



# City of Lewiston

**Edward A. Barrett**  
City Administrator  
[ebarrett@lewistonmaine.gov](mailto:ebarrett@lewistonmaine.gov)

**Phil Nadeau**  
Deputy City Administrator  
Director, Labor-Risk Management  
Service & Freedom of Access Officer  
[pnadeau@lewistonmaine.gov](mailto:pnadeau@lewistonmaine.gov)

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

## 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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# Twin Cities Holiday Celebration - November 26



**Twin Cities Holiday Celebration**  
**November 26, 2016**  
Hosted by the Lewiston Downtown Holiday Celebration Committee, the Auburn Business Association, and the Cities of Watino Wood Station, LA

**PREMIERE SPONSOR: CENTER STREET DENTAL**

**The Festival of Art & Lights**  
 12 Noon - 4:00 PM

**Small Business Saturday!** Buy local this season & support Downtown Lewiston and Auburn. Many area businesses will have decorated storefronts and offer specials, discounts, and on-site vendors. You might even see a caroler or two! Map of participating businesses at LA Arts, 221 Lisbon Street - **punch card available for prize drawing!**

**The Parade of Lights**  
 Kicks Off at 6:00 PM

From Behind Community Little Theatre, Auburn  
(Stop at Festival Plaza to light Auburn's Christmas Tree)

Proceeds to Kennedy Park, Lewiston - **WHERE FESTIVITIES BEGIN!**  
 Parade Route (Auburn/Lewiston) [www.lewistonmaine.gov/holiday2016](http://www.lewistonmaine.gov/holiday2016)



**FREE Pre-Parade Activities**

**Hip Hop Holidays**  
 The Dance Center Interactive Family Dance Presentation  
 3:30 - 4:30 p.m. - Lewiston Public Library, 200 Lisbon Street - Callahan Hall

**Horse-Drawn Wagon Rides**  
 Start at 5:00 p.m. on Park Street Side of Kennedy Park, Lewiston

**Festivities at Kennedy Park**

Holiday Greetings; Christmas Tree & Menorah Lighting; Music by Dionne Entertainment; **FREE** Santa & Mrs. Claus Photos by Photo Finish; **FREE** Dental Bags from Event Sponsor Center Street Dental; **FREE** Mittens/Gloves from Auburn Business Association; **FREE** Horse/Wagon Rides by Stillbrook Acres; and **FREE** Refreshments from Dunkin' Donuts!

Check out [www.lewistonmaine.gov/holiday2016](http://www.lewistonmaine.gov/holiday2016) for all details, to include free Lewiston parking locations, for the November 26<sup>th</sup> event.



Approximately 800-1,000 people attended this year's celebration.

# Items of Interest

**FACEBOOK** recognizes the hard work and dedication of our very own Public Works Director Dave Jones and his crew!



**Heidi L. Audet**  
20 hrs near Lewiston · 🌐

Thank you **Dave Jones**, LPW. Sanding of sidewalks has commenced!!!

Like Comment Share

47

**Courtney MacMunn Schlachter** Local hero..  
Like · Reply · 1 · 20 hrs

**Sara Poulin-Caron** "Sparkling" with salt crystals 😊  
Like · Reply · 1 · 20 hrs

**Melanie Therrien** Great pic!  
Like · Reply · 1 · 15 hrs

**Sandy Marquis** Dave Jones and his crew rock!!  
Like · Reply · 1 · 11 hrs

**Tamera Layton Grieshaber** PW SAVED THE DAY FOR SPARKLE SUNDAY!  
Like · Reply · 1 · 1 hr

**Dave Jones** Glad we could help! Sounded like the event was a huge success!  
Like · Reply · 2 · 43 mins



**Sandy Marquis**  
20 hrs · 🌐

The sand crews are out and doing a great job. Please come down and support the vendors and venues open for you today. Thank you, **Dave Jones** and the **Lewiston Public Works crew!** — with Sparkle Sunday. in Lewiston, Maine.

Like Comment Share

You, **Kristen Cloutier**, **Michael Dostie** and 9 others

3 shares 2 Comments

**Dave Jones** Thanks Sandy, doing our thing...  
Like · Reply · 1 · 19 hrs

**Claire Dick** Did and it was great!  
Like · Reply · 1 · 15 hrs

Write a comment...

