a survey of the membership earlier this summer that found 63% in favor of combining the cities and 15% undecided,” said Chamber president Beckie Conrad. The purpose of the retreat was to define the Chamber’s leadership role in the Lewiston Auburn metropolitan region and to decide if member priorities and the Chamber’s mission were being met. Given the number of members who cited a workforce deficit and fostering a more positive image as pressing needs, the merger was slated as a separate topic in the afternoon to consider how combining the two cities might have an

impact on these issues. Conrad said that the conversation was both thoughtful and difficult at times and that getting to the core of the Chamber’s work to best support both the membership and the larger community brought up many questions about the organization’s role. The Chamber is the largest organization in the area that encompasses businesses, nonprofit organizations, and government agencies. Of the more than 1050 members, 89% are from the for-profit sector, 10% are from the not-for-profit sector, and 1% are from government. “We all agreed that Lewiston and Auburn are one economy,” said Conrad. “Business does not stop on the bridges and, in all actuality, our greatest strength is that the community functions as a large regional economic engine for Central Maine. “Ultimately, that was the basis for the board’s

decision to support the merger,” continued Conrad. “If we function as one economy, what naturally follows? Do we currently have a consistent, coordinated, and unified long-term approach to preK-16 education, workforce development, urban housing, planning, and public investment to grow our economy and encourage private investment, both local and from outside investors? “We all acknowledged that meeting those priorities is possible - as it has been for years - if we keep trying as two cities, but that if we merge, a unified approach will be required. Fundamentally, I believe the board considered the issue as they would for their own business or organization. When an opportunity to be stronger is presented, the risks and rewards are weighed and a decision to move forward occurs.” Prior to the vote, many

See *Merger*, page 12

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Out & About with Rachel Morin

Lorraine Dutile Masure’s “Growing Up Franco-American”



Author Lorraine Dutile Masure, at right, with Doris Bonneau, Chair of Franco-American Collection

Story and photos by Rachel Morin

I read about Lorraine Dutile Masure presenting her Memoir “Growing Up Franco-American (with no black patent-leather shoes)” at the University of Southern Maine’s Lewiston Auburn College sponsored by the Franco-American Collection housed there. I thought it

was the perfect venue for her book signing and knew I had to be there.

USM LAC has the largest Franco-American Archive of photos, documents and artifacts and other Franco-American material in Maine. The Archives are managed by Doris Bonneau, Chair of the Collections and Juliana L’Heureux, Assistant Chair.

I met the author a year ago in Tuscany when we were traveling with a Portland Senior College group. An immediate friendship was born and we stayed in touch. I arrived early on October 10 to renew our friendship and meet her family and friends. Chairs quickly filled and Juliana L’Heureux introduced the author.

Lorraine gave a warm, personal and nostalgic presentation, sprinkled with humorous comments on what her life was like in an “old world culture” as she described it. The audience related to her stories, recognized and loved them.

The author started with a loving description of her French-Canadian grandparents, describing her respect and admiration for their courage and bravery in pursuing their dreams for a better life. They were unschooled, living a peasant life of farming and wood-cutting and were dependent on the weather for crops and working in the woods, to care for their growing

family of nine children and one on the way.

Paychecks were unreliable and so they looked south to the mills and shoe shops in Lewiston. Not knowing the language or the skills needed, they left Quebec and arrived in Lewiston, 400 miles later, with hopes for a better life for their family.

The author’s grandfather, along with other French Canadians, learned the repetitive work in the textile mills and shoe shops. Once learned, they worked diligently and reliably and earned the reputation of having excellent work ethics. Their work ethic was well known, respected and appreciated by the mill and shop owners. A regular paycheck offered routine and stability for the family. Lorraine emphasized how important education was to her grandparents and parents, especially learning the language to become an American citizen.

