

City of Lewiston

OCTOBER 2013 City Administrator's Report



Greetings from the City of Lewiston

Each month, this report from the City Administrator's office provides a brief summary and update of major activities, events, projects, and programs that impact the community of Lewiston. Feel free to send your comments and suggestions.

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Table of Contents

Items of Interest.....	Page 2-3
City Administrator.....	Page 4
Fire.....	Page 5-6
Library.....	Page 7
Planning & Code Enforcement	Page 8-9
Police.....	Page 10-11
Public Works.....	Page 12-14
Recreation.....	Page 15-16
Wellness Team Updates.....	Page 17

Items of Interest

Twin Cities Holiday Celebration



CELEBRATION SPONSOR
Center Street Dental



December 4, 2013 – 6:00 PM

“PARADE OF LIGHTS”

**Kicks off on Ash Street to Bates Street to Pine Street,
Stops at Kennedy Park for Tree Lighting & Salvation Army Canteen,
Lisbon Street to Main Street, Across the Longley Bridge
to Auburn’s Main Street**

TO

Festival Plaza, Auburn

Music by Dionne Entertainment
Float Judging
Highlighting of December Holidays
FREE Children’s Dental Bags from Center Street Dental
FREE Dunkin Donuts Coffee, Hot Chocolate, & Munchkins
FREE Oakhurst Dairy Eggnog
FREE Photo Finish Pictures with Santa & Mrs. Claus
Christmas Tree & Menorah Lighting
**Costumed Characters: Portland Pirates’ Salty Pete,
Oakhurst Dairy’s Oakie the Acorn, Dunkin Donuts’ Cuppy,
Community Credit Union’s Monty Moose, and Rudolph!**

Other Festivities in Auburn!

5:00 p.m. – 8:30 p.m.

FREE Wagon Rides by Stillbrook Acres
Will Begin on Main Street, Auburn

4:00 p.m. – 4:30 p.m. (Sponsored by Auburn Public Library)

FREE Story Time at Auburn City Hall, 60 Court Street, Community Room #206

4:30 p.m. – 6:00 p.m. (Sponsored by Auburn Public Library)

FREE Arts & Crafts at Auburn City Hall, 60 Court Street, Community Room #206

Special Thanks to Center Street Dental, Cote Crane, Dunkin Donuts, Photo Finish, Temple Shalom, Salvation Army, Oakhurst Dairy, Sam’s, Pat’s Pizza, Buffalo Wild Wings, and the Twin Cities of Lewiston & Auburn

Event Facilitated By
Lewiston Downtown Holiday Celebration Committee and Auburn Business Association

"Lighting Lewiston's Tower" on October 22, 2013, was amazing! The countdown to flipping the switch resulted in lots of "wows" and "awws" as the historic City Hall tower became a nightly stand-out! Mayor Robert E. Macdonald noted, ***"I am proud to say that the "Lighting of Lewiston's Tower" is a wonderful way to visibly remind those near and far of all that our community has to offer . . . the tower will also be a shining example of what community members can accomplish together. It is truly amazing that individual and business donors stepped up to the plate to raise \$45,000 to make this project a reality!"***

Macdonald also thanked former Mayor Laurent F. Gilbert, Sr., and his wife Patricia for leading the fundraising effort.



Former Mayor Gilbert spoke at the pre-lighting ceremony touting the appeal of the lit tower, making Lewiston even more inviting for visitors and businesses alike. Gilbert also extended appreciation for project support to Collette Monuments; Cote Crane & Rigging; Edward A. Barrett; Phil Nadeau; Heather Hunter; Dottie Perham-Whittier; Sue Turcotte; Mike Paradis; Denis R. Caron; Gerry Caron; Norm Saindon; Jean Bolduc; Phil Brienza, III; Steve Damien; TJ Duperry; Ryan Barry; Jay Arnold; and Dave Saucier.

In addition, Paul Andersen, President of Androscoggin Bank, announced an initiative to provide local businesses with an opportunity to light their sites via low-interest loans. Alan Hahnel, President of Hahnel Bros., provided a bit of history, as his business put the current copper roofing on City Hall. Following the actual tower lighting, a wall-size donor plaque was unveiled in the Pine Street entrance of City Hall.

