

City of Lewiston



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.

Edward A. Barrett
City Administrator
ebarrett@lewistonmaine.gov

Phil Nadeau
Deputy City Administrator
Director, Labor-Risk Management
Service & Freedom of Access Officer
pnadeau@lewistonmaine.gov

Lewiston City Hall
27 Pine Street
Lewiston, ME 04240
(207) 513-3121 & TTY/TDD 513-3007

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Items of Interest



With this beautiful fall scenery, it is hard to believe the holidays are right around the corner!

Save the Date for the 2014 Holiday Celebration -

Parade of Lights

December 3, 2014

6:00 PM

The parade will kick off from Auburn this year and travel to Lewiston.

The location of the festivities in Lewiston has yet to be determined.



City Administrator

Edward A. Barrett

First Half of Property Taxes – Impact of State Aid Reductions

The first half of this year's property taxes was due on September 15. This year, the City's tax rate increased by 15 cents, all of which was went toward the School Budget. This represents about a \$240,000 increase in the City's total tax levy – less than 1%. At the same time, the City has seen significant revenue losses due to State action. For example, if revenue sharing was funded at its statutory level, we would have about \$4 million more this year alone. The state's exemption of new business equipment from the personal property tax is costing us about \$1.6 million in lost revenue. If the City was receiving this \$5.6 million and used it to offset the property tax, homeowners in Lewiston would see more than a 10% reduction in their property taxes. Today, the City is operating on virtually the same budget as six years ago. Over this period, positions have been eliminated and services have been reduced. But, because of state funding cuts, the overall tax rate has grown by \$1.69, an increase of 6.8%. If the state had not cut municipal funding to this extent, property taxes would not have increased and service cuts could have been minimized. And, by the way, the state has never reached the school funding level of 55% approved by the voters in a referendum over ten years ago.

Comprehensive Plan Public Presentation Date Set

A public meeting has been scheduled to present the most recent draft of the City's new comprehensive plan – Legacy Lewiston. That meeting will be at **9 a.m. on Saturday, November 15th** at the **Lewiston Public Library**. The draft plan was released several months ago and is available at <http://www.lewistonmaine.gov/comprehensiveplan> or by going to the Planning and Code Enforcement home page of our web site. While the formal public comment period is now closed, you can still let us know your thoughts at comprehensive-plan@lewistonmaine.gov. We're also seeking comments and suggestions at the public presentation, so add the date and time to your calendar now.



Legacy Lewiston
Lewiston Comprehensive Plan

Remember Planapalooza?
Looking for an update on the Comprehensive Plan?

PARTICIPATE!

Mark your calendars for the next public hearing on the Comp Plan to be held on **Saturday, November 15th at 9:00am** at the Marsden Hartley Cultural Center, third floor of the Lewiston Public Library.

To view the Comprehensive Plan, please visit:
www.lewistonmaine.gov/comprehensiveplan
or
www.facebook.com/LegacyLewiston

Help Plan for a Better Future

Prioritize Economic Vitality • Promote Mixed-Use Activity Centers • Health and Mobility
Build a Creative Economy • Strengthen Neighborhoods • Expand Housing Choices
Promote Reliable Services and Open Governance • Grow the Economy



Build Maine Conference at Bates Mill November 6th



Join the **Congress for the New Urbanism's Maine Chapter** (CNU Maine) — with the **Maine Municipal Asso.** (MMA), the **Maine Real Estate & Development Association** (MEREDA), and **Grow Smart Maine** - for **Build Maine**, a cross-disciplinary exchange of ideas and strategies for building Maine in the new economy. The event will be on **Thurs., November 6th at Bates Mill 1**. Join municipal and state-level leaders from across Maine for a day full of conversation, exhibits, and presentations by national thought-leaders in the fields of transportation, economic development, and municipal management.

For more information and to register, visit the event site at <http://buildmaine.squarespace.com/>. By the way, I'll be one of the speakers – but I'll promise to keep my talk short.

Clint Deschene to Leave Auburn

Auburn's City Manager, Clint Deschene, has announced that he will be leaving his position to become Business Manager for the school district in Presque Isle, Maine. While this is an opportunity for Clint to return home to the County, I will miss him when he leaves. Lewiston and Auburn work so closely together on so many items that I frequently joke that I talk to Clint more often than I talk to many of Lewiston's department heads. It has been a real pleasure working with Clint, and I wish him the best in his new position. He will be missed.



Assessing

Joe Grube, Chief Assessor

Business Equipment Tax Reimbursement (BETR) Program

Personal property in Lewiston for the tax year 2014-2015 totaled: \$188,014,650. This total potentially includes \$100,000,000 in eligible reimbursable property assessed in the BETR program.

BETR applications continue to be processed for this program. As of October 3rd, 165 applications have been processed. The assessed value as of this date of eligible assets is \$36,097,177.

The application period by state statute runs August 1 through December 31; however, Maine Revenue Services often extends the time required to file until March 1st, thus Lewiston has to process forms until all applications are completed.

In 2013...

Traditionally, 350-400 business owners apply for reimbursement of taxes on eligible assets. In 2013 applications totaled 53% of all personal property taxes paid in the calendar year 2012, with a value of \$104,113,509.

Business Equipment Tax Exemption (BETE) Program

The BETR program is separate from the BETE program which exempted 236 taxpayers in the current year, with a value of \$96,453,098. The State of Maine reimburses Lewiston approximately 57% for lost tax dollars.

