

## Former Gov. LePage and Ann Ring the Bell for Those in Need in L/A



Former Gov. Paul LePage rang the bell with former First Lady Ann LePage for Salvation Army donations outside Walmart in Auburn. Lillian Baker from Gorham Weekly holds GW Mascot, Nacho Steele, with Maine's former Governor Paul LePage, Maine's former First Lady, Ann LePage and Gorham Weekly publisher, Laurie Steele.

Last Friday, former Gov. LePage rang the bell with First Lady Ann LePage outside Walmart in Auburn as they greeted shoppers, encouraging donations to the Salvation Army. They later went to Hope Haven Gospel Mission in Lewiston, donating items and greeting others at the homeless shelter that provides meals to the local people and their families.

As a homeless kid living on the streets of Lewiston, LePage never imag-

ined he would one day make it to the Blaine House and become a two-term Governor of Maine. Paul LePage's life story is an example of overcoming life's challenges. Paul survived domestic violence and homelessness; he has long encouraged giving back with annual Blaine House holiday food drives and visiting shelters.

The LePages encourage the public to show their support by dropping off items at the Hope Haven Mission. The mission

has reported a need for paper products including sturdy paper plates, cups as well as food containers. The mission is also in need of canned food and boxed food. They will also take financial donations on site. During recent weeks the mission has housed up to 16 homeless men and 12 homeless women on separate dorm floors. In addition to these guests, they also provide meals to area people and families at their facility.

## UMaine's Population Reaches Record High



Students walking along the mall at the University of Maine. Courtesy of the University of Maine.

University of Maine President Joan Ferrini-Mundy announced today that enrollment at UMaine for the fall 2021 semester is 11,989 students. The cohort of undergraduate, graduate and early college learners has increased 2.1% from fall 2020, when it was 11,741 students, according to enrollment census data compiled by the UMaine Office of Institutional Research and Assessment.

Out-of-state undergraduate enrollment at Maine's public research and land grant university has climbed 150% in a little over a decade, helping the University of Maine defy national declines in higher education enrollment and attract new talent for the Maine workforce.

It is the highest Orono-based enrollment of undergraduate, graduate and early college students in the 153-year history of student enrollment. Programs at the Bangor campus, now a part of the University of Maine at Augusta, contributed to UMaine's student population from 1970 to 1994.

"UMaine students participate in research, innovation and exploratory learning that defines tomorrow," says Ferrini-Mundy. "It is a fantastic time to be a Black Bear with new investments and opportunities coming to our flagship campus. We are pleased more students are choosing the comprehensive, success-focused educational experience we provide at the University of Maine."

Enrollment among undergraduate students at the University of Maine at Ma-

See UMaine, page 11

## Gorham Lions Selling Calendars

The Gorham Lions are selling calendars for daily drawings in January! Calendars are \$10 each and can be purchased online. All funds will be added to our project account, which is the account that we

use to give back to the community. Some examples are: scholarships for high school students, funding the vision program with alt ed at GMS, and assistance with vision and hearing.

For online purchases, please complete the brief ticket here: <https://forms.gle/AzwJfqrWAHkuX4yG6>

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# Newsmakers, Names & Faces

## Collins Call to Reopen the Canadian Border

By: Sen. Susan M. Collins

At long last, the U.S.-Canada land border reopened November 8th for fully vaccinated Canadians. For many Maine families and small businesses, this day was long awaited.

The United States and our ally Canada have a long history of cooperation, which is fortunate given that our two countries share the longest international border in the world. This relationship is especially important to Maine, where our Atlantic Canada neighbors often are friends and family. In addition, residents on both sides of the border regularly need to cross to reach stores, medical care, churches, and oth-

er essential services.

These personal, social, and economic connections were threatened by ongoing and unjustified restrictions on land travel to the U.S. from Canada. In March 2020, during the early days of the pandemic, the Department of Homeland Security imposed a temporary limit on Canadians entering the United States at land ports of entry for any reason other than "essential travel." That month, bans on air travel from certain foreign countries were also put in place.

I heard from many Mainers about the harm that the extended closure of America's land border had on their families, such as a Canadian grandmother

who was not able to attend two weddings for her grandchildren and another Canadian woman who was not able to visit her disabled brother in Maine. In addition, Maine small business owners, particularly in border communities, told me that they were losing significant revenue without their Canadian customers. Our hospitality businesses also experienced losses due to the absence of Canadian tourists.

I repeatedly pushed our government to adjust or reevaluate restrictions on travel across the U.S.-Canada border. In May, I participated in a call with U.S. Senators and Canadian members of Parliament to discuss the importance of

reopening the border. In July, I joined the rest of the Maine Delegation in urging Secretary of Homeland Security Alejandro Mayorkas to take steps to allow fully-vaccinated Canadians to cross the U.S.-Canada border for business or leisure given current health conditions.

In September, the Biden Administration announced that fully vaccinated travelers who tested negative for COVID-19 would be able to enter the U.S. via air travel. Inexplicably, however, the ban for travelers entering the United States for "non-essential" purposes via land was left in place.

It simply made no sense to allow vaccinated

air travelers to come to the U.S. but not allow vaccinated Canadians to drive across the northern border. It was baffling that vaccinated Canadians could enter the U.S. by air but not by land.

This decision was also unneighborly since Canada, which has a high rate of vaccinations, began allowing U.S. citizens and permanent residents to enter their country for non-essential purposes, including tourism, in August.

After the Administration's announcement, I joined a coalition of Senators from northern border states calling on the Centers for Disease Control and Prevention to provide medical justification

for the continued ban on most travelers entering the country via land. We emphasized that we support efforts to curb the transmission of COVID-19, but we shared the concerns of our constituents and communities along the U.S.-Canada border who were being harmed by the restriction of non-essential travel at land border crossings.

Following this bipartisan advocacy, the Administration finally reopened the U.S.-Canada land border. This long-overdue action will help to reunite tight-knit border communities and provide a boost to Maine small businesses that suffered significant revenue losses without Canadian customers.

## Most Don't Know About Lifesaving Lung Cancer Screening

American Lung Association reveals new data; Highlights local activities for Lung Cancer Awareness Month

Survey data just released shows that only 36% of people know that lung cancer screening is available and 28% know that lung cancer is the lead-

ing cancer killer of women and men. The American Lung Association's LUNG FORCE initiative released the 2021 Lung Health Barometer as it recognizes

the start of Lung Cancer Awareness Month.

"Here in Maine and across the nation, lung cancer is the leading cancer killer. It is estimated that in 2021, 1,530 people will be diagnosed with lung cancer and 840 will die from the disease," said Lance Boucher, assistant vice president of state public policy at the Lung Association in Maine. "However, there is hope. The five-year survival rate has increased 33% in the past 10 years thanks to advancements in treatment, research and lifesaving lung cancer screening."

The 2021 Lung Health Barometer surveyed 4,000 Americans nationwide about lung health and lung cancer. Some key findings show that 29% of Americans know that lung cancer is the leading cancer killer of women and men, which is an 8% increase

from the 2020 Lung Health Barometer. Only 10% of adults understand that lung cancer is among the most likely cancers to affect women, while 35% know that it is among those cancers most likely to affect men. Only 36% of respondents know that lung cancer screening is now available for early detection of the disease for those who are high risk.