Her book is in English of course, but I love how Lorraine titles some chapters in French depicting her experiences growing up. This provides a special touch to the book and includes the following: A La Maison (at home); A L’hotel De Ville (at City Hall); A L’ouvrage (At the workplace); A l’eglise (At church) and A l’ecole (At school).

These chapters reveal



Author Lorraine Dutile Masure addresses the audience and concludes with reading a paragraph in “Growing Up Franco-American (with no black patent-leather shoes)”



Richard L’Heureux, George Blouin, Lionel Metivier

anecdotes which will relate to many readers of other ethnic backgrounds or nationalities, as well as to the Franco-Americans. We are all families who have traditions and our own values and family living styles albeit a little different. It is a book for everyone. The author relates an unhurried time without the distractions of television, cell phones, and other electronic devices and labor and time saving appliances. It is a slower paced age.

Reading the book at home later, I read it slowly, taking in everything and appreciating it fully. I found myself re-reading and lingering over many of her descriptive stories about the food, family meals, music, churches,

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Ruth Linehan, front center; Back. Jim Murphy, Juliana L'Heureux, Asst. Chair of Franco-American Collection; Pauline and Robert Gilbert

the nuns at the parochial schools and holiday celebrations. It was all so familiar and heartwarming. The author, a native of Lewiston, is a former USM administrator, and has lived in Sanford most of her 83 years. She says this is her first attempt at

“book writing,” but she has been published a number of times locally and regionally and as a young 20-year-old, for a national trade magazine. A graduate of Nas- son College with a B.A. in English, she earned an M.S. in Adult Education at

USM. She teaches classes on Broadway Musicals at USM Senior College in York County. She is pleased with her son, Christopher, who is pursuing his Ph.D. in Communications. Lorraine enjoys life in Maine often penning observations of a more current nature.



Janet Sullivan and Joanne Ducharme chat with Arlene Jackson at the book sales table.



Anita Olko and Joanne Fuller



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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Final weekend for "The Revolutionists"



The Public Theatre presents its final Maine-premiere performances of "The Revolutionists," a provocative new comedy that reimagines the French Revolution from the perspective of four very modern women in big wigs and corsets, Thursday through Sunday, October 26 through 29. Don't forget "Wine-Down Thursday," a free pre-show wine sampling, courtesy of The Vault, that takes place in the theater's lobby starting at 6:30. For show times or ticket information, call 782-3200 or visit thepublictheatre.org.

Soup, Chili and Chowder Challenge Nov. 4

Mexican Chicken Soup, Lemon Lentil Soup and other delights can be sampled at the fifth annual Soup, Chili and Chowder Challenge to benefit patient care at Androscoggin Home Care & Hospice's Hospice House.

The event will take place on Saturday, November 4, from 4 to 7 p.m. at Baxter Brewing Company in Lewiston. Tickets purchased in advance are \$10 for adults and \$5 for children ages 5 through 12. Children ages 4 and under will be admitted at no charge. Tickets are available at Baxter Brewing at 130 Mill Street in Lewiston; Androscoggin Home Care & Hospice at 15 Strawberry Avenue in Lewiston; and the Hospice House at 236 Stetson Road in Auburn. Tickets will also be available at the event, but will be \$2 more for adults and \$1 more for children. Each adult ticket comes with two coupons

for a dollar off a pint of beer.

Those who attend will be able to sample all soups, chowders, and chilis entered by the talented cooks who are competing for prizes and bragging rights. Celebrity judges will determine the Judges' Favorite, while eventgoers will cast their votes to decide the People's Choice. Live music will also be provided.

All recipes will be included in a cookbook which will be available for \$3. In addition, there will be a door prize and a 50-50 raffle. The event is organized annually by the Dream Team, one of several groups that raises money during the year and makes its final donation at AHCH's annual Hospice House 5K and Remembrance Walks. These events will take place in May. For more information, call Kate Sicotte at 333-6300.

