

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 stu-

dents 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
See Thrive, page 9

CMH updates visitor policy

From CMH

LEWISTON, Maine: Nov. 19, 2020 – Central Maine Healthcare updating its visiting policy Friday to protect the health and safety of patients, staff and the greater community during the coronavirus pandemic.

The new policy is in effect at Central Maine Healthcare hospitals, practices and clinics.

Central Maine Healthcare wants its patients to have support from loved ones during their care. To reduce the potential spread of COVID-19, Central Maine Healthcare is limiting foot traffic and the number of people entering its facilities. The new policy balances those needs.

Visiting hours:

Bridgton Hospital: Monday – Friday: 3-6 p.m., Saturday – Sunday: 9 a.m. – noon.

Central Maine Medical Center: Daily - 3-6 p.m.

Rumford Hospital: Daily - 3-6 p.m.

Outpatients: One companion will be allowed to escort the patient only if the companion is needed to assist or actively participate in the visit.

Inpatients: One visitor allowed per day. If the visitor leaves the facility, they may not reenter that same day. We encourage the patient's family and friends to coordinate in advance who will be the visitor for a given day to avoid any confusion.

COVID-19 patients: No visitors unless critically ill, in end-of-life care or facing other extraordinary circumstances. In those situations, the patient may have one visitor.

Non-COVID-19 patients who are critically ill, in end-of-life care: These patients facing extraordinary circumstances may have two visitors at a given time.

Birthing mothers: One birth partner is allowed in the labor and delivery area and must remain on the unit until discharge.

Discharges: We will consider exceptions on a case-by-case basis for patients who require additional assistance.

Cafeterias are closed to visitors. Visitors may want to consider bringing lunch or snacks that do not need to be refrigerated or heated up.

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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 CapTel?

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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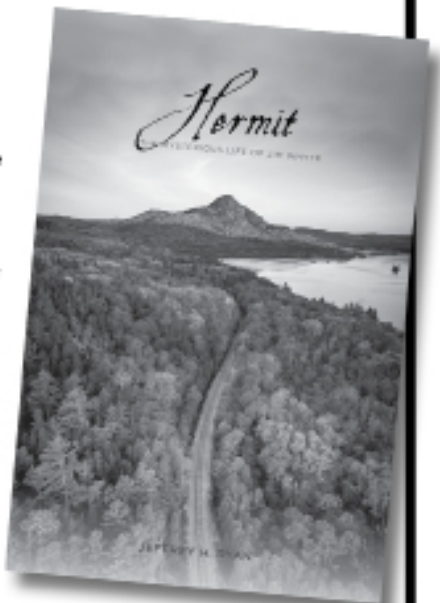
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News



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Newsmakers, Names & Faces

Christmas Card Contest Winners



Lilly Beachesne of Saint Dominic Academy in Auburn won the Grades 9-12 category in the recent Christmas Card Art Contest conducted by the Diocese of Portland. The competition was statewide. (Image courtesy of Portland Diocese)

From Portland Diocese

PORTLAND - Lilly Beachesne of Saint Dominic Academy in Auburn was among the winners of the Diocese of Portland's Christmas Card Art Contest, conducted by the diocese's Office of Development.

All Catholic school and faith formation students throughout the diocese were invited to participate in the contest. Over 300 submissions were received, each featuring original creations by the artists reflecting a passage from Scripture.

Beachesne won in the Grades 9-12 category

with a drawing related to Luke 2:12.

In December, the winners' creations will appear on the Christmas cards that will be sent to 2020 Catholic Appeal donors. The other contest winners are:

Kindergarten-Grade 2: Alana Kurkowski of Holy Cross School in South Portland.

Grades 3-5: Ella Tederous of St. Thomas School in Sanford.

Grades 6-8: Bethany Souther of the Parish of the Ascension of the Lord in Kittery

Grades 9-12: Lilly Beachesne of Saint Dominic Academy in Auburn

'Jolly Gifts' to Spread Cheer

From Portland Diocese

AUBURN - In an effort to help countless children and families in need during what looks to be a difficult Advent for many, Immaculate Heart of Mary Parish in Auburn and Catholic Charities Maine are working together to host "Jolly Gifts," an initiative that aims to warm hearts and offer support to parish and community members as they prepare for Christmas.

All are encouraged to bring a new, unwrapped toy or gift to the "Jolly Gifts" display in the entrances of the parish churches (Sacred Heart Church on 8 Sacred Heart Place in Auburn and St. Philip Church on 2365 Turner Road in Auburn) by December 13. Participants can also drop off their donations during business hours

at the offices of Immaculate Heart of Mary Parish on 24 Sacred Heart Place (Monday through Thursday, 8:30 a.m. to 3:30 p.m.).