Throughout Lung Cancer Awareness Month, the Lung Association will be sharing new resources, the State of Lung Cancer Report, inspiring patient stories and lifesaving lung cancer screening information. In addition, through the Lung Association's Lung Cancer Patient Meet-up on the Go program, the organization is offering several webinars and plans to share recordings of the webinars in November. Learn more at [www.lung.org/patient-meetup](http://www.lung.org/patient-meetup).

This is the sixth year of the Lung Health Barometer, which is conducted by the Lung Association's

LUNG FORCE initiative. LUNG FORCE unites the nation to stand together for lung health and against lung cancer.

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to champion clean air for all; to improve the quality of life for those with lung disease and their families; and to create a tobacco-free future. For more information about the American Lung Association, a holder of the coveted 4-star rating from Charity Navigator and a Gold-Level GuideStar Member, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: [Lung.org](http://Lung.org).

LUNG FORCE is a national movement led by the American Lung Association to unite our nation in our efforts to defeat lung cancer, the #1 cancer killer of women and men. LUNG FORCE has three priorities: 1) Make lung cancer a cause that people care about – and act on; 2) Educate and empower patients and healthcare providers and 3) Raise critical funds for groundbreaking lung cancer research. The American Lung Association's LUNG FORCE is nationally presented by CVS Health. Find out more at [LUNGFORCE.org](http://LUNGFORCE.org).

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# Newsmakers, Names & Faces

## Winter Sand Now Available



The Gorham Public Works Department (80 Huston Road) now has winter sand available throughout the winter months. The winter sand area is located beside the silver bullets on the left as you come through the front entrance. Each resident is allowed two 5-gallon buckets per winter event. This sand is mixed with road salt. You must bring your own buckets and a shovel.

## Now Available at BML – Telescope and Metal Detector



The Baxter Memorial Library invites patrons to stop by and check out their new offerings: Look up at the stars with our new library telescope. Jennifer and Alexander Klein donated this telescope for the use of Baxter Library card holders. Borrow it for a week and satisfy your curiosity about your place among the stars. Have you always wanted to search for buried treasure? BML card holders are now able to borrow a metal detector for 1 week. You only have to supply the 9volt battery. Don't forget we also circulate ukuleles (along with tutorial videos) and Let's Move Packs that include bird watching, dog training, and yoga. Call for availability!

## Local Artist Gifts Original Painting to Cancer Resource Center of Western Maine



Above, left to right: Diane Madden (CRCofWM executive director) and local artist Peter Herley.

Norway artist and sculptor, Peter Herley, recently gifted one of his original paintings to the Cancer Resource Center of Western Maine, to be hung in their new office space located at 59 Winter Street in Norway. Herley, a member of the Western Maine Art Group, is well-known throughout the country for his vivid, bright, contemporary art pieces. *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](http://www.crcofwm.org); find them on Facebook; or call 890-0329.*

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## Seniors Not Acting Their Age:

# Caribou Mountain, a Hidden Gem



A group of hikers negotiate Mud Brook on Caribou Mountain

When people contemplate hiking in Maine, most don't consider Evans Notch, which is situated on the border between Maine and New Hampshire and out of the mountain mainstream. Evans Notch Road travels through the notch. Most of the peaks on the east side of Evans Notch Road are in Maine and part of the Caribou-Speckled Mountain Wilderness. One of the highest and most stimulating ascents in the wilderness is 2,850-foot Caribou Mountain. Two things make the climb particularly appealing: numerous challenging stream crossings and glorious

views from the rugged mountaintop.

Although a trail leads to the summit from the east, the preferred routes begin on Evans Notch Road and approach from the west. I usually enter Evans Notch Road from the north in Gilead. From there, the drive is about 3.5 miles south on a narrow twisting paved road past Hastings Campground to a parking area on the left. Beware, the road is closed in winter.

For many years, Caribou Mountain has been a popular Penobscot Paddle & Chowder Society fall hike, so it was no surprise when four retired Chow-

derheads enthusiastically signed on after I announced a club trip. The temperature was in the twenties, but skies were clear and sunny when we arrived at the trailhead early on a November morning. From the parking area, two footpaths lead to the summit: Caribou and Mud Brook Trails. Many people elect to complete a 6.6-mile loop hike and that was our choice.

Still recuperating from hip surgery, I suggested beginning on Mud Brook Trail which, based on my aging recollection, had steeper sections on the ascent while the remainder of Mud Brook and Caribou Trails offered a more gradual descent during the return. I surmised hiking in that counter-clockwise direction would be easier on my new relatively unproven left hip. Retirees understand the frequent maladies we older folks suffer, so my suggestion was readily adopted.

We encountered multiple stream crossings while hiking gradually uphill for about two miles along Mud Brook in a sparse predominantly hardwood forest. Angling northeast, the

path narrowed and steepened. Our pace slowed as we negotiated over or around several blowdowns and up precipitous rock formations. Shortly after entering a stunted conifer growth, Chowderheads persevered to an open cliff with marvelous views of the multiple peaks of Speckled Mountain and the expansive southern Evans Notch. Just beyond, the character of the path morphed into a continuum of exposed ledges leading steadily higher. Although some trail-finding difficulties were experienced, we arrived at the spectacular open summit just in time for lunch.

Our interlude on the summit was a remarkable alpine encounter. Temperatures had risen, winds were negligible, and skies were clear. We lingered for a long pleasurable respite while savoring a 360-degree panorama that included the towering peaks of the Presidential Range in nearby New Hampshire.

My memory failed me again. The gradient descending from the summit was steep and very wet. The footing was unsteady, requiring our intrepid band to slow the pace to ensure we were taking carefully selected steps. Mud Brook Trail lived up to its name.

A layer of snow covered the ground when we joined Caribou Trail junction. Puddles and patches of mud in a sea of fallen leaves forced us to carefully negotiate down the rocky passageway. The stream crossings were steeper and more treacherous than any experienced on Mud Brook Trail.

After one hazardous crossing, I mistakenly climbed high in a stand of alders on a slippery



Hikers climb one of several steep ledges on Caribou Mountain



Climbers relax on the summit of Caribou Mountain

snow-covered embankment. While struggling to retain my balance, the suspect hip gave out. Much to the chagrin of my companions, I completed a somersault down to the path. Nothing was hurt but my pride. I thought my performance warranted at least a "9" for technique. Hard graders, the Chowderheads didn't concur.

More stream crossings were endured after connecting with Morrison Brook. One participant reminded us that a storm had washed out a bridge spanning a wide part of the stream farther down the trail. Since all of the waterways were running high, we worried that wading in deep water might be a disagreeable finish to our jour-

ney. Fortunately, we were able to carefully negotiate from rock to rock without incident.

The remainder of the trek was easy hiking. That's what I'd recalled when advocating for our choice of direction. Seniors tend to remember the best and forget the worst.