# Fire

Chief Paul LeClair



## November 19th

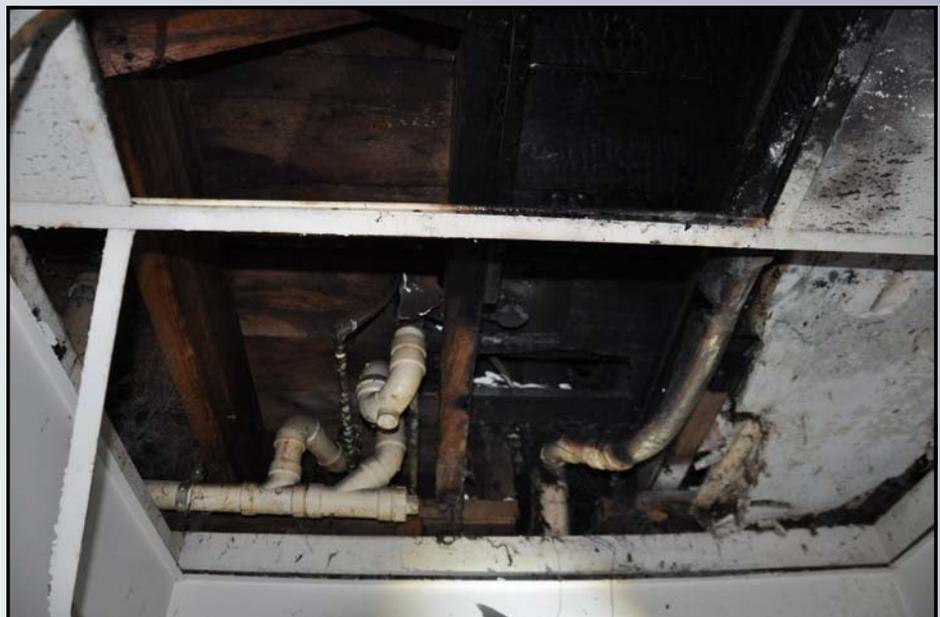
### Bathroom Exhaust Fan Fire at 135 1/2 Bartlett Street, 2nd floor

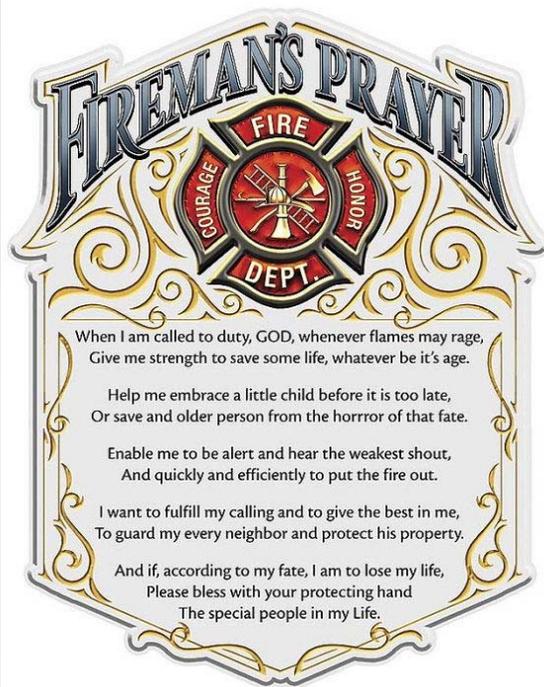
The fire had started to extend to the third floor; however, the tenant used a portable fire extinguisher to keep the fire from spreading. His quick thinking kept the damages relatively low, estimated at \$5,000. The American Red Cross was called in to assist with the 16 tenants who were displaced.

## November 20th

### Electrical Short Fire in the Ceiling at 641 Sabattus Street

The fire was contained to the immediate ceiling area where the short occurred causing an estimated \$5,000 in property damage.





## November 28th

### Condition Red—Second Alarm Structure Fire at 38 Walnut Street

When crews arrived on scene, a garage located in the rear of the property was fully involved and in close proximity to three other buildings. Firefighters worked quickly and were able to keep the fire contained to the one building with minimal heat damage to adjacent buildings. The fire caused an estimated \$5,000 in property damages. The cause of the blaze is still under investigation.

*Photo courtesy of Russ Dillingham—Photographer/ Lewiston Sun Journal*

# Planning & Code Enforcement

Gil Arsenault, Director

## Planning Board and Related Activities

- ◇ **November 14th:** The Board voted to go into executive session pursuant to 1 M.R.S.A. § 405(6) (C) to discuss real estate negotiations, of which the premature disclosure of the information would prejudice the competitive bargaining position of the City. Following the executive session, the Board voted to send a favorable recommendation to the City Council for the potential acquisition of an unnamed property to be used to offset the value of Land and Water Conservation Fund properties.
- ◇ **Recreational Grant Funds:** Many years ago, the City received grant funds for a number of recreational projects that are no longer in existence; however, grant conditions required that the projects needed to be maintained in perpetuity. In that the recreational projects developed with grant funds are no longer in use, the City is required develop new recreational uses and the proposed acquisition of real estate will be needed.
- ◇ **November 28th:** The Board conducted a public hearing regarding a petition submitted by Louis Ouellette to rezone the property at 209 Webster Street from Neighborhood Conservation "A" (NCA) to Office Residential (OR) to allow for the development of a multi-family senior housing project. The project would also include development of 151 and 153 East Avenue, both currently zoned OR. In view of some neighborhood concerns, Mr. Ouellette withdrew his proposed rezoning; however, he may submit a request to conditionally rezone said property. Restrictions can be placed on a conditionally zoned property that may mitigate impacts to adjoining properties.

