



TWIN CITY TIMES

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“A Very Ida Christmas” at Public Theatre on Dec. 10



16-26th.

Selected by Portland Magazine as one of the “Ten Most Intriguing People in Maine,” award winning writer and performer Susan Poulin is the author of eleven plays, six of which feature her alter ego, Ida LeClair. Creating and touring her own work, Susan’s shows have broken box office records throughout the Northeast. Susan also writes the popular Maine humor blog and podcast, Just Ask Ida, and is the author of Finding Your Inner Moose: Ida LeClair’s Guide to Living the Good Life and The Sweet Life: Ida LeClair’s Guide to Love and Marriage published by Islandport Press. In May of 2019, during a joint session of the Maine State Legislature, Susan was inducted into the Franco-American Hall of Fame honoring her body of work and her promotion of Franco-American cultural identity. She continues to be a leader in bringing a female voice to New England storytelling and humor, sharing the healing power of laughter with audiences statewide and beyond. Her popular TEDxPortsmouth Talk can be viewed at poolyle.com

On December 10, 11, 12 the Public Theatre will present “A Very Ida Christmas”, a delightful holiday show from the creators of Ida: Woman Who Runs With the Moose! Come on over to Ida’s for the best Christmas ever as she shares the inside scoop on the dos and don’ts of holiday decorating, an update on her latest craft projects, and the hilarious secret in her not-so-secret Santa plan.

A Very Ida Christmas features Maine humorist and author Susan Poulin as her beloved alter ego Ida LeClair. “Visiting with Ida is like spending time with your favorite aunt” says Artistic director Christopher Schario, “A Very Ida Christmas is the perfect show to get you into the holiday spirit. Ida is definitely no Scrooge, so banish your humbugs and come prepared to laugh!”

For anyone unable to attend the theatre, a video-on-demand of a live performance can be watched at home from the comfort of your Barcalounger from Dec

The Public Theatre is requiring that all audience members show proof of vaccination or a negative COVID test within 48 hours to attend, and a mask must be worn while in the building. For more information on The Public Theatre’s COVID safety protocols, visit thepublictheatre.org

A Very Ida Christmas is playing at The Public Theatre, Lewiston/Auburn’s Professional Theatre, December 10, 11, 12, Friday at 7pm and Saturday and Sunday at 2 p.m. Tickets: \$25 Adults, \$22 groups; Video-on-demand tickets: \$25 single/\$50 household. Tickets for in person or Video-on-Demand can be purchased online at thepublictheatre.org or by calling 782-3200. The Theatre is located at 31 Maple St. Lewiston.

A Very Ida Christmas is sponsored by Berube’s Complete Auto Care, Napa Coastal Auto Parts and Twin City Times. Season Underwriters are Platz Associates, Austin Associates, Sun Journal, Maine Magazine and WOXO 92.7 and WIGY 105.5

Out and About with Rachel Mornin

Sea Birds with Todd Hopkins



This proud trio was happy to pose for a photo. (Todd Hopkins Photo)

The residents at Schooner Estates Senior Living Community in Auburn learned early on that Todd Hopkins, Assistant Director of Food Services, and well-known photographer of birds and wildlife, would narrate his presentation on the beautiful

birds he photographed on his many trips. His recent session had a different slant. This was on Sea Puffins and his photos were taken from a boat on seawater. Todd has taken photos on a boat in fresh
See Birds, page 9

Auburn unveils downtown revitalization plan

During a workshop of the Auburn City Council, Auburn’s Economic Development team unveiled the city’s proposed 5-year Downtown Revitalization Plan.

Auburn’s Strategic Plan, completed in 2019, established four “transformational actions” needed to revitalize the city’s downtown area. The revitalization plan recommends strategies, identifies items that the city has already begun working on, and defines action steps to be taken to reach the goals outlined in the strategic plan.

“Revitalizing our downtown will be a team effort,” said Jay Brenchick, Auburn’s director of economic development. “We need every city department as well as our

city council, residents, visitors and local businesses involved. After all, without a great downtown, all other economic development activities will be challenged.”

The plan, which is presented in an interactive “storymap” format, features four proposed transformational actions as well as solutions for how to implement them. The actions include: a walkable downtown; redevelopment of the Great Falls area; the establishment of a downtown management district and coordinator; and identifying Auburn’s downtown as the focal point for arts and entertainment in the area.

Auburn’s downtown revitalization plan can be found at www.goauburn.me.

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Big Brothers Big Sisters Hosts Empower Awards on Dec. 9

Big Brothers Big Sisters of Bath/Brunswick will hold its Empower Potential Awards Celebration on December 9 from 6:00 p.m. to 8:00 p.m. at The Brunswick Hotel, 4 Noble Street in Brunswick.

The event honors the community members, businesses, and participants who support the programs of BBBS and is one of the organization's largest fundraisers of the year. The evening includes a cock-

tail reception with cash bar, heavy hors d'oeuvres, awardee presentations and door prizes.

This year's awardees are Norway Savings Bank (President's Award), Coastal Maine Pediatric

Dentistry (Impact Award), City of Bath Police Department "Bigs in Blue" (Community Engagement Award), Art Lamothe (Perk Ramsay Acts of Service Award), and Big of the Year Sue McLeod and her

Little Brother, Pheonix.

The money raised from this event directly supports matching children in the local community with Big Brothers and Sisters and empowering their future potential.

Tickets are \$35.00 or \$60.00 for two and are on sale at www.bbbsbath-brunswick.org. BBBS of Bath/Brunswick and the Brunswick Hotel are following the Maine CDC and local Covid-19 guidelines.

'Remembrance Ring' provides Holiday greetings with troops

During this year's season of hope and giving, Wreaths Across America Radio (WAAR) invites our troops from across the country and overseas, as well as their loved ones at home, to send a holiday greeting to one another in the form of an internet radio greeting. It is called the "Remembrance Ring" program.

The "Remembrance Ring" provides American military families the opportunity to extend holiday greetings and thanks to service members and

veterans through Wreaths Across America Radio. Wreaths Across America Radio is a stream you can listen to anywhere, anytime at www.wreath-sacrossamerica.org/radio, and via the iHeart Radio app. It also can be downloaded at the App Store or on Google. The searchable hashtag is #WreathsRadio. Last year the program connected many families from all over the globe. They ask that you email your friends and loved ones and let them know about this program.

"The United States currently has 1.3 million active-duty members, reservists and guards serving within our borders and abroad. Additionally, more than 24 million veterans have faithfully served our country in the past," said Karen Worcester, Wreaths Across America Executive Director. "I am honored and thrilled to be able to offer these soldiers and their families the opportunity to share their Holiday greeting. The Remembrance Ring is a wonderful gift to give and

is especially important for sharing love and support for their sacrifices at this special time of the year."

Anyone can participate by calling (888) 348-3352 to record a short holiday greeting. WAAR will play that message on-air during the holidays to help bring families, loved ones, members of our military, and American's closer together for the holiday season. These special Messages will be broadcast between November 22 and December 31.

You can sponsor a

wreath for \$15 at www.wreath-sacrossamerica.org. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest as part of National Wreaths Across America Day.

Wreaths Across America is the non-profit organization best known for placing veterans' wreaths on the headstones of our nation's fallen at Arlington National Cemetery. However, the orga-

nization, in total, places more than 2.2 million sponsored wreaths at over 2700 participating locations nationwide and offers other programs throughout the calendar year. These programs include The Mobile Education Exhibit, The Remembrance Tree Program, Wreaths Across America Radio and other resources for veterans and their families.

For more information or to sponsor a wreath please visit www.wreath-sacrossamerica.org.

UMaine winter care of livestock workshops start Dec. 7

University of Maine Cooperative Extension will offer four in-person workshops about winter care of livestock from 12:00 p.m. to 2:00 p.m. every other Tuesday starting Dec. 7 at the UMaine Regional

Learning Center, 75 Clearwater Drive, Falmouth. Remaining classes are Dec. 21, Jan. 4 and Jan. 18.

The series begins with winter care of small ruminants, including best practices for meeting wa-

ter, feed and shelter needs for sheep and goats. Other workshops will cover winter care of poultry, swine and beef cattle. Colt Knight, UMaine Extension assistant professor and statewide livestock specialist, will lead each workshop

The \$15 fee for Dec. 7 includes a light lunch; remaining dates are on a \$0-\$10 sliding scale fee. Registration is required by Dec. 1. Register on the program webpage. Enrollment is limited to 20 seats per session. Face coverings and no evidence of COVID-19 symptoms are required, regardless of vaccination status. For more information or to request a reasonable accommodation, contact 207.781.6099; rebecca.gray@maine.edu.

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. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of

Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university, with a regional campus at the University of Maine at Machias. UMaine is located on Marsh Island in the homeland of the Penobscot Nation. UMaine Machias is located in the homeland of the Passamaquoddy Nation. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and 81 countries. UMaine currently enrolls 11,989

undergraduate and graduate students, and UMaine Machias enrolls 747 undergraduates. Our students have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100 degree programs through which students can earn master's, doctoral or professional science master's degrees, as well as graduate certificates. UMaine Machias offers 18 degree programs. The university promotes environmental stewardship, with substantial efforts campus wide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine and UMaine Machias, visit umaine.edu and machias.edu.

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Newsmakers, Names & Faces

Lewiston Council elects Mohamed



Jama Mohamed was sworn into office by City Clerk Kathy Montejo, and he will complete a vacant ward 5 seat through the end of its term in January 2022.