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

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# Bangor City Council First in Maine to End Sales of Flavored Tobacco Products

BANGOR, ME - The American Lung Association applauds the Bangor City Council for the passage of an ordinance to end the sale of all flavored tobacco products in the city. Lance Boucher, assistant vice president for state public policy issued the following statement:

“By becoming the first municipality in Maine to end the sale of all fla-

vored tobacco products, the Bangor Council has shown that it prioritizes our kids’ health over tobacco industry profits.

“Last month new data from the 2021 National Youth Tobacco Survey (NYTS) data painted a grim picture of youth vaping in the U.S. showing kids are lured by flavors and are becoming regular users. The NYTS

data finds that more than two million middle and high school students were using e-cigarettes in 2021. The American Lung Association is particularly alarmed at the frequency of use by teens: 43.6% of high school students who use e-cigarettes are vaping regularly (20 or more of the past 30 days), and more than one in four (27.6%) are vaping daily. This reg-

ular use underscores how addicted youth have become to e-cigarettes.

“We applaud Bangor’s consideration of this important public health measure and urge the Maine Legislature to build on this momentum and pass a statewide measure when they reconvene next session to protect all Maine kids.”

The American Lung

Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to champion clean air for all; to improve the quality of life for those with

lung disease and their families; and to create a tobacco-free future. For more information about the American Lung Association, a holder of the coveted 4-star rating from Charity Navigator and a Gold-Level GuideStar Member, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: Lung.org.

# Maine Veterans Access the Economic Benefits of Hosting

As the US prepared to recognize Veterans Day, Airbnb is proud to play a role in the lives of veterans, active military members and military families in Maine and across the country who have sacrificed so much for our country—and who now open their doors to guests from around the world.

Recognizing the important role that hosting already plays in the lives of so many veterans and active service members, Airbnb is committed to creating new pathways for members of the military community to access the economic opportunity of home sharing. Airbnb is partnering with Boots2Roots—which supports transition planning for active duty military members in Maine—and Live and Work in Maine to assist Boots2Roots members across Vacationland in becoming Airbnb Hosts.

Airbnb and Boots2Roots will provide educational materials and training to recently transitioned former active duty military as they pursue hosting. Airbnb will also provide members who are exploring new work opportunities in Maine with gift cards to “try before they buy,” as

part of its larger efforts with Live and Work in Maine.

“When Airbnb approached us to offer vouchers we could use to help people give Maine a try as they consider relocating here, we thought immediately of our partners at Boots2Roots,” said Nate Wildes, Executive Director of Live and Work in Maine. “Live and Work in Maine has been working with Boots2Roots, whose efforts to attract transitioning military members, their families, as well as veterans to Maine aligns perfectly with our work to bring more professionals to the state, and we knew the vouchers from Airbnb would greatly benefit them and their constituents.”

Most Airbnb Hosts are everyday people sharing the homes in which they live. According to a survey of the global Airbnb Host community, one in five Hosts who are employed are either teachers or healthcare workers—and nearly 10 percent of US Hosts report that they are veterans or actively serving in the military.

As is the case for so many, hosting provides meaningful economic benefits to our community of

veteran and active military Hosts. New Hosts on Airbnb since the pandemic began have earned \$6 billion in income, with the typical Airbnb Host earning \$9,600. From January through September 2021, Hosts who have self-reported to be veterans or active service members in the US have earned more than \$40 million.

“We are grateful to Live and Work in Maine for connecting us with Airbnb, and for all their efforts to partner with us as we work to help veterans transition from the military to civilian life,” said Bill Benson, Executive Director of Boots2Roots. “Our goal is to attract veterans to Maine, and this program will make us more competitive, as it removes a barrier for out-of-state workers to come to Maine and look for a home, explore communities where they might want to settle and make important connections for themselves and their families.”

After 30 years in the Army, Boots2Roots members Bo and Kim Balcavage recently retired to their modern farmhouse in the centuries-old lobster fishing village of Cape Porpoise in Kennebunkport, Maine.

This past summer, they began to share their home on Airbnb.

“We built our home in a place that we believe is one of the prettiest places on earth. It’s quaint and quiet and nature surrounds us . . . and, it’s also a popular destination for tourists. After years of hosting soldiers and their families, we knew that we would enjoy sharing our home on Airbnb,” said Bo and Kim. “Besides creating an additional income stream, we really enjoy meeting new people and sharing what we know about Cape Porpoise with others. We love everything about the area we live -- from the his-

tory and the lobster fishing culture to the eateries and the nature trails. We hope to instill a desire in our guests to return to our area year after year.”

Along with creating new ways for current and former military members to leverage the opportunity of hosting, Airbnb is also working to empower the military community within our own workforce. This year, Airbnb will be partnering with Shift, a veteran-founded small business that helps past and present military members to embark on new job experiences at companies around the world. Airbnb will be working with Shift

to offer internships to their pipeline of diverse talent, enabling their candidates to discover careers and grow their skillset.

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# Arts & Entertainment

## Shop Small All Year and Support Local Entrepreneurs



SBA Maine District Director (left) with Senator Angus King (right) during a walking tour of Downtown Bath.

The COVID-19 pandemic confirmed the critical role small businesses play in our daily lives. Neighborhood restaurants, entertainment venues, ser-

vice companies, and any business where in-person contact was the norm endured periodic closure and suffered financial hardship, but they have persevered and shown small businesses are the engine of our national economy.

Maine is home to over 150,000 small businesses, with about half of all workers in Maine employed by a small business or owning a small business. These businesses create two out of three net new private-sector jobs in America, helping to spur economic growth in communities across our country and add vibrance and strength to our nation.

During the pandemic, many of us modified our shopping and dining habits. Some ate more takeout than ever before in the name of “supporting small business” while others developed new

hobbies and began baking at home, but with vaccination rates increasing and booster shots becoming available, consumer confidence is on the rise. Communities are returning to more in-person dining and shopping experiences. Diane Sturgeon, SBA Maine District Director, encourages shoppers to shop at small businesses: “Through the holidays, we need to keep that momentum up and continue to support our small businesses as they adjust to changes in the market caused by the pandemic.”

Small Business Saturday is the perfect opportunity to help local businesses. Celebrated each year on the Saturday after Thanksgiving, which was November 27th this year, Small Business Saturday is a way for consumers to make an impact in their community by

shopping at independently owned businesses during the holiday season.

Since 2011, the U.S. Small Business Administration has been a formal cosponsor of Small Business Saturday, which was founded by American Express in 2010. Each year, the SBA encourages independent businesses to leverage Small Business Saturday to help drive more traffic to their businesses, whether it is through their doors or to their e-commerce site during the holiday shopping season.

The SBA office joined Senator Angus King for a walking tour of businesses in downtown Bath that represent the broad array of what small businesses can do. Whether it was the natural food market, the small local bookstore, or the shop that sells all Maine-made

gifts, the message was the same: “We’re still here, we have great products, and we’re ready to meet the demand from our community.” Wherever you live in our state, you can find great entrepreneurs who will help you find the perfect gift for your loved ones, and maybe a treat for yourself while you’re shopping

Last year, thousands of communities in all 50 U.S. states, territories, and Washington, D.C. supported the day and helped small businesses remain resilient through the pandemic.