Real Estate Review

Reviews of real estate continue with appraisers currently working in the Old Webster Road and East Avenue neighborhoods.



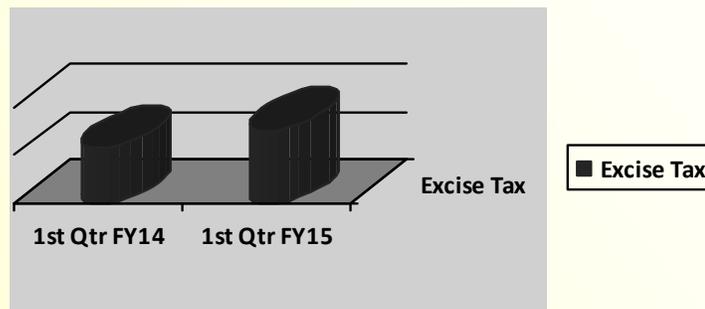
Finance

Heather Hunter, Director

September is always a busy month in the tax office, but this year brought added pressure on the staff. We experienced an increased number of customers and a higher volume of incoming mail due to the September 15th tax deadline and there was an unexpected crash of the vehicle registration system that lasted more than two weeks.

During this period, there was no shortage of customers and many of the registrations had to be hand written and processed on the computer at a later time. Staff processed an estimated 1347* registrations in addition to the recreational vehicle registrations, tax and utility payments.

As a comparison, there was an 8% increase in excise tax, from \$1,030,300 for the first quarter of FY14 to \$1,104,934 for the same period of FY15. The City is seeing an increase in the number of new vehicle registrations which suggests that the economy has taken a slight turn for the better.



After processing all real estate and personal property payments received by mail, over the counter, or electronically, collections of current-year taxes for the first quarter of FY15 were down 0.74% as compared to the same period in FY14. This amounts to \$391,394 out of the overall commitment of \$52,891,125.

The City has also lost revenue sharing funds from the state. The amount received in the first quarter of the current fiscal year was \$425,612, a 34% decrease from last year's amount of \$639,321. This decrease of \$213,709 is the majority of the amount projected by Maine.gov for FY15.

**Registration number is estimated because the reports do not reflect the exact count due to the system malfunction.*



Fire

Chief Paul LeClair



September 3rd - 206 Sabattus Street Mulch/Porch Fire

The fire was started by improper disposal of smoking materials and has been ruled accidental and was contained to the outside porch area; property damage has been estimated at \$1,000.



September 10th - 151 North Temple Street Woods Fire

The fire occurred behind McMahon Elementary School; the cause remains under investigation.



September 17th - 68 Whipple Street Structure Fire

The fire at Pine Crafts of Maine remains under investigation - damage was confined to the exterior wall. Police CID and the State Marshal's office are assisting in the investigation. Property damage is estimated at \$5,000.

Lewiston Firefighters Tackle a Third-Alarm at 101 Birch Street



Water pouring out of 101 Birch Street

September 23rd —101 Birch Street

Time of Call - 19:07 hours

A three-alarm structure fire occurred at a four-story, 17-unit multi-family apartment building at 101 Birch Street.

Upon arrival, heavy fire was showing on the rear porches of the third and fourth floor which quickly spread to the fourth floor interior apartments and roof area. Mutual aid from multiple cities & towns responded to the scene. The cause of the fire is under investigation by the Lewiston Fire Department, Lewiston Police CID, and the State Marshal's office. The building has been deemed a total loss.



Pvt. Robert Cailler flowing water from ladder of E-3



2 Ladder trucks flowing water onto 101 Birch Street

A Happy Ending for a Boy and His Cat

At 2 AM on September 24th, approximately seven hours after the call came in for a reported structure fire at 101 Birch Street, Pvt. Bill Bergeron (*pictured to the right*) came upon a cat in one of the apartments while maintaining the custody of the building and ensuring no rekindles. Bill knew that someone would be worried about their pet and quickly reached out utilizing social media and posted a picture of the cat on FB asking his friends to share the information, hoping that the owner would be found.

In less than five hours, with the help of 108 shares, the owner of the cat was found! After settling into their family's new apartment a little over a week later, four-year old Noah was reunited with his tiger cat Bella.

A very special thank you to Pvt. Bergeron, The Greater Androscoggin Humane Society and the 108 folks who shared. Your actions brought a smile to this young boy's face and a bit of happiness to his life after going through such a frightening and life altering ordeal.



Pvt. Bill Bergeron, Noah, and Bella the cat.

Plan Ahead!

If a fire were to break out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home.
- Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!



Information Technology

Timothy Earle, Director

Data Repository

The City's MIS department has been working closely with the IT departments at our surrounding agencies to better document and manage the larger Wide Area Network (WAN) that we reside on. This wide Area Network covers most of Androscoggin County and is used by all of the local governments in the area including cities and towns, schools, police, fire, PW, etc. This network carries our data and phone traffic.

Part of this project is collecting information from other entities that reside on the network such as the City of Auburn, Auburn Water and Sewer, AVCOG, Androscoggin Sheriff Department, LA911, Lewiston School Department and the Auburn School Department.

This is critical information to have as any changes made by other agencies can directly affect us.

Lewiston has set up a repository in which we maintain all of the configurations of the various routers, switches, and other hardware that interconnects the entire Wide Area Network.

We do this for the various agencies and provide access to all of the involved IT staffs. As other agencies or their vendors make changes, they are sent to us to include in the repository so we always have the most up-to-date information available. Having this information eliminates the possibility of breaking each other's networks by allowing us to see what the others are using so we do not cause conflicts.

