

Project Thrive helps students with remote learning



Sadie Landry, the founder of Project Thrive, a remote learning center in Lewiston, works with Owen Blackwood, a first-grader at Farwell School, and Abigail Woso, a second-grader at Geiger Elementary School. (Tsukroff photo)

By Nathan Tsukroff

LEWISTON - The combination of remote learning and in-person classes can be hard for children to navigate.

And it's even harder for their parents, who are working full-time jobs while trying to help with school work and homework.

That's where the remote learning center called Project Thrive tries to make a difference.

Working with the hybrid model of schooling in the Lewiston school district this year, Sadie Landry of Pelletier's Karate Academy, now provides support and guidance for students during their remote learning days through Project Thrive.

"We help them with their Zoom (sessions), with their remote lessons . . . get

them to get their work done and pass it in," Landry said. "But then we also have extra-curricular activities. We have art, we do music, we do karate, we do yoga. We do these extra things with the kids in between, to keep them structured, stimulated and keep them learning."

The school hybrid model has students attending classes in person two days a week, with remote learning the rest of the week. This created a strain for many parents, Landry said, as they juggled work with the need to help with schooling.

Another issue in the spring, when schools first shut down because of restrictions caused by the COVID-19 pandemic, was the lack of devices for students to use for the remote schooling, she said. That issue was resolved this fall when the school district was able to issue laptop computers

or tablets to all the students.

Landry worked to obtain licensing as a daycare center at the karate academy building, at 1 Taylor Hill Rd, just off Main Street on the north side of Lewiston. The building received emergency temporary approval as a daycare under the pandemic conditions, and an inspection from the Lewiston fire department has approved the facility for up to 50 students at a time.

With the Lewiston schools dividing student into two groups, or cohorts, one group attends school Mondays and Tuesdays, while the other is at school Thursdays and Fridays. Both cohorts have remote school on Wednesdays. Project Thrive provides help with remote schooling for students on the two days they are not in the regular school building, with each cohort attending for a half-day on Wednesday.

Landry said she came up with the concept for Project Thrive, then had help from Millie Barnard of Lewiston to bring the project to life. "I just knew that we had a lot of need in the community. And I knew that I had a lot of friends that just struggled in the springtime, and basically

See Thrive, page 9



The Burn Off The Turkey Virtual 5K will take place in Gorham from Nov. 27-29, on the traditional route of the annual event. (Photo courtesy of Town of Gorham)

Burn Off The Turkey Virtual 5K

From Town of Gorham

GORHAM - Stay fit and support the continuation of your favorite after-Thanksgiving Burn Off The Turkey 5K!

This year things are going to be a little different due to Covid-19.

However, the Town of Gorham sees the importance of carrying on this family-friendly tradition. So grab your family, friends, and anyone else you're spending the holiday with, get outside and run or walk during these uniquely different times!

This run will be offered November 27-29. The course will remain the same as it always has been, there just won't be as many people on it at the same time. Participants will all run the regular route to ensure that the terrain is the same and to continue the tradition of running this awesome course.

While there will be markers on the course during the race days, there will not be any people there to direct you in person. Make sure to pay extra attention.

Runners will be able to complete the race on their own time. If you're an early riser and want to run at 4 am you can do that! You are also welcome to go for an afternoon or evening run. The timeline is up to you, as long as you complete the run between Nov. 27-29.

Upon on-line registration, you will be issued a Runner ID Number. You will have the option to print off a race day bib to wear with pride!

After the race is completed Town of Gorham will send out T-shirts for those who have registered for the 2020 Burn Off The Turkey Virtual 5K. We want to keep the tradition going without leaving you with a gap in your T-shirt earnings! This

See Turkey, page 11

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Newsmakers, Names & Faces

Online SeniorsPlus classes for December

From SeniorsPlus

LEWISTON —SeniorsPlus has announced its Online Education Center classes for December 2020. All classes are held virtually or telephonically at this time. Classes are free, unless noted. Please register for classes by emailing ed-center@seniorsplus.org or calling 795-4010. For more information, visit seniorsplus.org/education-center or the SeniorsPlus Facebook page.

ONLINE CLASSES

Zoom 101: Using Video Technology to Stay Connected

Date: Tuesday, December 1, 15, OR 29

Time: 10:00-11:00AM

Instructor: SeniorsPlus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

We also welcome you to stay on the December 15 call longer to participant in the Cyber Aware Webinar which will focus on ways to stay safe in the digital world (more information below).

What is Sprint IP Relay and Sprint Web Cap-

Tel?

Date: Thursday, December 10

Start time: 1:00-2:00PM

Presenter: Debra Bare-Rogers, Disability Rights Maine

Location: Zoom

Sprint IP Relay: You can make calls with Sprint IP Relay on your smartphone, tablet or computer to type and view messages. This relay service allows the user to make phone calls using text (no voice or hearing required). How does it work? You type what you want to say to the operator, and then the operator relays the message to your caller and types their response back to you.

Sprint Web CapTel: This relay service works a little different; you can use any telephone and connect via computer/tablet to read captions on the call. Using the telephone allows you to use your own voice.

Join Debra to learn more about these two no-cost relay services available to Maine residents and how to access them

AT&T Cyber Aware Webinar Tech Training

Date: Tuesday, December 15

Start time: 10:45AM

Instructor: Ryan Clark, Regional Director of VT External Affairs & Michael Hartigan, Director of Public Affairs - New England

Location: Zoom

AT&T experts host an interactive training session about how older adults can stay safe in a digital world while taking full advantage of the latest connected technology and devices. This will be a 20-30 minute presentation with time for a Question and Answer ses-

sion to answer any and all device related questions.

As life shifts online and we take advantage of connected technology like smart phones, tablets, and other devices to virtually engage with colleagues and loved ones, we all need to be aware of potential risks. The good news is we are here to provide simple, fast steps that we can all use to protect against scams, fraud, robocalling and more.

Journalism, Truth, and Healthy Communities

Date: Thursday, December 17

Time: 10:00-11:00AM

Instructor: Judy Meyer, Executive Editor of the Sun Journal, Kennebec Journal and the Morning Sentinel

Location: Zoom

Join Judy as she discusses the importance of newspapers and our evolution into an increasingly digital platform. There will be time for Q&A.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of December 21 (subject to change, based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Join us in December to make quick, fancy folding cards that are not time consuming to make. Great for giving to family or friends. All supplies provided except adhesive. Class is limited to 10 participants and cost is \$5.00

for the kit.

Medicare Made Simple

Date & time: At your convenience

Instructor: SeniorsPlus Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

Instructor: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.

