



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

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Auburn matching rebate program for energy efficiency

From City of Auburn

AUBURN - One of the highest costs of home ownership is energy. Because of increasing utility costs, consumers are seeking innovative solutions.

Energy efficiency is a great way to save energy and money, and often improve comfort, safety, and maintenance costs in the process.

It is widely known that Efficiency Maine offers financial incentives on the purchase of high-efficiency equipment or changes that help people save electricity, natural gas and other fuels throughout Maine. Through the Sustainable Auburn Matching Rebate Program, Auburn residents can double their Efficiency Maine rebates!

In 2021, the Auburn City Council designated \$250,000 of Auburn's American Rescue Plan Act (ARPA) funding for the creation of this program. Any Auburn



OUR COMMITMENT TO A CLEANER, GREENER CITY

homeowner who received an Efficiency Maine rebate/incentive on or after September 1, 2021, qualifies for a matching grant from the City of Auburn. The application process is simple and can be found

on the city's website: www.auburnmaine.gov.

The program is limited to residential applicants only (no commercial applications will be accepted) and applies to any of the incentives offered by Efficiency Maine, except vehicles. Applicants must have already received the Efficiency Maine rebate prior to applying for the match. The maximum grant amount per household per year is \$1,000. Applicants are invited to submit multiple Efficiency Maine rebates, however the total amount issued per applicant, per address, per year shall not exceed \$1,000.

Applicants must be Auburn residents, and the residence where the energy efficient improvements are being made must be in Auburn. Proof of receipt of an Efficiency Maine rebate is required. There are no income restrictions to qualify for this program. All Auburn homeowners are encouraged to apply.

Firehouse Subs releases BBQ Cuban Sub



Leading international sandwich brand Firehouse Subs is introducing the BBQ Cuban Sub, a limited-time sub featuring spicy pickle chips and a sweet mustard BBQ sauce. Firehouse Subs is located at 410 Center Street in Auburn. (Photo courtesy of Firehouse Subs)

From Firehouse Subs

JACKSONVILLE, FL. – Firehouse Subs is introducing its latest creation, the BBQ Cuban Sub, just in time for the fall season.

Available for a limited time at all U.S. Firehouse Subs locations, including the one at 410 Center Street in Auburn, this new menu item features slow-smoked pulled pork, freshly sliced Virginia honey ham, and melted Swiss cheese. Other toppings include sweet and smoky chipotle slaw, spicy pickle chips, mayo, and a sweet mustard BBQ sauce on a toasted sub roll.

"While developing this sub, I wanted to be sure to combine the best ingredients of a Cuban sandwich and classic all American BBQ sandwich," said Firehouse Subs Director of Product Development Jay Miller. "New and unique elements of this sub include spicy pickle chips and sweet and smoky chipotle slaw that result in a flavorful, bold sandwich. We look forward to closing out the year with another Firehouse Subs creation that guests will love and appreciate."

This hearty new sub is available for a limited time to all Firehouse Subs guests via dine-in, phone, carryout, online ordering or third-party delivery orders as well. The sub will also be available via drive-thru and curbside pick-up where applicable. Rewards points may be redeemed for food rewards like free subs. Firehouse Rewards members are the first to know about promo-

See Sub, page 14

Veterans Day community prayer service



Community members honor veterans at a previous Veterans Day community prayer service at Holy Family Church on Sabattus Street in Lewiston. The church will host the 17th annual event starting at 6:30 p.m. on Friday, Nov. 12. (Photo courtesy of Holy Family Church)

From Holy Family Church

LEWISTON - Prince of Peace Parish at Holy Family Church located at 607 Sabattus Street in Lewiston will host a community-wide Veterans Day Prayer Service.

This is the seventeenth year that the church is offering the "We Remember and Give Thanks" evening of reflection honoring those who have served and those who are currently serving in the United States Armed Forces.

This service will start at 6:30 p.m. on Friday, Nov. 12, at Holy Family Church. This is a community service and all are invited no matter what religion or faith affiliation.

Area clergy will join together to commemorate our brave men and women in prayer and song, including Fr. Patrick Finn, Parochial Vicar Prince of Peace Parish, Lewiston; Rev. Marian Marks, Pastor, Grace Lutheran Church, Auburn; and Rev. Donald Cogle, Pastor, First Assembly of God Church, Lewiston.

The choir will be directed and accompanied by Dr. Paul Caron, who will perform his own arrangement of mili-

See Prayer, page 9

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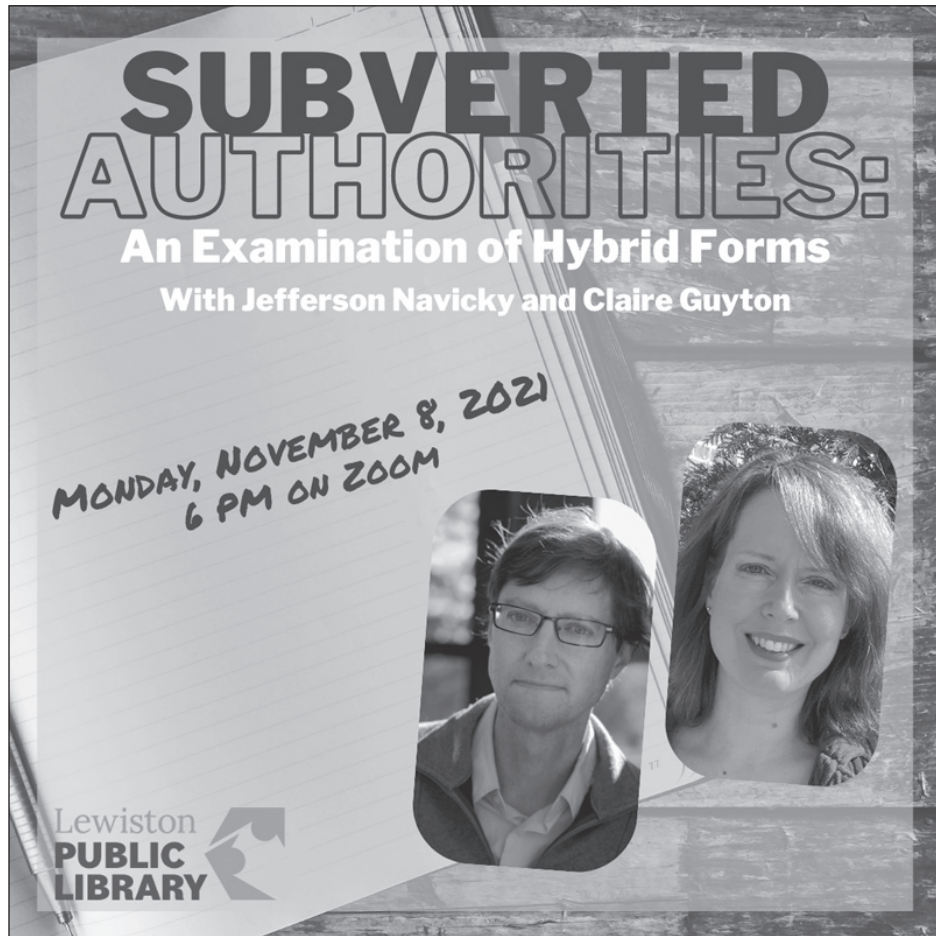
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Newsmakers, Names & Faces

‘Subverted Authorities: An Examination of Hybrid Forms’ on Nov. 8



From LPL

LEWISTON - The Lewiston Public Library will host poet and archivist Jefferson Navicky and writer and editor Claire Guyton for a discussion on hybrid forms of writing on Monday, Nov 8.