The cornerstone for the existing City Hall was laid on October 1, 1890, and the building was dedicated on May 19, 1892. Over time, the interior of the building has undergone renovations, and, in 1976, the building was added to the National Historic Register. The original City Hall, built in 1871/1872, was destroyed by a fire that started behind an elevator wall on January 7, 1890.

City Administrator

Edward A. Barrett

Progress Continues in Downtown

Progress continues, both downtown and on Riverfront Island. Among the recent happenings: the Bread Shack Café opened on Lisbon Street next to Rainbow Bike bringing award winning pastries and bread to downtown. Across the street, progress is being made as Argo Marketing moves forward with its new headquarters in the former McCrory's building. Work continues on the renovations of the Subway building on the corner of Ash and Lisbon as well as the Mother India building further down the street.

And, on Riverfront Island

The new hotel on Lincoln Street broke ground was held and construction is moving ahead full steam. A contract was awarded for improvements to the pedestrian bridge crossing the canal into Simard Payne Park. The current narrow walkway into the park will be expanded to all three sections of the old railroad trestle, with this walkway linking directly to the new Gateway Park adjacent to the historic Depot building. Bids for construction of Gateway Park have been received and the Finance Committee and City Council are considering how to proceed to bring the overall bid price into line with the project budget. Design work has been completed on other improvements to the park including several river overlooks and improved access to the water's edge. The City Council has been updated on the potential redevelopment of Bates Mill 5, where progress continues to be made. Tom Platz, the developer of other sections of the Bates Mill Complex, has been identified as the potential developer for this area as well. The Council has authorized an option on the property and work will begin on negotiating a detailed Joint Development Agreement. This effort should resolve once and for all the future of this building. Stay tuned.

Joint Economic Development with Auburn

Council President Cayer and I have spent considerable time meeting with representatives of the City of Auburn, the Lewiston Development Corporation, the Auburn Business Development Corporation, and the Lewiston Auburn Growth Council working to clarify whether and through what mechanisms the two cities will continue to coordinate and cooperate on economic development. This effort produced an initial scope of services that defined what the communities would expect of the Growth Council going forward. That document was subsequently reviewed by both city councils, with the Auburn Council indicating an interest in some changes and adjustments. The Lewiston Council continues to support a joint economic development effort coordinated by the Growth Council. It recognizes that: Lewiston and Auburn function as a single economic entity; cooperation is more effective than competition; the Growth Council has shown its value over time by assisting our transition from a mill economy to one offering greater diversity; and the assistance that the Growth Council has provided to many businesses interested in locating or expanding here. Discussions between Lewiston and Auburn on this topic are on-going.





OCTOBER IS FIRE PREVENTION MONTH

PREVENT KITCHEN FIRES

According to the **NFPA**, two of every five home fires begin in the kitchen—more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

The following are among the safety tips that firefighters and safety advocates will be emphasizing:

- Stay in the kitchen when you are frying, grilling, broiling, or boiling food.
- If you must leave the room, even for a short period of time, turn off the stove.
- When you are simmering, baking, or roasting food, check it regularly, stay in the home, and use a timer to remind you.
- If you have young children, use the stove's back burners whenever possible. Keep children and pets at least three feet away from the stove.
- When you cook, wear clothing with tight-fitting sleeves.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn away from your stovetop. Clean up food and grease from burners and stovetops.



During the month of October, the Lewiston Fire Department conducted annual fire drills at all of the city's schools. The drills are unannounced, so that faculty and students can practice and prepare the procedures to follow in the event of a fire or emergency situation.

October is a busy month for station tours. Area pre-schools, daycares, Head Start programs, and local agencies schedule station tours for their children and clients. The tours provide a variety of demonstrations and everyone's favorite—a simulated fire call from the 9-1-1 Communication Center with firefighters sliding down the poles - responding as they would to an actual call.



Fires take more American lives than all other natural disasters combined. They inflict devastating tolls on families and communities, and they cost our nation billions of dollars each year.

During Fire Prevention Week, we pay tribute to the brave men and women who put their lives on the line to pull their neighbors out of harm's way.

We ask that you pledge to do your part to prevent fires in your homes, cities, and the great outdoors.

(Pictured above)

*The National Fallen Firefighters Memorial,
National Emergency Training Center,
Emmitsburg, Maryland*

Future firefighter candidates are put to the test

On October 17th, approximately 60 firefighter applicants were put through the riggers of a physical agility test. In order to be eligible to take the agility test, an applicant must first meet the minimum standards and submit all necessary information as outlined in the hiring procedures.