Inter-Agency Assistance

MIS also been busy assisting our friends at LA911 and Auburn Water and Sewer (AWSD).

One morning, 9-1-1 gave us a call to assist with an old router that has a different programming language than normal, and we were able to get them back up and running in a few minutes as our staff was familiar with that hardware.

LA911 is in the process of setting up new remote access and has asked for our assistance in getting this completed.

AWSD is a partner with the Lewiston Water Department and both have a lot of high tech infrastructure that is crucial for the delivery of clean drinking water to the Twin Cities. We are highly involved with the staff of both entities to insure they have the required resources to provide service to the residents.

For example, we have assisted the Lake Auburn UV Plant in providing the programming that allows all of the involved agencies access to lake monitoring data to assist in their monitoring and reporting processes.

Shared Services

The City MIS department has been looking into a Mutual Aid Agreement for IT. This program is currently being used in Franklin County and allows entities within the community utilize the IT resources from the City MIS department while generating a new revenue stream for the city.

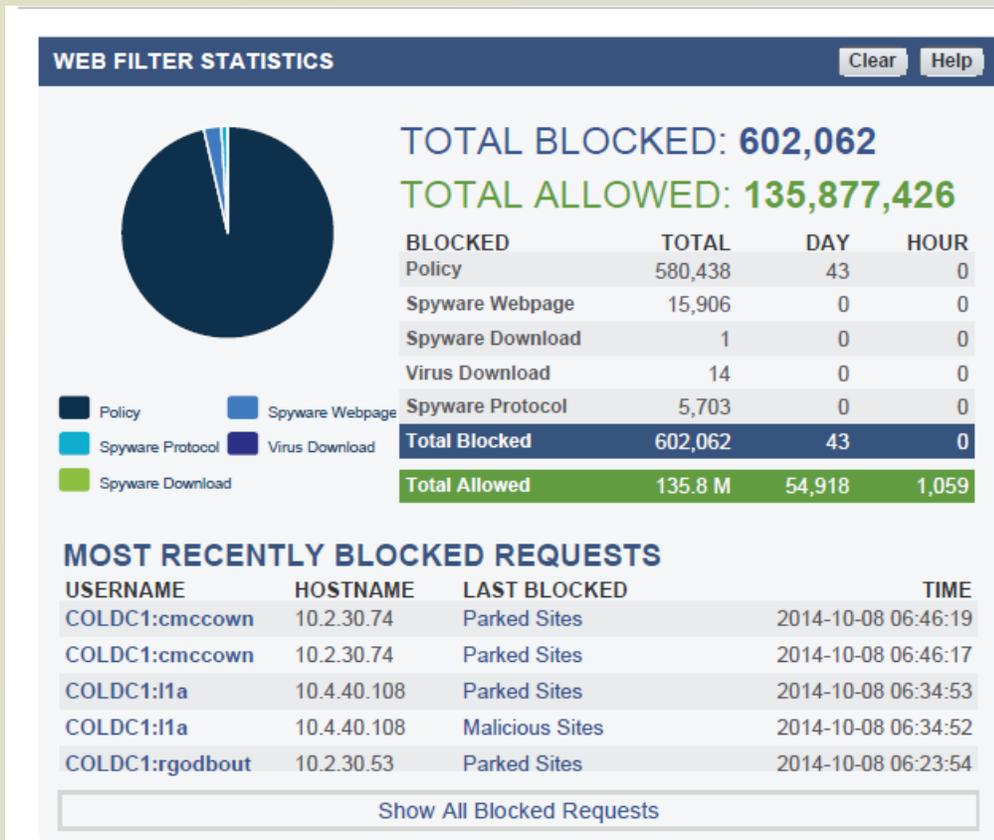
As an example, a lot of the surrounding towns and non-profit agencies do not have the resources to staff an MIS department but could benefit greatly by utilizing some of our expertise for upgrades or implementations. The service would normally be contracted out at a much higher priced and many of these contractors are not familiar with local government best practices.

By utilizing City's MIS staff, the other agencies are able to save money and get high-end local government specialized IT services for a fraction of the usual cost.

The City's generated revenue comes from these services in the form of support contracts.

We are in preliminary stages at this point and are exploring options. Mutual aid is not current practice in the area, but seems to be catching on around the state as the smaller entities are unable to maintain a staff with the required knowledgebase. *More to come.*

Web Firewall to prevent Virus and Malware Stats



This month's report was written by Craig Starr the System Engineer for the City of Lewiston.

Planning & Code Enforcement

Gil Arsenault, Director

PLANNING BOARD

On September 8, 2014, the Board granted approval to Central Maine Medical Center for the demolition of an existing structure and to construct a 14-space parking facility at 57 Lowell Street.

The Board also granted approval for a de minimis change to the Deshaine Heights Subdivision to reconfigure lots 14 and 16 located on Stone Ledge Drive.

On September 22nd, the Board granted approval for the partial abandonment of a paper street in the Spare Time Recreation subdivision and to combine Lots 45, 46, 47, 24, 23, 22, and 21 into a single lot located at 41 Mollison Way. This property is proposed to be developed with a 64-bed Alzheimer's living facility with site plan review approval to be conducted in October.

ENFORCEMENT ACTION

Five solid waste civil penalties and two citations were issued.

On September 2nd, the City Council conducted condemnation hearings and ordered the demolition of the structures located at the following addresses:

- ◆ 233, 248, 390 Lincoln Street,
- ◆ 66 River Street
- ◆ 2 Summer Street.