“I want to contribute to the community,” noted new Ward 5 City Councilor Jama Mohamed as he was sworn into his new role on the steps of Lewiston City Hall the morning of October 21, 2021. He was sworn into office by City Clerk Kathy Montejo, and he will complete a vacant ward 5 seat through the end of its term in January 2022. The Lewiston City Council selected him to fill the vacancy at their October 19th meeting.

Currently, Councilor Mohamed is the Sustainable Livelihoods Relief Organization Co-founder/Chief Executive Officer and the Maine Immigrant



Jama Mohamed was elected by the Lewiston City Council as new Ward 5 City Councilor.

and Refugee Services Co-founder/Director of Family Services. He also previously served as an interpreter/case worker for Trinity Jubilee Center and served on the Lewiston School Committee from 2013 – 2015.

With BS and AA degrees in Human Services & Social Work, he has been a community leader since 2008, to include being a member of the Bartlett Mosque Board and co-founding the Somali Bantu Youth Association. He resides in Lewiston with his wife and children, with family time extremely important to him.

CHO to Build Outdoor Fitness Courts® Across Maine

Lewiston-based Community Health Options, the state’s only non-profit, Member-led health plan, and the National Fitness Campaign (NFC) have launched a statewide partnership to expand free access to world-class outdoor fitness. The partnership will bring attractive and inviting outdoor Fitness Courts to communities across Maine in an ongoing effort to improve quality of life, promote activity, and create equitable access to outdoor exercise programs for communities around the state.

The NFC is a country-wide initiative aimed at supporting communities to plan, fund, and build a

wellness infrastructure. The ultimate goal is to fight back against preventable diseases caused by sedentary behavior and transform the next decade so that millions of Americans will choose outdoor wellness activities for healthier lives.

“Mainers are known for enjoying the great outdoors. Our partnership with the NFC will help more adult Mainers enjoy exercising outside and will allow them to be their healthiest selves, mentally and physically,” said Kevin Lewis, president and CEO of Health Options. “Our vision to be a leader in transforming and improving individual and community health naturally aligns with

the NFC’s work.”

Through the NFC partnership, Health Options Fitness Courts will be constructed in easily accessible public spaces beginning in Summer 2022. These Fitness Courts, combined with free digital workouts via a fitness app available to Maine people, will provide community wellness opportunities and free access to outdoor fitness. NFC’s award-winning initiative is now planning its 500th Healthy Community in America and is delivering unprecedented and greatly needed outdoor wellness programs across the country.

The NFC and Health Options will begin accept-

ing grant funding applications on November 4, 2021, to support Fitness Court construction in local communities. Qualified municipalities, schools, and other organizations who own accessible public space are encouraged to apply. Grant recipients will receive a wellness toolkit and design resources to aid in planning, funding, and launching their outdoor Fitness Court and community wellness campaign. To learn more about National Fitness Campaign and how to qualify for funding, visit: www.nationalfitnesscampaign.com/maine.

“The National Fitness Campaign is proud to welcome Community Health

Options as its state sponsor in Maine,” said Mitch Menaged, Founder of the NFC. “This program will deliver tremendous resources to contribute to the important mission of fighting obesity and improving health outcomes as the network of Fitness Courts® grows across the state. We look forward to working with Health Options to make this campaign a great success.”

Community Health Options is the only Maine-based, nonprofit, Member-led health plan and plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with nearly 1,300

businesses and 48,000 healthcare providers in the state.

National Fitness Campaign (NFC) is a wellness consulting firm – founded in San Francisco, CA in 1979 – that offers grant funding, project management and master planning services to cities, schools and sponsors to build healthy communities. The Fitness Court® is a trademarked 7-minute workout system, created by NFC Founder, Mitch Menaged, that was designed to be the world’s best outdoor gym. NFC’s mission is to build healthy communities by building an outdoor Fitness Court within a 10-minute bike ride of every American.

Krebs of Greene Makes Dean’s List at University of Maryland

Nicole Krebs of Greene, ME, made the Dean’s List for the summer term at University of Maryland Global Campus. To be eligible for the honor, a student must have completed at least six credits during the term, earned a grade point average of at least 3.5 for the term, and maintained a cumulative GPA of 3.5 at

UMGC.

Established in 1947, University of Maryland Global Campus is a world leader in innovative educational models, with award-winning online programs in disciplines including biotechnology, cybersecurity, data analytics, and information technology that are in high demand in today’s increasingly

technical, global workplace.

With an enrollment of some 90,000 students, UMGCC offers open access with a global footprint and a specific mission-to meet the learning needs of

students whose responsibilities may include jobs, family, and military service. The university offers both undergraduate and graduate degree and certificate programs, including doctoral programs.

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Brookie Awards program accepting nominations

Nominations and applications are now being accepted for the 2022 Brookie Awards, an awards program focused on elevating the voices and work of the rising generation of environmental leaders in Maine. A diverse group of six young changemakers are honored every two years for their demonstrated leadership, creativity, collaboration, and impact for a cleaner, healthier Maine environment.

Nominations and applications for the 2022 “school” of Brookie Award winners are now being accepted through February 14, 2022. Mainers are encouraged to apply or nominate eligible young leaders who live in Maine and are between the ages of 15 and 30 at www.brookieawards.org.

The Brookie Awards are organized by NRCM Rising, the young member arm of Maine’s leading environmental group, the Natural Resources Council of Maine (NRCM). The first “school” of six

Brookie Award winners, a geographically diverse group including students, artists, and scientists, was announced in 2020.

“As a Brookie Award winner, I was able to connect to a variety of other youth environmental leaders, participate in retreats and professional development, and connect with multiple organizations,” said 2020 Brookie Award winner Gabby Hillyer. “More than the building of that network, the Brookie Award remains one of the most important benchmarks in my career, as a signal that I am moving forward as a leader in my field.”

Brookie Award winners will receive a \$2,000 cash prize, professional storytelling training, a professional video about their work, and the opportunity to attend a nature-based retreat with their fellow young environmental changemakers where they will participate in skill-building sessions and engage with other environ-

mental and political leaders in Maine.

NRCM Rising will celebrate and honor the Brookie Award winners at a major gala event in Spring 2022 that will feature short, inspirational speeches from each awardee. Videos will also be produced to feature the unique perspective and voice of each winner.

“Young activists should apply for a Brookie Award as a chance to showcase the important work they’ve done in the state and gain access to resources that will improve their communication skills and ability to lead more effectively,” said 2020 Brookie Award winner Riley Stevenson. “For any young person looking for recognition for an exciting but isolated project, this is a great chance to bring those projects to a bigger stage and gain valuable insight about what makes a successful group and leader. Additionally, it’s just fun!”

NRCM Rising will convene a group of external reviewers to evaluate



Brookie Award applicants based on the following four criteria: outstanding leadership in creating, organizing, and implementing a project or campaign to protect or improve Maine’s environment; turning individual passion into collective action by getting their peers involved in their project or campaign; creativity, collaboration, and persistence in bringing new ideas to existing chal-

lenges, introducing new approaches to organizing others, or determination to prevail in the face of obstacles; and overall positive impact for Maine’s environment.

The Brookie Awards are made possible by the early partnership of the Quimby Family Foundation. To learn more about the Brookie Awards visit: www.brookieawards.org/

NRCM Rising is a community of individuals in their 20s, 30s, and into their 40s who are committed to the protection of the nature of Maine. The group is affiliated with Maine’s leading environmental advocacy organization, the Natural Resources Council of Maine. Connect with NRCM Rising on Facebook and Instagram, or learn more on the NRCM Rising website.

Maine CDC puts health inspection violations online

The Maine Center for Disease Control and Prevention (Maine CDC) announced today that health

inspection results are now available online through a new web portal.

The portal is avail-

able on the Health Inspection Program (HIP) website at www.maine.gov/dhhs/mecdc/environmental-health/el/index.htm.

This portal allows the public to view inspection violations within the past three years for establishments licensed and inspected by HIP. These establishments include restaurants, take-out food vendors, mobile food vendors, lodging, B&Bs, campgrounds, youth camps, public pools/spas, and body artists such as tattooists, body piercers, micropigmentationists, and electrologists.

When violations are detected, HIP pursues an educational approach first

and seeks voluntary compliance from licensed establishments.

Inspections are conducted unannounced by state and municipal health inspectors. Inspections are a “snapshot” of the day and time of the inspection. An inspection conducted on any given day may not represent the overall, long-term compliance of an establishment. Establishments are provided the opportunity to correct any observed violations while the inspector is on site.

A failed inspection

results from more than three critical or more than 10 non-critical violations. Critical violations must be corrected within 10 days and non-critical violations are generally required to be corrected within 30 days. The timeframe in which a follow-up inspection occurs after each failed inspection depends on the nature of the violations that caused the failure. Repeat violations or failure to correct violations as outlined may lead to enforcement including fines and penalties.

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MICHAEL G.



“The Ghosts of Walter Crockett” Memoir released November 16

YARMOUTH, ME. In the 1960s and 1970s, Ed Crockett and his siblings were raised in poverty on Munjoy Hill. The children of a homeless, alcoholic father who lived on the streets for nearly twenty years and who was once known as “the biggest drunk in Portland.”