The test consists of :

Run - 1 1/2 miles in less than 13 minutes

Hose Line Extension - Pull and drag 100 feet of 2 1/2 inch hose weighing approximately 75 lbs. - a total of 285 feet

Bent Knee Sit-Ups - 35 within two minutes

Weight Carry - Carry 125 lbs. for 100 ft. without stopping

Ladder Raise and Extension - Ability to raise a 28 ft. ground ladder and extend it to its full length

Ariel Ladder Climb - Climb 75 ft. up on extended aerial ladder

The test is designed to simulate some of the critical tasks that a firefighter may be faced with at a fire scene.

All scoring is on a pass/fail basis and participants must pass all components of the test in order to be placed onto the current active hire list.



Library Board Looks at Further Joint Initiatives with Auburn Public Library



Since 2007, the Lewiston Board of Library Trustees has been meeting annually with the Board of Directors at the Auburn Public Library in an effort to expand collaborations to better serve the residents of Lewiston and Auburn. Over time, a number of initiatives developed including the adopting a joint library card free to L/A residents which can be used at both the Lewiston and Auburn libraries and creation of a new website (LibraryLA.org) to present the electronic and digital services offered jointly by both libraries.

At last May's joint L/A Library Board meeting, the group decided to begin meeting twice yearly, and at their October 2013 meeting, a joint subcommittee was set up with trustee representatives from both boards to explore common goals and take steps towards achieving those goals in a collaborative fashion. The new subcommittee is expected to meet in November.

Affordable Care Act—Public Programs and Support

A partnership was set up in October with Western Maine Community Action (WMCA) to enable the Library to provide information and support for Lewiston residents in gaining an understanding of the Affordable Care Act (ACA). Jake Grindle, the lead ACA Navigator with WMCA, was hosted twice in the Library's Callahan Hall to present a program entitled "ACA 101"- a detailed overview of the Act and a guide to obtaining health insurance through the Maine marketplace. In addition, local residents can set up private appointments at the Library with ACA-certified navigators. These appointments can be scheduled by calling WMCA on their toll-free hotline at 1-855-806-7333.



Great Falls Forum Lecture Series

Check out the 2013-14 Season!



October marked the start of the 16th season for the Library's Great Falls Forum speaker series, co-sponsored by Bates College and the Sun Journal. The following Forum presentations are on tap for the upcoming year: Nov. 22, Cheryl Hamilton, Associate Director for External Relations, RefugeePoint, **"From L/A to Africa: Exploring Refugee Resettlement in Reverse;"** Jan. 17: Victoria Wyeth, Bates College alumna and grand-daughter of Andrew Wyeth, **"An Insider's View of Andrew Wyeth;"** Feb. 21: Mike Retelle, Professor of Geology, Bates College, **"Monitoring Glaciers in a Changing Arctic Climate;"** Mar. 21: Jennifer Hutchins, Executive Director, Creative Portland, **"Art & the Human Ecosystem;"** Apr. 18: Wesley McNair, Maine Poet Laureate, **"The Words I Chose;"** May 18: Anne Kemper, Counselor/Coordinator, Adult Learning Center, Lewiston Adult Education, and Joyce Walworth, ESOL Instructor, Portland Adult Education, **"The Changing Face of Maine: Teaching English to Speakers of Other Languages in Lewiston and Portland."**

Planning & Code Enforcement

Gil Arsenault, Director

Enforcement Action

During the month of October, one citation was issued, and three buildings were condemned by staff via the International Property Maintenance Code.



Riverfront Master Plan Activities

A joint City Council, Planning Board, and Finance Committee meeting was conducted on October 15th where an update was provided on Riverfront Master plan implementation efforts. Discussion involved Phase 1, which includes design work for a new Simard-Payne Park entrance to be located between the Grand Trunk Depot and the Lewiston House of Pizza on Lincoln Street. As a result of that meeting, the Council requested that the Finance Committee authorize staff to value engineer Phase 1 with the sole bidder in an effort to reduce costs without compromising the quality of the initial design. On October 21st, the Finance Committee acted upon the Council's request and, as a result, discussions are ongoing in hopes of awarding a bid for the build-out of Phase 1.