Acclaimed pianist performs at Bates this weekend



Hailed for music-making of tremendous emotional power, depth, and expressiveness, Richard Goode is acknowledged worldwide as one of the leading interpreters of the Classical and Romantic repertoire. He will perform on Saturday, October 28 at 8 p.m. at Bates College's Olin Arts Center (75 Russell Street) in Lewiston. Tickets are \$25 at batesconcerts.eventbrite.com. For more information, call 786-6135 or see bates.edu/olin-concert-series.

Bates theater presents "Private Eyes"

The Bates College theater department will present a production of Steven Dietz's "Private Eyes," Thursday through Monday, November 2 through 6, at the college's Gannett Theater at 305 College Street in Lewiston. Questions driven by love, lust, and deception turn the audience into

detectives in this hilarious "comedy of suspicion" that has been called "an oxygen rush" by The Village Voice. The production is directed by Martin Andrucki, the college's Charles Dana Professor of Theater.

Show times are 7:30 p.m. on Thursday, Friday, and Monday; 5 p.m. on Saturday; and 2 p.m. on Sunday. Admission is free, but a \$5 donation is suggested, and tickets are required from bit.ly/bates-private-eyes. For more information, call 786-6161.

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Bates College festival to showcase French-language films

Bates College will present a Tournées Festival featuring six classic and contemporary French-language films from October 30 through November 11. The diverse films to be screened will include a New Wave classic, an animated dystopian steam-punk tale, and a provocative meditation on gender and identity politics. All six films will be shown with English subtitles, will be followed by a Q&A with a faculty-student panel, and are free and open to the public.

Most screenings will

take place in Room 104 of Olin Arts Center (75 Russell Street) on the Bates College campus in Lewiston, except for “Examen d’état (National Diploma),” which will be presented Monday, November 6 at 7 p.m. at the Gendron Franco Center at 46 Cedar Street in Lewiston (suggested donation \$5).

The festival will kick off with an opening reception on Monday, October 30 at 6:30 p.m., followed at 7:00 by the film “A peine j’ouvre les yeux (As I Open My Eyes)” (2010; 142 min.). The remaining films

will be screened on Wednesday, November 1 at 7 p.m. (“Avril et le monde truqué/ April and the Extraordinary World,” 2015, 104 min.); Saturday, November 4 at 2 p.m. (“Frantz,” 2016, 113 min.); Wednesday, November 8 at 7 p.m. (“Bande à Part/Band of Outsiders,” 1964, 95 min.); and Saturday, November 11 at 2 p.m. (“Fort Buchanan,” 2014, 65 min.). For more information, call 786-8239. For a complete description of each film, see www.facebook.com/Tournees-FilmFestival.

Maine Event Comedy at Baxter Brewing



Kyron Hobdy has been a finalist in the Funniest Comic in New England competition.

Maine Event Comedy will present Funniest Comic in New England finalist Kyron Hobdy at Baxter Brewing on Friday, October 27 at 7 p.m. The night of laughs will also feature Janet McNamara, Bill Picard, Mike Gray, and Cyrstal Bernard.

Hobdy, who regularly works with Maine comedy legend Bob Marley, mixes life experience with self-effacing humor. The Windham resident was a recent selection to the World Series of Comedy in Las Vegas. He’s performed at Nick’s Comedy Stop in Boston, the Bank of New Hampshire Pavilion, and Comix at Mohegan Sun.

McNamara, from Boston, has been winning over New England audiences with her conversational style and awkwardly charming energy. She won the 2014 BeanTown Comedy Riots and appeared on season 10 of NBC’s American Idol.

Born with cerebral palsy and confined to a wheelchair, Picard uses his physical disability to both educate and entertain. He was a finalist in Portland’s Funniest Professional Contest.

Gray is quickly making a name for himself on the Portland scene, dispelling preconceived notions about his appearance while shedding light on a variety of objectionable topics.

Bernard is a newcomer to the Maine scene and enjoys sharing tales of hot tubs, Las Vegas getaways, and her unconventional occupation.