In his new memoir, Portland-native Crockett—a state representative and president of Capt’n Eli’s Soda—recounts his struggle to break the cycle of alcoholism, come to grips with the embarrassing specter of his father, and overcome the shaky confidence brought on by a childhood of food stamps and welfare coats, to eventually find success on the same streets where his father once spent his days passed out and begging for money. It’s a rough upbringing, but amidst the turmoil Crockett also finds role models, the importance of neighborhood roots, the joys of wiffle ball, and the unconditional love of family.

The Ghosts of Walter Crockett, officially slated for release on November 16 from Maine-based Islandport Press, is at times harrowing and heartbreaking, but ultimately is a tale of love and redemption that takes readers to a side of twentieth century Portland that has always existed in the shadows of lighthouses, lobsters, and sunsets, but is rarely explored in print.

“Ed Crockett writes with love, honesty, emotion, and sometimes heartbreak in this unflinching look at his family and his personal struggle to break from poverty, escape the downward pull of his surroundings, and come to grips with the mental anguish caused by his father,” said Dean L. Lunt, editor-in-chief of Islandport Press. “Ed also shines a light on the very real, working-class Portland that existed on the peninsula before million-dollar condos, fancy hotels, and hip restaurants.”

Ed Crockett grew up on Kellogg Street in a two-family home with his mother, grandparents, and seven siblings. He graduated from Portland High School, earned a bachelor’s degree from the University of Maine, and an MBA from Boston College. During his career, he has worked for some of Maine’s most iconic brands—including Oakhurst Dairy, Hannaford Brothers, and Lepage Bak-

eries. Crockett and his wife, Martha, raised three children in Portland and still live there. This is his first book.

Maine-based Islandport Press is a dynamic, award-winning book publisher that has been telling stories rooted in the essence and sensibilities of New England for more than twenty years. For more information, please visit www.islandportpress.com or email info@islandportpress.com.

Senator Russell Black Announces Re-Election Bid



Wilton Farmer Russell Black Running for Third Term in Maine Senate

Senator Russell Black (R-Franklin) will be seeking a third term in the Maine Senate. Senator Black currently represents District 17; but due to redistricting he will be running for District 5, which now encompasses towns in Franklin, Somerset, and Kennebec Counties.

“From serving on the Select Board to serving in the State Senate, my priority is always to speak up for the people I represent. Maine needs policies that help our working families and build a strong future

for the entire state,” said Senator Black. “I’m running for re-election to be able to keep speaking up for rural Maine, for working families, and to make sure our region is strongly represented in every decision that is made in Augusta.”

A farmer and a logger, Sen. Black owns and operates Black Acres Farm in Wilton. His farm specializes in raising grass-fed beef cattle and maple syrup production.

Sen. Black is a lifelong resident of Wilton

and a graduate of Mt. Blue High School. He has always been deeply involved in the community. He served as a Wilton town selectman for nine years, on the planning board for 19 years, as a director and past president of the Wilton Lions Club, as past president of the Mt. Blue High School All Sports Boosters, as a member of the Wilton Fish and Game Club, as a past USDA farm service committee member, director and past vice president of the Franklin County Farm Bureau, and

director of the Farmington Farmers Union. He is a member of the Sportsman’s Alliance of Maine and Maine Woodland Owners.

Prior to his election to the Senate, Sen. Black served his community and surrounding towns as the State Representative for District 114. While in the legislature he has served on the Inland Fisheries and Wildlife Committee and the Agriculture, Conservation, and Forestry Committee. While in the House, he served as the Ranking Member of the Agriculture, Conservation, and Forestry Committee.

Senator Black and his wife Susan have been married for 50 years. Together they share four children,

10 grandchildren and 4 great-grandchildren.

“Russell’s practical experience, common sense, and true commitment to public service makes him a strong, effective advocate for the people he represents. He’s never afraid to dive into tough problems and come up with solutions. I’m glad to have another farmer in the Senate, and all of Maine is fortunate to have him serving. I look forward to serving with Senator Black for another term,” said Senate Republican Leader Jeff Timberlake (R-Androscoggin).

The new Senate District 5 includes the Franklin County municipalities of Carrabassett Valley, Chesterville, East Central

Franklin UT, Farmington, Industry, Kingfield, New Sharon, New Vineyard, Strong, Wilton, Wyman Township; the Kennebec County municipalities of Rome and Vienna; and the Somerset County municipalities of Anson, Athens, Bingham, Brighton Plantation, Cambridge, Caratunk, Central Somerset UT, Cornville, Dennistown Plantation, Embden, Harmony, Hartland, Highland Plantation, Jackman, Mercer, Moose River, Moscow, New Portland, Northeast Somerset UT, Northwest Somerset UT, Pleasant Ridge Plantation, Ripley, Saint Albans, Seboomook Lake UT, Smithfield, Solon, Starks, The Forks Plantation, and West Forks Plantation.

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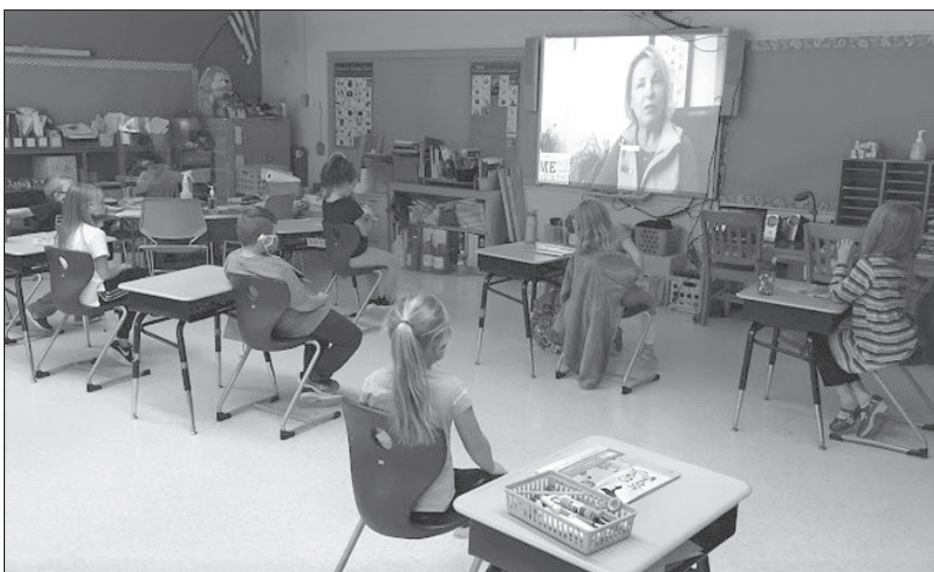
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Second graders at Etna-Dixmont School enjoy author Maribeth Boelts's virtual book reading.

AUGUSTA - In recognition of October as Financial Planning Month and to strengthen financial capability in Maine, the Finance Authority of Maine (FAME) has once again partnered with the Consumer Financial Protection Bureau (CFPB) to offer Invest in ME Reads, a program to support family financial education by empowering families to engage in conversations about future goals, saving money, and the value of choice.

Unlike many financial education programs that focus on high school students, Invest in ME Reads engages children early in elementary school to help them begin to learn

about money and financial decision making. FAME launched the program in 2020 to serve all Maine second graders and this year has expanded it to provide free resources to all public second and third grade students.

Through the Invest in ME Reads program, students will receive from FAME a collection of educational resources, including free books and bookmarks that encourage saving, giving, and delayed gratification. Families will also be given materials to use at home, including a parent guide, information to help kick-start their focus on college savings, and special content to encourage them to visit Investin-

MeReads.com, an interactive web page with fun activities and resources for students and their families.

"The Invest in ME program has become a yearly event here at the Etna-Dixmont School", said Jane York, who serves as Principal of the school. "Our second-grade students and teachers have enjoyed reading the book, having a virtual visit with the author, Maribeth Boelts, and discussing the importance of friendship, caring, and helping others. The financial information for the parents has sparked conversations about saving, needs and wants and giving back. It is a great program, and we are thrilled that the third grade was included

this year. The experience they had with the book and the parent connection last year has now been reaffirmed. Thank you for this wonderful program."

The program helps to support Maine's statewide goal to produce an educated and skilled workforce. For many Mainers, a lack of financial capability can be a significant barrier to pursuing education and training after high school, which in turn can have an impact on an individual's ability to seek employment and, ultimately, the strength of Maine's economy.

"At FAME, we recognize that financial capability is a key ingredient for lifelong success and we want to do our part by providing resources that will support financial education - even as early as elementary school," said FAME Director of Education Martha Johnston. "Schools across Maine have embraced the program and we look forward this year to expanding the program to reach both second and third grade students and their families."