While the holidays may still look a little different this year, we can each do our part by doing the following:

First, shop small and do your holiday purchasing at a small business. Second, while you are supporting your local small businesses

for Small Business Saturday, dine small, too. Visit your local eateries and independent restaurants. Third, encouraging friends and family to do the same by shopping at a small business in-person or online.

As our economy continues to improve, shopping small is a way to show support for the businesses who have always been here to support the community and have adjusted their businesses to continue to meet our needs, leading the way in bringing our main streets and business centers back to life.

The SBA encourages the community to join them in shopping small not only through this holiday season, but as often as possible. Local shops and restaurants are depending on the community’s continued support.

## Pet Lovers Encouraged by Shelters to Help Foster

Several rescue animals could use a reprieve, a little time out from the shelter, and maybe you have a little extra time or space. Many shelters are at capacity with dogs, cats, or rabbits in need of a home. This is putting a strain on the staff and on the animals. Because of this scenario, area shelters are asking pet lovers for some

help.

Fostering a pet may be the ideal stress reliever. If you could use some tail wagging happiness or a purr-fectly content companion, reach out to a local shelter to see how you can help by fostering. The Better Business Bureau (BBB) has some tips when volunteering to help a shelter:

To begin, consider your time. Be ready to devote 30-60 minutes a day to pet care, walks, etc. Think about the best way to involve the whole family for daily care from feeding, to walking, to playing and keeping an eye on the pet. If you are working from home, can you make a plan to keep your fostered guest

entertained while on a conference video or audio call? Secondly, consider your space. Many breeds, larger ones especially, need a lot of room to run and play. Do you have a yard or a nearby park where your new pup can get lots of exercise? Also, consider your family. If you have young children at home, a puppy may be a

handful. A grown dog with a calm temperament might be a better choice. Further, always consider other pet family members. Are your other pets willing to bring in another member to the pack? Carefully think about temperament and if there are enough places in the home for them to be apart when necessary.

Should you decide the foster pet is a great fit and should permanently be a part of your family, check out these tips from the ASPCA, a BBB Accredited Charity, on adoption at BBB.org. Beware of possible scams when considering adopting an animal and check out the shelter on BBB.org.

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# McNamara and Partners Introduce New Farm to School Institute for Maine

A new Maine Farm to School Institute for rural middle and high schools will focus on promoting and sourcing local food and educating students about what they eat.

The U.S. Department of Agriculture's National Institute of Food and Agriculture (NIFA) awarded Jade McNamara, a University of Maine assistant professor of human nutrition, a nearly \$225,000 grant to lead the creation of the Maine Farm to School Institute in collaboration with University of Maine Cooperative Extension, the Maine Farm to School Network, Maine Agriculture in the Classroom, ReTreeUS and the Cumberland County Food Security Council. Over a dozen partnering organizations will support the project, including Falmouth Schools, FoodCorps Maine, Maine Department of Education Child Nutrition, Maine School Garden Network and more.

The institute will train school communities and other stakeholders to establish their own farm to school programs and explore approaches to promote student nutrition education programs, including school gardens and local food sourcing.

Compared to other states in New England, Maine ranks the highest in terms of childhood food insecurity, which was made worse by the COVID-19 pandemic, according to McNamara. Farm to school programs have helped schools across the country combat food insecurity and improve nutritional health and education among students. However, many in rural Maine cannot implement their own due to a lack of accessible training, McNamara says.

The nearest farm to school training facility, the Northeast Farm to School Institute, is located in Vermont and has capacity for

one Maine school to attend annually. This Maine institute will be based on this successful, evidence-based professional learning model developed by Vermont FEED (Food Education Every Day).

McNamara says by serving rural schools across Maine, thousands of students and families who are currently not reached will be impacted by system and program changes that can improve nutritional health and knowledge of agriculture and build partnerships with rural producers. She hopes the new institute will offer the professional learning, training and support secondary schools need to create their own farm to school initiatives.

"Involving middle and high school students is a unique approach we are using compared to other farm to school institutes," McNamara says. "By including the students, we aim to prioritize their

voice and help them develop farm to school programming that they would be excited about seeing at their school."

Co-investigators for the project include Viña Lindley, a food systems and 4-H youth development professional with University of Maine Cooperative Extension; Renee Page, a member of the Maine Farm to School Network (MFSN) leadership council; Richard Hodges, founder and program manager for ReTreeUS; and Willie Grenier, executive director of Maine Agriculture in the Classroom (MAITC).

The institute will launch with a three-day workshop in summer 2022 at the Ecology School in Saco. Teams representing six schools will create farm to school action plans and participate in hands-on learning. Workshop sessions will focus on local food procurement, food security, agriculture and

nutrition education, diversity, equity and inclusion, school gardens and other pertinent topics.

After completing the workshop, school teams will implement their action plans with technical assistance from Maine Farm to School Network leaders. They also will receive toolkits and funding for their efforts.

Part of the institute also involves teaching middle and high school students how they can implement farm to school-related service-learning opportunities that will broaden their peers' understanding of food, nutrition and agriculture.

College students trained by McNamara and her colleagues in UMaine Extension and 4-H will host a one-day workshop to mentor middle and school students on facilitating educational activities in their schools, such as building or expanding school gardens,

creating a school food pantry or backpack program, or offering fruit and vegetable taste tests to increase food consumption in their schools. They also will help the secondary school students develop social media plans to highlight their programming and provide additional training, including cooking demonstrations, food preservation, gardening and more.

College mentors will continue meeting with middle and high school students to assist them as they implement their service-learning initiatives in their schools.

"College students will gain important soft skills, such as leadership, problem-solving and advocacy, as they implement their classroom learning into community action goals," McNamara says.

For more information about the institute, contact McNamara at [jade.mcnamara@maine.edu](mailto:jade.mcnamara@maine.edu).

## UMaine Going Viral with Lobster Video

The University of Maine is calling attention to the blue economy conversation and its goal of providing global marine leadership with a light-hearted drive to go viral with a YouTube video promoting the safe handling and consumption of lobster. The featured University of Maine Cooperative Extension video has helped more than 1.8 million viewers safely boil, steam, grill and enjoy Maine's most famous seafood.

Posted nearly a decade ago, the "Lobster Cooking and Eating" video is among the top 10 most-watched videos on the UMaine YouTube channel this month. Its 12,854 views in the last 30 days is outpacing other UMaine Extension fan favorites, such as "Getting Strawberry Plants Ready for Winter," "How Do I Prune Raspberries" and "Tick

Removal."

UMaine is releasing a new video that features UMaine Extension professor and food safety specialist Jason Bolton, one of the original stars of the "Lobster Cooking and Eating" video. The vintage, VHS-style video offers viewers a chance to win free Maine lobster for joining the blue economy conversation and helping UMaine push its video up over 2 million views.

"Online clout has never been a goal of mine, but as an educator, I am happy to help people safely prepare and enjoy lobster," says Bolton. "The blue economy is an important focus of conversation at UMaine and taking this video viral, in a good way, is a great way to invite people to take part."

UMaine President Joan Ferrini-Mundy welcomed more than 100 blue economy

researchers, policymakers and stakeholders to a virtual discussion last week, hosted by the UMaine MARINE Initiative. The event highlighted the impact of UMaine's 110 marine-oriented researchers, contributions to more than \$75 million in global research projects, and 32% enrollment growth in the UMaine School of Marine Sciences. The UMaine MARINE Initiative strives to make Maine a global leader as a marine state.