The Lower Canal pedestrian crossing improvements (*see the picture to the left*) into Simard-Payne Park (Phase 2) have begun. Scott Construction is widening and resurfacing the existing timber-framed walkway and constructing two new timber-framed walkway surfaces located atop the existing steel framing bridge components.

Planning Board

On October 28th, the Planning Board took the following actions:

- ◆ Granted approval to Gendron & Gendron, Inc. for modifications to the approved schematic layout for 23 Gendron Drive—Lot 15 of Gendron Business Park—for the future development of up to a 140,000 square foot building.
- ◆ Granted approval to Gendron & Gendron, Inc. for modifications to the approved schematic layouts for 3 and 5 Pricilla Drive—Lots 16 and 17 of Gendron Business Park—for the future construction of a 50,605 square foot building on Lot 16 and a 71,470 square foot structure on Lot 17.
- ◆ Granted approval to GRE, LLC to split 92 Alfred Plourde Parkway—Lot 5 into two lots.
- ◆ Made a favorable recommendation to the Lewiston City Council on behalf of John F. Murphy Homes to rezone the twenty-three acre property located at 5 Memorial Drive from the Medium Density Residential district to the Highway Business district.

PERMIT ACTIVITY

Permit Activity October 2013

- 37 building permits with a reported value of \$620,972
- 11 plumbing permits
- 41 electrical permits

The highest reported dollar value building permit was \$350,000 for continued renovations at 133 Lisbon Street that will result in eight new market rate apartment units.

Permit Activity October 2012

- 47 building permits were issued with a reported value of \$982,280 (one new single-family home was permitted)
- 15 plumbing permits
- 42 electrical permits

There were no high dollar value building projects.

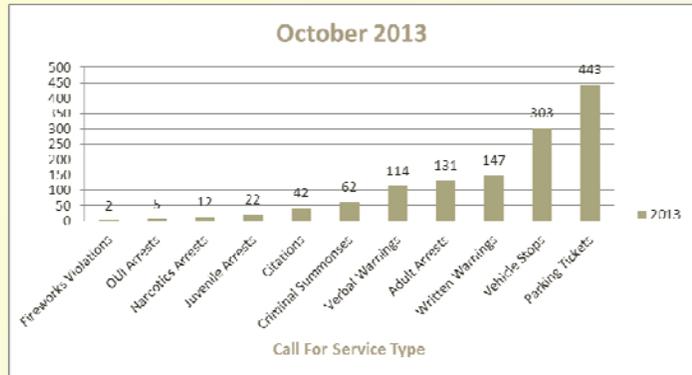


Police

Mike Bussiere, Chief

In the month of October, the Lewiston Police Department responded to a total of 2,968 Calls for Service (CFS).

Calls For Service	10/2013
<i>Total CFS</i>	2,968
<i>Vehicle Stops</i>	303
<i>Citations</i>	42
<i>Written Warnings</i>	147
<i>Verbal Warnings</i>	114
<i>Adult Arrests</i>	131
<i>Juvenile Arrests</i>	22
<i>Criminal Summonses</i>	62
<i>Narcotics Arrests</i>	12
<i>OUI Arrests</i>	5
<i>Parking Tickets</i>	443
<i>Fireworks Violations</i>	2



Sergeant Ullrich is pictured with residents of Blake Street Towers during a coffee meeting.

Coffee meetings are held bi-weekly at Blake Street Towers.

Sergeant Ullrich, along with Officer Weaver, also attended a luncheon outing at Gridiron with residents of Blake Street Towers.



TRAINING

- ◇ Sergeant Whalen, Detective Levesque, and Officers Philippon and Weaver participated in HAZMAT training.
- ◇ Sergeants St. Laurent and Landry, along with Officers Hill and Gagne, instructed at the firearms range beginning October 21st. All officers attended the fall session of firearms instruction.
- ◇ Officers Hill and Gagne attended a week of Active Shooter training in Texas.
- ◇ Officers Blais, Wiers, and Martin attended an Underage Drinking training offered at Central Maine Community College.
- ◇ Officer Philippon attended training for underage drinking enforcement, controlled party dispersal.
- ◇ Detectives Brochu and Murphy attended eight hours of training in Effective Policing Interactions with Youth. This training was hosted at LPD and instructed by Officers Jacques and Lacombe.
- ◇ At the Maine Criminal Justice Academy (MCJA), Lieutenant McGonagle and Sergeant Bradeen attended 16 hours of training: Investigating Complaints of Officer Misconduct.
- ◇ Multiple officers attended training regarding admissions and confessions.
- ◇ Officer Griffin provided ASP baton training to Monmouth Police Department.
- ◇ Officer Somma continues his assignment as a cadre at MCJA.