In November, FAME will offer a virtual reading featuring one of the books, *Those Shoes*, read by the author Maribeth Boelts. One elementary school will be chosen to

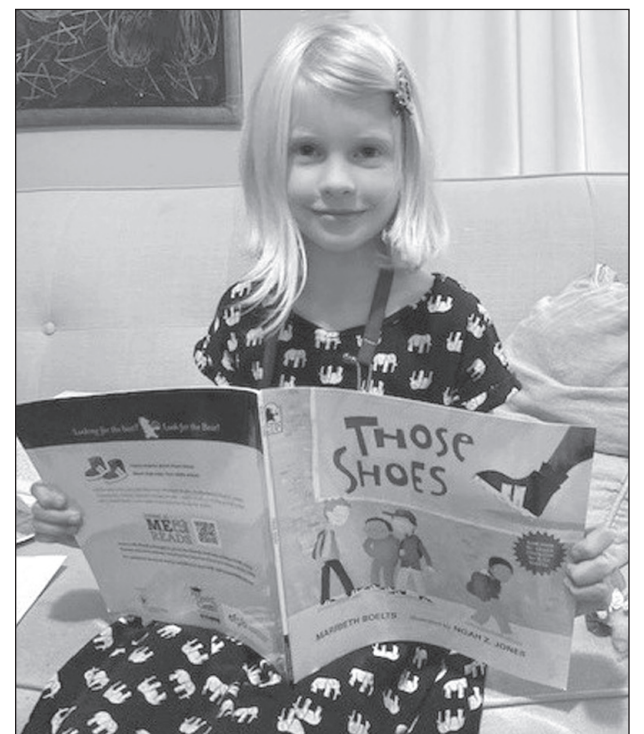


Photo of J. McQuilken, second grade student at Captain Albert W. Stevens School in Belfast, with a copy of the book *Those Shoes* by Maribeth Boelts.

bring Maribeth into their classroom for a special virtual visit. "A child's financial education can begin simply through families, teachers, and caregivers sharing a story and engaging in conversation," said Boelts. "I am so honored that my book is a part of the Invest in ME Reads Program and is included among the many helpful and rich resources provided on FAME's website." For more information about how FAME can support your family's financial

goals, please visit the Invest in ME Reads website.

The Finance Authority of Maine (FAME) is a quasi-independent state agency that provides innovative financial solutions to help Maine citizens pursue business and educational opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by working at the nexus between economic and workforce development. To learn more about FAME, please visit www.FAME-maine.com

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Portland Conservatory of Music Ribbon Cutting on Nov. 18

The Portland Conservatory of Music will be joined by the Greater Portland Regional Chamber of Commerce on November 18 at 11:30 a.m. for a ribbon cutting ceremony at the conservatory's new home at 28 Neal Street in Portland's West End to announce a new comprehensive capital campaign titled "Building Harmony" to generate funds for renovations to their new building and for program support.

The community is invited to attend the ceremony, tour the new location and attend the free Noonday Concert featuring renowned cellist Ben Noyes at 12:15 p.m. in the Performance Hall.

The 26th Season of the Noonday Concert Series presents free curated concerts by PCM faculty and students of the conservatory. These concerts have been an integral part of the mission of the conservatory to provide equal access to quality music since 1995. Noonday Concerts are free and open to the public. Facemasks and proof of

vaccination or a negative test within 48 hours are required for all public events at the Portland Conservatory of Music. To learn more, go to www.portlandconservatoryofmusic.org.

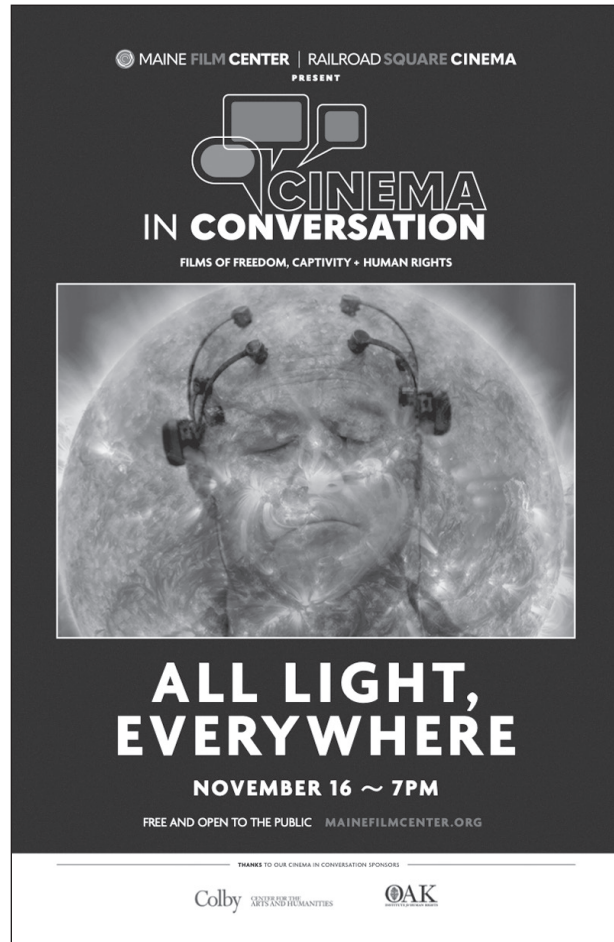
Portland Conservatory of Music is Portland, Maine's premier community music education center. A nonprofit 501(c)(3) community music school, the mission of Portland Conservatory of Music is to provide access to quality music education for community members of all ages, abilities, and financial levels. Portland Conservatory of Music offers a wide range of music educational programs ranging from private lessons and choirs to jazz ensembles and early childhood music. Its faculty of 50 musicians and instructors have credentials that include advanced degrees, national and international performance, and instruction at premier Maine colleges and universities. Portland Conservatory of Music is located at 28 Neal Street in Portland's West End neighborhood.

Free screening of documentary "All Light, Everywhere" at MFC

The Maine Film Center concluded its fall series "Cinema in Conversation: Films of Freedom, Captivity, and Human Rights" with a special screening of the documentary "All Light, Everywhere," followed by a Q&A with producer Jonna McKone. The film was free and open to the public.

Jonna McKone, originally from Maryland, graduated from Bowdoin College. She is a photographer, producer, and independent filmmaker whose work focuses on landscape and nature to explore power imbalances. "All Light, Everywhere" is her first feature film. The film won the U.S. Documentary Special Jury Award for Nonfiction Experimentation at the 2021 Sundance Film Festival.

"All Light, Everywhere" is an exploration of the shared histories of cameras, weapons, policing and justice. As surveillance technologies become a fixture in everyday life, the film interrogates the complexity of an objective point of view, probing



theoretically objective, detached, logical, and so forth, to be manipulated, abused, and withheld; and how people's biases and cultural conditioning affect how they interpret the data they're looking at, whether it's satellite images of inner-city neighborhoods or body camera footage of a police confrontation with a citizen." —Matt Zoller Seitz, RogerEbert.com

This free event was November 16 at 7:00 p.m. at Railroad Square Cinema, 17 Railroad Square in Waterville.

"Cinema in Conversation" is sponsored by the Colby Center for the Arts and Humanities, Oak Institute for Human Rights, and Colby Cinema Studies.

McKone, a Bowdoin College graduate, discussed the film's themes of surveillance and policing.

Maine Film Center hosted "All Light, Everywhere" on November 16, 7:00 p.m. at Railroad Square Cinema

the biases inherent in both technological, and philosophical aspect of surveillance, including how every significant cultural, easy it is for tech that is

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LA Block Party had record-setting fundraising for Make-A-Wish



Jim Marston presents check to Make-A-Wish Foundation.

Make-A-Wish Maine is pleased to share the results of its largest external fundraising event of all time, the LA Summer Block Party presented by Uncle Andy's Digest. On August 14, the 7th Annual

event took place in Auburn. Backed by long-time sponsors, donors and in-kind supporters, the event is eagerly anticipated each year and is the largest external fundraising event benefitting Make-A-Wish

Maine. This year, the event raised a record-setting \$112,000 to date. This was not only a record for the LA Summer Block Party, but also represents the single largest external fundrais-

ing event in Make-A-Wish Maine's 29-year history.

"We are completely blown away by what the Summer Block Party is able to do year-over-year. With over \$475,000 raised in seven years, we are still in awe each year to see the success of this event. We are so grateful for the dedicated volunteers who coordinate this event and give so many hours of their own time to it. They have changed the lives of dozens of wish families who are directly impacted by their generosity," says Kate Vickery, President & CEO of Make-A-Wish Maine.

Jimbo Marston, event founder and organizer states, "It's remarkable to see so many area businesses step up and support what has become a great community event. Our communities are very generous and for them to stand with us for such a great organization like Make-A-Wish is incredible to see.

The ripple effect of a Wish inspires us to keep pushing the envelope and bust through the ceiling each year."

The annual event featured live music, auction items, and a Kids Zone featuring a 95-foot inflatable obstacle course. Many supporters have attended the event since the first year and it has become an annual celebration in the Lewiston-Auburn community.

The average cash cost of a wish is \$7,000 and Make-A-Wish Maine has over 115 children in some stage of the wish process.

"Throughout the past 12 months, we have granted 67 wishes. Our wish kids have wished for puppies, playsets, swimming pools and shopping sprees and we are dedicated to granting the wish of every eligible child. For us, events like the Summer Block Party are what allow us to continue to deliver our mission to kids

battling critical illnesses. This partnership is changing the lives of the families we work with," says Kate Vickery.

Make-A-Wish creates life-changing wishes for children with critical illnesses. Since 1992, they have granted over 1,600 wishes. This coming year, the organization expects to grant the greatest wish of over 75 seriously ill Maine children, which is an average of one wish every five days. All money raised in Maine stays in Maine. All wish expenses are fully covered by Make-A-Wish. Make-A-Wish Maine is a 501(c)(3) tax-exempt organization, and all contributions are tax deductible. The Maine chapter has over 200 volunteers statewide, and a staff of eight. Our office is located at 66 Mussey Road in Scarborough. For more information about Make-A-Wish Maine, visit www.maine.wish.org and discover.