GROUPS & EXERCISE

Coffee & Comfort - Bereavement Support Group

Date: Monday, December 7

Time: 3:00-4:30PM

Instructor: Beacon

Hospice Staff

Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

Virtual Knitting Group

Dates: Every other Wednesday - December 2, 16, & 30

Time: 5:00-6:00PM

Group Lead: SeniorsPlus Staff

Location: Zoom

Join our knitting group to work on your own project while socializing!

Caregiver Support Groups

Dates & Times: Monday, December 14 from 5:30-7:30PM

No Thursday morning group in November and December due to the holidays

Location: Zoom or Telephonic

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

Total Strength & Balance

Dates & Times: Mondays 11:15-12:00PM OR 12:15-1:00PM

Instructor: Beacon

Wednesdays 11:30-12:15PM

Fridays 11:30-12:10PM OR 12:30-1:10PM

Instructor: Linn Morin, Certified Trainer

Location 1: Facebook

Location 2: Seated classes at Lisbon Falls REC

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Light weights or soup cans, a basic bouncing ball and for some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are held online and safely in-person following CDC guidelines.

To register or for more information, call Linn at 523-9055.

Chair Yoga on Zoom

Date: Fridays

Time: 8:45-9:45AM

Instructor: Mary Bishop, Certified Yoga Instructor

Location: Zoom

Cost: no fee at this time

Must-haves: computer, laptop, or tablet; sturdy chair on non-slip surface


Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability.

Class limited to 10 participants.

HEALTHY LIVING FOR ME

We have scheduled our 2021 HL4ME virtual workshops, including Tai Chi for Health & Balance, See SeniorsPlus, page 5


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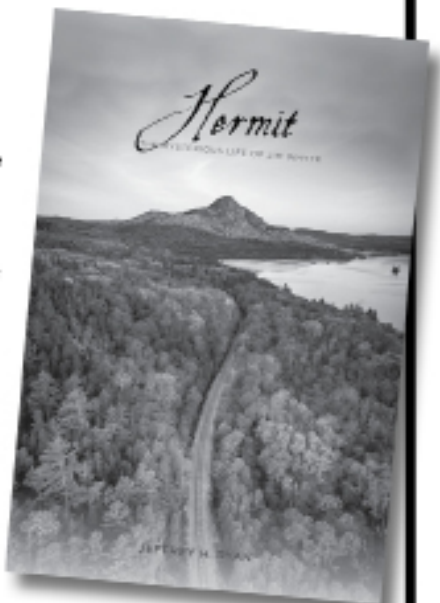
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News



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Newsmakers, Names & Faces

Hentzel receives Jim McGregor Award



Curtis Picard, left, President and CEO of the Retail Association of Maine presented Quincy Hentzel, President and CEO of the Portland Regional Chamber, with the Jim McGregor Government Service Award at a socially-distanced ceremony last Thursday.

Hentzel has been a leader in advocating for businesses of all sizes. When the pandemic hit, she was quick to position the chamber as a valued resource for Portland-area retailers that temporarily closed. She worked with the Retail Association of Maine and Maine Grocers and Food Producers Association on a statewide Let's Be Kind campaign that stressed patience, kindness, and understanding between consumers and retailers. Additionally, she pulled together prominent businesses to take a principled stand against racism and tangible ways it can be addressed locally.

Throughout her professional career, Quincy has been a leader who has earned the respect of many. Quincy is someone who can navigate the complex political landscape in the

Portland region and bring together diverse opinions to help chart a path forward on a myriad of issues.

"I am very proud to see Quincy receive this award. Working with her on the Let's Be Kind campaign was a huge bright spot in a very difficult year, but it's been great to see her succeed on so many levels," said Curtis Picard, President and CEO of the Retail Association of Maine. "The Retail Association of Maine is pleased to honor Quincy Hentzel with the Jim McGregor Government Service Award for her commitment to helping Maine's small businesses succeed."

"As an organization deeply involved with the needs of our local business owners and their employees, the Portland Regional Chamber strives to create

initiatives that benefit the community as a whole. Whether through our Let's Be Kind or Pay It Forward Maine campaigns or our Standing in Solidarity Against Racial and Social Injustice initiative, we recognize that the people of this community are at the heart of what we do. I am deeply humbled to be recognized by the Retail Association of Maine. It means a lot to me," Hentzel said.

The Jim McGregor Government Service Award has been presented annually to a wide list of state and local officials. State Senator Stacey Guerin of Penobscot received the award in 2019. Other award recipients include Senate President Mike Thibodeau (2015), U.S. Senator Susan Collins (2013), and then-Representative Janet Mills (2006).

From RAM

AUGUSTA - Quincy Hentzel, CEO of the Portland Regional Chamber of Commerce, recently received the 2020 Jim McGregor Award from the Re-

tail Association of Maine.

The award was named after RAM's retired director of government affairs, Jim McGregor, in 2010. His decades of hard work in the public policy arena paved the way and set the stan-

dard for an award that recognizes an individual who goes above and beyond in support of Maine's retail community.

As the head of the largest chamber of commerce in Maine, Quincy

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History center seeks director

From Norlands

LIVERMORE - The Trustees of the Washburn-Norlands Living History Center, the "Norlands," in Livermore, Maine are seeking a dynamic leader to serve as Executive Director, beginning in January 2021.

The Executive Director will engage supporters and the public with her/his enthusiasm for this unique institution and its story. The Norlands is a 440-acre working farm and 19th century estate, located in Maine's western foothills, the ancestral home of the extraordinary Washburn family. The Norlands is nationally acclaimed for its unique programs in first-person living history. An Executive Director, a small paid staff and volunteers offer public programming and special events

throughout the year.

The Executive Director has the responsibility to work closely with the Trustees while managing the overall operations of the museum, including its educational programming, finances, maintenance of historic buildings, special events and public communications. The ED is the chief advocate and spokesperson for the Norlands, developing relationships with its volunteers, the community, its membership, individual donors and other museums. The Director develops innovative approaches to managing and exhibiting our extensive collections. She/he leads in generating effective fundraising, marketing and social media efforts.

Qualifications such as education or experience in history or museum stud-

ies a plus. A strong background in fundraising, donor relations and volunteer management. Excellent skills in time management and planning. A working knowledge of database, donor and membership software and social media. Ability to work cooperatively and communicate effectively with staff, volunteers and Trustees.

This is currently a 3-day per week position, increasing to full time as the pandemic recedes. Salary is commensurate with experience beginning at \$37,500. Review of applications will begin on Dec. 1, 2020. Applications accepted until the position is filled.

Please send a letter of interest and resume to trustees@norlands.org. Please be prepared to provide professional references.