On September 16th, the City Council conducted condemnation hearings and ordered the demolition of the structures located at the following addresses:

- ◆ 162 Oxford Street,
- ◆ 245, 251, 267 1/2, 398 Lincoln Street
- ◆ 7 Lincoln Drive
- ◆ 7 Willow Circle



PERMIT ACTIVITY

September 2014

- ◇ 50 building permits with a reported value of \$2,822,863 - two new single-family homes were also permitted
- ◇ 19 plumbing permits
- ◇ 44 electrical permits

The highest reported dollar value building permits were as follows:

- ◆ 424 River Road (City Solid Waste Facility) for a new solid waste building in the amount of \$735,000;
- ◆ 300 Main Street (Central Maine Medical Center) for Y3-bed renovations in the amount of \$650,000; and,
- ◆ 1079 Sabattus Street for a new Dollar General Store in the amount of \$425,000.

September 2013

- ◇ 59 building permits with a reported value of \$9,241,234 - one new single-family home was permitted
- ◇ 13 plumbing permits
- ◇ 41 electrical permits

The highest reported dollar value building permits were as follows:

- ◆ 15 Lincoln Street (Hampton Inn) for a 93-room hotel in the amount of \$6,550,234; and,
- ◆ 64 Lisbon Street (Argo Marketing) for renovations in the amount of \$1,750,000.

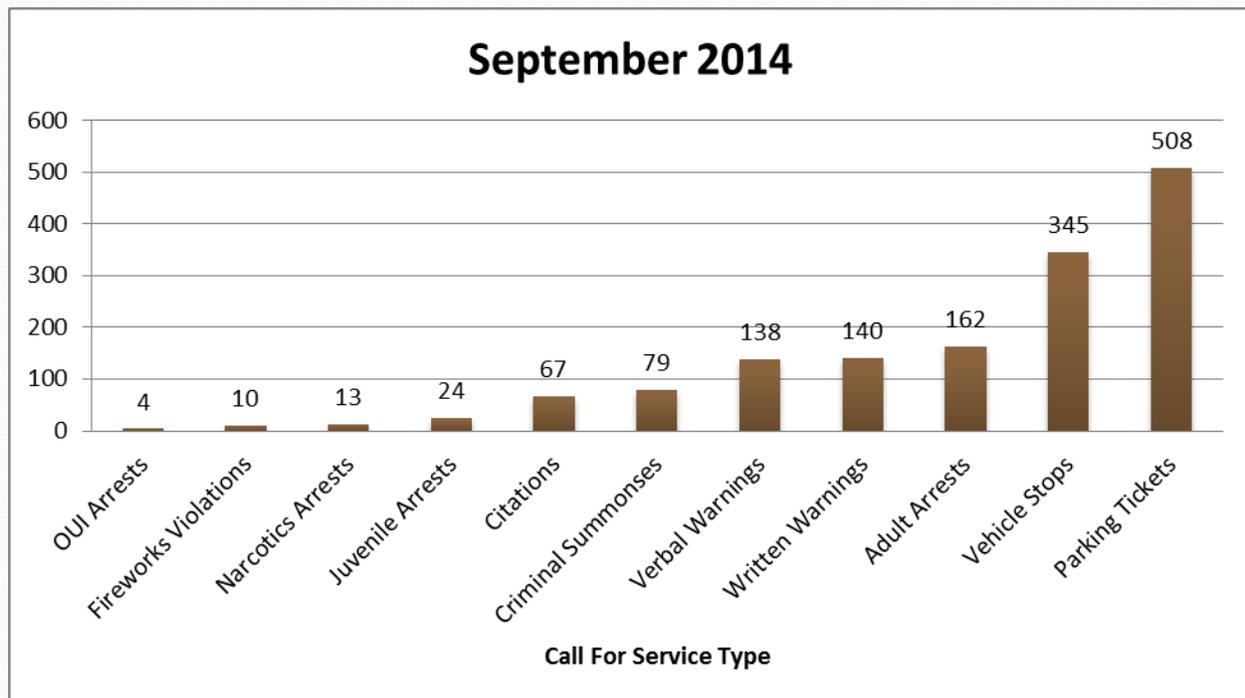
Police

Mike Bussiere, Chief

Statistics for September

In the month of September, the Lewiston Police Department responded to a total of 3,189 Calls for Service (CFS). The summary is below:

Calls For Service	09/2014
Total CFS	3,189
Vehicle Stops	345
Citations	67
Written Warnings	140
Verbal Warnings	138
Adult Arrests	162
Juvenile Arrests	24
Criminal Summonses	79
Narcotics Arrests	13
OUI Arrests	04
Parking Tickets	508
Fireworks Violations	10



Community Events

The Youth and Family Services Unit and the Community Resource Team conducted bus safety at all Lewiston elementary schools.

Lieutenant McGonagle and Officer Philippon met with students of Bates College to address underage drinking and disturbance concerns.

A community meeting at The Root Cellar was attended by Chief Bussiere, Sergeant Ullrich, Detective Rawstron, and Officers Griffin, J. Johnson, Philippon, and Weaver to discuss the department's on-going **"Operation Hot Spot."**



Various sworn personnel attended and participated in the Collier Cup - a benefit law enforcement hockey tournament which was hosted in Jay, Vermont.

Sergeant Ullrich and Officers Philippon and Weaver participated in the statewide Medicine Take Back event.