Auburn Girl Scout Brownie Lends a Helping Hand

Evelyn Blouin, a Girl Scout Brownie from Troop 5043, is a natural when it comes to giving sales-pitches. While going door-to-door and using her exuberant spirit and entrepreneurial skills to sell nuts, candy, and magazines for the Girl Scout Fall Product Program, Blouin noticed someone gardening. She jumped right in to help, iridescent pink Crocs and all.

"I helped with the tweezer cutter and cut off some huge dead flowers to help the plant. The lady told me she used to be a Girl Scout too and it was really cool," said Blouin.

That someone was Jamey Martin, a former

Girl Scout, Troop Leader, and Camp Counselor. She knew that the money raised from the Fall Product Program would go towards Evelyn's goal of earning a free week at camp and wanted to contribute.

Blouin's Troop Leader, Jamie Ribisi-Braley was there helping Blouin, and said, "Hearing her offer to help Jamey with her gardening was not a surprise at all because Evelyn is impulsively kind. That is the sort of energy and kindness that I hope to continue to support in our girls because kindness spreads a very long way. Evelyn made me see that we weren't only trying to get the support of our friends

that day, but we were also there to support them and let them know they have a helping hand in us."

Blouin's mother, Sara, said, "Seeing Evelyn jump right in to help really amazes me. She is such a bright spirit. Being in Girl Scouts has brought out the true meaning of community and friendship for her. She has a great time socializing and hopefully making lasting friendships, all while learning about strong women role models and empowering life skills."

Evelyn is living up to the Girl Scout mission and her thoughtfulness, cheerful spirit, and entrepreneurial skills are not going unnoticed in her commu-

nity.

Girl Scouts bring their dreams to life and work together to build a better world. Through programs across the state of Maine and beyond, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges—whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike or advocate for climate justice, or make their first best friends. Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and



make changes that affect the issues most important to them. To join, volunteer, reconnect, or donate, visit girlscoutsofmaine.org.

For the latest updates follow them on Facebook @ [girlscoutsofmaine](https://www.facebook.com/girlscoutsofmaine) and Instagram @ [girlscoutsofmaine](https://www.instagram.com/girlscoutsofmaine).

NCCLA donates tourney proceeds to Cancer Center



Members of the Norway Country Club Association in front of the Cancer Resource Center of Western Maine are Kathy Jillson, Maureen Thorn, Sue Craib, Diane Madden (CRCofWM executive director), Kathy Greenleaf, Carol Roth, Bev Butler, Alice Goodwin, and Jackie Bennett.

The Norway Country Club Ladies Association raised over \$14,000 in their 8th annual Drive Out Cancer Golf Tournament for the Cancer Resource Center of Western Maine (CRCofWM) on August 12. Many area businesses and individuals sponsored

the golf tournament with cash donations or donated items to their silent auction and ticket raffle table. "We are extremely grateful to these ladies for their ongoing, annual support for the Center. One hundred percent of the money donated from this annual event goes

back into the communities we serve, providing support and resources to individuals affected by cancer."

The Cancer Resource Center of Western Maine is a 501c3 non-profit organization embracing anyone affected by cancer in a community that offers hope and caring through support, education, and concepts in healthy living. They offer free programs, complementary therapies, weekly virtual classes, travel assistance, support groups and comfort items - because no one should face cancer alone. CRCofWM is located at 59 Winter St, Norway. For more information, visit their website: www.crcofwm.org; find them on Facebook; or call 890-0329

Senator Jeff Timberlake Announces Re-election Run

Turner - Senator Jeff Timberlake (R-Androscoggin) has announced he will be running for another term in the Maine Senate. He currently serves as the leader of the Senate Republican caucus and is a strong voice in Augusta for working Mainers and rural Maine.

"As a farmer and a business owner, I deal every single day with the same issues so many Mainers are dealing with - workforce shortages, the rapidly rising cost of doing business, the burdens on employers, and more. I'm running for re-election so I can keep using my practical, real experience with these issues to help get things on the right path for Mainers," said Senator



Senate Republican Leader Jeff Timberlake is running for a third term in Maine Senate

Timberlake. "I will always be proud to stand up and speak strongly in support of rural Mainers and working families."

Sen. Timberlake is a co-owner of Ricker Hill Orchards, an eighth-gener-

ation family farm. He and his family also own multiple businesses including Northland TrueValue.

A resident of Turner, Sen. Timberlake has long been involved in serving
See Senator, page 16

Birds

Continued from page 1

water also, but usually he is on foot in the woods. A nature and wildlife observer, he finds the woods peaceful and restores his energy.

Todd explained “We boarded the Barbra Frost Vessel captained by Andy Peterson which picks you up in Cutler on the Little River.” He continues “Photographing birds at sea can be difficult while cruising on a vessel. Sometimes the weather doesn’t cooperate, like when we left Cutler surrounded by dense fog.”

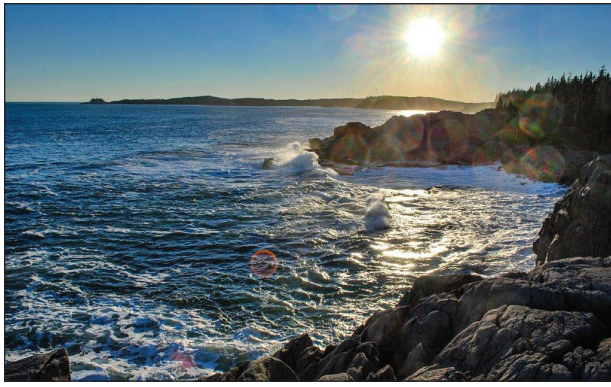
Todd adds, “But the unique opportunity to land on the island and photograph from a bird blind means plenty of time to get amazing shots of the sea birds.” We have included a few of his beautiful shots of the Sea Bird Puffins.

Todd always has his camera with him as he says, “You never know when a photo opportunity presents itself.” Travelling to and from work, he has been pleasantly surprised many times. He feels many of his most amazing shots are when he is traveling to and from work.

When the activity calendar announced Todd’s Sea Birds presentation last month, bird and nature enthusiasts arrived early to ensure a good seat. The tenants were pleased to give their comments as well as Todd encouraged them to add their observations to his narration. Todd kindly furnished a few of his photos for this article.



Todd Hopkins, Assistant Director of Food Services at Schooner Estates Senior Living Community in Auburn, poses with his ever present camera, before presenting his collection of Sea Bird photos to the bird and nature enthusiasts at Schooner. (Rachel Morin Photo)



Sea Puffins along the coastline. (Todd Hopkins Photo)



Another view of the Rocky Coastline. (Todd Hopkins Photo)



Lone Sea Puffin in Flight (Todd Hopkins Photo)



Sea Puffins coming in for a landing! (Todd Hopkins Photo)

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MaineHealth's capacity challenges to continue in the months ahead

Leaders from across MaineHealth, northern New England's largest integrated health care network, said that they expect capacity challenges for the region's health care industry to persist in the months ahead and asked for understanding from patients and support from the community and policy makers.

Andrew Mueller, MD, chief executive of MaineHealth, said much of the challenge can be traced to a workforce shortage that has been building for some time, and he talked at length about the need to train more clinical professionals. He also said other factors are making it harder for health care providers to keep up with demand at this time.

"We're still battling, just a really hot pandemic. We're seeing the largest numbers of hospitalized patients since the pandemic began, right now," said Mueller.

In addition, Mueller said, many patients who understandably delayed care are now arriving at MaineHealth hospitals much sicker, putting greater demand on the organization's care team. Mueller also noted that the ongoing labor shortage is not just impacting MaineHealth, but health care organizations across the region. That in turn is making it hard to transition patients out of the hospital to skilled nursing facilities and to behavioral health facilities.

Mueller said that, while departures from the health care workforce over the state of Maine requirement to be vaccinated against COVID-19 will

have some impact in the short-term, the real challenge is with overall long term trends in the labor market. Mueller presented data that showed that infections and quarantines related to COVID-19 have been a significant challenge for the health care system and that vaccination was the right way to keep care team members, patients and communities safe.

"It's very clear to us that the vaccine mandate really helps to protect and preserve our work force," said Mueller, who added that having the full care team at MaineHealth vaccinated is not only consistent with what is best for patients and the community, but supports the organization's vision of "Working together so our communities are the healthiest in America."

During the Tuesday virtual press conference, Joel Botler, MD, chief medical officer of Maine Medical Center, shared that the state's largest hospital is seeing unprecedented demand. This is resulting in ongoing evaluation of, and rescheduling of some, non-emergent procedures at the hospital. Also, the MMC Emergency Department has been on frequent "diversion" in recent weeks, meaning that only life-threatening and other critical cases are taken in and others are directed elsewhere for care.

Cindy Wade, R.N., president of LincolnHealth in Damariscotta and Boothbay Harbor, said her rural hospital network is straining under the increased demand and the shortage of workers. She said in her hospital there is a particu-

lar challenge with patients who need care in a nursing home but can't find a space due to the labor shortage impacting skilled nursing services.

Wade also urged people with non-life-threatening concerns to use LincolnHealth's urgent care center in Boothbay Harbor rather than the hospital Emergency Department in Damariscotta. She said that even if someone has to drive a bit to get to Boothbay Harbor, they are likely to get care and be home sooner than if they sought similar care in the Emergency Department.

The health system leaders asked patients and communities to do their part in mitigating the capacity challenges for providers.

Mueller urged people to get vaccinated against COVID-19, noting that the sickest COVID patients are those who are not vaccinated.