Festival of trees in Saco

From Saco Museum

SACO - Come visit The Sixteenth Annual Festival of Trees at the Dyer Library and Saco Museum and get into the Holiday Spirit!

The Festival of Trees is a community event to benefit the programs of the Dyer Library and Saco Museum. This year's theme is A Season of Gratitude.

The Festival of Trees will open to the public on Friday, November 27, the day after Thanksgiving, and extend through December 30, 2020. The light displays will be illuminated daily from 4:00-10:00pm. We ask that everyone enter the parking lot from Main Street and exit on to Middle Street.

The Covid-19 pandemic has necessitated a different approach to A Season of Gratitude. While our goals of bringing holiday joy and beauty to Southern Maine families and visitors remain the same, our event will align with the protocols adopted by the State of Maine. This year, the festive decorations that the community has counted upon to be a key part of their holiday season will be outside on the Dyer Library and Saco Museum campus! Visitors

will have an opportunity to drive through a richly lit and decorated outdoor space without having to leave the car. The all-volunteer Design Team has been working through the summer creating decorations that are sure to delight every age group. There will be lights at night and colorful ornaments by day. A "Photo Booth" will provide families a fitting and socially distanced backdrop for last-minute holiday cards. As always, admission to the Festival of Trees will be free for all.

This year, the signature events and programs cannot be held due to CDC guidelines. In keeping with the fact that so many events have moved into the virtual world, we will have an Online Auction, which will include such popular items such as a coastal cottage stay, a multi-course gourmet dinner, wine basket, beautiful hand-made quilts and accessories, services, gifts, and art. Bidders will also have the opportunity to bid on three 7' designer-decorated trees and a selection of decorated wreaths and door swags and much more. The latter offerings will be available for viewing inside the Saco Museum. The Online Auc-

tion can be previewed prior to opening at <http://bitly.ws/aDcd>

Mrs. Claus and Santa

On Saturday, Dec. 5 from noon, Mrs. Claus will be handing out goodies for the children, a take-away bag filled with wrapped treats and a craft project. Space is limited so this event requires advance reservations. Please call 283-3861 x102 to reserve a time slot.

Santa will make an appearance outside the Saco Museum on Saturday, December 12 from 1:30-2:30pm with a foul weather date of Dec. 19 from 1:30-2:30 p.m.

The Saco Museum hours are Tuesday, Wednesday, and Thursday, noon-4 p.m.; Friday, noon-8 p.m. and Saturday, 10 a.m. to 4 p.m. The Museum is closed on Sunday and Monday. For updated information prior to visiting the Festival of Trees, please visit the website www.dyerlibrarysacomuseum.org or the Facebook page.

The Dyer Library/Saco Museum is located at 371 Main Street (Route 1) in historic downtown Saco, Maine. Free parking. Museum is handicapped accessible. 207-283-3861.

UMaine recipes for Thanksgiving

From UMaine

ORONO - University of Maine Cooperative Extension has several resources to help prepare a safe and healthy Thanksgiving meal.

Before buying that turkey, UMaine Extension associate professor and registered dietitian Kate Yerxa suggests "planning for one to 1 1/2 pounds of turkey per person. This will provide enough for the meal and leftovers for turkey sandwiches or a favorite turkey recipe."

"How to safely thaw the turkey is a common question," says UMaine Extension professor Kathy

Savoie. "The length of time it will take to thaw a turkey in the refrigerator depends on its size. Plan on 24 hours per five pounds of frozen turkey."

Turkey should be cooked to reach an internal temperature of 165 F to kill harmful bacteria. Using a food thermometer, the temperature should be measured in the innermost part of the thigh and wing, and the thickest part of the breast. Leftovers should be stored in the refrigerator at 40 F or colder, within two hours of being cooked. Leftovers should be frozen or used within four days; gravy

should be used within two days.

UMaine Extension has simple healthy recipes that use local Maine produce and "Mainely Dish" recipe videos demonstrate a variety of recipes. Extension publications for a healthy Thanksgiving, including "Helpful Hints for Handling Turkeys for Thanksgiving" also are featured.

The USDA Meat and Poultry Hotline is available 8 a.m.-2 p.m. EST Thanksgiving Day at 1.888.MPHotline (1.888.674.6854), from 10 a.m.-6 p.m. EST Monday through Friday, or from live chat at ask.usda.gov.

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SeniorsPlus

Continued from page 2

Better Health NOW, Better Health with Diabetes toolkit, Better Health with Chronic Pain toolkit, and our Living Well workshops through Zoom!

Tai Chi for Health & Balance

Date: workshop series will meet twice weekly for 8 weeks

Time: 1 hour per session/class

Location: Zoom

Cost: \$20.00 effective October 1, 2020

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Workshops are limited to 10 participants.

Better Health NOW!

Date: workshop series will meet once weekly for 6 weeks

Time: will vary

Location: 1-1 Telephonic or Zoom

Cost: FREE

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

Better Health with Diabetes

Date: workshop series will meet once weekly for 6 weeks

Time: will vary

Location: 1-1 Telephonic or Zoom

Cost: FREE

Similar to Better Health NOW, Better Health with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hypoglycemia, stress, de-

pression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Diabetes toolkit materials in the mail prior to starting the workshop.

Better Health with Chronic Pain

Date: workshop se-

ries will meet once weekly for 6 weeks

Time: will vary

Location: 1-1 Telephonic or Zoom

Cost: FREE

Similar to Better Health NOW and Better Health with Diabetes, Better Health with Chronic Pain is a self-guided, evidence-based program. The program is designed to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improv-

ing strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Chronic Pain toolkit materials in the mail prior to starting the workshop.

Living Well Workshops through Zoom

Date: workshop series will meet once weekly for 6 weeks

weeks

Time: will vary (approximately 2 hours per class)

Location: Zoom

Cost: FREE

Now offering Living Well with Chronic Pain, Living Well with Diabetes, and Living Well for Better Health workshops through Zoom! Each workshop will cover a series of topics, some overlapping and some specific to the chronic condition of the workshop. If you're looking for help with managing your chronic conditions and would like to connect with others, these programs are for you!

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Arts & Entertainment

Gorham Events include Light Parade

From Town of Gorham

Gorham Light Parade Sunday, Nov. 29

Municipal Departments have come together to coordinate the annual Light Parade for 2020.

Gorham Recreation and Gorham Police, Gorham Fire, Gorham Public Works, Gorham Recreation, Gorham PD Volunteers in Police Service (VIPs), and Gorham Fire/Police are working together to host this exciting community event on Sunday, Nov. 29, with the parade beginning at 4:30pm, and the parade line up beginning at 4:00pm.