Officer Philippon attended the "Welcoming Maine Citizenship" event at the Nutrition Center (*below*).



Recruitment at MCJA

Officers Meserve and Philippon instructed Community Relations at Maine Criminal Justice Academy (MCJA).

Officer Somma was an instructor at the MCJA during "Crash Week."

Sergeant Ullrich and Officers Griffin, Philippon, and Weaver instructed a Community Policing class at MCJA.

Training

Domestic Violence Coordinator (DVC) Officer D. Michaud completed 32 hours of Human Trafficking Investigation training. Officer Michaud is now a member of the State of Maine Human Trafficking Task Force; Officer Griffin also attended a Human Trafficking conference in Augusta.

School Resource Officer C. Jacques and Corporal Dumond completed 40 hours of Emergency Vehicle Operation Course (EVOC) instructor training and are now certified State of Maine EVOC instructors.

Officer Somma attended Collision and Crash Damage Reconstruction training in Portland.

Officer Weaver attended CPR Instructor training.

Crime Analyst Amy Blaisdell-Pechmanova attended a three day Unified Crime Report (UCR) and National Incident-Based Reporting System (NIBRS) training instructed by the FBI and hosted by the Maine Criminal Justice Academy.



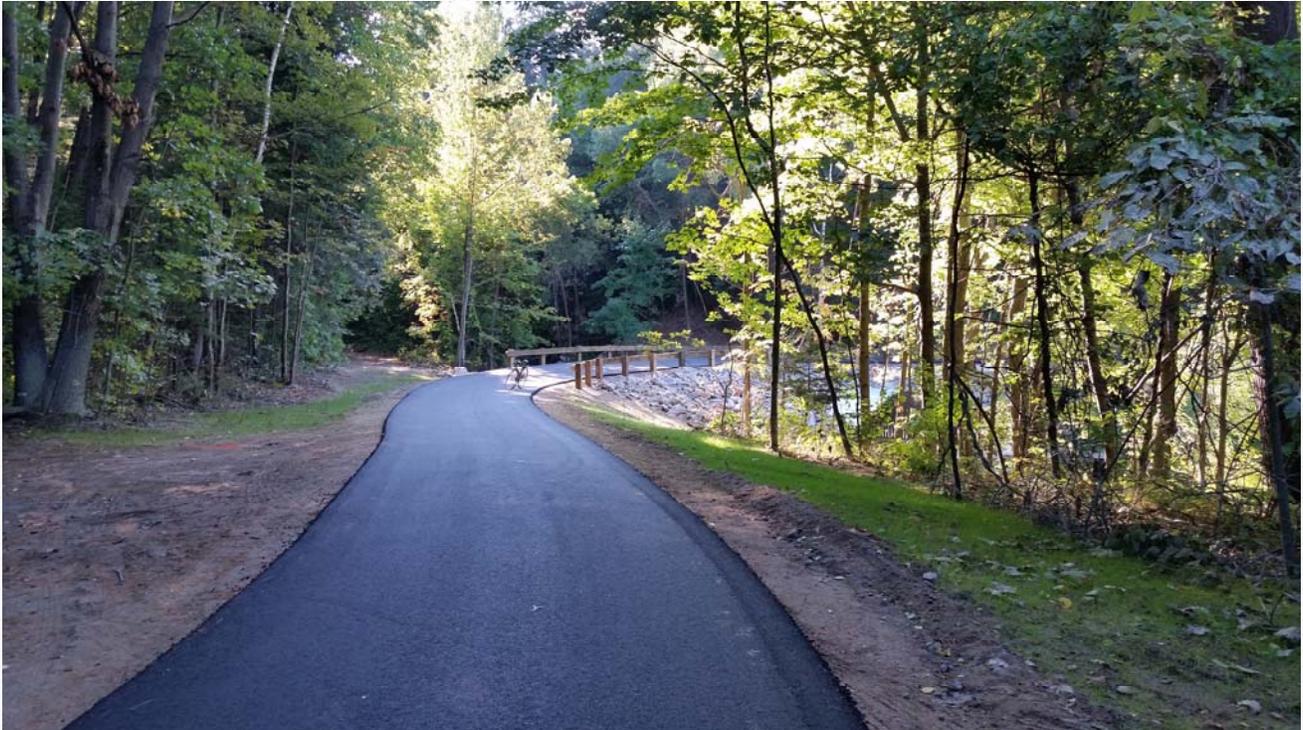
Public Works

David Jones, Director

DIRECTOR'S COMMENTS

After a late start, the summer ended far too quickly! The department is well on the way to buttoning up numerous construction projects. One project we are particularly proud of is the Riverside Greenway project that creates a 1.6 mile off-road bicycle/pedestrian path along the Androscooggin River between Sunnyside Park at the end of Whipple Street to Tall Pines Drive.

Below is a photo to entice you to visit this fabulous new resource to the city. A ribbon cutting is being planned for October 21st at 10:30 am.