This free, public program will take place from 6 - 7 PM virtually on Zoom and streamed to the Library's Facebook page.

Prose poems and flash fiction sit close to one another in the world of literary genre, both difficult to categorize. Like outsiders at a family reunion, they draw attention and confused looks from the more established literary families. What defines these hybrid forms, and why are some writers drawn to them? What can writers accomplish with a prose poem or flash fiction that can't be done in more

traditional poetry and short stories? Why write in the margins of genre?

Join us as writers Jefferson Navicky and Claire Guyton attempt to answer these questions and read examples from their own work, including from Jefferson's new book *Antique Densities: Modern Parables & Other Experiments in Short Prose*.

Jefferson Navicky is the author of "Antique Densities: Modern Parables & Other Experiments in Short Prose", as well as the poetic novel, *The Book of Transparencies*, and the story collection, *The Paper Coast*. He has been awarded a Maine Arts Commission grant, two Maine Literary Awards, and was the 2019 winner of the Maine Postmark Poetry Contest. He is the archivist for the Maine Women Writers Collection.

Claire Guyton has

been a Maine Arts Commission Literary Fellow and twice a finalist for the Maine Literary Award, and her work has been selected for the Best Small Fictions anthology and nominated for a Pushcart. Her short fiction appears in numerous journals, as well as in the Maine anthology "Summer Stories". She is the co-founder and co-editor of *Waterwheel Review*, and the co-founder and co-organizer of the reading series *Local Writers Read*. She works in Inter-Library Loan at the Lewiston Public Library.

The Zoom registration link will be posted to the Lewiston Public Library website (lplonline.org) and Facebook page prior to the program. For more information, contact the LPL Adult & Teen Services desk at 513-3135 or LPLReference@lewiston-maine.gov.

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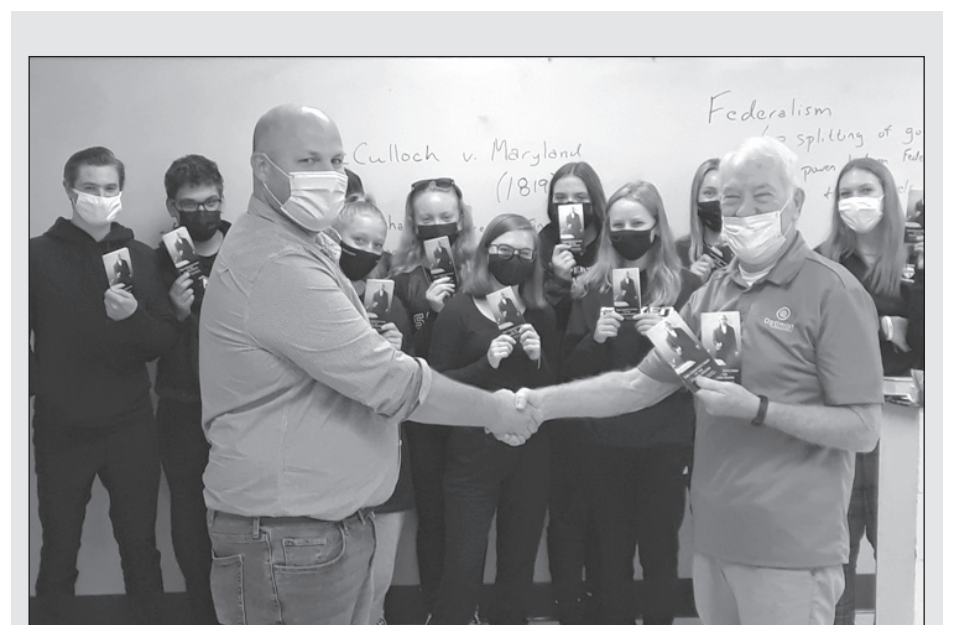
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St. Doms' Teacher Stephen Shukie receives a donation of "pocket constitutions" from Lewiston-Auburn Optimist Club President, George Mathews, as students of the St. Doms' AP US Government and Politics class hold their own pocket constitutions. The Optimist Club has been donating these constitutions to students, parents, schools and other interested organizations over the past decade. Additional pocket constitutions are still available from the Optimist Club by contacting any member or by emailing gwmathews91@gmail.com. (Photo courtesy of L-A Optimist Club)

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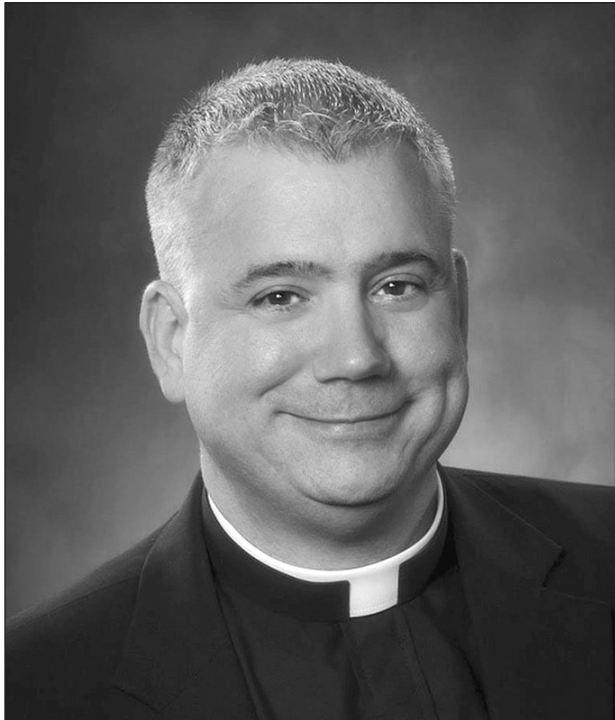
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Newsmakers, Names & Faces

National Speaker to present four-day mission in Lewiston



Fr. Larry Richards will present a four-day mission in Lewiston in early November at the Basilica of Saintes Peter & Paul in Lewiston. (Photo courtesy of Portland Diocese)

From Portland Diocese

LEWISTON - Fr. Larry Richards makes two promises to anyone who attends part or all of his four-day mission in Lewiston.

“One, you will never be bored. And two, your life will be changed forever.”

A nationally known and captivating presenter, author, and TV and radio host, Fr. Larry has conducted hundreds of parish missions, conferences, and retreats. He is known to make the love of God real in his presentations. In 2014, his four-day presentation at Good Shepherd Parish in Saco drew standing room only crowds and are still talked about.

“It is my prayer that Fr. Larry Richards will begin a renewal of faith for all of us,” said Fr. Daniel Greenleaf, pastor of Prince of Peace Parish in Lewiston. “Please consider bringing someone to the mission who has been away from the Church by challenging him or her to at least attend one evening. Who knows how Fr. Larry, through the inspirations of the Holy Spirit, may speak to his or her heart to return to the Church? May God do great things in our midst.”