## Staff Review Committee

- ◆ **November 17th:** The Committee granted approval to Ryan Rhoades on behalf of Messbecher, LLC to convert the single-family dwelling at 487 Main Street into a mixed-use structure with two dwelling units and with approximately 1,000 square feet of office space.

## Historic Preservation Review Board

- **November 3rd:** The Board granted certificates of appropriateness for the placement of signs on the following historically significant properties:

215 Lisbon Street  
220 Lisbon Street  
351/353 Lisbon Street

The Board also discussed proposed improvements to the historic Continental Mill Blocks located at 64 and 74 Oxford Street.

## Enforcement Action

- ◆ **November 3rd:** Staff filed the requisite documents with the City Attorney to initiate an 80K law suit regarding International Property Maintenance Code (IMPC) violations at 703 & 717 Lisbon Street rear.
- ◆ **November 18th:** Staff filed the requisite documents with the City Attorney to initiate an 80K law suit regarding International Property Maintenance Code (IMPC) violations at 141 Bartlett Street.

◆ **November 23rd:** Staff filed the requisite documents with the City Attorney to initiate a motion for contempt associated with an 80K court judgment regarding zoning and land use violations at 165 Spring Street.

◆ The following motions for contempt associated with 80K court judgments were held on November 29th regarding:

- 155 Spring Street
- 98 Walnut Street
- 703 & 717 Lisbon Street
- 68 Holland Street

The Spring, Walnut and Lisbon Street hearings were continued subject to the commitments of the various owners that these properties will be in compliance by dates certain.

The contempt hearing for Holland Street was dismissed as the property was finally found to be in compliance and the court judgment satisfied.

In addition, the initial hearing for 703 & 717 Lisbon Street rear was scheduled on this date and the hearing will be held at a later date.

◆ Five buildings were condemned via the IMPC and one curb side solid waste civil penalty was issued