"Gift suggestions would be simple board games, dolls, action figures, arts and crafts activities for older children, or sports items," said Deacon Denis Mailhot, parish social ministry coordinator for Immaculate Heart of Mary.

All items donated will be given to Catholic Charities Maine which will distribute them to families in need that have been referred to the organization by community partners.

"Our parish was overwhelmed by the generosity and number of children's Christmas gifts donated last Christmas," Deacon Denis said. "We hope that working with Catholic Charities

Maine again this Christmas will provide gifts to needy families, providing many children with joy and happiness, as families struggle during the COVID-19 virus."

"We see the power of giving every day at Catholic Charities Maine," said Bill Wood of Catholic Charities Maine's Parish Social Ministry. "To see these children and families smiling as they receive these gifts is so impactful. You realize that these are more than gifts, they are feeding the spirit as well."

For more information about "Jolly Gifts" or to make a financial donation to the initiative, contact Deacon Denis at Immaculate Heart of Mary Parish at (207) 782-8096, ext. 1203, or Bill Wood of Catholic Charities Maine at bwood@ccmaine.org.

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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

Chanukah Food for Thought



Rabbi Sruli Dresdner and his wife, Lisa Mayer, will be talking about Chanukah on a Food for Thought session on Dec. 14, presented by the LA Senior College. (Photo courtesy of LA Senior College)

From LA Senior College

What do you know about Chanukah (Hanukkah)? What does it mean, and how is it celebrated? Rabbi Sruli Dresdner and his wife Lisa Mayer have graciously offered to do an LA Senior College Food for

Thought presentation about Chanukah - with music and stories, of course!

International Klezmer personalities Sruli and Lisa have performed on PBS-TV and National Public Radio as well as at festivals, concerts and synagogues all over the world.

They were featured at the Cracow Festival of Jewish Culture in Poland, the Jerusalem Cultures Center, and in Weimar, Germany. They are scholars of Klezmer and Chassidic music and dance and teach workshops at synagogues universities and schools around the country. They are on the Faculty of KlezKanada in Montreal and have performed at the prestigious Ashkenaz Festival in Toronto.

Sruli is currently the spiritual leader of Temple Shalom Synagogue Center in Auburn, Maine where members of the Temple and guests frequently enjoy their delightful music in addition to their shared faith and wisdom.

Save the date: Monday Dec. 14 at 5 p.m.

The event is free and open to the public; just email laseniorcollege@gmail.com by noon Dec. 13. Leave your name, the event, and your email to receive a link and enjoy!

'Santa Live' & 'We Look Festive'



Children can write letters to Santa and receive a reply after his Santa Live event on Dec. 10. (Image courtesy of City of Lewiston)

From City of Lewiston

LEWISTON - Join the Family Fun!

The "Santa Live" virtual live broadcast with Santa Claus is Thursday, Dec. 10 at 6:30 p.m.

Watch the event at www.lewiston-maine.gov/youtube

While relaxing in his chair from the North Pole, Santa will be reading letters received from local children; picking four families to talk with live;

reading The Night Before Christmas; singing with viewers & his elf; showing his live reindeer cam; sharing his favorite cookie recipes (with recipe links from local bakeries); sharing a fun Santa craft; sharing his wish for Christmas, and more!

Each child who writes to Santa before Dec. 10 (with legible name/address) will receive a card from Santa via postal mail after the broadcast.

Mail letters to: San-

ta Live, c/o Lewiston City Administrator's Office, Lewiston City Hall, 27 Pine Street, Lewiston ME 04240

Special thanks to sponsors Maple Way Dental Care and Community Little Theatre, and to Lewiston's IT Department.

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Questions? Please contact Dottie Perham-Whittier, Community Relations Coordinator. Email Dottie at dottie@lewistonmaine.gov or call (207) 513-3018



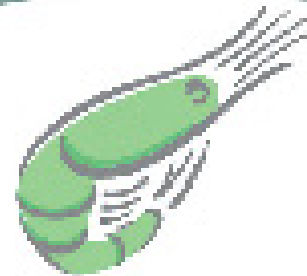
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Seniors Not Acting Their Age Savoring Freshwater Lobster