RECRUITMENT

- ◆ Corporal Kavanagh taught Criminal Justice classes at Central Maine Community College.

Public Works

David Jones, Director

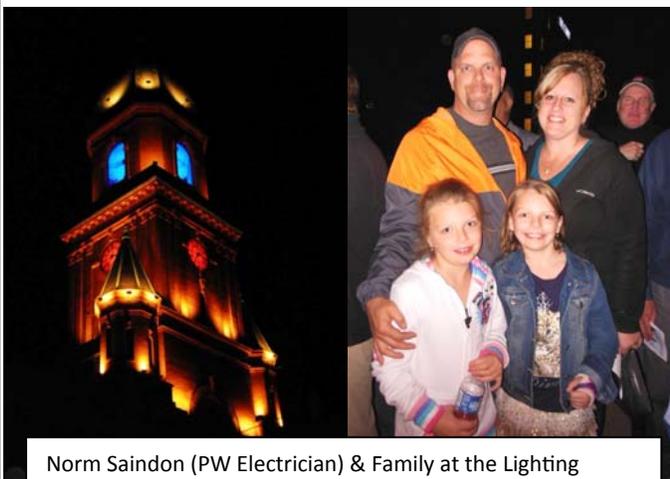
The Department recognized October as Breast Cancer Awareness month with many of our workers wearing pink hardhats, pink magnets on vehicles and equipment and a big pink ribbon on Unit #23, which does most of the mail runs between City facilities. We also illuminated the City Hall clock face in pink. Speaking of the City Hall tower, work was completed on lighting the tower by our electrical crew with the help of Cote Crane and the official lighting ceremony was held. To be honest, the results were absolutely stunning!! (See pic below)

Later in the month we held our annual Dry-Run for winter operations. During this Dry-Run, every operator and his/her back-up inspect and install plows, blowers etc. on their assigned equipment and do a complete inspection of their plow run to identify any new hazards or changes needed to address plowing. Below are some specifics for other work addressed during the month:



Water & Sewer Crew in Breast Cancer Awareness Hardhats

The City of Lewiston Recognized October as Breast Care Awareness Month



Norm Saindon (PW Electrician) & Family at the Lighting

Street/Road & Sidewalk Improvement Projects

The following contracted projects are under construction:

- ◆ Walnut Street rehab and sidewalk improvements (Bates Street to Howe Street) L.P. Poirier is the contractor. The construction is complete with minor punch list items and bench & trash receptacle installation remaining;
- ◆ Route 126 Sabattus Street traffic signal improvements (Main Street to Pond Road) is complete and a follow-on project is planned for next year to address the remaining intersections;
- ◆ Main Street Route 202/11/100 highway improvements Memorial Avenue to Stetson Road (0.47 mile) with replacement of Stetson Bridge. Project is scheduled for 2014 construction;
- ◆ Maine Turnpike Authority (MTA) contact to upgrade the Old Lisbon Road bridge - construction is nearly complete and the bridge reopened on October 31st. Punch list items remain to be done;
- ◆ MTA is also still planning to advertise this winter for the Exit 80 ramps (\$8.5 million) in preparation of development of the Single Point Urban Interchange (SPUI);
- ◆ Street paving this month included surface paving on College Street (Sabattus Street to Holland Street), Old Greene Road (Garcelon Street to North Temple),

(continued)

College Street driveway follow-up (Russell Street to Little Street), Ware Street water and storm-water trench (College Street to Main Street) and Pond Road (Golder Road to 486 Pond Road);

Crews completed the following work:

- ◆ Pre & post setup for the Dempsey Challenge;
- ◆ Paving prep and follow-up on street paving locations;
- ◆ General pavement patching 26 locations and ongoing pot-hole patrol;
- ◆ Maintenance street sweeping and catch-basin cleaning continues throughout the summer/fall;
- ◆ Repaired storm drains in six locations and addressed ditching along Crowley Road;
- ◆ Removed dilapidated fencing and tennis courts on Martin Drive that were unused for several years;
- ◆ Constructed logging access road off Greenwood Lane;
- ◆ Arborist crew pruned trees along 18 streets and worked on trail clearing at McMahon Nature Trail;
- ◆ Installed 16 tree cages around new trees along Walnut Street;
- ◆ The traffic crew pre-marked center lines for the contracted fall striping and repaired/reinstalled several traffic signs.