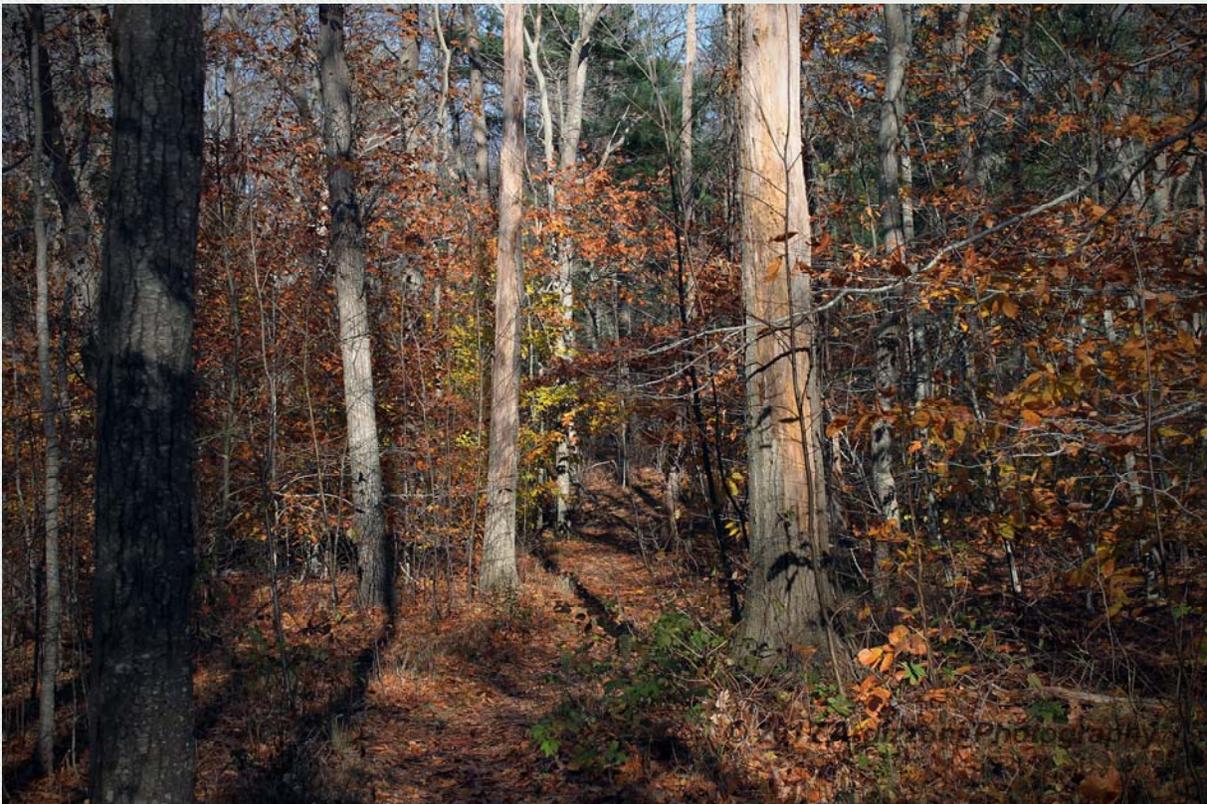
## PERMIT ACTIVITY

### NOVEMBER 2016

- 51 building permits with a reported value of \$715,077 were issued
- 15 plumbing permits
- 36 electrical permits

### NOVEMBER 2015

- 31 building permits with a reported value of \$286,908 were issued
- 5 plumbing permits
- 43 electrical permits

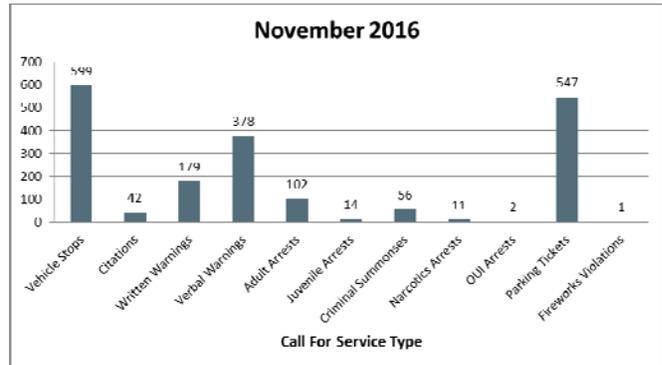


# Police

Brian O'Malley, Interim Chief

Calls For Service	Nov. 2016
Total CFS	3457
Vehicle Stops	599
Citations	42
Written Warnings	179
Verbal Warnings	378
Adult Arrests	102
Juvenile Arrests	14
Criminal Summonses	56
Narcotics Arrests	11
OUI Arrests	2
Parking Tickets	547
Fireworks Violations	1

## Statistics



## Training

- Officers attended **Racial and Ethnic Approaches to Community Health** training.
- Sworn personnel completed **HAZMAT training**, and the HAZMAT team trained with the Maine Army National Guard.
- **Taser Recertification** was held.
- Officers participated in an **OUI training** which was sponsored by the District Attorney's Office.
- **Mine-Resistant Ambush Protected (MRAP) training** was attended.

## Enforcement

- Residents' **speeding concerns** were addressed. The radar trailer was placed in various locations throughout the city including: College Street and Scribner Blvd. Enforcement was also present along Montello Street and Old Greene Road.
- **Sex offender notifications** were distributed.
- **Disorderly properties** were researched and steps to correct issues implemented.
- **Traffic was monitored** in the areas of Farwell Elementary School and Lewiston High School.
- Various alleyways, parking garages, and parks were patrolled with a concentration in **assisting transients and homeless**.

## Community Events



During November, officers continued to volunteer their time instructing at the weekly Citizens' Police Academy. Pictured with Chief O'Malley and Officers Meserve, Weaver, and Philippon respectively, is the most recent class to have completed the Citizens' Police Academy.

### Meetings attended:

- ◆ Project Unite
- ◆ Masjidul Salaam Mosque
- ◆ Androscoggin Head Start Board Meeting
- ◆ Common Ties Board Meeting
- ◆ Healthy Neighborhoods Planning Council
- ◆ Joint Charter Commission
- ◆ New Mainer Community Collaborative
- ◆ Immigrant and Refugee Integration
- ◆ Androscoggin Collaborative
- ◆ Lewiston-Auburn Alliance for Services to the Homeless (LAASH)
- ◆ Tri-County Mental Health Services regarding Project Midnight
- ◆ (Promise) Early Childhood Education Board meeting
- ◆ 2017 Pride Planning

## Community Events

- ◆ Officers of the Community Resource Team (CRT) hosted Coffee With A Cop at Birch Hill Apartments, Blake Street Towers, Oak Park, and Healy Terrace Apartments.
- ◆ An officer assisted a local high school student by participating in an interview related to policing and crime scene investigation.
- ◆ Officers attended a luncheon hosted by and served at Meadowview Apartments as well as a Thanksgiving luncheon hosted by Spurwink.
- ◆ Officers assisted Lewiston residents and students from Bates College in the delivery of Thanksgiving dinners to Lewiston High School and McMahon Elementary School.
- ◆ Officers conducted a safety presentation for staff at Common Ties.
- ◆ A local Girl Scout troop toured the Police Department.
- ◆ Officers participated in Police Orientation for Catholic Charities of Maine.
- ◆ Officers attended a community forum with a focus on pedestrian safety.
- ◆ Members of the Department were present at the L/A Metro Chambers of Commerce breakfast.