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-

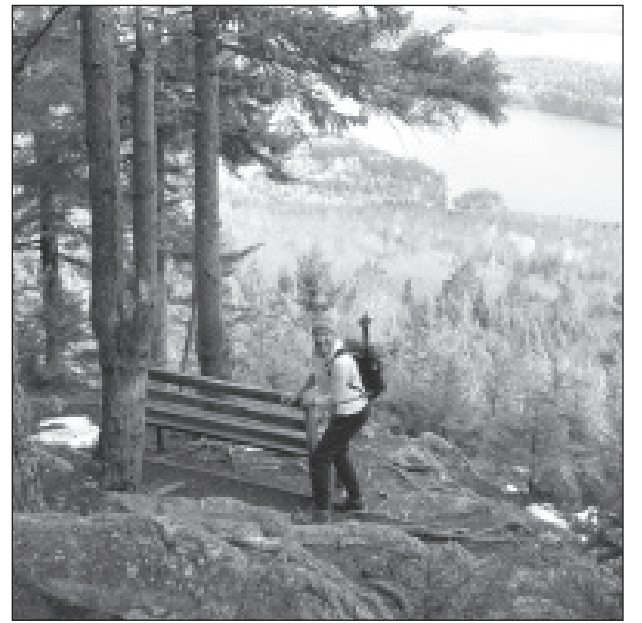
row twisting channel was detected leading to Big Claw on the eastern side of the lake. Turning south, perpetual views of distinctive Big Spencer Mountain were enjoyed while traveling to a campsite with an expansive sandy beach at the far end of the claw. Benefiting from a tailwind cruising north around 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)

Thrive

Continued from page 1

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 Wednes-

days. 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 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



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)

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 Almqvist, 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)

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




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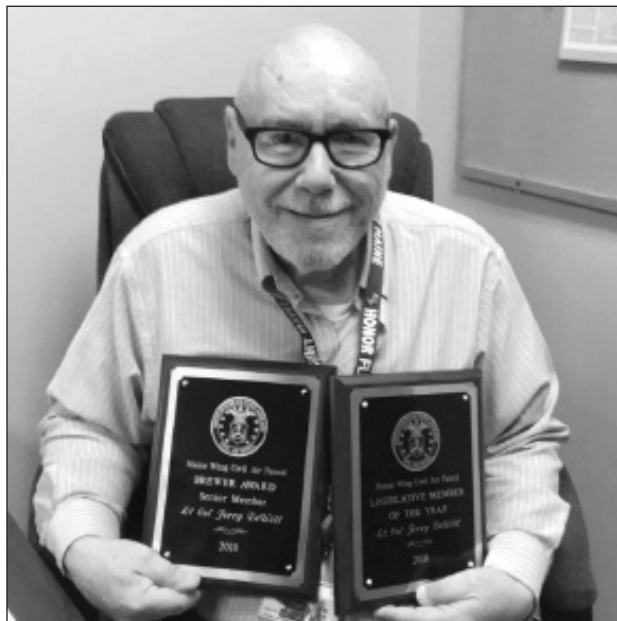


Out and About

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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John Grenier
JohnnyGrenier917@gmail.com

Auburn looks at economic development

From City of Auburn

AUBURN – During a virtual press conference last week, Auburn Mayor Jason Levesque and the city’s leadership team shared exciting economic development news.

The overall message of the press conference was that in Auburn, there are many opportunities.

“This is the culmination of years of hard work - crafting policy, creating concept, connecting with residents and businesses,” said Levesque. “Here in Auburn, we believe in a future that delivers opportunities for those who recognize and appreciate all our city has to offer.”

The Mayor, who appeared with City Manager Phil Crowell and Assistant City Manager Brian Wood, spoke of Auburn’s proactive and comprehensive response to COVID-19, from Maine’s first microgrant and loan programs, to an impactful community feeding program. And they discussed Auburn’s future growth and prosperity.

Mayor Levesque referred to “four pillars” that the city has established that will lead to economic development success, including:

- Substantial financial incentives, most with minimal regulations and mandates and with a clear focus on improving the community. (\$2.5 million value)

- Fast-track permitting and planning approval - which, according to Levesque, is “cheaper and faster than anywhere else in Maine” – combined with simplified zoning districts that promote infill, high density, cost effective development and encourage a variety of land uses that complement each other.

- A wealth of city-owned, shovel-ready lots, most in Auburn’s downtown Opportunity Zone.

- And lastly, a consistent, predictable regulatory environment. “Unlike some communities in Southern Maine, our regulations encourage growth and development,” said Levesque.

“We have a City Council that understands and appreciates what new residents, businesses and commerce can bring,” said Levesque. “We want to blend growth with conservation in a true win-win scenario. You will not hear our team saying ‘no,’ but rather ‘how?’”

As an example, the mayor cited discussions scheduled for this evening’s city council meeting, which will explore exempting veterans and veteran-owned small businesses from new construction and permitting fees in order to encourage those who served (and those who continue to serve) to come to Auburn.