In order to accommodate families attending the Light Parade and to keep everyone safe and inside their own vehicles, the same route that the GHS Class of 2020 used for the Seniors' parade in June will be used for the Light Parade.

Lineup will be on

Hutcherson Drive, and the parade leads off at 4:30pm

The parade route is Hutcherson Drive to Bartlett Road, to Main Street, up to South Street, onto Morrill Avenue in the GHS driveway, out the back parking lot onto Access Rd and disperse from Narragansett Street.

There will be no stopping of the parade along the route anywhere this year.

Santa and Mrs. Claus will arrive safely, inside their very own human inflatable snow globe!!!

Gorham Recreation are working with USM Radio Station WMPG to simultaneously broadcast the Light Parade's music playlist to listeners during the parade - this means the same music will be playing at the same time throughout the parade units, as well as in the cars of the families lined up along the route.

Mark your calendars now for this fun event for

the whole family!

Holiday Closure and Trash Collection Schedule

GORHAM - The Gorham Municipal Center, Administrative Offices and Baxter Memorial Library will be closed Thursday, Nov. 26, Friday, Nov. 27, in observance of the Thanksgiving holiday.

There will be no collection of trash and recycling on Thanksgiving Day - Thursday, Nov. 26. Thursday's route will be collected on Friday, and all other collection days will remain the same.

Residents can call the Gorham Solid Waste and Recycling Hotline at (207) 892-3649, or Gorham Public Works at (207) 892-9062 for assistance with any questions.

Gorham Recreation Virtual Burn Off the Turkey Run/Walk

Gorham Recreation's Annual Burn Off the Turkey Run/Walk is going

See Events, page 11

Santa's Reinbeer at NRB

From NRB

SCARBOROUGH – Nonesuch River Brewing at 201 Gorham Rd, Scarborough, will release it's Santa's Reinbeer on draft this Friday.

This spiced brown ale will bring warmth and cheer to your holiday season. 5.4% ABV 28 IBU

It really does taste like Christmas!

Also, Christmas Dinners To Go will be available soon.



Nonesuch River Brewing Company in Scarborough is celebrating the Christmas season with its new Sant's Reinbeer that will be released on draft this Friday. (Photo courtesy of NRB)

Gingerbread House Gallery

From Baxter Library

GORHAM - Calling all Holiday Bakers! Show us your creative baking skills!

Make a gingerbread house to display on

our website's holiday photo gallery for all to admire.

Each entry will receive a small gift for taking part in our community gingerbread display.

Take a photo of your creation and submit it on or before December 20th to baxterlibraryvideos@gmail.com to be included in our gallery of awesomeness.



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Seniors Not Acting Their Age Savoring Freshwater Lobster



Lobster Mountain can be seen in the distance while traversing Lobster Lake

By Ron Chase

When I heard there was a hiking trail to the summit of Lobster Mountain, I resolved to return to remote Lobster Lake for a climb. The pristine body of water with an impressive shoreline is located northeast of Moosehead Lake in northern Maine. Letting your imagination soar, it's shaped something like an asymmetrical lobster. Both a destination for outdoor adventurers and a popular way-stop on the iconic West Branch of the Penobscot River canoe trip, I had been there twice never realizing Lobster Mountain existed. More proof there is still much for us old folks to learn.

My first visit to Lobster Lake was an overnight stop on the multi-day canoe trip. Arriving at the most accessible campsite on Ogden Point in the dark on a cold fall evening, my brother-in-law and I departed early the next morning without enjoying the benefits of the picturesque tarn. A few years ago, I returned with three Penobscot Paddle & Chowder Society (PPCS) Chowderheads intent on exploring the entire lake during a three day visit. Powerful northwest winds kept us marooned on Ogden Point for the entire stay.

Planning a return, I recently scheduled a PPCS three day Lobster Lake and Mountain surf and turf trip. The proposal received substantial club interest. Unfortunately, remnants of hurricane Delta resulted in postponement. A few days later, three acceptable weather days were identified with short notice. My retired friend, Jean Miller, was able to quickly adapt to the new timeframe.

You can't get to Lobster Lake from here. More accurately, it's not easy to get there from here as all routes entail extensive driving on rough logging roads. Prior experience indicated paved roads extended closest to our destination by traveling through Millinocket. Not anymore, the erstwhile paved section of the Golden Road was an unrelenting succession of lapses in pavement, pot-

holes, ruts, and pooling water. Heavy rain and snow the previous day worsened conditions. After paying day-use and camping fees at the North Maine Woods Caribou Gate, the drive mercifully ended at a boat landing on Lobster Stream at the confluence with the Penobscot River.

Paddling sea kayaks against a modest current on Lobster Stream with cloudy skies and cool temperatures, our adventure began by navigating about 1.5 miles to Lobster Lake. Entering the lake, prominent Lobster Mountain could be observed almost due south. Our research indicated Lobster Mountain Trailhead originated at a campsite in Jackson Cove located south of Ogden Point, an additional two plus miles. Calm conditions facilitated an easy journey to a spacious site situated atop a steep bank on the southern shore of the cove. Arriving shortly before dusk, our reconnaissance quickly located the trailhead. The convenient location would be home for the next two nights.

On the trail early the following morning, the distance to the summit was unknown. Initially traveling through a wide well-marked path in a mixed conifer and deciduous forest, the route narrowed and steepened in a severely eroded area. Encountering a blanket of snow at higher elevations, we arrived at the 2,230 foot wooded summit after 1.5 miles. Just below, an east facing overlook provided a phenomenal panoramic vista of most of the lake. Call me unimaginative, but I struggled to see the shape of a lobster. While lingering to enjoy the remarkable view, the itinerary for an afternoon of lake exploration was plotted.

After confronting winter-like weather during the hike, late summer conditions were experienced on the lake. Kayaking south on Little Claw with sunny skies and a warm light breeze, our first objective was locating a passage between the southern terminus of Big Island and the shore. Indiscernible from the overlook, a nar-