During First-Responders' Week, officers attended a "meet and greet" event hosted at Pettingill Academy. Pictured above are Officers Weaver and Meserve meet with local children.

# Public Works

Dave Jones, Director

## DIRECTOR'S COMMENTS:

Most of our summer construction projects are completed with only a few having items left to finish. Preparations for the holiday season and upcoming winter weather are well underway. If you haven't seen it already, take a look at the lighted snowmen decorations at Raymond Park at the corner of Lincoln and Main Street. Our City Arborist Steve Murch worked with the kids in the vocational school at the high school to make these for less than half of what it would have cost to purchase similar decorations. Well done and we hope to do more of this. We wish everyone a happy and safe holiday season! Here is a summary of some of the other work performed:



## Street/Road & Sidewalk Improvement Projects

### The Highway Division crews completed the following:

- Responded to 128 Dig-Safe requests for stormwater infrastructure;
- General paving by our in-house Highway crews included pothole repairs, grind and repair areas, and shoulder/ditch pavement at 39 locations around the city;
- Nearly 4,300 tons of asphalt was placed under the City's paving program. This included road rehabilitation projects on Greenwood Lane, Randall Road, and Lexington Street as well as water/sewer trenches on Lemont Avenue and Robinson Gardens;
- Storm drain repairs at Main Street and Pettingill Street were completed;
- Catchbasin cleaning - the Vactor truck was out 17 days cleaning basins on College Street and the side streets from Russell to Montello, the Hogan Road area, Montello Street area, Central Avenue area, Stetson Road area and the Manning Avenue neighborhood;
- The gravel roads on Old Chadbourne and the end of Pagoma Lane were graded and repaired;
- Roadside shoulder and ditch maintenance were completed along nine city streets/roads;
- Crews set up and tore down voting booths

for the election, set up large sandwich boards for the Kora Festival of trees, excavated a local street light junction box on Canal Street and installed bollards around the new hydrant at the Operations Center;

- The Traffic crew replaced or installed traffic or wayfinding signs at several locations and painted the high visibility crosswalks on Pleasant Street at Lisbon Street and Plourde Parkway ramps at Lisbon Street;
- The Open Space crew aerated and slice-seeded six athletic fields and removed fencing at the Randall Road ball fields;
- The crew continued the litter patrol and leaf cleanup as well as blowing out the irrigation lines at Simard-Payne Park and the fountains and water services at Raymond Park, Dufresne Plaza, Marcotte Park, Upper Franklin and the Franklin main fields, tennis courts and Kennedy Park pool;
- Christmas decorations were installed throughout the downtown for holiday festivities;
- The Arborist crew completed bucket tree work at 20 locations including a large tree removal and responding to an emergency on Webster Street where beavers knocked down a tree into the roadway (see photos, next page).

### Contracted projects and other updates:

- **Lisbon Street Reconstruction and Downtown Signalization**– The project is complete and awaiting final walk-through and approval from the MaineDOT;



- **The Sabattus Street Signalization Project** is under construction and the contractor is approximately 95% complete, and expected to be complete in December;
- **MTA Bridge and Mainline Improvements to the Lewiston Interchange Project** - The SPUI has been working great and the CPM Constructors continued with final punch list and cleanup work;
- **Bartlett Street** - Much to our disappointment, we recently learned that MaineDOT is just now beginning the required ROW work for this project. The engineering design is nearly complete and we are anxious to get his project advertised as soon as possible. We are hoping to still finish construction next year;
- **Lexington Street** - Glidden Excavating and Paving completed the rehab project including new drainage structures, concrete curb and paving between Westminster Street and Trident Drive.

## Water, Sewer, Stormwater Division

### Construction projects and studies.

#### The following are being worked:

- ◆ **Vale Street neighborhood CSO project** – Design is underway for planned CSO work scheduled for bid this fall/winter with work anticipated to be completed in the spring/summer of 2017;
- ◆ **Lincoln Street Alley CSO Separation** - This project was completed by L.P. Poirier in November;
- ◆ **Simard Neighborhood CSO Project** is currently being surveyed and is scheduled to be bid in the spring/summer 2017;
- ◆ **North Lisbon Road Storm Drain** - We contacted US Army Corps of Engineers for an update on the permit. They pointed their finger at the US Fish & wildlife Service for holding up the permit. We contacted them, but have not yet received a response;