The show is free

and for those ages 21 and older. Baxter Brewing is located at 130 Mill Street in Lewiston. For more information, call 513-0742 or email maineeventcomedy@gmail.com.

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Twin City Nights

Fall Book Sale at Auburn Public Library



Library volunteer Brenda Field sorts some of the hundreds of children’s books that will be available at the sale on Friday and Saturday, October 27 and 28.

Nothing beats a comfy chair and a good book as the cold weather arrives, and there’s no better place to find that new-to-you book than Auburn Public Library’s Fall 2017 Book Sale on Friday, October 27, from 4 to 6 p.m. and Saturday, October 28, from 9 a.m. to 2 p.m. All proceeds from the book sale make a difference, supporting and expanding the collections, programs, and services at

Auburn Public Library.

With thousands of items priced at or below \$2, customers can take advantage of great deals on a variety of items. A wide selection of nonfiction and fiction - from cookbooks to children’s books, science fiction to poetry, and biography to modern fiction - will be available. Shoppers can also expect a great selection of paperbacks, lots of how-to books, and CDs,

DVDs, coffee table books, and more. A limited number of book bags, featuring the Library’s new logo, will also be available for purchase.

The sale will take place in the Androscoggin Community Room and Book Sale Room on the library’s ground floor. For more information, call the library at 333-6640 or see www.auburnpubliclibrary.org.

L/A Community Little Theatre Presents

Music by Alan Menken **Lyrics by Glenn Slater**
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Twin City Nights

UUCB presents Under the Song Tree reunion concert



Notable Maine songwriters Dan Merrill, Anni Clark, and Lynn Deeves haven't performed together in over 10 years.

The UUCB Concerts for a Cause series will present a concert by Under the Song Tree, featuring noted Maine musicians Dan Merrill, Anni Clark, and Lynn Deeves, on Saturday, October 28 at 7:30 p.m. at the Unitarian Universalist Church at 1 Middle Street in Brunswick.

The acoustic union of established Maine songwriters Dan Merrill, Anni Clark, and Lynn Deeves resulted in such a positive response that in 2000 the trio recorded a CD called "Under the Song Tree LIVE." The CD clearly demonstrates their talents as seasoned musicians and songwriters and their strength as a trio of performers who are passionate about music. In 2002, NH's Jam Music Magazine readers voted them "Folk Artist of the Year."

These three local favorites haven't performed together in over 10 years, so you don't want to miss this rare reunion concert that will feature acoustic guitars,

flute, harmonica, a variety of percussive instruments, and stellar three-part harmonies.

Dan Merrill creates intimate, honest lyrics and soaring vocals set to pop, funk, acoustic rock, folk, and singer-songwriter styles. In 1995, he won the coveted Newfolk Songwriter's award at the Kerrville Folk Festival in Texas. In 2000, in addition to playing with "Under the Song Tree," he joined forces with the Pennsylvania progressive rock band Simon Apple, which yielded the band's first U.S. Top 10 single in 2005, the Merrill-penned "Hold Me (Like A Lover)." He was also voted "Male Vocalist of the Year" by the national organization "Just Plain Folks." Dan's most recent solo CD is 2008's "Tomorrow to Yesterday."

Anni Clark is part folk, part blues, sometimes pop, but all parts original. For over 30 years, this Maine native has pleased audiences nationwide with her

captivating voice, mindful lyrics, and excellent guitar work. Clark has recorded seven successful albums and shared stages with international acts including Shawn Colvin, Richie Havens, and Cheryl Wheeler. "What I love about Clark is that she can have you laughing one moment and close to tears the next with the honest emotions in her material," wrote the Kennebec Journal.