The leaders also stressed the importance of seeking out the best venue for care. Across the health system hours have been extended for walk-in care, urgent care and at doctor's offices to help take the pressure off Emergency Departments.

MaineHealth is taking a number of steps in response to the capacity issues, including:

Forming a work group specifically targeting capacity. The work group uses a "capacity dashboard" that enables them to see on a daily basis where beds are available across the health system and where patients can be appropriately transferred to receive the best possible

care.

Reducing non-emergent procedures, evaluating them day-to-day depending on capacity.

Expansion by the MaineHealth Medical Group of outpatient access, including extending primary care, walk-in, urgent care and telehealth hours to help reduce the strain on Emergency Departments.

Placing an emphasis on supply chain efforts to ensure the health system has the right equipment to keep everyone safe.

Creating incentives to add staff, including a \$61 million market adjustment to pay across the system in August and still higher increases for some of the most difficult positions to fill, making sure that wages are competitive. The system also significantly increased the employee referral bonus.

Continued investment in training programs for critical positions, working both internally and with community partners to promote these opportunities. Longer term, the health system will be investing nearly \$5 million next year in partnership with community colleges and institutions of higher learning to build a workforce pipeline into the future.

The leaders also touched on other steps that can be taken to help alleviate the capacity challenges.

Mark Fourre, MD, president of Pen Bay Medical Center and Waldo County General Hospital in Rockland and Belfast, noted there were three important priorities for the community and policy makers that would help

improve the situation. One of those is reimbursements and programing for behavioral health, which is being felt today in the form of patients who are having a mental health crisis filling emergency department beds over many days. "That is a long standing problem made worse today," said Fourre.

Fourre also noted that investment in local EMS companies and other patient transport services as well as reimbursements for long-term care services at nursing homes have also lagged, and the failure to invest in those services is making the current situation much worse.

Additionally, Mueller said the investments in supporting training and education for health care workers announced by Maine Gov. Janet Mills on Monday were positive steps forward, and he said hoped that the initiative will be followed by a permanent investment in expanding the state's capacity for training nurses and other health care professionals.

Mueller also had one additional ask of the community on behalf of the entire MaineHealth care team, which is to continue to appreciate and respect the difficult job health care workers are doing.

"One of the other things that we need you to do is just be patient, and recognize we are all working hard to ensure we get everyone cared for in a timely manner. I can't say it enough; we have the most amazing care team," said Mueller. "We have true heroes on the front lines."

MaineHealth is a not-for-profit integrated health system consisting of nine local hospital systems, a comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,500 employed and independent physicians working together through the MaineHealth Medical Group. With approximately 22,000 employees, MaineHealth is the largest health system in northern New England and provides preventive care, diagnosis and treatment to 1.1 million residents in Maine and New Hampshire. It includes Franklin Memorial Hospital/Franklin Community Health Network in Farmington, LincolnHealth in Damariscotta and Boothbay Harbor, Maine Behavioral Healthcare in South Portland, MaineHealth Care at Home in Saco, Maine Medical Center in Portland, Memorial Hospital in North Conway, N.H., Mid Coast-Parkview Health in Brunswick, NorDx in Scarborough, Pen Bay Medical Center and Waldo County Hospital in Rockport and Belfast, Southern Maine Health Care in Biddeford and Sanford, Spring Harbor Hospital in Westbrook and Stephens Memorial Hospital/Western Maine Health Care in Norway. MaineHealth Affiliates include Maine General Health in Augusta and Waterville, New England Rehabilitation Hospital in Portland and St. Mary's Regional Medical Center in Lewiston. It is also a significant stakeholder in the MaineHealth Accountable Care Organization in Portland.

Red Cross asks to test smoke alarms when turning back clocks

As Mainers turn their clocks back for the end of daylight-savings time, the American Red Cross asks everyone to also test their smoke alarms.

Home fires are the nation's most frequent disaster and tragically take seven lives every day in this country.

"It's critical to take action now to be as safe as possible as the threat of home fires increases with the holidays and cooler weather," said Aaron McIntire, Regional Disaster Officer, Red Cross of

Northern New England. "So far this year, Red Cross volunteers have responded to 191 home fires in Maine, assisting 760 individuals. The good news is that you can take a few simple steps this weekend to help protect your loved ones."

During a fire, early warning from a working smoke alarm plus a fire escape plan that has been practiced regularly can save lives. As we turn back our clocks when daylight saving time ends, it's the perfect time to test your

smoke alarms and replace the batteries if needed.

In addition to testing your smoke alarms, follow these steps get your home ready. Install smoke alarms on every level of your home, including inside and outside bedrooms and sleeping areas. Replace smoke alarms that are 10 years or older. Components such as sensors can become less sensitive over time. Follow your alarm's manufacturer instructions.

Practice your two-minute home fire es-

cape plan. Make sure everyone in your household can get out in less than two minutes. That's the amount of time you may have to escape a burning home before it's too late. Include at least two ways to get out of every room and select a meeting spot at a safe distance away from your home, such as your neighbor's home or landmark like a specific tree in your front yard, where everyone can meet.

The Red Cross Home Fire Campaign with community partners

has saved at least 1,048 lives since October 2014 by educating families about fire safety, helping them create escape plans and installing more than 2.2 million free smoke alarms in high-risk homes across the country.

For more information, including safety tips and free resources, visit redcross.org/homefires or download the free Red Cross Emergency app by searching for 'American Red Cross' in app stores.

The American Red Cross shelters, feeds and

provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or [CruzRojaAmericana.org](https://www.cruzroja.org), or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

Maine Public Health Association wins 2021 APHA Affiliate Award

Each year, the American Public Health Association (APHA) recognizes and celebrates a state affiliate for its public health excellence and accomplishments. On Saturday, October 23, Maine Public Health Association was recognized as the recipient of APHA's 2021 Outstanding Affiliate of the Year Award.

"Thank you to APHA for recognizing our hard work with this award; we are so honored. I am proud of the work we do across sectors and levels of government, forming partnerships at the community, state, and regional levels," said Rebecca Boulos, MPHA Executive Director. "While we are a small organization with just two full-time staff, we are committed to our mission of improving and sustaining the health and wellbeing of all people in Maine through health promotion, disease prevention and the advancement of health equity. We want to thank our more than

550 members, our regional, statewide and community partners and funders, and the MPHA board for their commitment to improving public health and health equity in Maine."

"MPHA is the leading public health advocacy, education, and coalition builder in the state," said Dr. Noah Nesin, MPHA Board President. "Over the past few years, and with the leadership of our Executive Director, Rebecca Boulos, I have watched MPHA grow its staff and advocacy capacity, the diversity of its partnerships, and the reach and impact of its education, engagement, and advocacy efforts. This growth has advanced the visibility of public health, the connections between racism and health, climate change and health, and the critical importance of investing in a strong and nimble public health system that integrates municipal, community, and state level efforts."

"We appreciate our

longstanding partnership with MPHA," said Nirav D. Shah, Director of the Maine Center for Disease Control and Prevention. "The Association's assistance with Maine's pandemic response through support for municipal and community-based efforts, virtual trainings about infectious disease surveillance, vaccination, and communications skills, and multi-channel media campaigns have helped promote public health education and messaging."

"We have greatly appreciated MPHA's leadership on climate change, through co-chairing the Maine Climate Council's Community Resilience Planning, Public Health and Emergency Management Working Group, and by serving as a valued member of the Council's Equity Subcommittee," said Hannah Pingree, Director of the Governor's Office of Policy Innovation & Future. "MPHA's contributions have ensured that public health is

central to Maine's urgent work to help our communities and people prepare for effects of climate change."

"MPHA has been a supportive training and advocacy partner to New Mainers Public Health Initiative," said Abdulkerim Said, Executive Director of New Mainers Public Health Initiative. "As an organizational member of MPHA, we are particularly pleased they won the Outstanding Affiliate of the Year Award. Congratulations, MPHA!"

"As the Region 1 Public Health Training Center, we have worked with Maine Public Health Association for years to improve public health workforce development. MPHA is a strong training partner that consistently procures high-quality presenters and content, attracting learners from across New England," said Karla Todd Barrett, Director of New England Public Health Training Center. "Our workforce

partnership is foundational for building solutions to the challenges facing Mainers, and for sharing those lessons with others. MPHA is so worthy of this award, and we offer our sincere congratulations."

"Maine Public Health Association is among the few state affiliates with paid staff, and the staff do incredible work," said Lindsey Wahowiak, Director of APHA Affiliate Affairs. "The Association has received several awards at APHA over the past few years, including APHA's Center for Climate, Health and Equity's inaugural Excellence in Climate Leadership Award, and hosting the 2019 APHA Student of the Year, Emily Bartlett. We appreciate all that MPHA does to promote public health and health equity in Maine. This year's recognition as Outstanding Affiliate of the Year is well-deserved – congratulations, MPHA!"

Other award winners were Kim Boyd, Colorado

Public Health Association: Award for Excellence, Delaine Anderson, Minnesota Public Health Association: Outstanding Student of the Year, Kim Dittman, North Carolina Public Health Association: Outstanding Affiliate Staff of the Year and Moose Alpern, Emory University: Innovation in Public Health.