Street/Road & Sidewalk Improvement Projects

Crews completed the following work:

Dempsey Challenge

- ◇ Prep and tear-down included mowing the park and entry way, picking up litter, and pothole repair prior to the event
- ◇ Installing snow fence for crowd control
- ◇ Road closures for the walk/run and bike race
- ◇ Emergency shelter signs
- ◇ Delivering two roll-off containers for trash
- ◇ General street patching continued at 31 locations around the city;
- ◇ Asphalt curb repair at 15 locations totaling more than 600 feet;
- ◇ Storm drains (culverts and catch-basins) were repaired at 9 locations;
- ◇ Webster and McNamara Streets were prepared for paving ;
- ◇ Eight trees were planted in the downtown, funded by the Downtown Neighborhood Action Committee (DNAC), and seven others planted in other areas, and trees were pruned in 23 locations;

Street/Road & Sidewalk Improvement Projects (continued)

- ◇ Graded and repaired shoulders on Pagoma Lane, Chadbourne Road, and the quarry entrance;
- ◇ Repaired concrete pad at the fuel pump island;
- ◇ Replaced numerous damaged or old traffic and street name signs and painted stop bars, crosswalks, and curbs/islands in the downtown;
- ◇ Roadside mowing continued on many of our city roads/streets in the rural sections of town;
- ◇ Athletic fields were mowed and lined in preparing for scheduled events;
- ◇ Graffiti was removed at Sunnyside Park, Riverside Street, and Chestnut/Oxford Street;
- ◇ Responded to 234 storm drain Dig-Safe requests.

Contracted Projects Status Report:

- ◇ City paving contract - In September, nearly 7,500 tons of asphalt was placed including: River Road (Plourde Parkway to the landfill), Ferry Road (Commercial Street to City's Ferry Road water tanks), Webster Street (Jan Blvd. to Maplewood Street), Harkins Drive (Montello School to East Avenue), Gendron Drive (10 Gendron Drive to Dead-end), McNamara Street (Randall Road to Dead-end);
- ◇ The street rehab contract is preparing to begin with work on Alfred A. Plourde Parkway (Webster Street to Lexington Street), Bradford Street and Tucker Street this fall and Pond Road (457 Pond to No Name Pond Road) next spring;
- ◇ Developing a plan including paving, sidewalk treatment, ADA and striping to initiate discussion at a public meeting for Lisbon Street Rehab (Chestnut to Main St.) and scoping

two signal improvement projects;

- ◇ Main Street Route 202/11/100 highway improvements Memorial Avenue to Stetson Road (0.57 mile) with replacement of Stetson Bridge. Project began in July with CPM Constructors, managed by MDOT; project completion in 2015;
- ◇ Veterans Memorial Bridge paving with drainage and safety improvements from Russell Street to Center Street is being done by Pike Industries and managed by MDOT. Work is substantially complete with punch list items remaining;
- ◇ R.J. Grondin & Sons continued work on the \$5.1 million MTA project to upgrade the Exit 80 ramps;
- ◇ The Riverside Greenway Bicycle/Pedestrian Facility construction is wrapping up and will be complete by October 24th at the latest. The paving and fencing has been completed and crews are currently putting the finishing touches on the trail in preparation of the ribbon cutting ceremony on October 21st at Sunnyside Park.



**Water, Sewer and Stormwater report
on the next page**

Water, Sewer and Stormwater



Construction Projects and Studies:

- ◆ The task order for the Clean Water Act Master Plan (CWAMP) update which addresses the City's responsibilities under the Clean Water Act regarding Combined Sewer Overflows (CSOs) was approved by the Finance Committee and is beginning. The end of our 15-year program is 2015 and a scope of work is planned to be submitted to DEP in January 2015;
- ◆ East Avenue water main - St. Laurent and Son has completed this project, installing 2,000' of new 12" water main and 1,650' of 6" and 8" water main;
- ◆ Park Street water main pipe busting - the pipe bursting project is substantially complete with only some paving and clean-up remaining;
- ◆ Cure-in-place sewer lining - Green Mountain Pipeline has completed lining all of the small mains in the contract. The 30" Hart Brook inceptor will be completed in mid-October, substantially reducing infiltration and inflow of Hart Brook into the sewer;
- ◆ Work completed on the Jepson Brook Phase 5 of the CSO sewer/stormwater project (7 streets on the south side of Sabattus Street in the Garcelon Bog area) - Longchamps & Sons, \$748,853. Some minor clean-up

remains on the project;

- ◆ Jepson Brook Phase 6 of the CSO sewer/stormwater project continues with Nitram Construction. The project includes work on the 8 streets in Jepson Brook Watershed and construction is about 80% complete should be finished by November.
- ◆ Leavitt Avenue water and sewer separation—St. Laurent and Son have completed the installation of the water main and are continuing to work on water services and sewer separation.
- ◆ CDM Smith Consultants began a study of Jepson Brook to evaluate the capacity of the drainage channel and pipes, identify necessary improvements, and forecast future needs;
- ◆ Strawberry Avenue waterline and rehab - This project to install 1,000' of water main and reconstruct 800' of Strawberry Avenue was awarded to J. Pratt Construction with a contract amount of \$272,712. Construction began on the Strawberry Avenue water main and road reconstruction project. Crews are currently installing the 12" water main;

Work Performed by the Water/Sewer Crews:

- ◆ Responded to one water main break and one service leak;
- ◆ Responded to one sewer main break on the Hart Brook Interceptor and worked closely with Engineering and contractors to make repairs, by-pass the sewer, and line the realigned pipe;
- ◆ Responded to and completed 33 E-GOVs and 261 Dig Safe requests;
- ◆ Raised numerous man-holes and water gates for paving and MDOT projects;
- ◆ Provided extensive assistance to St. Laurent & Sons on the Park Street water line project

Work Performed by the Water/Sewer Crews (continued):

making taps, opening and closing valves and locating service entries;

- ◆ Blocked overflow leads in sewer manholes resulting from the work the CSO projects have achieved;
- ◆ Crews are replacing the water main on Howe Street (Walnut to Birch);
- ◆ Continue to progress on the valve maintenance program and the sewer flushing program;
- ◆ Continue to replace water meters, including some that test extremely slow;
- ◆ Continue to maintain all watershed properties and water & sewer properties;
- ◆ Continue to work with Green Mountain Pipe Line Service on their project to line sewer mains and National Water Line doing sewer line video inspections.