The mission will take place at the Basilica of Saints Peter & Paul, located on 122 Ash Street in Lewiston, Monday, Nov. 8, through Thursday, Nov. 11. The event runs from 7-9 p.m. each night.

Homebound individuals who would like to participate should call the parish office at (207) 777-1200.

All are welcome, including people of other faiths and no faith.

The themes for each day are:

Monday

Knowing God’s love and practical information on how to pray.

Tuesday

Love of others and the importance of family.

Wednesday

Passion of Christ and repentance with individual confessions.

Thursday

A healing service in the context of adoration.

Ordained to the priesthood in 1989 for the Diocese of Erie, Pennsylv-

ania, Fr. Larry speaks from his experiences as a pastor of an inner-city parish, a high school chaplain, and a counselor. Fr. Larry’s book “Be a Man! Becoming the Man God Created You to Be!” is a #1 best seller for Ignatius Press. He is the host of *The Reason for Our Hope* and *Open Line* on EWTN and *Changed Forever* with Father Larry Richards on Relevant Radio. He is also the founder of the Reason for Our Hope Foundation, a non-profit organization dedicated to spreading the Good News of Jesus Christ through CDs, DVDs, and books.

For more information, call (207) 777-1200 or visit www.princeofpeace.me/fr-larry-richards.

Graveyard walk on Saturday

From AHS

LEWISTON - Androscoggin Historical Society has planned a graveyard walk at Riverside Cemetery in Lewiston on Saturday at 1 p.m.

Please meet at the entrance gate at 192 Summer St. Participants will be limited to 15, so pre-registration will be necessary. Please call 207-784-0586 or email info@androhist.org

Leeds Historical

tour

Androscoggin Historical Society will sponsor a tour of the Leeds Historical Society located in front of the Leeds Town office on Sunday, Nov. 14th, at 1:00 pm. There will be an optional walk up “Monument Hill” following the tour, for those who relish a fall walk. This event also requires pre-registration, and masks are necessary inside the building. To register for these activities, contact

Androscoggin Historical Society at 207-784-0586 or email info@androhist.org

AHS was founded by the DAR in 1923 to promote the study of the history of Androscoggin County and its citizens, and to archive the records, relics and mementoes of that history.

AHS is located on the third floor of the Androscoggin Court House at 2 Turner St in Auburn.

Books in a Bind at LPL on Nov. 4

From LPL

LEWISTON - Lewiston Public Library, in collaboration with Purplebean Bindery, is hosting a book binding workshop for adults and teens on Thursday, Nov. 4.

This free, public program will take place from 4:30-6:30 p.m. in the Couture Room at the Lewiston Public Library.

Anna Low of Purplebean Bindery will teach a class on book-binding,

including a workshop on how to make folded accordion books. Participants will create a single sheet folded accordion book with pockets, perfect for love notes, business cards, or any fun paper ephemera.

Several books can be made in this two hour class and each student will leave with printed instructions on how to continue creating folded books on their own at home.

This program is free and open to adults and

teens only. Space is limited - registration is required.

Books in a Bind: Accordion Book Workshop is co-sponsored by the Lewiston Public Library and Purplebean Bindery. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. For more information or to register for this program, contact the Lewiston Public Library at LPLReference@lewistonmaine.gov or 513-3135.

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Guest Column

Don't read too much into it

By Grammar Guy

I wouldn't say I have a book problem. It's more like I have a time problem.

You see, the pile of books on my bedside table keeps growing. The stack features stories and accounts I'm looking forward to reading, but I just can't find the time. But this isn't the entire story.

You see, I own this handheld digital rectangle called an Amazon Kindle.

This rectangle holds hundreds of books on a simple black-and-white screen. While reading it, I can press my finger on a word I don't understand and the rectangle will define the word for me. It's fantastic.

Again, I see this less as a "book" problem and more of a "time" problem. Too many books, not enough time. There's a term for people like me: bibliobibuli. Coined by author H.L. Mencken in 1956, bib-

liobibuli means "the type of people who read too much."

In "Minority Report," a compilation of Mencken's notebooks published after he had a stroke, the author writes, "There are people who read too much: bibliobibuli. I know some who are constantly drunk on books, as other men are drunk on whiskey or religion. They wander through this most diverting and stimulating of worlds in a haze, seeing nothing and hearing nothing."

ing."

While I'm also fond of whiskey and religion, but books have a special place for me. As a bibliophile (a person who either collects or has a great love for books), I go back and forth in a struggle between physical and digital books. I love how physical books have a place on the shelf. The pulpy paper of their pages reveals intentionally laid out letters forming shapely paragraphs.

On the other hand, digital books have a backlit screen, which allows me to read without the aid of my bedside lamp. As I'm fond of reading late into the night, I find it more conscientious to have my lamp off so my wife can fall asleep more easily. And then there's always a question of ownership: do I actually own a digital book? I'm not sure.

So now you understand my dilemma. In many ways, I find it more conve-

nient to read digital books on my Kindle. At the same time, I love a physical book. Give me a good dust jacket on a first edition and you'll find one happy word nerd. I hope I never find a cure for my need to read.

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.

Letter to the Editor

Protect Maine's Workers

Senator Susan Collins' family has run a local lumber company since 1844. In her own words, family-owned businesses like these -- and the workers that power them -- are the "heart and soul of many Maine communities."

But now, those workers are under threat from President Biden's sweeping immigration proposal. The White House is attempting to ram this massive social-engineering ex-

periment through Congress in the midst of our recovery from a devastating pandemic. It's ill-timed, divisive, and will harm a broad swath of people who have to work hard for a living.

Folks on the left seem hesitant to admit that increased immigration could have harmful effects on anyone, including the working class. But studies have shown that increases in immigration result in lower incomes and fewer

job opportunities for many workers already living in the United States.

The sheer scale of President Biden's plan is unprecedented. It would grant the right to work openly to 11 million illegal immigrants. That's over eight times the entire population of Maine. It'd also greatly expand legal immigration and guestworker programs. All told, it could increase the number of legal U.S. residents by

37 million people in just a decade.

Those new workers will compete for jobs with Americans already struggling with the cutbacks, furloughs, and layoffs caused by the pandemic.

The long-term effects are just as troublesome. Although Biden's plan is trumpeted as "healing," it will in fact harm many of the people who voted for him. These are the workers who don't have tech expertise and compete for lower-skilled, often manual-labor jobs. And that's exactly where the flood of immigrants -- who by and large are low-skilled -- will be heading.

To make matters

worse, immigrants usually work at the low end of the pay scale, putting downward pressure on wages for everyone.

Here in Maine, our population is blue-collar. Mainers make their living in paper mills and on fishing boats. We work in restaurants, retirement homes, and small-scale manufacturing operations. We don't have the white-collar privilege that shields us from immigrant competition. So we can't so easily say "all this doesn't affect me" because it does.

And we vote.