The free lobster contest includes a Facebook and Instagram promotion providing a chance to win free Maine lobster shipped anywhere in the United States, and a second prize, for students at the University of Maine and its coastal campus, the University of Maine at Machias, to enjoy a lobster dinner with Bolton in Orono.

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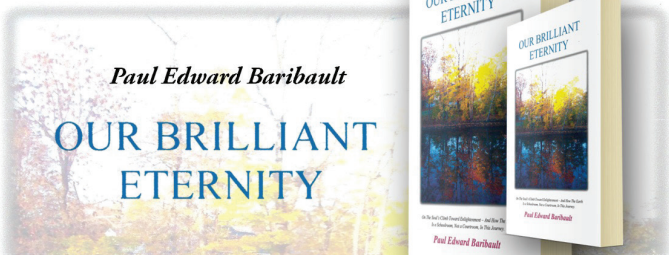
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# Updates from the Independence Association



### The Art of Holiday Snacking

There was quite a crowd in the Spindleworks Offsite space during last Friday's opening of the holiday sale season. The art was one good reason, and so were the very creative snacks made by IA parent Christine Boisvert! Almost too amazing to eat ... but that did not stop this reporter from sampling the strawberry Santas and stuffed olive penguins. The sale at The Harlow in Hallowell of work by Kennebec Valley Art Association members continues through Christmas.



### Girl Scouts Join the Meal Train!

Robert Ham grins as he looks forward to the tasty dinner just delivered by members of local Girl Scout Troop 535. Eight girls each prepared one element of the meal at their own homes in an entirely COVID-safe troop activity. DSPs Ray Randall and Aimee Busiere are in the background. Preparing a meal for one of our group homes is a great way to support our over-

stretched DSPs. That way, staff can focus on residents' personal care needs instead of splitting their attention to meal preparation. We are currently scheduling Monday and Thursday dinners for group homes located in Brunswick. To offer a meal once, once a month, or weekly, email [cbyron@iaofmaine.org](mailto:cbyron@iaofmaine.org) and we'll fit you into the schedule.



### Fill a Stocking (or 3) for our Friends!

We're receiving filled holiday stockings for the residents of our group homes. At last count, we had 33 stockings still to go. Could you help? Stuff them with such goodies as personal care supplies (toothpaste, deodorant, a nice smelling soap) and fun things (mini Lego kits, small puzzles, bubbles, those really cool facecloths that come super compressed and expand in water). Email [cbyron@iaofmaine.org](mailto:cbyron@iaofmaine.org) for more info.



### Children's Case Management Says Thanks to Topsham Fair Board!

You know that 50-50 raffle every night during the Topsham Fair? The Fairgrounds Board chose our Children's Case Management program as one recipient of the funds raised! Richard Brown, a director on the Board of Topsham Fairgrounds, met with Christine Walker and Pam Bird to hand them the check. The funds are to support area youth and their families served who are in need of a holiday meal and gifts this year. Thank you, Richard and Sandra Brown for your role in directing this wonderfully generous donation!



### The Weather Outside is Frightful...

But our team is still delighted to do trail maintenance for the Brunswick Topsham Land Trust. This year, they took on the new Neptune Woods trail on Brunswick Landing. That's BTLT Land Steward George Jutras at left together with a whole gang of IA friends getting ready to hit the trail on a cold and snowy day. Thanks to Casey Clougherty for the invite to join in!

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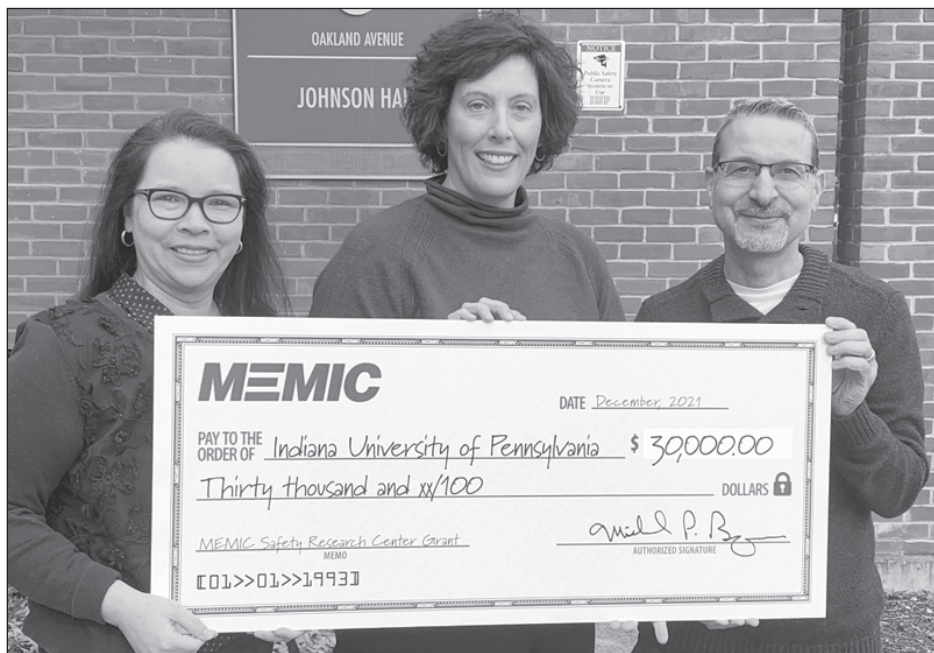
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# MEMIC Grants Indiana University Of Pennsylvania \$30,000 To Help Reduce Workplace Slips, Trips, Falls



From left, Indiana University of Pennsylvania Research Team members Dr. Luz Stella Marin, Dr. Wanda Minnick, and Dr. Majed Zreiqat, of the IUP Department of Safety Sciences, will use a \$30,000 grant from The MEMIC Group to investigate ways to limit workplace slips, trips, and falls. The grant is the first administered by the MEMIC Safety Research Center, founded in February 2021 to advance the science of safety by leveraging academic research.

Portland, ME – The MEMIC Group, specialists in workers’ compensation insurance, has awarded \$30,000 to a faculty research team in Indiana University of Pennsylvania’s Department of Safety Sciences to investigate ways to limit workplace slips, trips, and falls.

Dr. Wanda Minnick will lead the research, along with two co-investigators, Dr. Luz Stella Marin and Dr. Majed Zreiqat. IUP graduate stu-

dent Cory Gaye and an undergraduate student also will be part of the research team.

The grant is the first administered by the MEMIC Safety Research Center, founded in February 2021 to advance the science of safety by leveraging academic research to effectively address new and common risks employees and employers face in the modern workplace.

In its proposal, IUP researchers noted injuries

caused by slips, trips, and falls were the second most common cause of workplace injury in 2020, accounting for 18.2 percent of all workplace injuries and illnesses with an estimated direct cost of nearly \$11 billion. The incidents are more prevalent in construction industries, which in 2019 had a higher total average rate of slip, trip, and fall injuries than the average in all industries based on U.S. Bureau of Labor Statistics data.