Building Maintenance Division

⇒ Waterproofing the northeast corner of the City Hall foundation is expected to be complete in October.



Solid Waste Division



- Maine DEP regulatory staff agreed to extend the start date for modifications of the facility's stormwater detention from 90 days after Casella's Material Recovery Facility (MRF) is in operation to October 31, 2015. This will allow for funding to be approved as part of the FY16 budget, which will finance this construction project;
- Gas monitoring for detectable amounts of flammable gas from the vent pipes at the facility's closed attenuated landfill was concluded in September when DEP staff determined there was no potential safety issue for trucks and other vehicles using Casella's MRF;
- Although there has been a temporary interruption in the flow of traffic at the facility's drop-off area, work is progressing on paving sections of the roadway used by customers of the Solid Waste Facility. The paving should be complete in the early part of October;
- Work on Casella's MRF is progressing with the installation of sorting and baling equipment for processing recyclable (Zero-Sort) material. Completion of this project is still planned for November 2014.

Recreation Division

The Recreation Division continues to move forward with all the on-going changes.

Activities & Meetings at the Armory:

The following groups meet regularly at the Armory:

- Lewiston Senior Citizens (LSC), Board and membership meetings
- LSC weekly card games, and Bingo, Cribbage, Pinochle and Bridge
- American Legion Post 22
- Franco-American War Veterans and Auxiliary Post 3
- Disabled American Veterans
- Association Canado-Americanne Chapter Dr. Paul Fortier
- LA Veterans
- Post 9150 and Post 210
- Lewiston G.O.P.
- Lewiston Democrats
- Lewiston Republicans
- "Just Us" choral rehearsals
- Lewiston Middle School Alternative Education Class

Programs:

- Registration, hiring, and flyer distribution is complete for all fall programs
- Men's and Co-ed Softball leagues continued to play in September
- Lewiston Rec Division (LRD) Youth Soccer is underway
- LRD Field Hockey instruction

- Volleyball (men's, women's, co-ed, A, B1, and B22) teams are now practicing and preparing for regular league play.
- FLY Cheering held signups and will begin practices in October

Armory & Park Events:

- Zumba-thon to benefit Dempsey Center
- LMS Zumba/Hip-Hop/Yoga morning
- Farmer's Markets (Lincoln & Main and Kennedy Park)
- Dempsey Challenge
- L/A Arts
- Alzheimer's Association Walk
- American Heart Association Walk
- Great Falls Yoga Festival

Athletic Events:

- LHS Girl's and Boy's Soccer
- Football
- Cross-Country
- Field Hockey
- LMS Football practices
- FLY Football League practices & games
- LRD Youth Soccer practices & games
- LRD Field Hockey practices & games

Upcoming October Events:

- ◇ EID Prayer at the Armory
- ◇ Domestic Violence Awareness Vigil
- ◇ Michaud for Governor Press Conference
- ◇ Pack the Court
- ◇ Night of the Running Dead
- ◇ United Way "Run Like Hell"

see photos on the next page



WELLNESS



Steal Some Sunshine: Actual Health Benefits of Sunshine and Fresh Air

By Jennifer Landolfi on March 28, 2012

How much time do you spend outdoors? Surprisingly, the majority of Americans; age 12 and up, spend 90 percent of their time indoors. By just getting outside for 15 minutes a day, you will decrease your stress level, clear your mind, and have a more positive attitude.

According to the Environmental Protection Agency, indoor air is twice as polluted as outdoor air. Every system in our bodies is dependent on oxygen, and fresh air is the easiest way to get it. Also, a sensible amount of sun exposure plays a significant role in nourishing and energizing the human body.

Actual health benefits of fresh air and sunshine include:

- Boosts the immune system
- Increases metabolism
- Lowers cholesterol
- Improves blood pressure
- Improves blood sugar
- Aids in weight loss
- Better cardiovascular health
- Better liver function
- Improved digestion
- Stronger skeleton
- Reduces stress & anxiety
- Fights depression
- Releases endorphins
- Helps improve sleep
- Improves skin tone & texture

Now that you know all the benefits, how about some ideas for things to do while you're outside?

- Practice some deep breathing exercises
- Pack a picnic basket and find a great spot to dine
- Plant a garden
- Use an outdoor dining area
- Take a walk or a hike through the woods
- Sit in a chair
- Read a book
- Any activity you can think of!

WELLNESS



Veggie drawing winners:

Week 4

- Tim Earle - IT
- Dave Chick – Police
- Phil Brienza – PW
- Paul Fournier – Fire
- Bill Soucy – Fire

Week 5

- Jayne Jochem - CDBG
- Beth Witas - Auditing
- Sue Whiteley - PW
- Todd Leclerc - Fire
- Sue Wiers – Treasurers

Week 6

- Denise Charest - PW
- Norm Saindon - PW
- Phil Nadeau - Administration
- Wally Veilleux - Fire
- Craig Starr - MIS
- Mack Couture – Fire
- Kristy Sheehan – Finance
- Ryan Guay – Fire



And ...