Sen. Collins knows her voters. And she knows how they feel about am-

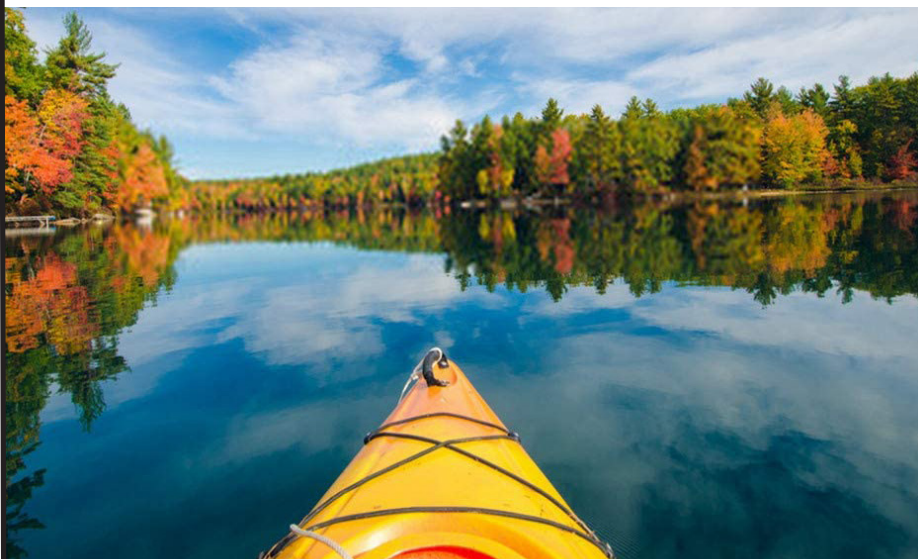
nesty. President Biden may want to take credit for "solving" the issue of illegal immigration by simply ruling that the problem no longer exists. But loggers and millworkers know otherwise. So, one hopes, does Sen. Collins. If this bill passes, the problem won't go away, it will become worse for many Americans.

Nicole Kalloch

Nicole Kalloch is a Rockland resident and Maine Maritime Academy graduate who works for a small business that provides engineering expertise to the aerospace, defense, and national security industries.

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Out and About

Ocktoberfest at Schooner Estates

By Rachel Morin



John Rice, Schooner Director of Operations, made a hit at the Ocktoberfest this year with his Bavarian outfit. (Rachel Morin Photo)

AUBURN - Oktoberfest was celebrated at Schooner Estates in Auburn with a traditional feast of German Bavarian foods and delicacies as prepared by Food Service Director Seth Lyons and Food Service Assistant Todd Hopkins.

It was the first-ever Oktoberfest celebration at Schooner, and the Chefs really outdid themselves with their culinary expertise.

The multiple-course meal was served to the residents in the Village Green by the Schooner wait staff at their regular dining times. Things moved smoothly and everyone was pleased with the well-planned serving of the meals with nary a glitch in timing.

The dishes were at-

tractively arranged with the Bavarian food and colorful garnishes added to the presentation.

Included in the menu were Appetizer, Crispy Bratwurst and Sauerkraut Balls, Salads, German Potato Salad, Cucumbers in Mustard Dressing, Shaved Brussel Sprouts and Bacon Salad.

Entrees, Reuben Pizza, Pork Schnitzel in Mushroom Cream Sauce, Salmon with Apple Braised Sauerkraut, Schinkennudeln (Fried Pasta w/Ham) and Braised Red Cabbage.

The Finale was Black Forest Brownie Sundae, Linzer Cookies and pears with a honey drizzle.

John Rice, director of operations at Schooner, added to the atmosphere, garbed in the traditional lederhosen and cap, with the



Mac Brackett, left, and Doris Ham listen as John Rice tells a story. (Lindsay Remington Photo)

German Bavarian embroidered suspenders.

Residents were delighted to see John's outfit as he made the rounds, visiting them at their tables and swapping stories.

During Schooner's Oktoberfest celebration, we learned Oktoberfest began as a wedding celebration more than 200 years ago on October 12, 1810 when Bavaria's Crown Prince Ludwig married Princess Therese von Sachen-Hildburghausen.

The wedding was celebrated in Bavaria with multiple days of drinking, feasting and horse racing. The celebration became an annual holiday event.



Norm St. Pierre, Ann Wallace and Art Turner raise their glasses in a special toast to the First Ocktoberfest at Schooner. (Lindsay Remington Photo)

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



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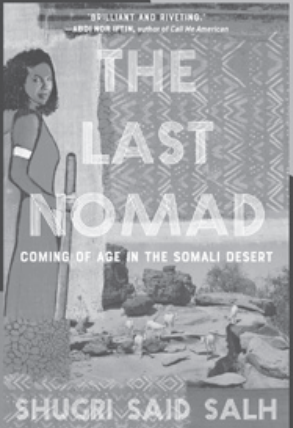

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Arts & Entertainment



A talk about 'The Last Nomad' via Zoom on Nov. 9

**The Last Nomad:
Coming of Age in
the Somali Desert**

A Program with Author
Shugri Said Salh

**Tuesday, November 9, 2021
7 PM on Zoom**

From LPL

LEWISTON - Author Shugri Said Salh will speak about her debut book, "The Last Nomad: Coming of Age In the Somali Desert" in a conversation with Mana Abdi, program coordinator at the Bates College Office of Intercultural Education on Nov. 9.

This free, public program, hosted by the Lewiston Public Library, Bates College, and Maine Community Integration will take place at 7 p.m. on Tuesday, Nov. 9, on Zoom and will stream to the Library's Facebook page.

Born in Somalia, a spare daughter in a large family, Shugri Said

Salh was sent at age six to live with her nomadic grandmother in the desert. The last of her family to learn this once-common way of life, Salh found herself chasing warthogs, climbing termite hills, herding goats, and moving constantly in search of water and grazing lands with her nomadic family.

For Salh, although the desert was a harsh place threatened by drought, predators, and enemy clans, it also held beauty, innovation, centuries of tradition, and a way for a young Sufi girl to learn courage and independence from a fearless group of relatives. Salh

grew to love the freedom of roaming with her animals and the powerful feeling of community found in nomadic rituals and the oral storytelling of her ancestors.

As she came of age, though, both she and her beloved Somalia were forced to confront change, violence, and instability. Salh writes with engaging frankness and a fierce feminism of trying to break free of the patriarchal beliefs of her culture, of her forced female genital mutilation, of the loss of her mother, and of her growing need for independence. Taken from the desert by her strict father and then displaced along with

millions of others by the Somali Civil War, Salh fled first to a refugee camp on the Kenyan border and ultimately to North America to learn yet another way of life.

In "The Last Nomad", Salh tells her inspiring story about leaving Africa, learning English, finding love, and embracing a new horizon for herself and her family.

"The Last Nomad" was named an Apple Best Book of the Month in August 2021, and an Amazon Best Biography & Memoir Book of the Month for 2021. Kirkus Reviews described it as "A cleareyed and moving chronicle of her coming-of-age during

a tumultuous time in the history of her native Somalia... a thoughtful look at life in an often-misunderstood culture and region."

Shugri Said Salh was born in the Somali desert. In 1992, she immigrated to North America after civil war broke out in her home country. She attended nursing school at Pacific Union College and graduated with honors. Although this is her first book, Salh has been storytelling since she could talk. From her grandmother and the nomadic community in which she was raised, she heard stories and learned of their power to entertain, teach, and transform. When she isn't writing or telling stories, she works as an infusion nurse. She lives in Sonoma County with her husband and three children.