Water, Sewer, and Stormwater

Upcoming Construction Projects

The following projects are being worked on:

- ◇ We continue with our increased sampling efforts at Lake Auburn, and, so far, we have not seen a recurrence of the algae issue we had last summer. We are confident no algaeicide application will be needed this year. We will continue monitoring and will be prepared to act if this changes;

(continued)

- ◇ Oak Street sewer and stormwater improvements (St. Laurent & Son \$1,279,259) is well underway. This is a very deep excavation, but work is progressing well. All work on Oak Street will be completed in November and the work on side streets will resume next spring;
- ◇ Jepson Brook Phase 4 of the Combined Sewer Overflow (CSO) Sewer/Stormwater project (five streets on the north side of Sabattus Street near the intersection with Russell Street — Gendron & Gendron \$916,039), work will be winding down in early November and will continue again next spring;
- ◇ Jepson Brook Phase 5 of the CSO Sewer & Stormwater project (south side of Sabattus Street, Genest Street to Wildwood Drive -- Lonchamps & Sons \$597,335) work is nearly complete with only finish paving left;

Work performed by the Water & Sewer crews included:

- ◇ Completed replacement of the 8" water line and installed new 8" and 12" storm drains for CSO separation on Ware Street and Benson Street. We received lots of praise from the residents of this street regarding the work and the work ethics of our crew. The paving is now done;
- ◇ The crew spent many hours cleaning and disinfecting the water reservoirs at Ferry Road and assisting in the installation of vortex circulators to improve chlorine distribution within the tanks;
- ◇ The crew responded to two service breaks;
- ◇ Crews responded to 23 customer concerns (E-GOVs) and 240 Dig Safe requests;
- ◇ Crews continued working with contractors on water main shut downs, temporary water services and work associated with the CSO projects on Oak and the Jepson Brook projects;
- ◇ Ongoing sewer flushing, gate valve cleaning/operation, meter reading/replacement programs;

(continued)

- ◇ Crews began preparing for winter program of pumping and flagging hydrants;
- ◇ Crews are also checking curb stops for an aggressive meter replacement program starting in November.



Buildings

The contract for custodial services for City Hall and Public Works was terminated and a new contract was put out to bid. Until the new contract is awarded, our maintenance crew is providing basic services. We appreciate the patience of the employees and the public.



Solid Waste

- The Maine Department of Environmental Protection conducted their annual inspections of operations at the Solid Waste Facility on October 1. In general, they were pleased with operations at the Facility, which includes transfer and landfill operations. The Facility is in compliance with current solid waste regulations.
- The last day of “*extended summer hours*” (8:00 AM - 3:00 PM) for Saturdays at the Solid Waste Facility took place on October 26. The Solid Waste Facility offered extended hours on Saturdays from July 27 thru October 26. During these Saturdays, there was an increase in the number of customers who utilized the Facility.

(see the chart to the right for details)

Detail of extended hours

	Daily Average Number of Customers
<i>Prior to</i> extended hours (8:00—Noon)	82
<i>During</i> extended hours (hours 8:00—Noon) = 91 (Noon—3:00) = 30	121

- In general, there was an increase in the number of customers who utilized the Facility during the extended hours. We are not sure if this was a result of the extended hours or the time of year. The majority of Saturday’s customers (75%) still visit/use the Facility between 8:00 AM & Noon.

Halloween Event

This year's annual Halloween Egg Hunt was another great success full of fun, laughter, and games. The Rec Department appreciates the volunteer groups that helped, namely: the Lewiston Fire Department, Police Athletic League, Lewiston Middle School, Bates College students, Law Enforcement Cadets, Junior Air Force ROTC, New Beginnings, and Key Club. Special thanks to you all.