### Hart Brook Water Quality Restoration:

(see next page)

- **Webster Street Stormwater Treatment System** - An RFP for the layout and design of the subsurface stormwater treatment system was advertised in November and two submittals were received. The Engineering Division is currently in the process of reviewing both submittals and plans to recommend the most appropriate system to the Finance Committee in December;
- **Hart Brook Water Quality Testing** - CES, Inc. finished up the water quality monitoring on Hart Brook and will be submitting the final report in December;
- **Randall Road Culvert Wing Wall Replacement**—This project replaced the existing deteriorating head wall with a modular concrete gravity block retaining wall at 381 Randall Road (see photo);



- **Westminster Street Culvert Replacement** - Engineering began the design work for the replacement of the Hart Brook Culvert under Westminster Street. The existing four barrel pipe culvert is heavily corroded and will be replaced with a single concrete box culvert. Due to permitting requirements, construction is expected to occur next summer;

- **MS4 Stormwater Permit** - To more effectively comply with permit requirements, the City created a GIS based application that will be used to track catch basin cleaning and inspections. The Highway crew has started using the application with great success!
- **Sanitary Sewer Condition Assessment and Asset Management Program** - Work is underway for two separate contracts awarded to Ted Berry Company. The first for cleaning and CCTV inspection of approximately 260,000 LF of sanitary sewers. This project continues through next summer with a break during the winter season. The second project will use existing inspection data the City has to build a risk assessment model that will help the City prioritize the sewer rehabilitation program. This project kicked off in mid November and is expected to be completed by March 31, 2017;
- **Cure-in-Place Sewer Lining** - Green Mountain Pipeline Services began work to line approximately 20,000 LF of sanitary sewer at a cost of \$750,750. Work completed in November included pre-inspection and cleaning of the sewers. The actual lining process will take place in December and includes installing a resin-saturated “tube” which, when fully cured, provides a new structural “pipe within a pipe;”
- **Tall Pines Pump Station** - Design work is underway for the next pump station replacement on Tall Pines Drive, to be installed late this winter;
- **Hart Brook Erosion Repair** - the project was awarded to St. Laurent & Sons but, because of the tight time limits placed upon the City by the Army Corps of Engineers permit, the work will not begin until July 2017;
- **Sunnyside Area Sewer Separation Phase 3** - work on a new separate storm drain system on Spring, Summer, Bridge, Winter, Holland, West Bates, and Whipple Streets has been completed by Gendron and Gendron. There will be some minor follow-up work in the spring;
- **Sabattus Street Water Main Phase 3** - A project to install 4,200 feet of 12” water main on Sabattus Street from Grove Street to

Golder Road has been completed by Pratt and Sons of Mechanic Falls. The next phase of water main replacement on Sabattus Street will not be started until 2018.

#### **Work performed by Water & Sewer Crews:**

- Crews responded to four main leaks (1876 Lisbon Street, 2 Brookside Drive, Foster Street, O'Connell Street, and one service leak at 7 Judith Street);
- Responded to 168 Dig-Safe requests;
- Responded to 14 E-Govs;
- Repaired five hydrants due to accidents;
- Crews drained and flagged 750 plus hydrants for winter operations;
- Crews lowered and raised 26 water gates to support paving projects;
- Completed all paving and loaming on Robinson Gardens due to the recent water main replacement project;
- Crews changed out (37) 5/8" meters, (11) 1 1/2" meters and (7) 2" water meters due to inaccurate flow readings largely due to old age;
- Crews continue with daily water meter readings and replacing old, out-of-date meters.

#### **SOLID WASTE DIVISION**

- ◇ Three Bates College students enrolled in the Community Engaged Research in Environmental Studies class are completing their research and drafting a paper exploring and improving Lewiston's Solid Waste program.
- ◇ The City Council approved changes to the Solid Waste Ordinance and Fee Schedule as recommended by the Public Works Committee last spring.

#### **The changes they approved included:**

- One free ePass will be issued to residential homeowners when they pay their annual property tax in full. The pass will allow the holder to save tip fees on 1,000 pounds of waste brought to the Solid Waste Facility for

disposal. The pass will be good for one year from the date of issue.

- Tenants of rental property will be able to purchase one ePass per year. Cost of the pass will be \$20. As with the ePass issued to residential homeowners, the pass will allow the holder to waive tip fees on up to 1,000 pounds of waste material.
- Owners of multi-unity apartment buildings who have paid the City for curbside trash collection service will be eligible to purchase one ePass for every three dwelling units they manage. The cost of the pass will be \$20 and will be good for one year from date of issue. Each pass issued will allow the holder to waive tip fees on up to 1,000 pounds of waste brought to the Solid Waste Facility for disposal.
- ◇ The City's vendor for truck scale management software is currently making modifications to the software which will incorporate both changes in the Solid Waste Fee Schedule and ePass program. These modifications will be installed and functional during the latter half of December.