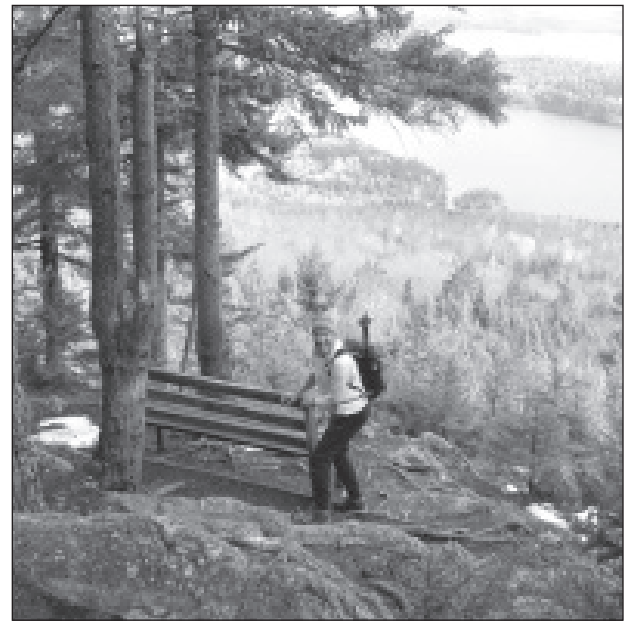
row twisting channel was detected leading to Big Claw on the eastern side of the lake. Turning south, perpetual views of distinctive Big Spencer Mountain were enjoyed while traveling to a campsite with an expansive sandy beach at the far end of the claw. Benefiting from a tailwind cruising north around Big Island, the voyage culminated with a late afternoon return to our campsite. Concerned about a forecast for rain in the night, a tarp was erected. A full day of adventures behind us, headlights were out early.

A cold steady rain fell in the night. Sporad-

ic showers were endured while quickly breaking camp in the morning. Departing Jackson Cove, gusty winds were confronted during the traverse to Lobster Stream Boat Landing. Opting for a return through Greenville, the roads were worse.

The onerous driving was worth the effort. Lobster Lake and Mountain is a truly special place.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase lives in Topsham. Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



A beautiful view of Lobster Lake can be observed from an overlook on Lobster Mountain



A narrow passage connects Little Claw and Big Claw on Lobster Lake

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Gracie Brownlee, a fourth-grade student at Montello School in the Lewiston school district, works on homework during a remote learning day at Project Thrive in Lewiston. (Tsukroff photo)



Jace Sinard, a first-grader at Farwell School in Lewiston, works on a homework project with support from Project Thrive staff member Millie Barnard on a recent remote learning day. (Tsukroff photo)

Thrive

Continued from page 1

their kids weren't doing anything," she said.

"For me, here at the karate school, we were able to have some karate classes during the day" in the spring, Landry said. "But then when school started, I knew I was going to lose that. And then I thought, well, I could do like a learning center for kids, and then I started talking with Millie about it

and kind of came up with the whole thing."

Barnard has worked as a substitute teacher and brings that expertise to Project Thrive.

Although the building is approved for a multitude of students, Landry said she would prefer to limit attendance to about 15 students per session, in order to give them the attention they deserve. There are currently only about eight students in each of the cohorts at Project Thrive.

Besides Barnard, staff at Project Thrive include Barnard's sister, Grace Kidd, plus Justin Roundy and Emma Jacques. Staff members are paired off and stay with their own cohort.

Per Almquist, a long-time instructor at the karate academy, has taken on the administrative duties for Project Thrive.

Parents who are interested in enrolling their child or children in Project Thrive may contact Pelletier's Karate Academy at 207-786-3731.



David Landry works on a reading assignment while doing remote learning at Project Thrive for his first-grade class at Geiger Elementary School in Lewiston. (Tsukroff photo)



David Landry, in first grade at Geiger Elementary School, and Grace Carpentier, a third-grader at Geiger, take a break from their homework assignments with a yoga session at Project Thrive on a recent remote learning day. The project brings students to the building that houses Pelletier's Karate Academy in Lewiston for them to get help with their homework assignments and remote sessions. (Tsukroff photo)



Gabrielle Holm draws with pencil as part of an assignment for her first-grade class at Geiger Elementary School on a recent remote learning day with Project Thrive. (Tsukroff photo)



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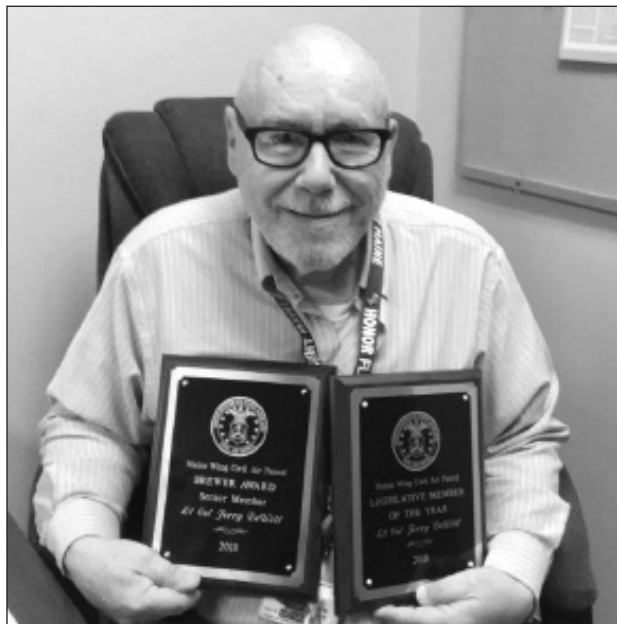


Out and About

Veterans Council receives Spirit of America Award



A Vietnam-era A-7D Corsair II airplane rests on raised pedestals in Veterans Memorial Park in Lewiston for visitors to admire. Arriving from an airfield in Helena, Montana, it is on loan as arranged by Chairman Jerry DeWitt and the LA Veterans Council. (Jerry DeWitt Photo)



Jerry DeWitt holds his two Awards with his work at Civil Air Patrol. Left is Brewer Award, Senior Member, and Right is Legislative Member of the Year. Both awards list him as Lt. Col. Jerry DeWitt. (Karen Ouellette Photo)

By Rachel Morin

The LA Veterans Council received the Spirit of America Award designated by the City of Lewiston and presented by Lewiston Mayor Mark Cayer to

Jerry DeWitt, Chairman of the LA Veterans Council in early October.

The Award was recognized by Maine Senator Susan Collins in a congratulatory letter to the LA Veterans Council.

The Spirit of America Foundation is a 501(c)(3) public charity established in Augusta in 1990 to honor volunteerism in America. The award is presented in the name of Maine municipalities.

Alma Jones received the first Spirit of America Award from Augusta Mayor William Burney in November of 1991. The tribute has been presented in over 500 ceremonies since.

The LA Veterans Council does volunteer work for Veterans and their families, but is probably best known for its volunteer work establishing the beautiful Veterans Memorial Park on the banks of the Androscoggin River in Lewiston. Memorial Stones bearing the names of Veterans in the many branches of service and years of service are lined up in rows. Memorial benches also have engraved names of Veterans who served our country.

The recent arrival of the A7D plane from an airfield in Helena, Montana is now on raised pedestals in the Veterans Memorial Park for visitors to admire. It was over two years in the arrangement for its loan and the trip across country according to Jerry DeWitt who was heavily involved in the transfer, along with other volunteers of the LA Veterans Council.