Maine singer-songwriter and multi-instrumentalist Lynn Deeves honed her early musical and stage chops on New England's high energy rock scene and has since released four independent CDs. After 17 years singing in the top-40 club circuit, this Maine Female Vocalist of the Year began writing her own songs with folk, blues, and gospel influences. Her rich, soulful vocals, sharp wit, and dynamic stage presence have created a continually expanding NE fan base. Deeves has opened for Cheryl Wheeler, Janis Ian, Catie Curtis, Ellis Paul, America, and many others.

Proceeds from the Concerts for a Cause series raises money for church programming and local charities. Tickets are \$12 in advance, \$15 at the door, and \$6 for children and students. They may be purchased at the church office (729-8515), Gulf of Maine Books, or online at <http://songtree.brownpapertickets.com>.

Popular singers headline "Thrill-LA" at Franco Center



Angela and Shawn Robitaille will be among the more than 40 vocalists and dancers to perform at the event.

The Gendron Franco Center will kick off its performance season with its annual Gala and Benefit Concert on Saturday, October 28 at 6 p.m. The event is open to the public; all current sponsors and advertising supporters are invited guests of the Center.

This elegant evening will feature a pre-concert reception with complimentary hors d'oeuvres from 12 local restaurants. The entertainment portion of the event, called "Thrill-LA," will begin at 7:30, when talented Maine artists will perform popular Hollywood movie and Broadway themes. The party will continue after the show with a post-concert reception with complimentary champagne, dessert, and dancing. Center staff Richard Martin and Mitch Thomas will direct

the show.

The performers will include Mitch Thomas, Shawn and Angela Robitaille, Michael James Litchfield, Jennifer Groover, Chris L'Homedieu, Jay Barrett, Andy Dolci, Sophie Messina, Chad Jacobson, Emily Flynn, Madison Leslie, Hayden Thomas, Madeleine Vailancourt, John Blanchette, Chip Groover, and Emilyann Drumm and her "Thriller" dance team.

Tickets are \$25 each in advance for the before and after parties and "Thrill-LA." Tickets for just the concert will be available at the door on the night of the event. Box office hours are Monday through Friday from noon to 4 p.m. To buy tickets in advance, visit the Box Office at 46 Cedar Street in Lewiston, call 783-1585, or see www.franco-center.org.

Guide

Continued from page 7

on the ballot, followed by a short discussion of what each question means, and the arguments both for and against the question. The guide also includes general information about voting in Maine, including who can vote, how to register, how to vote absentee, and where to vote on Election Day.

"Over the last decade, we have provided Maine voters with easily accessible, nonpartisan information about what will appear

on the statewide ballot on Election Day, and we are pleased to be able to continue that service and tradition this year," said Jill Ward, President of the League of Women Voters of Maine Education Fund. "We encourage Maine voters of all stripes to use and share the guide so that all our citizens have the information they need to exercise their right to vote."

The League of Women Voters of Maine Education Fund is a nonpartisan, non-profit, public policy education organization that builds citizen participation in the democratic process, studies key community issues at all government levels in an unbiased manner, and enables people to seek positive solutions to public policy issues through education and conflict management.

Medicare

Continued from page 4

ready to help you.

Cost: From year to year, your Medicare plan costs may change. During open enrollment, you should compare all costs, including premiums, deductibles, drug costs, and out-of-pocket

maximums.

Convenience: Convenience matters when it comes to going to doctor's appointments and filling prescriptions. As you compare Medicare plans, find out if you will have access to nearby doctors and what plans your local pharmacy accepts.

Customer Service: Medicare health and prescription drug plans are rated on how they perform in different categories, such as responsiveness, member complaints and customer service. You can find these ratings here: www.medicare.gov

Once you go through the four C's of comparing coverage, cost, convenience and customer service, you can make a well-researched decision to either change your plan or stay with what you have. If you miss the December 7 deadline, you'll have to wait until next fall to switch to a different Medicare plan.

For more information about Medicare open enrollment, contact your local Area Agency on Aging, call 1-800-MEDICARE, or see www.medicare.gov.