Interviewer Mana Abdi, born in Kenya and of Somali descent, moved with her family to the U.S. when she was eleven. After graduating from Lewiston High School, she earned a B.A. in political science and international and global studies at the University of Maine Farmington, where she helped create campus initiatives and programming to increase equity, inclusion, and diversity. As Vice President of the Maine Youth Network,

Abdi's focus is to uplift and empower youth who share her experience as a refugee. She is passionate about providing immigrant children and young adults the necessary tools to compete and succeed in life. At Bates, she works with others to create a just, safe, sustainable, and collaborative community.

The Zoom registration link will be posted to the Lewiston Public Library website (lplonline.org) and Facebook page prior to the program. For more information, contact the LPL Adult & Teen Services desk at 513-3135 or LPLReference@lewistonmaine.gov.

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UMaine 4-H team brings home blue ribbons



UMaine Extension 4-H dairy team members (left to right) Kat Leach, Jillian Sawyer, Alexis Landry and Owen Brown after taking first place in the quiz bowl at the "Big E" Springfield Exposition in Springfield, MA, in mid-September. (Photo courtesy of UMaine Extension)



UMaine Extension 4-H dairy team members (left to right) Alexis Landry, Jillian Sawyer and Owen Brown during the cooking competition at the "Big E" Springfield Exposition in Springfield, MA, in mid-September. (Photo courtesy of UMaine Extension)

From UMaine

ORONO - University of Maine Cooperative Extension 4-H welcomed four members of the state dairy team home after their successful event competitions at the Eastern States Exposition Sept. 17-18 in Springfield, MA.

The multistate fair, known as the Big E, is an annual event that draws 4-H members from across the Northeast. UMaine Extension 4-H was represented in part by dairy team members Owen Brown of Exeter; Alexis Landry of Gorham; Jillian Sawyer of Limington; and Kat Leach of Arundel. Events included the 4-H dairy quiz bowl and two dairy cooking competitions, which involved creating grilled cheese sandwiches and extreme milkshake recipes.

The Maine 4-H dairy team took first place in the quiz bowl competition, with Leach named high-scoring junior and Sawyer named high-scoring senior in written exams. Brown, Landry and Sawyer also won first place in the grilled cheese sandwich competition. In the extreme milkshake competition, Brown and Leach took first place for their en-

try using only Maine-made ingredients.

For more information about Extension 4-H programming, contact 207.581.3877, jessica.brainerd@maine.edu; or visit the Maine 4-H website.

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine

county. UMaine Extension helps support, sustain and grow the food-based economy.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service.

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Prayer

Continued from page 1

tary songs that honor the branches of our military as the various flags are presented.

The Kora Temple Pipes and Drums will once again provide special renditions, and Bugles Across America will sound Taps in memory of the fallen.

All veterans, active and inactive, and their families and friends are invited to attend.

And the whole community is invited to pray and give thanks to our veterans. All are welcome, regardless of denomination or faith affiliation.

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

Minot church fair on Nov. 6.

MINOT – The Minot United Methodist Church will conduct a church fair from 9 a.m.-1 p.m. on Saturday, Nov. 6.

Located on Rt. 121

at the corner of Minot Ave. and Empire Rd, the church will be selling home cooked foods, candy & fudge table, crafts, Christmas gifts, Old Fash-

ion Store Cheese, lots of Knit items, Silent Auction and more.

Lunch will be Fish Chowder, Corn Chowder, Chili and Mac & Cheese.

It will be TAKE OUT ONLY and will be ready at 11 a.m.

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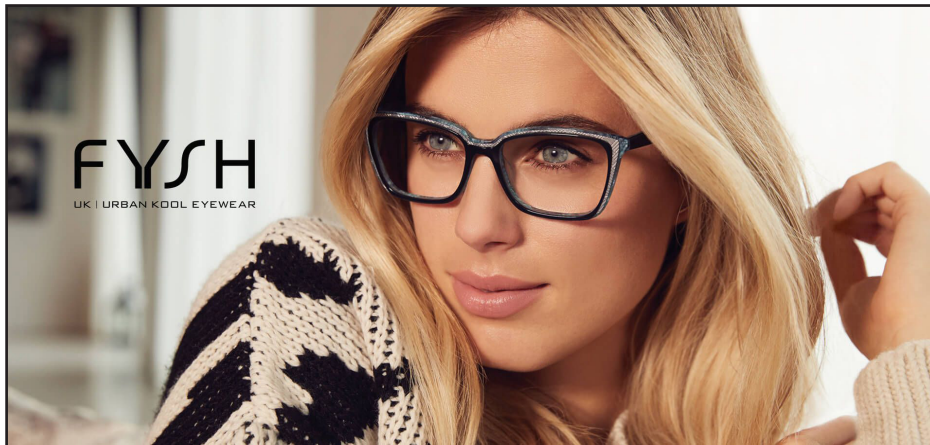
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Seniors Not Acting Their Age

Circumnavigating Swan Island



Three paddlers enter Merrymeeting Bay on the east side of Swan Island. (Ron Chase photo)

By Ron Chase

Swan Island on the Kennebec River near Richmond has always intrigued me.

I grew up a few miles north in Gardiner and Randolph. Since my ancestors included Native Americans who lived along the Kennebec River, there is a good chance some of them inhabited the Abenaki Indian villages that were once located on the island.

The history of Swan Island is a colorful one. Prior to the arrival of European settlers, members of the Abenaki Nation known as the Kennebec tribe occupied villages on both Swan Island and nearby Little Swan Island during prehistoric times. The influx

of Europeans in the 17th century brought decades of conflict. As the numbers of settlers increased, the Native Americans were gradually forced from the islands.

In the 19th century, Swan Island became a thriving community where farming, fishing, lumbering, ship building, and ice cutting flourished. These industries declined in the early 1900s and the population moved away.

The Maine Department of Inland Fisheries and Wildlife began buying land on the island in the 1940s. In 1971, Swan Island became a state Wildlife Management Area and with the purchase of a cemetery in 1988 the entire island is now owned by

the state. While providing a sanctuary for wildlife is the primary mission, it also permits camping, hiking, paddling, biking, and other outdoor activities.

Recently, my son, Adam, and I decided to circumnavigate of Swan Island. Two friends, John Brower and Cath Kimball, agreed to join us. John is one of a handful of outdoor friends who is actually older than I am, so seniors were well represented on the trip.

Tides are a factor to be considered when paddling around Swan Island. Tidal ranges as high as seven feet can result in powerful currents when coupled with river flow. The Kennebec River is unique because above Merrymeeting

Bay it is a freshwater tidal zone. Six rivers converge on the bay creating an outflow that exceeds the volume of the incoming tide and prevents most of the salt from entering.

It was low tide when the four of us met midday at the Swan Island Ferry Landing in Richmond. Our original plan was to depart two hours earlier to take advantage of an outgoing tide but heavy morning rains resulted in a change of plan. By the time we arrived, rain had subsided and skies were clear. Three of us were in sea kayaks while John, who is an avid canoeist, paddled a solo canoe.

The island including consequential tidal flats on the south end is about 4.5 miles long. Moderately strong northwest headwinds were anticipated during the trip back. We decided to begin by navigating south on the east side of the island and returning on the narrow western passageway which would provide more protection from the wind.