About Maine Public Health Association. The Maine Public Health Association is the state's oldest, largest, and most diverse association for public health professionals. We represent more than 500 individual members and 50 organizations across the state. As a statewide nonprofit association, we advocate, act, and advise on critical public health challenges, aiming to improve the policies, systems, and environments that underlie health inequities – but which also have potential to improve health outcomes for all people in Maine. Learn more: www.mainepublichealth.org.

UMaine hires dairy specialist Glenda Pereira



Glenda Pereira has been named assistant Extension professor and statewide dairy specialist with University of Maine Cooperative Extension. She also is an assistant professor of animal science with the UMaine School of Food and Agriculture.

Pereira grew up on her family's dairy farm in the Azores with 100 purebred registered Holsteins. She pursued her passion for the dairy industry at

the University of Rhode Island, where she majored in pre-veterinary studies, leading to a master's in animal science. She earned a Ph.D. from the University of Minnesota with a focus on precision dairy, crossbreeding and low-input, pasture-based feed efficiency.

While the Holstein has long been a favorite breed of dairy cattle, Pereira says she also admires the Normande. Her dairy products of choice:

sour cream and ice cream.

As the UMaine Extension dairy specialist, Pereira will work directly with dairy farmers, conduct applied research and develop educational programs for dairy and livestock producers across Maine and New England. For more information contact glenda.pereira@maine.edu or 207.581.3240. More information also can be found on the Extension dairy resources website.

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. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Oro-

no in 1865, is the state's land grant, sea grant and space grant university, with a regional campus at the University of Maine at Machias. UMaine is located on Marsh Island in the homeland of the Penobscot Nation. UMaine Machias is in the homeland of the Passamaquoddy Nation. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and 81 countries. UMaine currently enrolls 11,989 undergraduate and grad-

uate students, and UMaine Machias enrolls 747 undergraduates. Our students have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100-degree programs through which students can earn master's, doctoral or professional science master's degrees, as well as graduate certificates. UMaine Machias offers 18-degree programs. The university promotes environmental stewardship, with substantial efforts campus wide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine and UMaine Machias, visit umaine.edu and machias.edu.

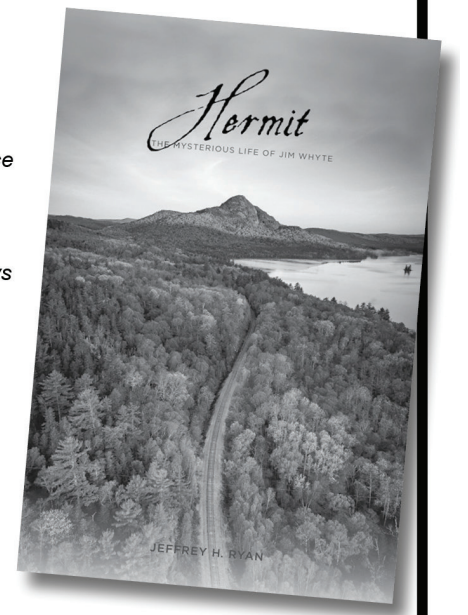
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— Bill Bushnell, *Bushnell on Books*

"I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when *Hermit* was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio."
— George Smith, *Bangor Daily News*

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



Red Cross encourages donations with gift card until Nov. 23

As the holidays approach and the Centers for Disease Control and Prevention warns about a potential spike in flu cases this year, it's important that those who are eligible, healthy and feeling well make an appointment to donate blood or platelets. The American Red Cross continues to address an ongoing emergency blood shortage,

and donors are urged to give now to combat the lowest blood supply levels at this time of year in more than a decade.

According to the CDC, flu cases reached an all-time low last year due to masking, physical distancing and shutdowns across the country, and many Americans may have reduced immunity this year. When seasonal

illness increases, the number of healthy blood donors tends to decrease. Paired with winter weather, busy holiday schedules and ongoing COVID-19 concerns, the already-struggling blood supply could be further impacted throughout winter.

There is no blood donation waiting period for those who have received a flu shot or a Moderna,

Pfizer or Johnson & Johnson COVID-19 vaccine or booster, so long as they are symptom-free. Donors are urged to schedule an appointment now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

To encourage donors to help meet the needs of

hospital patients this month, all who come to donate now through November 23 will receive a \$10 Amazon.com Gift Card by email, thanks to Amazon (restrictions apply). Those who come to give around the Thanksgiving holiday, November 24-28, will receive a pair of Red Cross socks, while supplies last.

Each Red Cross blood

drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

Maine Warden Service taking applications until Dec. 20

These positions are part time positions, from May 9, 2022, to the end of August. Deputy Game Wardens are assigned to specific bodies

of water to enforce recreational boating rules and regulations.

Deputies will be assigned to the Sebago Lakes Region, Bel-

grade Lakes Region, or Moosehead Lake Region depending on operational need. It will be expected that these Deputy Game Wardens will work in

state issued watercraft, patrolling specific bodies of water. The Deputy's primary mission will include, educating the boating public, handing

out department-sponsored literature, issuing warnings and summonses for boating violations. This is certified, uniformed, law enforce-

ment work as a member of the Maine Warden Service.

The hiring process is open until December 20, 2021.

Community Health Options Partnering with NFC

LEWISTON - Community Health Options, the state's only nonprofit,

member-led health plan, and the National Fitness Campaign (NFC) have

launched a statewide partnership to expand free access to world-class outdoor

fitness. The partnership will bring attractive and inviting outdoor fitness courts to

communities across Maine in an ongoing effort to improve quality of life, promote activity, and create equitable access to outdoor exercise programs for communities around the state.

The NFC is a country-wide initiative aimed at supporting communities to plan, fund, and build a wellness infrastructure. The ultimate goal is to fight back against preventable diseases caused by sedentary behavior and transform the next decade so that millions of Americans will choose outdoor wellness activities for healthier lives.

"Mainers are known for enjoying the great outdoors. Our partnership with the NFC will help more adult Mainers enjoy exercising outside and will allow them to be their healthiest selves, mentally and physically," said Kevin Lewis, president and CEO of Health Options. "Our vision to be a leader in transforming and improving individual and community health naturally aligns with the NFC's work."

Through the NFC partnership, Health Options Fitness Courts will be constructed in easily accessible public spaces beginning in Summer 2022. These Fitness Courts, combined with free digital workouts via a fitness app available to Maine people, will provide community wellness opportunities and free access to outdoor fitness. NFC's award-winning initiative is now planning its 500th Healthy Community in America and is delivering unprecedented and greatly needed outdoor wellness programs across the country.

The NFC and Health Options will begin accepting grant funding applications on November 4, to support Fitness Court construction in local communities. Qualified municipalities, schools, and other organizations who own

accessible public space are encouraged to apply. Grant recipients will receive a wellness toolkit and design resources to aid in planning, funding, and launching their outdoor Fitness Court and community wellness campaign. To learn more about National Fitness Campaign and how to qualify for funding, visit: www.nationalfitnesscampaign.com/maine.

"The National Fitness Campaign is proud to welcome Community Health Options as its state sponsor in Maine," said Mitch Menaged, Founder of the NFC. "This program will deliver tremendous resources to contribute to the important mission of fighting obesity and improving health outcomes as the network of Fitness Courts® grows across the state. We look forward to working with Health Options to make this campaign a great success."

Community Health Options is the only Maine-based, nonprofit, Member-led health plan and plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with nearly 1,300 businesses and 48,000 healthcare providers in the state.

National Fitness Campaign (NFC) is a wellness consulting firm – founded in San Francisco, CA in 1979 – that offers grant funding, project management and master planning services to cities, schools and sponsors to build healthy communities. The Fitness Court® is a trademarked 7-minute workout system, created by NFC Founder, Mitch Menaged, that was designed to be the world's best outdoor gym. NFC's mission is to build healthy communities by building an outdoor Fitness Court within a 10-minute bike ride of every American.

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Now through Sunday, November 28

GORHAM – Annual Tree Lighting contest. Any resident or business in Gorham can participate. You can come up with your own theme, color scheme or any creative idea to decorate your holiday tree. To participate, email gorhamstreefestival@gmail.com to have your holiday tree judged and entered to win. Place your holiday tree outside of your residence or business by November 28 at 4:00 p.m. for the Light Parade through Gorham Village. All trees will be judged on creativity and theme. They will be judging trees in early December. Two winners will be announced in each division, business and residential, for most creative and best theme. The winners will be announced, and photos published in Gorham Weekly. If you are too busy but would like to participate let Great Falls Construction know and they can help. If you have any questions, please feel free to call Cindy 207-839-2744 or email cindy@greatfallsinc.com

All November
GORHAM – Baxter Memorial Library. During the month of November, Youth Services will be handing out a variety of take-home crafting kits intended to create gifts for loved ones.

All November
GORHAM – Baxter Memorial Library. During the month of November, the library will be promoting their outdoor literacy spaces as activities to do with the family. These include the newly installed Bee and Butterfly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the

Calendar

Send your submissions to the Editor. More online.

Claire Drew Trail.

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Every Tuesday in November

GORHAM – Baxter Memorial Library. November Story Adventures 10am. Each Tuesday event will include a different book, movement break and activity, all held outdoors. It will be cancelled if weather is extreme. This is geared towards children aged 2-5.