Merger

Continued from page 7

board members spoke passionately that the merger was the right move. In response for her to share her own opinion, Conrad stated: "I've lived here 39 years, owned two businesses, worked in higher education, and volunteered for numerous social service, arts, and civic organizations tasked with joint projects. But no matter how hard each of us has worked, and no matter how committed we are to change, the fact is we have not made the progress we want on poverty, graduation rates, our image - all things that have an influence on business.

"So, as president of the Chamber, I believe we need a catalyst beyond staying the cooperative but separate course and hoping we'll pick up the pace. The merger is the opportunity to drive us, to engage all the good hearts and minds on both sides of the river to work together over the next decade to realize Lewiston-Auburn's unique attributes as Maine's best place to live, work, and play."

"The board recognizes that a merger of the twin cities is the first step toward a stronger future," added Robbins. "It will require engagement from businesses, organizations, civic leaders, and residents, all working in unison to develop a more vibrant Central Maine economy. The LA Metro Chamber is prepared to be a leader in ensuring that one merged community will be successful."

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Thursday, October 26
Blood Drive. 9 a.m. to 2 p.m. Kaplan University, Lewiston. The LA Metro Chamber of Commerce and Kaplan Univ. host this American Red Cross event. 783-2249. Register by entering “LAMETRO” in the blue box at www.redcross-blood.org.

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speaker is Marcel Gagne, Business Ownership Conversion Specialist with Cooperative Development Institute. No reservation required. 753 9040; monica.millhime@maine.gov.

HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Steven Greeley of the ME Dept. of Labor discusses “Workplace Safety - How it can Improve Your Recruitment and Retention Efforts.” \$50 (Chamber members \$25; CMHRA members free). 783-2249. Register at www.LAMetroChamber.com.

Pints for Polio. 5:30 to 9 p.m. Gritty McDuff’s Brew Pub, 68 Main St., Auburn. Have a beer with local Rotarians this evening as fifty cents from every pint sold (to be matched 2:1 by the Gates Foundation) goes toward Rotary’s efforts to eradicate Polio worldwide.

Mad Science Halloween Spooktacular. 6 p.m. Andro. Community Room, Auburn Public Library. Prepare for science tricks and treats, including a Foaming Jack O’ Lantern and “ghosts” released from bottles. Free. 333-6640, ext. 3.

Marine Corps League Meeting. 6 p.m. Armory, 65 Central Ave., Lewiston. Central ME Detachment 810 holds its monthly meeting; all Marines, FMF corpsman, Navy chaplains, and those interested in Marines Helping Veterans are invited.

Author Reading. 6:30 p.m. Room G52, Pettengill Hall, 4 Andrews Rd. (Alumni Walk), Bates College, Lewiston. The Literary Arts Live series presents

Calendar

See more Calendar at www.TwinCityTimes.com

Jason Ockert (“Wasp Box,” “Neighbors of Nothing,” “Rabbit Punches”); book sales, signings follow. Free. janthony@bates.edu.

Theater: “The Revolutionists.” 7:30 p.m. Public Theatre, 31 Maple St., Lewiston. Four beautiful, badass women are reimagined as the heroes of the French Revolution in this provocative new comedy. Again 10/27-29 (Sun. at 2 p.m.) \$20/17/5. 782-3200; thepublictheatre.org.

Theater: “Sister Act.” 7:30 p.m. Community Little Theatre, 30 Academy St., Auburn. This uplifting musical comedy is based on the hit 1992 film. Again 10/27-29 (Sun. at 2 p.m.). \$12-18. 783-0958; www.laclt.com.

Friday, October 27
Downtown Trick or Treating. 3:30 to 6:30 p.m. Get your map of participating businesses at Dufresne Plaza (72 Lisbon St. in Lewiston) or Festival Plaza (112 Main St. in Auburn); pres. by the L.A. Metro Chamber of Commerce.