After rounding the northern end of the island, we began our journey south. A tailwind helped propel us through Lovejoy Narrows with the forested shore of the Town of Dresden on our left. Two large eagles were observed in a tree overhanging the Swan Island riverbank. They were the first of several eagles sighted during our voyage. This seemed appropriate as some believe



A kayaker begins a circumnavigation of Swan Island. (Ron Chase photo)

the name Swan originated from the Abenaki word Swango which meant "island of eagles."

We soon approached Little Swan Island. While the others continued on the east side, I chose to paddle the inside channel called Little River past the campground on Swan. Kayaking close to shore, I noticed several sturdy lean-tos at the site. All appeared to be empty. I resolved to return for a camping and biking endeavor at a later date.

The river widened as we continued along the bucolic shoreline approaching northern Merrymeeting Bay. Shortly after passing Shipyard Point, we entered the grassy tidal flats where hundreds of ducks immediately took flight. A maze of passages left us perplexed. Should we attempt to locate a route through the labyrinth or take the long way around? After some investigation, two of us de-

ecided on the protracted option. Undaunted, the others persevered ahead. We all met near Theobald Point on the southwest end of the island.

Initially, we encountered a strong headwind paddling north. However, crossing to the Bowdoinham shore provided partial shelter and facilitated an easy return to the landing in Richmond.

Our excursion stimulated my imagination. Further Swan Island explorations are in my future.

The author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase lives in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" will soon be released by North Country Press. Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

Phony lenders scam victims

From Boston BBB

BOSTON - The Better Business Bureau Scam Tracker is receiving reports of scammers masquerading as legitimate loan providers.

The phony lenders guarantee a quick loan with no upfront fees. But victims who provide their banking information to the scammers are left in the negative.

How the scam works

You receive an email advertising a guaranteed loan. The email displays a logo and contact information for what appears to be a legitimate loan company. Before proceeding with the offer, you search for the company online to determine if they can be trusted. You find that the name and contact information matches with a legitimate

company, so you proceed with the loan.

Once you agree to the loan, the "lender" takes your personal banking information and deposits the loan into your account via a check. Then, they demand you buy insurance for the loan before the check officially clears. Unfortunately, the loan check turns out to be fake, something victims often don't realize until after they pay the "insurance." One victim told BBB, "The money will be available the next day, but then it will be rejected by your bank three days later."

These scammers know that consumers are increasingly aware of phishing attempts, so they use the identity of a business that can easily be verified online. This allows them to gain target's trust and get access to their bank

account.

Avoid fake loan offers

Avoid unsolicited loan offers. Scammers use offers of quick cash to lure you in—don't fall for it. Whether they contact you by phone, email or text or send loan offers by mail, approach all unsolicited offers for money with caution.

Expect a credit check. These scams often prey on people who may not easily qualify for a loan. No legitimate lender will provide you with a loan without performing a credit check.

Ensure the business contact information matches the email sender information. Brand identifiers can easily be copied and included in the body of an email, so the most important information for a consumer to verify is the email

address of the sender. The domain for the email address typically matches the domain of the official website and should be free of random letters or numbers.

Research loan providers before accepting an offer. When doing business with an unfamiliar company, don't just verify they're legitimate by searching their name online because you could be missing surprising information. View ratings and reviews to see what other people are saying, and check for a BBB business profile.

You can connect with trusted lenders in your area by visiting BBB.org/search. Be careful and watch out for "guaranteed" loans with upfront fees. Report scams to BBB.org/ScamTracker.

BBB of Greater Maryland contributed this article.

Guest Column

Home Country

By Slim Randles

Our day is filled with heat at this time of year. It commands our attention and makes our work harder. As we toil, we daydream not about love or success, but things as mundane as shade and a cool drink.

But though the oppressive heat weighs on our brains and taxes our bodies, it is the price we pay for being allowed to spend time outdoors ... and it has its one singular consolation: our summer evenings.

When the sun goes down in summer, it's romantic enough to hug a cactus.

The recipe is simple; keep the earth warm, but just bring out the stars and a soft breeze that cools the skin. Mix this with a fulmination of little night varmint sounds of peeping and chirping and croaking. And guitars. Wheth-

er we play them ourselves or just turn on the radio, it is a setting that is perfect for guitars. Villalobos, Fernando Sor, Tarrega, Randy Travis, Doc Watson, Steve Cormier.

We sit in brick-paved patios with something cool and someone sweet and relax and talk about dreams, because on evenings like this, anything is possible. On nights like this, it's difficult to decide whether remembering evenings like this in the past is better than anticipating those to come. All we really know is that it sure is nice to be here right now.

Tonight I'm going to see if I can remember all the words to "Little Joe the Wrangler" and find out if my guitar is still in tune.

Brought to you by "The Fly Fisherman's Bucket List" by Slim Randles, from Rio Grande Books, and now available at Amazon.com.

Guest Essay

Students can't learn when they're hungry



Sen. Nate Libby (D-Lewiston), Maine District 21, the City of Lewiston. (Photo courtesy of Sen. Libby)

By Sen. Nate Libby

This past week was National School Lunch Week.

Last month I used this space to talk about the work the Legislature did to fulfill the state's commitment to fund public schools as well as guarantee free school meals for all students, regardless of income. I wanted to expand on that con-

versation here and discuss the science behind why healthy, filling meals are a key component of learning in classrooms. I also want to share the extra steps we took to help ensure that our kids aren't just guaranteed a free meal, but a locally sourced, nutritious meal.

According to the USDA, food insecurity and hunger are two related but distinct concepts.

We've all experienced the personal feeling of hunger from time to time, but food insecurity refers to a lack of consistent, regular access to enough food for a healthy, productive life.

Research demonstrates that children who are experiencing food insecurity are more likely to have lower math scores and repeat a grade, among other educational challenges. Researchers at the University of Virginia's Curry School of Education found that food security may affect a student's ability to learn as early as kindergarten. Of their various studies, one found that children who experience food insecurity in early childhood are less prepared to start school when compared to children from homes that are food-secure. That's why this change is as groundbreaking as it is. It doesn't just help kids learn in the short-term, but studies show that the younger a child is when they are food-insecure, the more harmful long-term effects there will be on their education and cognitive development. By providing

kids of all ages with free meals, we are supporting a generation of learners who are more fully able to reach their potential. Obviously, this is good news for all of us.

The research doesn't stop there, and neither did we. Children don't just need food to succeed, they need nutrients so they can grow, develop and focus on learning instead of thinking about the food they need. That's why the Legislature passed a law this session to create the Local Foods Fund. In Maine, you don't need to look far in any direction to find a plethora of farmers and food producers who grow and harvest quality goods. One of the biggest problems of shopping local, however, is high costs. In her testimony in favor of improving our food fund, Alisa Roman, President of Maine School Nutrition Association and Director of Nutrition and Transportation of Lewiston Public Schools shared why it has been so difficult for schools to buy locally: "A carrot operation in California that has a longer season,

large distribution chains, packaging facilities, and a strong workforce has the ability to price their carrot lower than any Maine grown product. As a buyer that leaves me to spend my dollars [on] a food item that has traveled over 3,500 miles to reach a student's plate."

We decided to address this problem with the improvements we made to our Local Foods Fund. With these new improvements, schools are able to more easily buy a wider variety of food that is locally produced by Maine farmers and fishers. The fund allows schools to be reimbursed one dollar for every three dollars spent. Essentially, we've created a way to provide our students with locally grown, nutritious foods to help them learn and develop while also supporting our local farmers. That is common sense legislation.