“Our mission is ‘making workers’ comp work better,’ so that means conducting research to understand and reduce the probability and frequency of occupational injuries and illnesses, including injuries from slips, trips, and falls that are preventable yet still stubbornly prevalent,” said Dr. Luis F. Pieretti, manager of industrial hygiene at The MEMIC Group and architect of the MEMIC Safety Research Center. “We are confident our first-ever MEMIC Safety Research Center grant will allow researchers at Indiana University of Pennsylvania to follow through on a number of interesting research questions that will help create actionable solutions to these preventable injuries.”

“We hypothesize construction workers constantly adjust the biomechanics of walking to compensate for the falling risks associated with various walking surfaces in a construction site,” the researchers wrote. “Thus, getting timely information of the balance disruption level will inform the implementation of temporary controls (e.g., walking speed reductions, traction mats, handrails, guidelines) to minimize the likelihood of STF-related injuries.”

Dr. Minnick and her team will simulate construction surfaces in the IUP Department of Safety Sciences Laboratory and will assess biomechanics parameters (e.g., speed, stability, motion, joint angles) using wearable devices and motion tracking system technology.

“We are very excited to work with The MEMIC Group and honored to have been selected for this grant,” Dr. Minnick said. “It’s a great opportunity to add to our department’s ongoing work in creating safe workplace environments while involving our students in hands-on research, and we are very grateful to The MEMIC Group for their commitment to this critical issue,” she said.

MEMIC Safety Research Center issued a nationwide call to higher education institutions in 2021 for grant applications to seek, understand, and reduce the probability of occupational injuries and

illnesses. The MEMIC Safety Research Center will repeat this call annually.

“We often use safety techniques designed in the 20th century to address risks created in the 21st century. Some work; some do not. This is where research comes in,” MEMIC Senior Vice President of Loss Control & Safety Services Karl Siegfried said. “We are pleased to be collaborating with IUP researchers to study slips and falls that create workplace injury, and we look forward to many more such collaborations with academia to make workplaces safer.”

Visit [memic.com/](http://memic.com/) research for more information about The MEMIC Safety Research Center and to view requirements for future grant proposals.

The MEMIC Group includes MEMIC Indemnity Company, MEMIC Casualty Company, and parent company Maine Employers’ Mutual Insurance Company; all rated “A” (Excellent) by A.M. Best. The MEMIC Group holds licenses to write workers’ compensation across the entire country. The group insures and serves more than 20,000 employers and their estimated 300,000 employees with dedicated safety and injury management service teams from Maine to Florida.

IUP’s program in Safety, Health, and Environmental Applied Sciences is the program of choice for industry partnerships in the global safety, health, and environmental professions. It is consistently recognized as one of the


top programs in the nation, most recently ranked as third in the nation by *Universities.com*. The Department of Safety Sciences has grown to be the only institution in Pennsylvania to offer three degree programs in safety sciences; an ABET-accredited BS in Safety, Health, and Environmental Applied Sciences; an MS in Safety Sciences that is a qualified academic program per the Board of Certified Safety Professionals; and the nation’s only hybrid PhD in Safety Sciences (primarily distance learning classes supplemented by summer workshops). The program prepares students for work in a wide range of areas, including manufacturing, oil and gas, insurance, health-care, construction, distribution, government, transportation, and the service industry. The Department is home to the Pennsylvania Occupational Safety and Health Administration (PA/OSHA) Consultation Program, which provides a variety of trainings and informational offerings, as well as on-site evaluations.

The Department of Safety Sciences at IUP was formed in 1969 through a National Institute for Occupational Safety and Health grant. The purpose of the grant was to establish a baccalaureate program in safety management for academic preparation of students to become safety professionals in industry, government, and institutional settings. IUP’s program is believed to be one of the first safety programs in the nation and one of the only programs offering degrees through the doctoral level.



IUP graduate student Cory Gaye will be part of the research team, along with an IUP undergraduate student.

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**UMaine**

*Continued from page 1*

chias, UMaine's regional campus, has grown to 505 students, a 1% increase compared to fall 2020. Machias enrollment is not included in the tabulation of UMaine's record-setting numbers.

The growth in enrollment at UMaine comes at a time when national higher education enrollment has fallen 6.5% over the last two years, in part due to the impact of COVID-19. The number of students graduating from Maine high schools is also in the midst of a decades-long decline expected to continue until at least 2037.

First-year enrollment at UMaine this fall has climbed to 2,225 students, an 8% increase over last year's incoming class. The Class of 2025 is the fourth largest incoming class in the history of UMaine. Half of the first-year cohort has a high school grade point average of 3.5 or higher and the mean GPA for the new class of Black Bears is the highest in more than a decade.

Out-of-state enrollment at Maine's public research and land grant university has climbed to a record high of 4,524 students, a 5% increase from fall 2020. Powered by the 150% increase in out-of-state undergraduate enrollment since fall 2009, stu-

dents from beyond Maine's borders now comprise 41% of UMaine's degree-seeking undergraduate student population.

"Student success is a strategic priority for us, and we are thrilled that so many students have chosen UMaine," says UMaine's Executive Vice President of Academic Affairs and Provost John Volin. "Recruiting students here at home and attracting more talent to our state are important for Maine's skilled workforce. The vast majority of our students will have the opportunity to work with employers in internship, clinical or research experiences, which often lead to fulfilling careers here in Maine."

*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 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](http://umaine.edu) and [machias.edu](http://machias.edu).*

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# SeniorsPlus Partnered with Girl Scouts

SeniorsPlus, the designated Area Agency on Aging for Western Maine, is partnered with Lewiston Girl Scout Troop #135 to offer a smart device walk-in clinic on Wednesday, November 17th from 6:30-8:00 p.m. at SeniorsPlus, 8 Falcon Road in Lewiston. The event was free. High school members of the Girl Scout troop worked with participants on concerns regarding cell phones, tablets, and other interactive devices.

Betsy Sawyer-Manter, President and CEO of SeniorsPlus said, "This is an intergenerational event. We are creating a space where people of different ages can connect."

The Scouts addressed a variety of smart device questions including adjusting screen brightness, downloading apps, changing font size, using Zoom or FaceTime, setting alarms, enabling hearing aid mode, turning on voice dial, turning on LED flash for alerts,

and enabling "Find My iPhone."

Girl Scout Troop #135 is based in the Lewiston/Auburn area. According to troop leader Amy Broadbent, "Our scouts enjoy such outreach work. It allows them to use their leadership skills and get a good sense of the needs of our community, while becoming strong, independent women."