Every Wednesday
SABATTUS - Sabattus Rec free group runs. The Wednesday night runs

start and end in the Sabattus Mini-Mall parking lot, in front of Mixer's Nightclub. The social workouts head out at 6:00 p.m. each week, and usually last 30-45 minutes. The group runs are open to all abilities, from walkers to experienced runners. Distances can range from 2 miles to 7 miles, depending on participants' abilities. These are no-pressure, non-competitive runs, focusing on fitness improvement and support for each other's challenges and goals. There is no attendance commitment or competition requirement. Attendees should dress accordingly and wear reflective clothing or lights. For more information go to the Sabattus Rec Club Running Program page on Facebook, or email running@sabattusrec.com

by calling the Box Office at 783-0958, or at the door. Located at 30 Academy St, Auburn, ME 04210 info@laclt.com, boxoffice@laclt.com.

Thursday, November 18
GORHAM – Tentative Board of Appeals Meeting Council Chambers at 6:30 p.m.

Thursday, November 18
GORHAM – Tentative Recurring Capital Improvements Committee Meeting. Room TBD at 6:30 p.m.

Thursday, November 18
WATERVILLE - Homeschool Hub 1:00 p.m. to 2:00 p.m. (Weather permitting). Meet Mrs. Liz to walk the StoryWalk® trail followed by writing gratitude poems. Feel free to bring a snack to enjoy with each other after the program. Free for youth

and their caregivers! Storywalk@watervillelibrary.org or call the library at 207-872-5433.

Saturday, November 20
GORHAM – Christmas Craft Fair at White Rock Friendship Club, Gorham. 9 a.m. to 2 p.m. Several crafters with all handmade items. Home decor, wreaths, jewelry, sewn, crochet and knitted items, and much more! Bake sale and lunch too! Fundraiser to support Gorham High Senior Scholarship. 34 Wilson Road, Gorham.

Saturday, November 20
AUBURN - United Methodist Church Fall Fair 9:00 a.m. to 1:00 p.m. The Church is located at 439 Park Avenue in Auburn. Items include toys, books, white elephant items, crafts, takeout meals of mac & cheese, china pie, sweet and sour chicken, homemade bread, homemade pies and much more. For additional information, please contact the Church at 207-782-3972.

Thursday/Friday November 25 & 26
GORHAM – Municipal Center, Administrative Offices & Library closed in observance of Thanksgiving Holiday.

Saturday, November 27
GORHAM – Annual Burn Off the Turkey 5K hosted by Gorham Recreation Around Robie Park at 8:30 a.m.

Saturday, November 27
GORHAM – The Burn Off the Turkey 5k Run/Walk starts at 8:30 a.m. To register and learn more, visit GorhamRec.com/info/activities then under Programs select Community Events then click on Burn off the Turkey 5K.

Sunday, November 28
GORHAM – Annual Light Parade and Tree Lighting. The parade will start 4 p.m. on Main Street

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Sunday, November 28
GORHAM – Annual Light Parade and Tree Lighting hosted by Gorham Recreation. Main Street to South Street to Morrill Avenue to Gorham High School Parking Lot at 4:00 p.m.

Monday, November 29
GORHAM – Tentative Joint Town Council Capital Improvements Committee (CIP) & School Facilities Committee Meeting. Room TBD at 6:30 p.m.

Monday, December 6
GORHAM – Planning Board Meeting Council Chambers at 7:00 p.m.

Tuesday, December 7
GORHAM – Town Council meeting. Town Staff and Skate Park Advisory members are completing final interviews for the skate park design build RFP. Town staff are hopeful to have a company selected for endorsement by

this date. Council Chambers at 6:30 p.m.

Wednesday, December 8
GORHAM – School Committee Meeting Council Chambers at 7:00 p.m.

Thursday, December 16
GORHAM – Tentative Recurring CIP Meeting. Room TBD at 6:30 p.m.

Thursday, December 16
GORHAM – Tentative Board of Appeals Meeting Council Chambers at 6:30 p.m.

Tuesday, December 21
GORHAM – Tentative Recurring Town Council Workshop Council Chambers at 6:30 p.m.

Friday, December 24
GORHAM – Municipal Center, Administrative Offices & Library closed in observance of Christmas.

Friday, December 31
GORHAM – Municipal Center, Administrative Offices & Library closed in observance of New Year's Day.

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Jesus is Lord. It's the cry of the Christian. It all began, with a miraculous mission. We are his servants, and he is our Lord. To all of the world, we are preaching his word.

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NASHVILLE SHOW TRIP - JUNE 11-19, 2022

Trip includes 9 days and 8 nights - 14 meals - Grand Ole Opry Show - Nashville Nightlife Dinner Theater - Guided tours of Nashville and Belle Meade Historic Site & Winery. Admission to the Country Music Hall of Fame. Admission to the Grand Ole Opry behind the Scenes Tour. Admission

to Madame Tussauds Wax Museum. Price is \$1,025. per person double occupancy with a \$75.00 deposit due upon signing.

MACKINAC ISLAND - SEPTEMBER 10 - 18, 2022

Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Visit to Mackinaw City. Visit to Mackinac Island including a guided Carriage Tour. Boat ride through the Soo Locks and free time and sightseeing in Sault Sainte Marie. Admission to Colonial Michillmackinac. Price is \$899.00 per person double occupancy with a \$75.00 deposit due upon signing.

WHITE MOUNTAIN HOTEL AND RESORT - DECEMBER 4 & 5, 2022 -

Trip includes 1 night

lodging - 3 meals (Grand Sunday Brunch) - 2 different entertainment shows, Austrian Sleigh Ride through Jackson Village, Chocolate Tour, shopping and much more. \$100.00 deposit due upon signing. Total price not available at this time.

For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy - 207-345-9569.

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Community Credit Union Hires Waldron as Turner Manager



Scott Waldron, Turner Branch Manager, Community Credit Union

Scott Waldron was recently hired by Community Credit Union as the Branch Manager for their Turner location. As Branch Manager, Waldron will oversee all operations within that Branch

such as member services, staffing, training and facilities. Waldron brings twenty years of experience in financial services and a passion for community service. The Turner and surrounding communities are encouraged to stop by to welcome Waldron to his new duties. Waldron and the Turner team look forward to assisting you with all your financial needs such as loans, deposits, youth accounts and more.

Waldron lives with his significant other Donna, and their two cats in Minot. He has a passion for golf and has worked as a PGA professional in the past. Previously, he was a volunteer with Junior Achievement, Rotary and United Way and is already

involved in community efforts with Community Credit Union since he started this new position.

Community Credit Union is a member-owned, full service financial institution that has been serving its members and all of Androscoggin County for over 75 years. The Credit Union has a low-income designation from NCUA as well as certified as a Community Development Financial Institution (CDFI). Community Credit Union has branches located at 144 Pine Street, Lewiston, 40 Stanley Street, Auburn and 1025 Auburn Road in Turner serving approximately 10,000 members. For more information, go to www.communitycreditunion.com.

Senator

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his community. He served as a fireman for the town of Turner for thirty-seven years, as Chairman of the Turner Planning Board for sixteen years, and as Vice Chairman of the Board of Selectmen for two years. He is currently a member of the Kora Shrine, Nezin-scot Lodge, and the Turner Ridge Riders.

Prior to serving in the Maine Senate, Sen. Timberlake was elected to four terms in the Maine House of Representatives. During that time, he served on the Appropriations Committee and the Agriculture, Conservation and Forestry Committee, giving him

key opportunities to influence state spending decisions and advocate for lower spending and tax cuts, as well as work on policies that affect important Maine industries and our outdoor heritage. In 2012, he served on the Maine Economic Development Committee. He currently serves on the Government Oversight Committee.

Sen. Timberlake is a graduate of Leavitt Area High School and Central Maine Community College. He and his wife, Joline, have been married for over forty years. They have one child and two grandchildren.

Due to redistricting, Senator Timberlake will be

running for Senate District 17 instead of the current District 22. The new district encompasses the Androscoggin County municipalities of Greene, Leeds, Lisbon, Livermore, Livermore Falls, Sabattus, Turner, and Wales as well as the Kennebec County towns of Fayette and Litchfield.

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

Educate Maine Symposium virtually on Dec. 10

Each December Educate Maine convenes hundreds of educators, business leaders, policymakers, and diverse citizens from across our state's communities at our annual Education Symposium. This year we are excited to celebrate an exciting milestone: 10 years of increasing the educational attainment and career readiness of Maine people.

We have selected a diversity of sessions and presentations that focus on business and education partnerships that strengthen pathways into Maine's workforce. Some will highlight diversity, equity, and inclusion initiatives that have a positive impact on education and workforce outcomes, with an emphasis on racial and gender equity. Also, we will highlight student leaders and/or student groups who are making a difference in their school communities and Policies in Maine or elsewhere that could help achieve Maine's statewide education attainment goal.

This event also includes the Annual Leadership Luncheon, where we honor Maine's education leaders.

Registration for the 2021 Annual Educate Maine Symposium is now open. Please join us virtually on December 10th for a full day event packed with over 20 breakout sessions and special keynote speakers and presentations. This event also features our annual Leadership Luncheon where we will celebrate and recognize Maine's education leaders and present the Weston L. Bonney Leadership award.

We are offering early bird discounted tickets of

\$65 to the first 100 registrants, so make sure to register soon. You can register online at <https://hopin.com/events/2021-annual-education-symposium-and-leadership-luncheon>.

Thank you to our partner MELMAC. The MELMAC Education Foundation is committed to supporting high quality initiatives that serve the purpose of increasing educational opportunities for Maine people. The Foundation believes that Maine people and the State of Maine will thrive in the new economy by providing access to the appropriate education, skills and training at all levels.

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