ALL employees received fresh orchard apples from Benoit's Orchard on "Apple Day"

A Lunch n Learn for employees was held on September 9th and was very well attended.

2014 Motivation & Behavior Change

Monica Dawe, an Exercise Physiologist and member of the Cardiopulmonary Rehabilitation staff at the Central Maine Heart and Vascular Institute, Monica will discuss motivation and behavior change. Change can be difficult. This class will cover goal setting, discovering what motivates you and how to make changes in your life to improve your health. Change your habits, behavioral patterns and understand the stages of change. Learn about the three requirements for change: Self-knowledge, insight and skills.

Monica is certified as an Exercise Specialist by the American College of Sports Medicine and has worked in cardiopulmonary rehabilitation for over 25 years. She teaches exercise guidelines for cardiopulmonary patients, motivation and behavior change, and stress management, including breathing techniques and meditation. She recently studied techniques developed by the Institute of HeartMath that promotes heart-based living that promotes healing and good heart health.

Lunch N Learn
 City Hall (3rd Floor Conference Room)
 Date: **Tuesday, September 9th**
 Time: **11:30am**

Please register with Human Resources in order to attend Tuesday, September 9th

Monica Dawe
 ACSM Certified Exercise Specialist

For me, life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer.
 Arnold Schwarzenegger



2014
City of Lewiston
WELLNESS CALENDAR
(See back for program details)



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Breast Cancer Awareness Month	1 National Kale/ Vegetarian Day	2	3	4
5	6 3 Personal Training Packages drawing	7 Wear Pink! Weigh-In Challenge Starts City Hall, 2pm to 2:30pm	8	9	10 World Egg Day	12
12	13 Columbus Day	14 Wear Pink!	15	16	17	18
19	20	21 Wear Pink!	22	23 Cholesterol Check City Hall, 7:30am to 9am Weigh-In Challenge City Hall, 2pm to 2:30pm	24	25 National Make A Difference Day
26	27	28 Wear Pink!	29	30 Lunch N Learn - Dealing w/ Difficult People City Hall, 11:30am	31 Halloween	

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					American Diabetes Month	1
2	3 4 Personal Training Packages drawing	4	5	6 Weigh-In Challenge City Hall, 2pm to 2:30pm	7 National Eating Healthy Day	8
9	10	11 Veteran's Day	12	13	14	15 National Raisin Bran Cereal Day
16 Lost Valley 5K Relay	17	18 Lunch N Learn - Kettle Bell Training 101 City Hall, 11:30am	19	20 Great American Smoke Out Weigh-In Challenge City Hall, 2pm to 2:30pm	21	22
23 30	24	25	26	27 Thanksgiving	28	29

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 4 Personal Training Packages drawing	2	3	4 Weigh-In Challenge City Hall, 9am to 9:30am 1 st Department of Xmas Administration	5 2 nd Department of Xmas Assessing	6
7	8 3 rd Department of Xmas City Clerks	9 4 th Department of Xmas Code, Planning & CD	10 5 th Department of Xmas Finance Lunch N Learn - Dealing w/ Difficult People	11 6 th Department of Xmas Fire	12 7 th Department of Xmas Library	13
14	15 8 th Department of Xmas MIS	16 9 th Department of Xmas Police Weigh-In Challenge Ends City Hall, 9am to 9:30am	17 10 th Department of Xmas Public Works	18 11 th Department of Xmas Recreation	19 12 th Department of Xmas Social Services	20
21 National Kiwi Fruit Day	22	23	24	25 Christmas	26	27
28	29	30	31			

2014
City of Lewiston
WELLNESS CALENDAR
Program Details

October

October is Breast Cancer Awareness Month

PINK is in!

Personal Training Packages Drawing

Three one-month drawings will be drawn
Monday, October 6th

Weight Loss Challenge

Tuesday, October 7th - City Hall, 3rd Floor, HCE Office, 2:00pm to 2:30pm (Initial weigh-in, mandatory)
Thursday, October 23rd - City Hall, 3rd Floor, HCE Office, 2:00pm to 2:30pm (voluntary)

Cholesterol Check

MAKE SURE TO FAST, and sign up with Joyce Ruby
Thursday, October 23rd - City Hall, 3rd Floor, HCE Office, 7:30am to 9:00am

Lunch N Learn - Dealing with Difficult People

Abigail S. DiPasquale, MPH, MCHES
Thursday, October 30th - City Hall, 3rd Floor Conference Room, 11:30am

November

Personal Training Packages Drawing

Four one-month drawings will be drawn
Monday, November 3rd

Weight Loss Challenge

Tuesday, November 6th - City Hall, 3rd Floor, HCE Office, 2:00pm to 2:30pm (voluntary)
Thursday, November 20th - City Hall, 3rd Floor, HCE Office, 2:00pm to 2:30pm (voluntary)

Lunch N Learn - Kettle Bell Training 101

Nate Littlefield, ACSM Certified Health-Fitness Specialist & Health and Fitness Center Supervisor
Tuesday, November 18th - City Hall, 3rd Floor Conference Room, 11:30am

December

Personal Training Packages Drawing

Four one-month drawings will be drawn
Monday, December 1st

Weight Loss Challenge

Thursday, December 4th - City Hall, 3rd Floor, HCE Office, 9:30am to 10:00am (voluntary)
Tuesday, December 16th - City Hall, 3rd Floor, HCE Office, 9:00am to 9:30am (Final weigh-in, mandatory)

12 Departments of Christmas begins!

Starts December 4th, ends on December 19th