No appointment was necessary. SeniorsPlus re-  
*See SeniorsPlus, page 16*

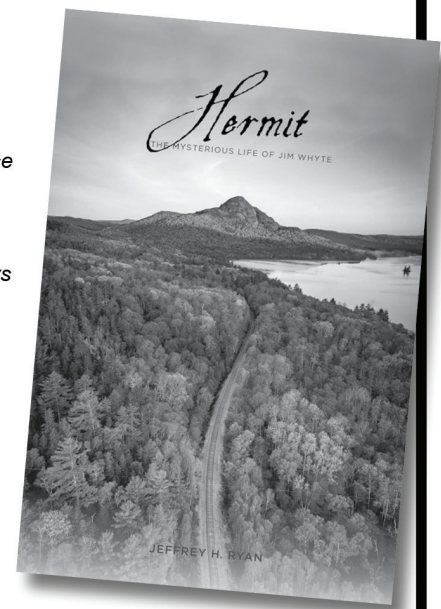
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— George Smith, *Bangor Daily News*

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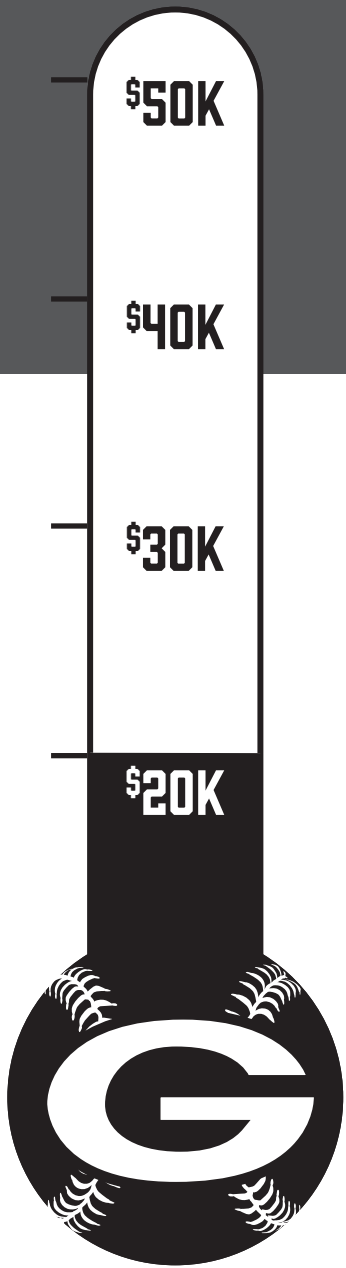
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# Online Video Library Supporting Emotional Wellbeing of Educators

Schools need healthy and safe adults in order to support healthy and safe students. During these stressful times, our education workforce is working harder than ever to nurture and educate their students. They continue to be called on to re-invent and even defend their profession, addressing unfinished learning, new or increasing anxieties, and disrupted protocols on how schools and societies

should function. The school system acknowledges their workforce is short-staffed, therefore, doing more than is possible, while also trying to meet the needs of their families and themselves. They know staff, students and the families of students may also be more frustrated, exhausted or anxious. The community needs adults to take care of themselves and one another, and to take time to

attend to their physical and emotional wellbeing. With educators' needs in mind, the Maine Department of Education is pleased to announce the development and release of SOS! Supporting our Staff (SOS), a library of online modules designed for our educator workforce here in Maine. These free, online activities are designed to support educators in many different areas, from adult

emotional intelligence and prevention to classroom skills. The modules are available for use by anyone, including parents, caregivers, and educators. They are asynchronous and designed to be used with flexibility such as part of a professional development day, a team or staff meeting, or part of an individual self-care and professional development plan. The Maine Department of Education hopes

that these resources are a support for the educators who are doing everything they can to support students and their families. Check out SOS by registering/logging into: sel4me.maine.gov. The Maine Department of Education believes that together, it can be ensured that schools are places where physical health and emotional wellbeing are prioritized, creating an environment

where all students and adults can thrive. For more information or support with the SOS modules, contact Kellie D. Bailey, Maine DOE Social Emotional Learning Specialist for the Maine Department of Education at Kellie.Bailey@maine.gov. For media inquiries, contact Kelli Deveaux, Maine Department of Education Director of Communication at kelli.deveaux@maine.gov.

# MEMIC Announces \$17M Dividend

PORTLAND, ME – The Board of Directors of MEMIC has autho-

rized the distribution of a \$17 million dividend to more than 14,000 eligi-

ble employers. The 2021 MEMIC dividend brings the total amount of capital

and dividend declarations for Maine policyholders to \$316 million since 1998.

“This dividend for current Maine policyholders is just another way we fulfill our mission to make workers’ comp work better,” The MEMIC Group President and CEO Michael P. Bourque said. “It represents about 12 percent of the earned premium in 2018 and is the 10th consecutive year for a double-digit distribution.”

“Had Maine employers not been diligent in following state CDC guidance, this dividend might not have been as large. I truly applaud them and the state’s leadership in effectively communicating and taking difficult measures to keep us all as safe as possible during this historic pandemic,” Bourque said. “As a mutual insurance company owned and governed by our policyholders, we truly understand that we’re all in this together.”

The average dividend for Maine employers will be \$1,180 and more than two dozen policyholders will receive checks greater than \$40,000. Checks are expected to be mailed to eligible Maine employers in early November, Bourque said. “What’s especially

will end up in the private, public and nonprofit sectors in all 16 counties,” he said. “Ultimately, that money is a reminder that safety really does pay dividends.”

The MEMIC dividend is not guaranteed as it is contingent upon safety results, effective injury management and efficient operations of the company, as well as investment and bond market performance. The company reviews these factors annually to determine if a dividend is appropriate.

MEMIC’s strong financial status was affirmed earlier in 2021 with an “A” (excellent) rating by industry analyst A.M. Best.

The MEMIC Group includes MEMIC Indemnity Company, MEMIC Casualty Company, and parent company Maine Employers’ Mutual Insurance Company; all rated “A” (Excellent) by A.M. Best. The MEMIC Group holds licenses to write workers’ compensation across the entire country. The group insures and serves more than 20,000 employers and their estimated 300,000 employees with dedicated safety and injury management service teams from Maine to Florida.

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Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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**December Story  
Adventures**

GORHAM -- Join Ms. Heidi and Mr. Jeff every Tuesday at 10 - 10:30a.m. as they lead families in activities on the lawn. Each week will be different and will include a book, a movement break, an activity, and fun! It may get cold and Maine weather is tough, but we are tougher! If we get extreme weather we will cancel. Just look on the BML Facebook page or call the

# Calendar

Send your submissions to the Editor. More online.

library at 222-1190 to find out if the program will be held that day. Dress for adventure and warmth. Masks recommended when social distancing isn't possible.

Program is geared toward families and caregivers with children 2 through 5 years old.

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

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

**Jan. 3**  
GORHAM – 7pm Planning Board Meeting Council Chambers

**Jan. 4**  
GORHAM – 6:30pm Regular Town Council Meeting Council Chambers

**Jan. 11**  
GORHAM – 6:30pm Joint Town Council & School Committee Workshop Conference Room A

**Jan. 12**  
GORHAM – 7pm School Committee Meeting Council Chambers

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## Maine Lobstermen's Association Announces Major Campaign to Save Industry



Onerous federal regulations threaten to sink lobster fishery.

New federal rules intended to protect the endangered North Atlantic right whale will effectively kill Maine's lobster industry yet fail to save the whale. The Maine Lobstermen's Association (MLA) says the threat is very real and urgent action is needed to prevent irreparable damage to one of Maine's most treasured industries.