Fall Book Sale. 4 to 6 p.m. Andro. Community Room, Auburn Public Library. All items priced at or below \$2. Continues Saturday from 9 a.m. to 2 p.m. 333-6640; www.auburnpubliclibrary.org.

Wicked Halloween Art Show. 6 to 8 p.m. Wicked Illustrations Studio and Gallery, 140 Canal St., Lewiston. Enjoy a glass of wine while browsing spooky Halloween-themed art and visiting the glow-in-the-dark painting room. www.wickedillustrations.com.

House of Horror. 6:30 to 9 p.m. Sportsmen’s Club, 2261 Hollowell Rd., Litchfield. This holiday adventure for teens and adults is sure to terrify even the most brave-hearted. Suggested donation \$5. 268-4494.

Maine Event Comedy. 7 p.m. Baxter Brewing, 130 Mill St., Lewiston.

Comedians Kyrn Hobdy, Janet McNamara, Bill Picard, Mike Gray, and Cyrstal Bernard perform. Free. Ages 21-plus. 513-0742; maineeventcomedy@gmail.com.

Saturday, October 28
Blaine House Food Drive. 9 a.m. to noon. Blaine House, 192 State St., Augusta. The Governor and First Lady invite Maine families to bring a food donation, take a tour, and enjoy light refreshments. Again 11/4.

Bean Supper. 4:30 to 6 p.m. Sixth St. Congregational Church, 109 Sixth St., Auburn. Two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American chop suey, assorted desserts and beverages. \$6 adults, \$3 kids 5-12, under 5 free. Take-out available.

Bean Supper. 5 p.m. United Methodist Church, 439 Park Ave., Auburn. Baked beans, casseroles, hot dogs, coleslaw, bread, beverages, and pies. Entertainment by Park Avenue Pickers starts at 4:30. \$8/4 (kids 4 and under free). 782-3972.

Baked Bean Supper. 5 p.m. First Congregational Church, Rte. 115, Gray. Meal incl. casseroles, salads, homemade breads, desserts, and beverages Adults \$8/4. Wheelchair accessible. 657-4279 (657-3279 day of supper).

Spook House. 6:30 to 9 p.m. Sportsmen’s Club, 2261 Hollowell Rd., Litchfield. This holiday adventure for younger, pre-teen visitors is spooky but not too scary. Donations welcome. 268-4494.

Gala & Benefit Concert. 7:30 p.m. Gendron Franco Center, 46 Cedar St., Lewiston. Popular local singers perform movie and Broadway themes. Tix for concert only at door; adv. tix, incl. pre- and post-show parties, \$25. 783-1585; www.francocenter.org.

Concert: Under the Song Tree. 7:30 p.m. Unitarian Universalist Church, 1 Middle St., Brunswick. Concerts for a Cause presents this reunion of noted Maine songwriters Dan Merrill, Anni Clark, and Lynn Deeves. \$15 (\$12 in adv.); students \$6. 729-8515; www.brownpaper-tickets.com.

Concert: Pianist Richard Goode. 8 p.m. Olin Arts Center (75 Russell St.), Bates College, Lewiston. One of the world’s leading interpreters of the Classical and Romantic repertoire performs. \$25 at batesconcerts.eventbrite.com. 786-6135; bates.edu/olin-concert-series.

Sunday, October 29
Meet the Great Pumpkin. 1 to 4 p.m. Skyline Farm, 95 The Lane, No. Yarmouth. This family event features the original Story Land Pumpkin Coach on display and a demo of a pumpkin-hurling catapult. 892-0188; info@skyline-farm.org.

“Trunk or Treat.” 3 to 5 p.m. United Methodist Church, 439 Park Ave., Auburn. Young Trick-or-Treaters are invited to go from car to car in the church parking lot for goodies and games. Free. 782-3982.

Monday, October 30
Power Lunch Seminar. Noon to 1 p.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. Kelley Glidden of Safe Voices discusses “Domestic Violence: What Employers Need to Know.” Free, but registration preferred. 783-2249; www.LAMetroChamber.com.