City Manager Phil Crowell presented the restructure of the city’s economic development team. “Auburn has experienced considerable growth recently,” said Crowell. “As a result, and in response to our recent Strategic Planning process, it became evident that we needed to restructure our Economic and Community Development Department.”

Eric Cousens, who has served Auburn for nearly 15 years, most recently as the city’s Deputy Director of Economic & Community Development, has been named the Director of Auburn’s Planning and Permitting.

Glen Holmes has been named as Director of Business and Community Development. “Auburn is fortunate to have many outstanding businesses who have been part of the fabric of our community for many years,” said Crowell. “We need to come along-

side those businesses, assist with expansions, focus on workforce development strategies, and explore financial tools to help make them more successful.”

Jay Brechick has been named as Director of Economic Development. “It is vital for Auburn to support smart growth and attract new business,” added Crowell.

According to Cousens, Auburn has streamlined ordinances to make permitting faster, less expensive, and more predictable than can be found elsewhere, including a one-stop coordinated experience from initial project discussions, to site location assistance, incentives to overcome hurdles, timely local and State delegated permit reviews at a cost of 25% of normal State fees, and fast turn-around.

Downtown Form Based Code Districts and preapproved industrial or commercial subdivision lots are eligible for quick staff level site development approvals for most uses.

Private investor partnerships available and willing to build to suit for solid tenants and industry clusters.

Cousens also shared that, in the first half of 2020, despite COVID, Auburn permitted 288,000 sq ft of new structures at the building permit level and during the same period staff and the Planning Board approved sites totaling \$55.8 Million dollars in new structures. That’s 269,000 square feet of new floor area and two solar projects totaling \$34 Million in investment with 80 acres of new panels. The second half of 2020, since July 1st, is shaping up to be even better and Auburn has issued permits totaling approximately \$21M in construction costs over 300,000 square feet of residential and commercial/

industrial space.

Currently applied for permits that are under review (and are expected to be issued this month) total 154,551 square feet and \$17M in construction costs. Included in this number is a great mix of industrial projects, many single-family homes, 48 new market rate multifamily units (36 riverfront) and utility upgrades.

With over 38,000 acres of land mass, in which over 50% is under or undeveloped, (more than twice the size of the entire city of Portland), Auburn has and will continue to strike a balance between a dense urban core, beautiful, rolling neighborhoods and a forested rural character, with diverse and accessible recreational and agricultural areas throughout.

Before wrapping up the press conference, Assistant City Manager Brian Wood revealed Auburn’s new economic development marketing campaign: “Auburn: Where your next opportunity is closer than you think!”

“We are committed to continuing to build upon the amazing, storied, and dynamic history that has made Auburn this unique blend of urban, suburban and rural,” said Wood. “We continue to support and invest in our community and in our businesses that call Auburn home.”

“To those looking for a new place to call home, Auburn is closer than you think,” added Wood. “We are less than an hour from the Jetport, from the beach, and from the mountains! We have an amazing team here, and we know the future of Auburn is bright. We invite you to build your future right here in Auburn!”

To connect with Auburn’s economic development team, visit www.GoAuburn.me.

Auburn Council meets Nov. 30

From City of Auburn

AUBURN - City Council Special Meeting, Monday, Nov. 30.

This Special City Council meeting will be conducted in Council Chambers. This is a Special City Council Meeting and no public comment period is planned. Citizens may gather in the Community Room to observe the meeting or may watch on Great

Falls TV (cable channel 11) and on the City of Auburn YouTube channel.

5:00 p.m. - City Council Special Meeting - Roll call votes will begin with Councilor Walker.

Following the Pledge of Allegiance, The City Council will review sections of the City Charter and may act by making a motion and proposing amendments in the form of a Council order.

New drive-through testing site in Auburn

From City of Auburn

AUBURN – The City of Auburn opened a new drive-through COVID-19 testing site last Friday at the Great Falls Plaza at the Downtown Auburn Transportation Center.

The site will provide 3-Day standard PCR testing (self-administered na-

sal swab) at no cost to participants, who must be over 2 years old.

No referral or proof of insurance is need, but an appointment is required.

The site will be open Tuesday-Saturday, 9:30 a.m.-4:30 p.m.

To book an appointment, visit: www.Covid-TestForME.com/auburn

No Trash/Recycling Collection

From City of Auburn

AUBURN –The City of Auburn Public Works Department would like residents with curbside pickup to know that there will be no trash and recycling collection on the upcoming Thanksgiving holiday on Thursday.

Regularly scheduled collection will resume on Friday.