#### **RECREATION DIVISION**

##### **BREAKING NEWS!!!**

At long last, Recreation has gone digital!

Registrations, events and meeting bookings can all be handled ONLINE! Check out our website [www.lewistonrecreation.com](http://www.lewistonrecreation.com) click the Online Registration link for all of the info, and a helpful tutorial!

## November Events

On November 6th, Black Belt Donna Harris attempted to break her own World Record of most pine boards broken by a woman in one minute. Unfortunately, she missed her goal. Proceeds of the event helped a local Lewiston woman who is battling the disease and the non-profit foundation Short Folks for Hope that was founded by another local breast cancer survivor Kristen Short. (pictured right-1)

On November 8<sup>th</sup>, the Armory opened at 7 AM for elections with the line of voters was steady until 7:30 PM. (pictured right-2)

Lewiston Auburn Veteran's Groups held their annual Pass in Review on Friday, November 11<sup>th</sup>. This event was very well attended! (pictured right-3)

## RECREATION PROGRAMS

- **Co-Ed Basketball** is going strong! Players have all been assigned to teams, received their shirts, and have been practicing during the week. Games are played on Saturday mornings starting at 9 AM. (pictured right-4)
- **Lewiston Sparks Cheering** – Coach Lakota has the girls practicing regularly, learning skills and building their technique! Stay tuned for competition info!

See page 17 for UPCOMING PROGRAMS!

**RECREATION**  
Where the FUN is!



# UPCOMING RECREATION PROGRAMS

## SKI AND SNOWBOARD at LOST VALLEY!

**AGE:** At least 7 years old and 48" by 1/1/17  
**FEE:** \$66 for Lift Ticket  
\$126 for Lift Ticket/Lesson  
\$65 for Ski/Snowboard Rental Package

**WHERE:** The program will be held at Lost Valley Ski Area, 200 Lost Valley Road, Auburn, ME  
*Please note that transportation is not provided.*

**WHEN:** Tuesdays - 6:00 pm - 7:00 pm,  
January 10 - February 14 2017  
Lift Tickets are good until closing each lesson night.

**PROGRAM DESCRIPTION:** We'll be on the slopes at Lost Valley this winter for skiing and snowboarding. The Lost Valley Club Program introduces its members to a recreational sport that can truly be enjoyed throughout a life-time. It encourages exercise and physical activity, and challenges students to learn new skills. The 6-week program will give participants access to top-notch instructors and the most deeply discounted program at Lost Valley. Choose between skiing and snowboarding



## YOUTH WRESTLING

**WHEN:** Mondays and Fridays  
January 2nd to March 3rd  
**Juniors** (Age 4 to 9): 5:30 PM - 6:30 PM  
**Seniors** (Age 10 to 14): 6:30 PM - 7:30 PM

### **COST:**

**Juniors** \$90, \$70 L/A resident discount  
**Seniors** \$100, \$80 L/A resident discount

Program requires USA Wrestling membership (\$20)

\*Head gear is available

## INDOOR FUTSAL SOCCER

This modified soccer game is meant for indoors with no walls necessary! Futsal places the emphasis on technical skill, ball control, and passing by using a special Futsal Ball.

**COST:** \$60, \$40 Lewiston resident discount

Sundays:

Session 1: January 8th - February 12th

Session 2: March 5th - April 9th

9-13 Year Old: 8:30 AM - 9:30 AM

High School: 9:30 AM - 11:00 AM

Where the FUN is!

# Wellness Information & Updates



## 2016 PICKLEBALL CLINIC & TOURNNEY NIGHTS



Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles.

### Clinic Night

**Lewiston Armory**  
Wednesday, October 12<sup>th</sup>  
5:00pm to 6:30pm

Come learn the new sport of Pickleball. We will have a beginner's clinic followed by some time to play to practice, hone your skills and get a feel for the sport.

### Tourney Night

**Lewiston Armory**  
Wednesday, October 19<sup>th</sup>  
5:00pm to 6:30pm

It's time to put the new skills to the test as we break up into teams of two and find out who is the City of Lewiston Pickleball Champion Team and the BEST IN ALL OF THE CITY!

Please contact Jason Hanken, at [JHanken@lewistonmaine.gov](mailto:JHanken@lewistonmaine.gov), to sign up for more information.



## 2016 Oatmeal RAFFLE

In celebration of National Oatmeal Day, we will be raffling 25 bags of rolled oats! Oats are a whole-grain cereal, and are a very good source of slow-burning carbohydrates, fiber, especially beta-glucan which has beneficial effects in diabetes as well. They are also high in vitamins and minerals.