"Maine's lobstering industry directly supports more than 10,000 jobs and is worth roughly a half billion dollars at the dock each year," said Patrice McCarron, Executive Di-

rector of the MLA. "Every Maine lobster boat is owned and operated by a local lobsterman and every one of those dollars is spent in our local economy. Collectively, the lobster industry contributes \$2 billion annually to our state's economy. It is unthinkable to imagine what would happen to our state and coastal communities if federal regulations force these boats off the water and end our lobstering heritage."

Earlier this year, the National Marine Fisheries Services (NMFS) released

a 10-year whale plan that requires the Maine lobster fishery to reduce risk to right whales by 98 percent. The MLA says that is an unachievable goal and that the lobster industry cannot survive, and the restrictions will not result in saving right whales, as originally intended. Making matters worse, the government is moving the goal posts making the threat even more dire and giving the industry less time to fight back.

"This is not a choice between saving the right whale or saving the Maine lobster industry. We can do both," said Kristan Porter, a lobsterman from Cutler and president of the MLA. "Lobstermen have been honest brokers and stepped up every time the federal government has required new whale conservation measures because we care deeply about the livelihood of our fishery and the whales. This time, as we again find ourselves in the sights of the federal government, we foresee a lose-

lose for our fishery and the whales. So, we have no choice but to fight back."

The MLA is executing a 4-pronged solution and today announced a three-year, \$10 million fundraising campaign to fight the onerous federal regulations threatening the future of the industry. The solution begins with a lawsuit filed in September against the federal government to stop the 10-year whale plan that will destroy Maine's lobster industry. The MLA is working with scientists to ensure that any plan to save the right whale is using the most up-to-date, cutting edge science as its basis. The MLA is also engaging with lobstermen to continue efforts to develop innovative gear that not only protects right whales but also ensures the continuation of a successful Maine lobstering industry. The fourth part of the plan is to communicate with the public to be sure there is general awareness of the serious threat to the Maine lobster



Efforts to preserve the treasured industry of lobstering are being made by the Maine Lobstermen's Association in search of a solution that serves both causes of saving right whales and sustaining local fisheries.

industry and the thousands of Maine small businesses that would be negatively affected or ruined by the federal regulations. As part of the campaign, the MLA established a website, SaveMaineLobstermen.org, which includes the proposed solution in greater detail, as well as opportunities to donate to the cause or get involved.

"Lobstering is not just a job, it's a way of life," said Dustin Delano, a lobsterman from Friendship and vice president of the MLA. "We are looking at a situation where kids growing up on the coast of Maine will be told that there is no future for them in lobstering. What's that going to do to these towns and our state? We have always been willing to do what it takes to solve the problem, but our industry is sinking. We can't be expected to shoulder this burden alone—and I'm afraid if we don't fight now, we won't have a lobster fishery left."

Katie Werner, co-owner of Island Lobster Company on Peaks Island, urged businesses that rely on a strong lobster industry to step up and support MLA's campaign: "This isn't just a campaign to

save Maine lobstermen, this is a vital step is saving our state's economy - not only my businesses but other businesses that survive on tourism. I'm challenging other businesses to step up and be part of this cause for the future of Maine."

One such business, Colby and Gale, an energy supplier in Damariscotta, has already pledged to help the Maine Lobstermen's Association accomplish its goal.

Matt Poole, president and CEO, says we are all in this fight together: "As Mainers, it can be easy to take the lobster, specifically the lobster industry, for granted," says Poole. "Most folks probably do not realize the seriousness of the threat the industry currently faces and the massive toll its loss would have on our economy and our state. Life in our small coastal towns is unimaginable without lobster. So many businesses that rely on a strong lobster industry would be negatively affected or, even worse, need to close. Just like the fishermen, most of the businesses that would feel the impact are small town, family owned and operated, just like mine."

**ATTENTION:**

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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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**SeniorsPlus**

*Continued from page 11*

quired masks, social distancing, and a limit of ten people in the Education Center, where the event was held. This was a walk-in clinic. For more information, call 207 795-4010 or email [gnelson@seniorsplus.org](mailto:gnelson@seniorsplus.org).

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated

Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and commu-

nities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 19,000 individuals and fields 200,000 phone inquiries.

## A New Medical Dispensary Plays a Different Tune in Maine's Growing Industry

PORTLAND, December 1, 2021 – TheJoint.me is excited to announce the opening of its flagship store this December in Portland, Maine. One of the state's newest options for medical cannabis, the dispensary was co-founded by Steve Peters, a Lewiston, Maine native and pioneer in the movement, alongside fellow cofounders George Irwin and Phyllis Lacca.

Born of the organic idea that music, similar to cannabis, affects mood and wellbeing, TheJoint.me found its roots. Its mission is to grow the best varieties of medical cannabis to elevate and heal the mind, body, and soul.

And cultivate the strains to soothe and calm it just the same. As some of the world's greatest innovators have channeled creativity through the power of music and cannabis, so too is the innovation of better health taking shape in new forms. Where the highest-quality medical cannabis and your best life harmonize together, TheJoint.me is found.

TheJoint.me is holding auditions! Love people, weed, and music? The Joint.me would love to meet with you at Portland, Maine's "Greatest Hits" under one roof. The company is currently seeking fun and entertaining people who know

weed. Come say "High" and audition for a bud-tender, back-end fulfillment, or cashier position. Willingness to step up and play any instrument is helpful. TheJoint.me is playing a brand-new tune that Portland hasn't heard yet! Derived from tissue culture, their products are the greenest and cleanest in Maine! In their tech-heavy store featuring amazing surround sound, you don't just come to work, you're coming to a show!

For more information, email [smoke@thejoint.me](mailto:smoke@thejoint.me). Must be 18 years of age and provide valid ME identification/proof of residence.

# Maine Home Values Increased in Past Months

Lower-than-normal inventory combined with high demand for single-family existing Maine homes led to a 10.94 percent decline in sales across the state in October 2021 compared to October 2020. Maine listings released statistics indicating a 10 percent price increase over that same time period. The median sales price (MSP) for existing single-family homes reached \$308,000 in October compared to \$280,000 one year ago. The MSP indicates that half of the homes were sold for more and half sold for less.

"Despite the lower sales volume numbers compared to 2020 for each month from July through October, demand remains extraordinary for Maine's residential real estate," says Aaron Bolster, Broker/Owner of Allied Realty in Skowhegan and 2021 President of the Maine Association of Realtors. "Available for-sale inventory is significantly low—56 percent below the pre-COVID levels of October 2019. In October of 2019,

the market had a 4.5-month supply of for-sale inventory. In October 2021, we experienced a 1.8-month supply. Buyers are quickly purchasing homes that are new to the market."

Nationally, sales of single-family existing homes dipped 5.8 percent in October 2021 compared to October 2020. According to the National Association of Realtors, last month's national MSP of \$360,800 reflects an increase of 13.5 percent. October sales in the regional Northeast declined 13.8

percent compared to October 2020, while the regional MSP rose 6.4 percent to \$379,100.

"Overall, 2021 continues to be strong for single-family existing home sales," says Bolster. "For January – October 2021, sales are 5.54 percent higher than January – October 2020, and 11.41 percent higher than January–October 2019. The sales years of 2019 and 2020 were record-breakers for Maine. With a strong finish this year, 2021 will be another."

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