Franklin Pasture Tennis Courts (8 courts completed in August 2013)

The tennis court repairs included crack repair, sealant, and texture color coating. The primary colors are blue courts with green perimeter and white textured tennis lines. The Rec Department continues to receive compliments from the public and LRD registered participants.

Lewiston Rec Department Tournaments – Fundraisers for Franklin Pasture Rehabilitation

Softball and tennis tournaments were scheduled in September/October. Proceeds from the tourneys were donated to the Franklin Pasture Fund. Many thanks to Anita Murphy (tennis), Randy Turcotte and Tracey Knowles (softball) for their effort and support organizing and implementing these tournaments.

Androscoggin Land Trust Stewardship Program

The Land Trust Stewardship Program provides volunteer steward services for various open space and trail projects on city properties. This program helps enhance the city's sense of community and helps with the upkeep of the city's open spaces.

Evacuation Drill

A special thank you to Fire Inspector Paul Ouellette and Safety Officer Don Mailhot for their input and participation in the simulated evacuation of the Armory.

Dufrense Plaza

A student from Edward Little High School contacted the Rec Department regarding the history of Dufrense Plaza. He was interested in the background, usage, connectivity to areas and the renaming of the Plaza.

Programs

Staff is planning and preparing for the following upcoming programs:

gymnastics, 5/6 Grade school basketball league, co-ed winter basketball league, and travel basketball teams.



Activities, Events, & Meetings at the Armory

Lewiston Senior Citizens:

- ◇ Monthly Board meetings
- ◇ Bi-monthly Bingo
- ◇ Weekly Pinochle and Cribbage

Rec Department:

- ◇ Grade-school start-up meeting
- ◇ Halloween celebration
- ◇ Weekly gymnastics practices
- ◇ Volleyball practices & games

Veteran-related meetings:

- ◇ American Legion Post 22
- ◇ Franco-American War Veterans and Auxiliary Post 31
- ◇ VFW Post 9150
- ◇ Disabled American Veterans
- ◇ L/A Veterans
- ◇ Post 210

Other:

- ◆ ACA Dr. Fortier #52 monthly meeting
- ◆ Androscoggin Democrats
- ◆ GOP Androscoggin County monthly meeting
- ◆ GOP Concert fundraiser
- ◆ Lewiston Democrats monthly meeting
- ◆ Just Us weekly meeting
- ◆ Lewiston Police Athletic League
- ◆ Zumba-Dempsey Challenge fundraiser
- ◆ EID Prayer - L/A Islamic Center

Athletic Events Scheduled:

- Fly Football - Montello & LAP
- Central Maine Christian Academy
- John Murphy Homes

Park Events Scheduled

Simard-Payne Park:

- National Breast Cancer Awareness event
- Dempsey Challenge *(see pics below)*
- Night of the Running Dead



Other Parks:

- Farmers Market at Lincoln/Main, and Kennedy Park

Athletic Events Scheduled *(continued)*

Lewiston High School:

- Girls & Boys Varsity & JV Soccer
- Cross Country
- Field Hockey - Varsity & JV

Lewiston Middle School:

- Field Hockey
- Football
- Soccer

Rec Department:

- Adult Tennis
- Fall Softball
- Youth Soccer
- Field Hockey
- Softball & Tennis tournaments

WELLNESS INFO & UPDATES



Wellness Sponsored—Lunch & Learn on October 9th

Practice & Benefits of YOGA

Tisha Bremner of the Inner Light Yoga of Maine presented a great overview of what Yoga is all about and offered the opportunity to participate in classes held at Central Maine Medical Center's gym. For more information, feel free to visit her website at: www.innerlightyogaofmaine.com

The final weigh-in for the Wellness Weigh-In Challenge 2 was held on October 21st with the following winners:

- 1st place: Moe Pelletier \$150 gift card awarded
- 2nd place: Chris Fournier \$125 gift card awarded
- 3rd place: Diane Baldiga \$100 gift card awarded

Participation Award Winners were:

Ryan Barnes, \$45 gift card to Home Depot; Kelly Brooks, \$45 gift card to Subway; Tammy Bureau, Wellness backpack; and Cathy Lekberg, Wellness gym bag.



Zumba returned! And is being held from October 21 to December 2nd

The next quarterly calendar will be distributed soon.

Feel free at any time to contact one of your Wellness Team members for comments & ideas.