Oats are also the only source of antioxidant compounds known as avenanthramides which are believed to have properties which help to protect the circulatory system from arteriosclerosis. Oat products also contain beta-glucan, which may help people with Type 2 diabetes control their blood glucose level, and might also help stimulate the immune system to fight off bacterial infections. Oats have gained considerable interest as one of the healthiest food you can eat.

A few pieces of fruit and cinnamon mixed in... and the sky's the limit!

To sign up for this raffle...

Please e-mail Peter Parker at [pparker@lewistonmaine.gov](mailto:pparker@lewistonmaine.gov).



### ANDROSCOGGIN RIVERLANDS STATE PARK

#### TRAIL DESCRIPTIONS

While there are many opportunities for rest, board recreation, and all trails are open to all uses. Please read the map and trail descriptions to determine which trails are appropriate for your fitness setting. Hiking is popular on these trails, but there is a high vehicle density (due to age) is recommended in fall and spring.

**Old River Road Trail** (3.7 mile trail) forms a circuit corridor through the Turner parcel. Its entire length is open to ATV's, hiking, mountain biking, and equestrian use. Sections (see map) are open to non-motorized, no-motor-vehicle, and cross-country skiing. The most common users, the Old River Road Preserve Trail, is a trailhead trail for experienced ATV riders. ATV's must use the north entrance parking area for off-rolling.

**Homestead Trail** provides scenic hiking overlooking the historic homestead. (1.1 mile) from the main entrance parking lot to the Pleasant Meadow, and around your lake 1.0 mile by continuing south on the Homestead trail to the junction with the Old River Road Trail which can be used as a return route 1.5 miles to the main entrance.

**Paragonia Path** is a 1.5 mile single track 10.5 mile trail that leads to a picnic meadow. This area includes a trail, includes benches and a bridge.

**Ridge Trail** provides scenic views on a ridge overlooking the river into the hills of the town of Green. This 1.4 mile trail is located within the interior of the park. There are various access points; please give ample time to hike this section.

**Deer Path Trail** is home to many wildlife species and is popular for viewing over a stream in the western woods of the park. This 1.2 mile trail can be reached various ways; please allow ample time for this hike.

**Breakfast Loop Trail** can be accessed from the north end of the park by following the Old River Road Trail. This 2.4 mile loop is in the interior of the park; please allow ample time and carry appropriate equipment/ materials. This is a technical ATV trail; hiking is not recommended due to safety concerns.

**Breakfast Hill Trail** provides a challenging 0.9 mile hike in the interior woods of the park ending near a picnic area. This loop can be accessed from the southern entrance; please allow ample time for this hike.

**Pine Loop Trail** provides a challenging 0.75 mile hike, partially running along the river. This loop can be accessed from the southern entrance of the park.

**Lodges Trail** provides a challenging hike ascending upwards to a viewpoint overlooking the river (portion of Ridge trail). This 0.5 mile trail is located in the interior of the park and includes two stone staircases; please allow ample time to hike this section.

**Fox Run Trail** provides scenic views of a stream, ending in a loop where wildlife can often be spotted. This 1.0 mile loop trail is in the interior of the Park and can be reached by various routes; please allow ample time to hike or hike this section.

**Harrington Path** like trail runs 1.5 miles into the park, starting near the north entrance and ending at the Pleasant Meadow. It can also be used as a shortcut for hikers, snowshoers, and skiers to see returning to the main parking lot from the Pleasant Meadow.

**Trail Descriptions Legend:**  
 - Hiking trail  
 - ATV trail  
 - Snowmobile trail  
 - Multi-use trail (see trail descriptions)  
 - Mountain biking trail  
 - Parking  
 - Boat launch  
 - Hand-carry boat launch  
 - Picnic area  
 - Overlook  
 - Toilet  
 - Please respect adjacent landowners.  
 \* Boat Launches: Online formable table: [www.maine.gov/infocent/boatlaunches](http://www.maine.gov/infocent/boatlaunches)

**Map Labels:** TURNER, Leeds Landing, Upper Street, Poplar Hill, Twitchell's Airport, Concord Road, East Waterman Road, ANDROSCOGGIN RIVER, GBJ, Island Pond, Clark Mountain, North River Road, Greenleaf, Harrington Path, Fox Run Trail, Pine Loop Trail, Breakfast Hill Trail, Breakfast Loop Trail, Deer Path Trail, Ridge Trail, Paragonia Path, Homestead Trail, Old River Road Trail, Old River Road, North River Road, Harrington Path, Fox Run Trail, Pine Loop Trail, Breakfast Hill Trail, Breakfast Loop Trail, Deer Path Trail, Ridge Trail, Paragonia Path, Homestead Trail, Old River Road Trail, Old River Road, North River Road.