Liberation Farm of the Somali Bantu Community Association of Maine, a local farm in our community, is already contributing to the program. Maine students are able to enjoy

carrots, beets, onions, tomatoes, zucchinis and more from this local farm. The beauty of this program is that it helps our students learn while increasing the demand for our local farmers. It's rare that we can create programs that boost the local economy while also improving our schools learning environments. That's what we've pulled off here, and I can't wait to see the results of this program.

With these new programs in place, I believe Maine is well on its way to lowering the rate of students who are food-insecure, a figure that currently stands at one in every six. If you or your family need help finding food resources, visit <https://www.gsfb.org/get-help/food-map/>, <https://21maine.org/>, or reach out to my office any time. You can send me an email at nathan.libby@legislature.maine.gov or by phone at (207) 287-1515.

Sen. Nate Libby (D-Lewiston) represents Maine Senate District 21, which comprises the City of Lewiston.

Great Falls Forum will feature NESN Red Sox host

From LPL

LEWISTON - The 2021-2022 season of the Great Falls Forum continues on Thursday, Oct. 28, featuring Tom Caron, studio host of Boston Red Sox baseball on the New England Sports Network (NESN).

Caron will talk about "The Golden Age of Boston Sports."

This free, public program will take place from 11 a.m.-noon virtually via Zoom and streamed to the Lewiston Public Library Facebook page.

Lewiston native Tom Caron has been a sportscaster on the New England Sports Network for the past 26 years and has had a front row seat for the greatest run of sports success in any city in America.

In his Great Falls Forum presentation, "TC" will talk about this incredible run, looking back on 12 championship seasons over the past 20 years. He'll discuss how COVID has impacted professional sports, and what the future holds—for Boston's teams and sports in gen-

eral.

He'll answer questions about the state of Boston teams, his career, and more.

Tom Caron joined NESN in 1995, and for the past 20 seasons, he has been part of NESN's Red Sox broadcasts. He has served as studio host since 2004.

In addition to his Red Sox duties, he has served as a Red Sox field reporter, studio host for Boston Bruins hockey, and play-by-play announcer for the Hockey East championships and Beanpot tour-

namment. Prior to NESN, Caron was the play-by-play voice of the Portland Pirates of the AHL and was inducted into the team's Hall of Fame in 2014.

An eight-time New England Emmy Award winner, Caron was named New England's Favorite Local TV Sports Personality seven times by Channel Media Sports Research's New England Sports Survey, and was inducted into the Maine Sports Hall of Fame in September 2021. He is involved in many local and regional charities, including Mass Mentoring, Good Sports, Inc., the Run to Home Base Program, and the Red Sox Foundation.

Admission is free to all Forum events. The Zoom link will be posted to the Library website and Facebook prior to the event. For more information, please contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

The Great Falls Forum speaker series is co-sponsored by Bates College, Lewiston Public Library, and the Sun Journal.



Tom Caron, studio host of Boston Red Sox baseball on the New England Sports Network (NESN), will talk about "The Golden Age of Boston Sports" in a Great Falls Forum on Thursday, Oct. 28. (Photo courtesy of LPL)



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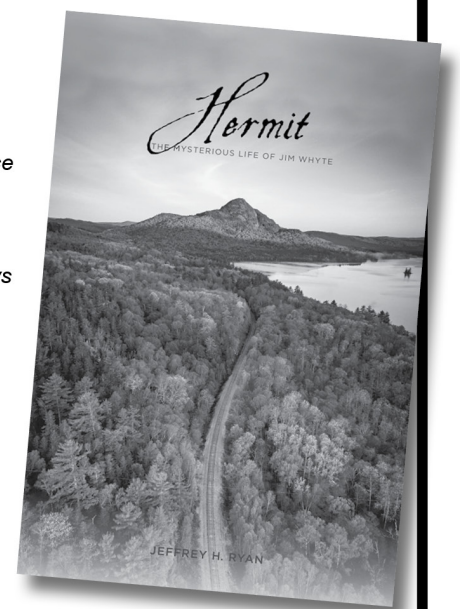
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— George Smith, *Bangor Daily News*

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Local groups help Maine families get tax credits

From CASH Maine

AUGUSTA - The next advance Child Tax Credit (CTC) payment was due to families last week, and advocates across the state are leaving no stone unturned to make sure all Maine kids get the tax credits they deserve.

Virtually all Maine families qualify for the credit, but households that don't typically file taxes may not know this extra income is for them.

Personalized help is available through local organizations:

- Capital Area CASH: (207) 621-3430
- Wabanaki CASH: (207) 866-6546
- Western Maine CASH: (207) 778-7954
- Non-English speakers can call ProsperityME: (207) 797-7890

These same naviga-

tors will help to determine eligibility and help families to sign up to receive CTC payments at GetCTC.org/MEJ. Families can use this portal until Nov. 15.

Families can still claim the credit after Nov. 15 when they file taxes and receive the credit in their tax refund. For information about free tax preparation, visit cashmaine.org or call 211.

Millions of American families are eligible for the advance credits. Through the American Rescue Plan, eligibility for the tax credit has expanded and almost all families qualify for up to \$300 per child per month. Anyone who has a child with a Social Security number can get the credit, even if they don't have one themselves. It is not necessary to be a tax filer to claim the credit.

Advocates from

teachers to medical professionals to tax advocates and economic justice groups—many of them members of a newly formed Credit to Kids Collaborative—are reaching out to communities across Maine to help families claim the credit.

“Our CASH Navigators are ready to help anyone in the state of Maine to get the Child Tax Credit,” said New Ventures Maine Statewide Asset Manager and CASH Maine Program Manager Janet Smith. “We want the credit to make as much of a positive impact on families and children as possible, especially when big purchases such as home heating fuel and snow tires are coming up,” she said.

Humam Shawqi, a father and student from Bangor said, “The monthly Child Tax Credit started just at the right time when

this money would be most useful to pay expenses, like school clothes for my daughters, car repairs and an inspection sticker, and cash to put food on the table at the end of the month. Things will be easier for us to get through school. We should make certain every family in Maine gets this help.”

For Mainers who speak English as a second language or are immigrants, navigating the tax system to obtain the credit can be challenging. Parents who are immigrants whose children have Social Security Numbers can claim credits, but may need to obtain Individual Taxpayer Identification Numbers (ITINs).

“Immigrant families who are less familiar with the U.S. tax system have a harder time understanding what they are eligible

for,” added Claude Rwaganje, Executive Director of ProsperityME. “ProsperityME is invested in making sure that eligible immigrant families receive the information they need to apply for the monthly Child Income Tax Credit, a much needed relief to lessen the financial burden many of us have been experiencing.”

Money from the credit has already gone a long way to ensure that the country's children have enough food. Recent census data show that the number of families reporting that their household didn't have enough to eat fell by 3.3 million (nearly one-third) in the six weeks after the federal government began issuing monthly payments of the expanded Child Tax Credit. Adults without children (who don't receive the credit) saw little change over this period.

In addition, families with low incomes were particularly likely to spend the monthly payment on necessities: food, utilities, clothing, and rent (although many families also qualify for rental assistance, and

should apply again if they have been turned down). Households with incomes above \$25,000 also used the credit on necessities and were using the credit to pay down debt or save the funds for emergency and future expenses.