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Happy Death Day (PG-13)	1:25	4:25	7:10	9:30
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It (R)	12:35	3:30	6:45	9:40
My Little Pony (PG)	1:10	4:10		
Kingsman: The Golden Circle (R)			6:40	9:40
The Lego Ninjago Movie (PG)	12:50	3:50		
The Foreigner (R)			6:50	9:20

Financial Aid Night. 5:30 p.m. Andro. Community Room, Auburn Public Library. Following an info session about college financial aid, a help session in completing the FAFSA will take place in the library’s Computer Lab. Register for help session at 333-6640, ext. 4.

Thursday, November 2
Theater: “Private Eyes.” 7:30 p.m. Gannett Theater, Bates College, 305 College St., Lewiston. Questions driven by love, lust, and deception turn the audience into detectives in this hilarious “comedy of suspicion.” Again 11/3-6 (Sat. 5 p.m.; Sun. 2 p.m.). Free, but tix required. 786-6161; bit.ly/bates-private-eyes.

Friday, November 3
Fête d’anniversaire. 6 to 8 p.m. Royal Oak Room, 1 Bates St., Lewiston. The L-A Metro Chamber of Commerce celebrates 130 years with live and silent auctions and the unveiling

of an iconic new image of the LA Metropolitan region. \$50. www.LAMetroChamber.com.

Saturday, November 4
Holiday Festival. 9 a.m. to 3 p.m. Saint Dominic Academy, 121 Gracelawn Rd. Auburn. This annual event boasts 75 vendors and crafters, raffles, food, refreshments, games, face painting, and a visit from Santa. dcote@unum.com.

Church Fair. 9 a.m. to 1 p.m. United Methodist Church, corner of Minot Ave. and Empire Rd., Route 121. Home-cooked baked goods, candy, fudge, crafts, knit goods, Christmas gifts; lunch served from 11 a.m.

Blaine House Food Drive. 9 a.m. to noon. Blaine House, 192 State St., Augusta. The Governor and First Lady invite Maine families to bring a food donation, take a tour of the Blaine House, and enjoy light refreshments.

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What's Going On

The L/A Nordiques Hockey Club Fundraiser for Dempsey Center



Pictured l. to r. Mary Dempsey and Sally Bryant, Cancer Survivor, participant of the Challenge, and Volunteer for the Center and Challenge.

The L/A Nordiques Hockey Club has been hard at work the last few weeks raising donations for the Dempsey Challenge. The L/A Nordiques Jr 'A' team held their Dempsey Challenge Charity Jersey Auction Friday October 13th at the Androscoggin Bank Colisee. Hockey fans and the Lewiston Auburn community bid on their favorite player's jersey, with proceeds going to the Dempsey Center. On the night of the auction, cancer survivor and singer/songwriter Kristen Short sang the national anthem. Mary Dempsey, founding member of the Dempsey Center, and cancer survivors Sally Bryant, Karen Albert and Jeff Gallipeau conducted the ceremonious puck drop before the game. After a long night of bidding after the game, the jersey auction brought in \$1,857.00 that will be donated to the Dempsey Center.

The L/A Nordiques Youth Hockey teams were also hard at work fundraising. Players participated in the Dempsey Shootout Challenge. They raised money by finding donors

to sponsor them as they attempted to make 25 successful shots on an empty net from the blue line. The Youth hockey players raised a total of \$1,521.50. This puts the grand total being donated to the Dempsey Center at \$3,378.50.

The L/A Nordiques Hockey Club would like to thank all the jersey auction bidders, shootout challenge sponsors, and the cancer survivors for helping make this year's fundraising a success!



Pictured l. to r. from front Sally Bryant, Karen Albert, Mary Dempsey, Jeff Galipeau.



Mary Dempsey (l.) pictured with Kristen Short (r.) singer songwriter and cancer survivor.



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November 1

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Arena

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