DeWitt of New Gloucester has received awards himself for his



Donna Brookings of Gorham, center, the Maine State Quilt of Valor Coordinator, presents the Quilt of Valor to Jerry DeWitt, left, and Clifford Plourde. (Charlie Paul Photo)

work with youth in civil aviation, among them two Civil Air Patrol plaques, listing the Brewer Award, Senior Member, and the other as Legislative Member of the Year. Both plaques list him as Lt. Col. Jerry DeWitt and dated in 2018.

DeWitt also received the prestigious Quilt of Valor on November 12 at the U.S. Marine Birthday Banquet held at Davinci's Restaurant in Lewiston. The Marines were also observing their 250th Birthday!

A Quilt of Valor (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation."

To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

History of QOV—those comforted as of October 31, 2020:

Last Month, 3,746; Year to Date, 18,320; Lifetime Total, 260,805

DeWitt has served in the U.S. Army all around the world and now works at Tri-County Mental Health Services. He has a soft spot for Veterans, especially homeless veterans, and works with them to find housing. He is dedicated to his role at LA Veterans Council and works hand in hand with its volunteers to aid veterans.

Grammar Guy

The downside of becoming a household name

By Curtis Honeycutt

What do you say when you need to blow your nose and the box of the tissues you want to use is across the room? You probably say something like, "Janet, will you please bring me a Kleenex?" This assumes there is someone named Janet on the other side of the room.

How about when your lips are dry, and you know your significant other always carries lip balm in his pocket? "Hey, can I borrow your ChapStick?"

The words "Kleenex" and "ChapStick" are examples of trademarked words that have become so common they often replace the generic term for the item. Kleenex is trademarked by the Kimberly-Clark company. They're tissues, but the words "Kleenex" and "tissues" are interchangeable at this point.

It's the same with ChapStick. By the way, the trademarked "ChapStick" word is an example of bicapitalization, which is when a company sticks a capital letter in the middle of a word. ChapStick is a trademarked lip balm, but when I'm looking for my Burt's Bees lip balm, I say, "Have you seen my chapstick?" The term has become genericized.

You'll be surprised at some of the other terms that have become household names but are actually trademarked products. They include Band-Aid, Allen wrench, Frisbee, Popsicle, Teleprompter and Velcro. These terms are still trademarked today.

Sometimes a term becomes so ubiquitous that it actually loses its legal trademarked status. In other words, the company has been so successful in dominating the market

share for its industry that the people at the trademark office take away the trademark and lowercase the item in question. This has happened with the escalator, flip phone, trampoline, thermos, teleprompter and heroin. Yes, heroin was trademarked by Bayer back in 1898, but it lost the trademark as part of the Treaty of Versailles in 1919. At the same time, Bayer lost its trademark for aspirin.

The Pelz Group (also a German company) owns the trademark for the term "Q-tip." Believe it or not, the little cotton-tipped sticks were originally marketed as "Baby Gays" by American inventor Leo Gerstenzang in 1925. However, Gerstenzang had trouble selling his "Baby Gays," so the next year he began calling them "Q-tips Baby Gays." Eventually, they were just "Q-tips" (the "q" stands

for quality).

I doubt that yours truly will ever become a household name, but if I do start raking in the cash for my patent-pending 24/7 grammar hotline, I'll be sure to hire a great team of lawyers.

Curtis Honeycutt is a syndicated humor columnist. He is the author of 'Good Grammar is the Life of the Party: Tips for a Wildly Successful Life'. Find more at curtishoneycutt.com.



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Turkey
Continued from page 1

will be a special t-shirt so runners can always remember the 2020 virtual run.

After you have completed your race, enter your information, including your name and completion of the event.

We will track how many miles we run total as the Town of Gorham! We will also list the names of participants. We will give an option to post race times, but remember to be honest with your time reporting. The "keeping a record of your time" aspect of the event is to help annual racers and new racers keep track of their personal times to improve for next year!

Fees: \$25.00 until Nov. 29. No t-shirt registration: \$5.00

Events
Continued from page 6

virtual! Keep the Thanksgiving tradition alive - grab your family and friends and get outside for the annual Burn Off the Turkey Run/Walk!

Shirts are available for purchase online at www.gorhamrec.com. Print your bib and run the course anytime between Nov. 27-29 - then enter your time. information.

2021 Hunting & Fishing Licenses
2021 Hunting and fishing licenses will be available for purchase from the Town Clerk's Office beginning Dec. 1 - perfect for holiday gift giving!

Maine towns have emerald ash borer

From Maine DACF

AUGUSTA - The Maine Department of Agriculture, Conservation and Forestry's (DACF) Maine Forest Service (MFS) reports evidence of spread of emerald ash borer (EAB) within regulated areas of Maine.

This fall, EAB infestations were confirmed in the towns of Van Buren in Aroostook County, Gorham in Cumberland County, and Ogunquit, Parsonsfield, Shapleigh and South Berwick in York County. Targeted surveys by MFS staff to locate potential future biological control release sites uncovered the first detected infestation in the York County town of Newfield.

EAB was first detected in Maine in 2018 in both Aroostook County and York County. It was also found in 2019 through trapping in Cumberland County. These detections have led to quarantine regulations in all of York and Cumberland Counties and parts of Oxford and Aroostook Counties. Although EAB has not been detected in any new counties in 2020, Maine Department of Agriculture, Conservation and Forestry (DACF) monitoring programs show EAB populations are expanding within already-regulated Maine areas.

Each spring, MFS staff and volunteers from many sectors help detect EAB by participating in the girdled trap tree network, an EAB monitoring program. Girdled ash trees

are attractive to any EAB in the immediate area. The trees are felled in the fall, and sections of them peeled to look for EAB activity. These trap trees provide a good low-tech detection tool that can be used wherever ash trees grow.

"The girdled trap tree network is critical to our response to emerald ash borer in Maine," explained DACF forest entomologist Colleen Teerling. "Most of the six biological control release sites established in York County in 2020 were identified through this program, and every year since 2018, this method has provided us with first detections in towns."

In 2020, at least 34 trees were girdled across 8 of Maine's 16 counties, and nearly all have been processed. Over the past ten years, this processing has been a social event, where interested landowners, forest managers, and others could participate in the sampling. This year, to reduce the risk of COVID-19 transmission, processing was conducted by MFS, City of Portland, and Acadia National Park staff.