The Credit to Kids Collaborative is a coalition of organizations committed to helping Maine families get the Child Tax Credit to support them with daily needs, housing, childcare and other costs.

CASH Maine is a statewide collaboration of ten coalitions, comprised of 50 non- and for-profit partners, working together to help empower Maine individuals and families to achieve long-term financial stability.

New Ventures Maine is a statewide program of the University of Maine at Augusta, University of Maine System, an equal opportunity/affirmative action institution. New Ventures Maine creates an empowering environment for Maine people to define and achieve their career, financial, and small business goals.

Discussion on Osteoarthritis Therapies Oct. 28

From OceanView

FALMOUTH - With osteoarthritis being one of the leading causes of disability in the U.S., many do not realize that relief and improved quality of life are possible.

In many cases hereditary, osteoarthritis is typically caused by simple wear and tear of the joints and can be very painful and limit mobility as we age. There are, however, both physical and occupational therapies to help treat the pain and slow degeneration.

To learn more, Falmouth House at OceanView and Legacy Memory Care are hosting an educational webinar on the management of osteoarthritis and functional implications.

Directed by physical and occupational therapists, attendees will learn conservative management of this chronic, life-altering condition. Participants will be introduced to assistive devices, adaptive equipment, activity modification techniques, symptom management modalities and therapeutic exercises all directed

to improve quality of life. The webinar will feature an interactive presentation and ample time for questions and answers.

Osteoarthritis Therapies as We Age, 3 p.m. on Thursday, Oct. 28. The presenter is Erica Egeler, PT, Maine Medical Center Therapy Department

The discussion is free to attend; RSVP required to receive webinar link

Contact Dawn K. Wheeler, Activities & Event Director for OceanView at Falmouth / dawn@oceanviewrc.com / 207-781-4460 x107

To RSVP to receive the ZOOM link, please call 207-781-4460.

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EVERY TUESDAY

10:30-11:15 a.m.

LEWISTON – Lewiston Public Library - Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

WEDNESDAYS

Through December 3:45-5:15 p.m.

LEWISTON - Make Art with ArtVan! Every Wednesday, Sept. 15-Dec.22, 3:45-5:15 p.m. This program is in Kennedy Park (near the playground). ArtVan will be providing a creative art project for kids ages 5-14 (ages 5-8 must be accompanied by an adult). No sign up needed and all materials provided. This program is weather permitting. Questions? Call 207-513-3133 or email LPLKids@Lewiston-Maine.gov.

MONDAY thru THURSDAY

While school is in session

2-6 p.m.

LEWISTON – From Lewiston Public Library - virtual **Homework Help** in the Teen Room. Students in grades 7-12 can meet virtually with Bates tutors via Zoom from Monday-Thursday while school is in session. Library Chromebooks are available for use in the Teen Room and library staff are there to help students connect.

THURSDAY

Oct. 21

8 a.m.

AUBURN – 9-1-1 Committee meeting. **6:30 p.m.**

Calendar

Send your submissions to the Editor. More online.

GORHAM – Tentative Board of Appeals meeting in council chambers.

7 p.m.

AUBURN – Community Forest Subcommittee meeting.

7 p.m.

GORHAM – Gorham Community Access Media (GoCAM) will air a second 'Meet the Candidate' event at 7 p.m. for the public to meet the Gorham Town Council candidates and Gorham School Committee candidates.

Viewers can tune in on Gorham Spectrum Cable Channel 3 and the Town of Gorham webpage at <http://bitly.ws/hohr>

FRIDAY

Oct. 22

BATH – Chocolate Church Arts Center, 804 Washington Street, Bath - "Readers Theater" with Maine authors.

SATURDAY

Oct. 23

8 a.m.-Noon

GORHAM – Fall Brush Drop Off - Gorham residents may drop off brush at Public Works at 80 Huston Road. No stumps or commercial drop off.

SATURDAY/SUNDAY

Oct. 23/24

11 a.m.-4 p.m.

LIVERMORE – "Story Trails at Norlands". Groups will have an hour to look for clues and solve puzzles throughout the grounds and historical buildings, all while following a story filled with real information about the impressive Maine family who lived there.

SATURDAY

Oct. 23

1 p.m.

LEWISTON - Androscoggin Historical Society has planned a graveyard walk at Riverside Cemetery in Lewiston.

Please meet at the entrance gate at 192 Summer St. Participants will be limited to 15, so pre-registration will be necessary. Please call 207-784-0586 or email info@androhist.org

7 p.m.

LEWISTON - The Midcoast Symphony Orchestra "Welcome Back!" Concert: After 22 months, the Midcoast Symphony Orchestra returns to the stage in a concert series dubbed "Welcome Back!" at Gendron Franco Center in Lewiston. Tickets: \$22 (advance) \$25 (cash or check) at the door, 207-846-5378, or <http://www.midcoast-symphony.org> for details and discounted ticket offers. Under 18 and college students are free.

7:30-9:30 p.m.

BATH – Chocolate Church Arts Center, 804 Washington Street, Bath - **Love By Numb3rs** (Alt country/Folk/Rock) is the collaboration of Anna Lombard, Dan Connor & Jon Roods. Lombard and Connor, multi-instrumentalists and co vocalists, were bandmates in the hugely popular roots and Americana act Gypsy Tailwind. Roods is a multi-instrumentalist best known as a member of Rustic Overtones.

Opening the show is the guitar powered indie rock of Xander Nelson. Fearlessly fusing

the joyous intensity of pop-punk with the soulful swagger of blues, this Portland, Maine based quartet has been turning heads since their debut in the New England music circuit in 2017. Lead by frontman and namesake Xander Nelson, the group features Manny Urgiles on guitar, Chuck Martin on drums, and Conor McGrory on bass

Main Stage with Special Opening Guest Xander Nelson. \$15ADV / \$18 DOS

OCTOBER 25-28

GORHAM – Absentee voting will be available at the Gorham Town Clerk's office during normal business hours, ending at 7 p.m. on Thursday, Oct. 28.

MONDAY

Oct. 25

5:30 p.m.

LEWISTON – Planning Board meeting. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

TUESDAY

Oct. 26

GORHAM - Children up to five years old are invited to dress in festive costumes for a trick-or-treat parade on the municipal lawn between Baxter Memorial Library and the Gorham Municipal Center at 75 South Street. They will help judge pumpkins carved by Town of Gorham municipal departments.

10:30-11:15 a.m.

LEWISTON - Storytime in the Park. Join the Lewiston Public Library for Storytime in Kennedy Park for children ages 0-5, weather permitting. Storytime is a fun and interactive activity for children and their caregivers that

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Sub

Continued from page 1

tions and new menu items through the Firehouse Subs App. The Firehouse Rewards program recently earned the highest score among sandwich and bagel concepts in Newsweek's ranking of America's Best Loyalty Programs.

To order a BBQ Cuban Sub, download the Firehouse Subs App from the Apple App Store or Google Play and your order will be boxed, bagged and ready to pick up at the Rapid Rescue To Go station inside your nearest Firehouse Subs location. Select locations also offer curbside pickup. Visit www.firehousesubs.com to find your nearest location.

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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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