Residents whose items will not be collected on Thursday are welcome to drop their trash and recycling at Maine Waste to Energy, 110 Goldthwaite Road, at no charge. MWE is also closed on Thanksgiving, but will reopen on Friday, Nov. 27 at 7 a.m.

The team at Auburn Public Works wishes everyone a safe and very happy Thanksgiving.

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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

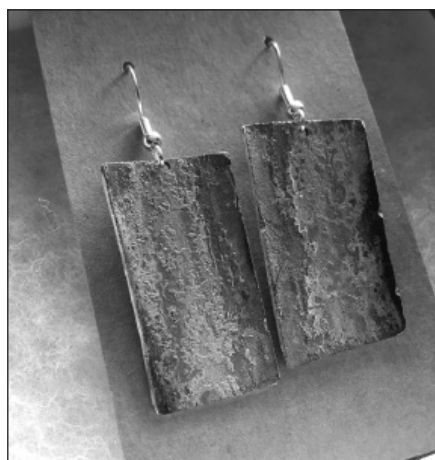
Marketfest are Carl M.P. Larrabee Agency, Carriage House Gardens, First Fed-

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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CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

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

\$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.

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.

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Seeking Classic Car Storage

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BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybell.com.

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

BUSINESSES FOR SALE

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FOR SALE

Cutting Boards

I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes 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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Send all items for What's Going On to the Editor. Deadline is Friday by five.

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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 WILLIAMS-BURG & 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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VOTED BEST CASUAL RESTAURANT GIPPER'S SPORTS GRILL (786-0715) 120 CENTER ST. AUBURN	VOTED BEST BUILDER BOUFFARD & McFARLAND BUILDERS (783-6224) 1543 HOTEL RD. AUBURN
VOTED BEST LANDSCAPE COMPANY DAVIS LANDSCAPE CO., INC. (353-4848) 78 LISBON ST.. LISBON	VOTED BEST DELI/SANDWICH SHOP HEATHCO'S PIZZA AND VARIETY (689-9175) 375 COURT ST. AUBURN
VOTED BEST BANQUET/FUNCTION FACILITY RAMADA INN & CONFERENCE CENTER (784-2331) 490 PLEASANT ST. LEWISTON	VOTED BEST TOWING SERVICE (946-5650) LINDY'S AUTO REPAIR & SALES 518 ROUTE 202 GREENE
VOTED BEST INSURANCE AGENCY BILODEAU INSURANCE (784-4029) 541 LISBON ST. LEWISTON	VOTED BEST PIZZA HEATHCO'S PIZZA AND VARIETY (689-9175) 375 COURT ST. AUBURN
VOTED BEST BREAKFAST PLACE ROLLY'S DINER (753-0171) 87 MILL ST. AUBURN	VOTED BEST AUTO BODY REPAIR ARMAND'S AUTO BODY, INC. (782-7113) 31 BLAKE ST. LEWISTON
VOTED BEST TANNING SALON BEACH BUMS (783-8422) 250 CENTER ST. AUBURN	VOTED BEST NAIL SALON NAIL JUNKEE (344-5094) 250 CENTER ST. AUBURN
VOTED BEST CHIROPRACTOR NADEAU CHIROPRACTIC ASSOCIATES (777-1104) 336 CENTER ST. AUBURN	VOTED BEST MARTIAL ARTS INSTRUCTION PHOENIX ACADEMY OF MARTIAL ARTS (577-1046) 945 CENTER ST. AUBURN
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VOTED BEST REAL ESTATE COMPANY FONTAINE FAMILY THE REAL ESTATE LEADER (784-3800) 336 CENTER ST. AUBURN	VOTED BEST TAKEOUT HEATHCO'S PIZZA AND VARIETY (689-9175) 375 COURT ST. AUBURN
VOTED BEST SUSHI RESTAURANT SEA 40 JAPANESE CUISINE (795-6888) 40 EAST AVE., #2 LEWISTON	VOTED BEST CHILD CARE/PRESCHOOL DONNA'S DAYCARE CENTER (784-6769) 977 SABATTUS ST. LEWISTON
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VOTED BEST MASSAGE THERAPY REVELATION MASSAGE (376-3233) 577 MAIN ST. LEWISTON	VOTED BEST EQUIPMENT RENTAL COMPANY KENNEBEC EQUIPMENT RENTAL CO. (783-2007) 629 WASHINGTON ST. AUBURN
VOTED BEST ATTORNEY FALES & FALES, P.A. (786-0606) 192 LISBON ST. LEWISTON	VOTED BEST PROPERTY MANAGEMENT COMPANY LABRECQUE PROPERTY MANAGEMENT (375-8694) 1339 SABATTUS ST. LEWISTON
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