Of the 33 trees processed, nine showed signs of EAB, including exit holes, larval galleries (the tracks etched into the bark and sapwood of the tree as the larvae feed) and EAB larvae. The nine positive trees were within the area currently regulated by the EAB quarantine. First detections for a town occurred in Gorham (one tree), South Berwick

(one tree) and Van Buren (one tree). Additionally, the first evidence of within-tree damage was found in Grand Isle (three trees, positive traps in 2018), Frenchville (one tree, positive trap in 2018), and Portland (two trees, positive trap in 2019). A positive tree was also found in South Berwick.

Highlighting all Mainers' importance in detecting forest health issues, observations from landowners and foresters have turned up EAB infestations in three York County towns: Ogunquit, Parsonsfield, and Shapleigh.

"The Maine Forest Service is extremely grateful for the continued support of the public in responding to EAB," Teerling said. "In particular, we thank the volunteers in the girdled trap tree network who contribute their time and their trees and people who observe damaged trees or suspicious insects and then make an effort to report them."

Data from monitoring help inform quarantine regulations, guide management decisions about ash trees in forest, urban, and landscape settings, and determine the best locations for release of EAB's natural enemies (biological control).

The spread of EAB in southern Maine, which is on the leading edge of the insect's distribution, is more significant than that in the smaller infestation center in northern Maine. In both cases, the natural spread is inevitable and may be slowed using bio-



Maine Forest Service entomologist Colleen Teerling girdles a tree for emerald ash borer monitoring in Portland's Payson Park in May. The tree was among those found to have evidence of EAB. (Photo courtesy of Maine DACF)

logical controls to reduce population and careful ash management. A more significant impact on the spread can be had through targeting human-caused movement: by observing best management practices for handling ash within regulated areas, following quarantine rules, using local or heat-treated firewood, and avoiding using ash in new tree plantings.

How Can You Help?

If you girdled an ash trap tree and it has not been processed, please e-mail or call the Maine Forest Service Insect and Disease Lab (207) 287-2431. We don't want to miss any trees that were girdled.

If you purchased an ash tree from Lowe's in Maine this year, please report it to bugwatch@maine.gov or call (207) 287-7545 (As of November 13, 30 of the 36 trees sold have been located).

If you suspect you have seen emerald ash borer or evidence of its attack



Evidence of emerald ash borer infestation includes larval galleries etched into the sapwood. (Photo courtesy of Maine Forest Service)

on trees in Maine, please report it.

To participate in next year's girdled ash tree survey, please e-mail or call the Maine Forest Service Insect and Disease Lab (207) 287-2431! We'll contact you in the spring.

Follow best management practices and quarantine rules when handling ash.

Spread the word, not the bugs: Use local or heat-treated firewood!

For more information on emerald ash borer in Maine, visit <https://maine.gov/eab>.

Send all items for What's Going On to the Editor. Deadline is Friday by five.

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One-of-a-kind gift items in Wiscasset

From Marketfest

WISCASSET – The Wiscasset Holiday Gift Shop, a Marketfest feature, will offer one-of-a-kind gift items from a large selection of regional artisans.

The shop will be chock full of unusual finds, some useful and practical, some just to warm the heart.

The Holiday Gift Shop pops up at 75 Main St., in the heart of the Village, from Dec. 4-6.

Wicks' Forge from Pownal introduces a new item to its inventory – earrings – in addition to the wrought iron hooks, trivets, ornaments, and other useful items for which the forge is known. According to blacksmith and Wicks' Forge owner, Nicholas Wicks Moreau, the earrings are fabricated from salvaged copper water pipes which are cut and flattened. The face of the earrings when worn is the interior of the pipe and the striated coloration is naturally occurring from the minerals in the water that ran through those pipes for years. Some of the earrings tend towards light and dark greens and others are blue and turquoise, depending on the conditions of the water. The edges of the earrings have a copper glow which results from cutting the pipes, giving the earrings a shimmering outline. They are very lightweight

and distinctive with this fascinating back story.

Asian Accents in Wiscasset is an admired fashion house featuring kimono-styled jackets pieced and sewn from Japanese inspired fabrics by owner Christine Hopf-Lovette. Since the early days of the coronavirus, Christine has been making face masks from scraps of her fabric, then giving them to neighbors and others in need of protection. For the Marketfest Gift Shop, Christine is presenting a collection of up-scaled face masks fashioned and pieced similarly to her finely designed jackets. According to Christine, "These trend-setting Covid masks are made from a crazy quilt of bright fabrics that provide three layers of protection. The ear loops are adjustable, and wire bands fit the bridge of the nose." Make a fashion statement with your mask.

Although the winter is just ahead, think spring with an everlasting garden journal, "My Garden Through the Year," for yourself or a friend. The spiral-bound journal features gardening tips for each month and plenty of space for your own gardening notes. Did you forget to set up your peony hoops last year or cut back your towering perennials? Never again with this journal which is personalized by the gardener. Each month

features a hand-rendered graphic representing a community landscape project by COGdesign, a non-profit co-founded by Wiscasset resident Lucia Droby. According to Lucia, "COGdesign connects underserved communities in the greater Boston area with the pro bono design assistance they need to develop master plans and gardens for schoolyards, homeless shelters, neighborhood parks, and historic sites." All sales from the journal are given to COGdesign.

These and many more special things are part of the Holiday Gift Shop during Wiscasset Holiday Marketfest. The gift shop will have a single point of sale and will accept payment by charge card. Gift shop hours are 10 a.m.-4 p.m. on Friday, Dec. 4 and Saturday, Dec. 5, 10am to 4pm, and 11 a.m. to 3 p.m. on Sunday, Dec. 6, 75 Main St. in Wiscasset Village. Parking is plentiful throughout the Village.

For more event details, raffle locations, and other information: www.wiscassetholidaymarketfest.com and browse the Calendar. Wiscasset Holiday Marketfest is a partnership event of Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce.

Major Sponsors to-date for Wiscasset Holiday

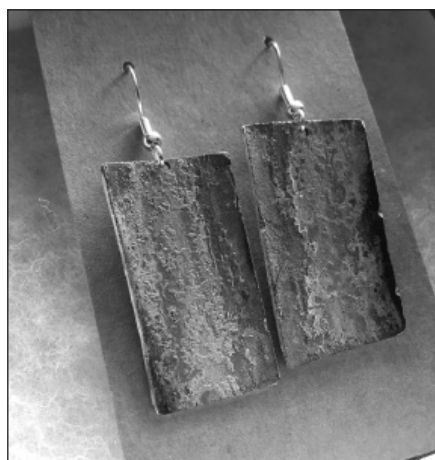
Marketfest are Carl M.P. Larrabee Agency, Carriage House Gardens, First Fed-

eral Savings and Loan, First National Bank, Red's Eats, and Wiscasset Ford

with additional support from BIRCH and Rock Paper Scissors.



Stylish masks by Asian Accents will be featured at the Holiday Gift Shop in Wiscasset Village, Dec. 4-6. These masks are pieced together from bright fabrics and offer three layers of protection. The ear loops are adjustable, and wire bands fit the bridge of the nose. (Photo courtesy Asian Accents)



Wicks' Forge earrings are handmade from salvaged copper water pipes. The color is naturally occurring from the water that ran through the pipes for years. The earrings are lightweight with sterling silver wires. Find Wicks' Forge at the Holiday Gift Shop in Wiscasset Village, Dec. 4-6. (Photo courtesy Wicks' Forge)



My Garden Through the Year is a garden journal with monthly tips and plenty of space for each gardener's notes. Customize and never forget to put out your peony hoops again! Available at the Holiday Gift Shop in Wiscasset Village, Dec. 4-6. (Photo courtesy Carriage House Gardens)



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\$1.4 Million for York County Head Start

From US Sen. Collins

WASHINGTON, D.C. – U.S. Senators Susan Collins and Angus King announced last week that the U.S. Department of Health and Human Services (HHS) has awarded York County Community Action Corporation a total of \$1,453,544 for its Head Start and Early Head Start Programs.

"During this public health crisis, Head Start programs throughout our state have continued to provide children with key educational tools and resources, as well as access to nutritious meals and health screenings," said Senators Collins and King in a joint statement. "We welcome this important investment in York County, which will help to ensure

that students continue to have the strong foundation they need to grow and succeed."

Head Start was established in 1965 to promote school readiness and provide a comprehensive array of health, nutritional, and social services to eligible four- and five-year-old preschoolers and their families. Early Head Start services are available for eligible children age zero to three and pregnant women. Head Start services include early learning, health, and family well-being.

Send all items for What's Going On to the Editor. Deadline is Friday by five.

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Calendar

Send your submissions to the Editor. More online.

**THURSDAY
NOV. 26**
GORHAM – Baxter Memorial Library closed in observance of Thanksgiving.

**FRIDAY
NOV. 27**
GORHAM – Baxter Memorial Library closed in observance of Thanksgiving.

**TUESDAY
DEC. 1**
6:30 p.m.
GORHAM – Town Council meeting via ZOOM.

**MONDAY
DEC. 7**
5:30-8:30 p.m.
AUBURN – City

Council Workshop and Meeting, Auburn Hall, Council Chambers.

7 p.m.
GORHAM – Planning Board Meeting via ZOOM.

**WEDNESDAY
DEC. 9**
7 p.m.
GORHAM – School Committee meeting via ZOOM.

**TUESDAY
DEC. 15**
8 a.m.

GORHAM – Ordinance Committee meeting via ZOOM.

**WEDNESDAY
DEC. 16**
8 a.m.
GORHAM – Gorham Economic Development Corporation meeting via ZOOM.

**THURSDAY
DEC. 17**
6:30 p.m.
GORHAM – Zon-

ing Board of Appeals meeting via ZOOM.

**FRIDAY
DEC. 25**
Christmas holiday observed.
Town offices closed.

**THURSDAY
DEC. 31**
2-5 p.m.
GORHAM – New Year Gorham event. Details to be determined.

**FRIDAY
JAN. 1, 2021**
New Year's Day holiday observed.
Town offices closed.

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Haddock Supper in Buxton

From Living Waters Church Child, \$20 Family.
We have takeout containers for those who do not want to come inside for seating. Social distancing guidelines are in effect, including wearing of face masks and use of hand sanitizer.
BUXTON - Haddock Supper Buffet starting 5 p.m. on Saturday, Nov. 28 at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4

Thanksgiving Leftover Soup

From Hannaford

Leftovers are great to have after Thanksgiving, but sometimes they can be a bit boring! Try to imagine them in a new light! You can take root vegetables that you have leftover and create a savory soup with them. Just by sautéing up some extra onions if you wish, simmering in your choice of broth, and pureeing it a little, a hearty soup can easily be made to give you something different than the usual leftovers. These recipes for a Squash and apple soup and also a Potato Cheddar soup, can be completely customized to your preference of flavors and leftovers!

Ingredients:
Cooked squash (it can be any type of squash), 2 Cups;
Apple (I like Cortlands or Macs for this), peeled and diced, 2 each;

Vegetable or Chicken Broth, 2 Cups;
Ginger, fresh grated, 1 tsp;
Salt and pepper to taste.

Add squash, apples and broth into a small pan and simmer until apples are tender, about 10 minutes.

Add ginger to the pot, and using an immersion blender, or pour soup into a blender, puree soup until it reaches the smoothness of your preference. Salt and pepper as needed.

Ingredients:
Yellow onion or leek, diced or sliced, 1 each;
Cooking oil, 2 Tbs.;
Garlic clove, peeled and minced, 1 each;
Cooked mashed potatoes or diced roasted potatoes, 2 Cups;
Vegetable or Chicken Broth, 2 cups;
Shredded cheddar cheese, ½ cup.



Leftover turkey can be made into a delicious Thanksgiving leftover soup. (Photo courtesy of Hannaford Supermarkets)

In a small pot, heat the cooking oil over medium high heat till shimmering. Add in yellow onion or leek and sauté until translucent, about 5 minutes. Toss in the garlic and sauté 1 minute more.

Add in potatoes to the pan along with broth and simmer for 5 minutes. Using an immersion blender,

or pour soup into a blender, puree soup until it reaches the smoothness of your preference.

Top soup with shredded cheddar, or for a little more fun, toss some shredded turkey or bacon bits on top!

Recipe by Dorene Mills, Hannaford Chef, Hannaford Supermarkets.

\$1.4 Million for York County Head Start

From US Sen. Collins in a joint statement. “We welcome this important investment in York County, which will help to ensure that students continue to have the strong foundation they need to grow and succeed.”

WASHINGTON, D.C. – U.S. Senators Susan Collins and Angus King announced last week that the U.S. Department of Health and Human Services (HHS) has awarded York County Community Action Corporation a total of \$1,453,544 for its Head Start and Early Head Start Programs.

“During this public health crisis, Head Start programs throughout our state have continued to provide children with key educational tools and resources, as well as access to nutritious meals and health screenings,” said Senators Collins and King

Head Start was established in 1965 to promote school readiness and provide a comprehensive array of health, nutritional, and social services to eligible four- and five-year-old preschoolers and their families. Early Head Start services are available for eligible children age zero to three and pregnant women. Head Start services include early learning, health, and family well-being.

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Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

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Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheeeseales sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

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LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with a visit to "Michigan's

Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call:Claire - 207-784-0302 or Cindy- 207-345-9569.

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