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Thursday, December 1, 2022 • FREE

Area Dunkin' Donates 48 Turkeys to Employees | LA Senior College



Local Dunkin' Franchisee Mike Connor recently gifted his employees Thanksgiving turkeys. Connor provided 48 turkeys to employees at Dunkin' locations in Lewiston, Lisbon Falls, Richmond and Boothbay. Connor is pictured here with crew members at the Dunkin' at 1896 Lisbon Road in Lewiston. From left to right are Andrea Veilleux, Kayla Beane, Rebecca Daigneault, Haley Wallingford, Elizabeth Gurney, Raytesha Lacy, and Connor. Credit: Dunkin'

LA Senior College Presents Maine's Resettlement Experiences

AUBURN, ME (November 21, 2022) -- The collaboration of LA Senior College and the Auburn Public Library, Senior College in the Community, is pleased to announce the eighth speaker in our series, Phil Nadeau, who will discuss "Maine's First Refugee Resettlement Experiences." The event will take place on Tuesday, December 6, 2022 at 2pm, at the Auburn Public Library, 49 Spring St. Auburn, ME in the Androscoggin Rm on the ground floor. Please call the reference desk at 207-333-6640 ext 4, if you have any questions.

This course will cover the details of the first two organized refugee resettlement programs that introduced Maine's first refugees: the 1961-63 Cuban refugee resettlements in Portland and the 1975 Vietnamese refugee resettlements that are more commonly identified as the first refugee resettlements in Maine history.

Phil Nadeau served as a Maine public Administrator for 23 years; as adjunct instructor at LA College in Lewiston; the Muskie School of Public Service; and the Penobscot Valley Senior College. Mr. Nadeau's refugee research has been published, he has spoken nationally, and been interviewed by the national/international news media and programs on HBO and NPR

Dyer Library/Saco Museum Holds 18th Annual Festival Of Trees

SACO, ME (November 24, 2022)-Come visit The Eighteenth Annual Festival of Trees at the Dyer Library and Saco Museum and get into the Holiday Spirit! The Festival of Trees is a community event to benefit the programs of the Dyer Library and Saco Museum. Dozens of dazzlingly decorated trees based upon this year's theme, Celebrating the Holidays, adorn the museum's galleries. Other highlights for the Festival include a raffle for designer trees and other gift items, concluding on December 15; Tea with Mrs. Claus; visit with Santa; and Chil-

dren's Crafts Day. The Festival of Trees is free and open to the public, thanks to our sponsors, beginning Friday, November 25 at noon through Thursday, December 29.

Raffle tickets may be purchased at the Saco Museum for a chance to win trees, gift certificates, crafts, and many other prizes donated by our sponsors. Winners will be drawn on December 15. Visitors get a chance to vote for their favorite tree—one of the most popular activities at the Festival. Handcrafted ornaments and other holiday decorations will also be available for purchase at the Saco Muse-

um Gift Shop. All raffle and sale proceeds benefit the community programming efforts of the Dyer Library/Saco Museum. Make the Festival of Trees a part of your annual Holiday Tradition!

Children's Crafts Day Saturday, December 3, 9:30 a.m. - 12:00 p.m.

Tea With Mrs. Claus Saturday, December 10, two seatings at 12:00 p.m. and 1:30 p.m. Call (207)283-3861 x102 to reserve a spot.

Visit With Santa Sunday, December 11, 12:30 p.m. - 3:00 p.m.

Raffle Winners Drawing Thursday,

December 15 -- It's your last chance to buy raffle tickets! Winners will be drawn at 4 p.m.

Extended Hours for Festival of Trees*

Tues, Wed, Thurs, and Sun: noon to 5 p.m.; Fri: noon to 8 p.m.; Sat: 10 a.m. to 5 p.m.; CLOSED MONDAYS and December 24 and 25

Admission is FREE throughout the Festival of Trees thanks to the generous sponsorship of local businesses and individuals

Happy Holidays!



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Newsmakers, Names & Faces

UMaine Climate Change Institute Celebrates 50th Anniversary



Nun Kun Massif, Ladakh, Indian Himalayas. Photo by Paul Mayewski.

ORONO, ME (November 20, 2022) -- The University of Maine's Climate Change Institute celebrates its 50th anniversary in 2023, marking half-century of research and education related to climate change in Maine, New England and across the planet.

In 1973, professor emeritus Harold Borns, whose research focused on glaciers and glaciation in Maine, founded the Institute for Quaternary Studies with the goal of conducting interdisciplinary research studying the last 2 million years of Earth's physical, chemical, biological and social characteristics. In 2002, the institute was renamed as the Climate Change Institute (CCI).

Since then, CCI has spearheaded important projects leading to groundbreaking discoveries. Scientists at CCI first mapped the difference between climate during the Ice Age and today in the 1970s; discovered the importance of marine-based ice sheets in the 1980s; connected acid rain to human causes in the mid-1980s; uncovered the concept of abrupt climate change through studying ice cores in Greenland in the mid-1990s; and led expeditions traversing Antarctica to determine the impact of human-sourced pollutants into the 2010s.

Along the way, students at UMaine played a focal role in research and participated in other handsthrough CCI. Many have gone on to be leaders in fields studying the physical, chemical, biological and social aspects of climate change around the

More information about CCI's research expeditions can be found on their website.

Paul Mayewski, polar world-renowned explorer, climate scientist and glaciologist, has served as the director of the CCI since 2002. He has led more than 60 expeditions to some of the planet's most remote areas, including an expedition to Mount Everest with National Geographic and Rolex in 2019.

Mayewski said that CCI is one of the first on learning opportunities if not the first — truly interdisciplinary group at UMaine with a worldwide reach.

"Doing interdisciplinary science is not such a simple thing; it really requires an openness to other disciplines' methodologies and the problems that they care about. For a problem like climate change, you need to have a multidisciplinary approach. It's not enough to just have people in silos; you want people to be talking to each other and developing responses to the challenge together. This is bigger than an individual research and/or academic unit," says Mayewski. "We give our graduate students and many undergraduate students a life-changing experience through our approach to research and field

expeditions throughout Maine, the polar regions, high mountains, deserts and oceans"

Mayewski discussed the 50th anniversary of CCI on last week's episode of the Maine Question podcast, along with UMaine researchers Cindy Isenhour, associate professor of anthropology and climate change, and Dan Sandweiss, professor of anthropology and Quaternary and climate studies.

On Nov. 18, current students, alumni and faculty gathered to celebrate the 50th anniversary of the CCI — its history, past accomplishments, future goals and continued impact on current students and alumni. Presenters included George Jacobson, director emeritus of CCI; Jim Roscoe, professor emeritus of anthropology with a cooperating professorship at CCI; CCI alumna Kimberly Miner, scientist and engineer at NASA's Jet Propulsion Laboratory (JPL); and CCI alumnus Kurt Rademaker, assistant professor of anthropology at Michigan State University.

Additional video testimonials contributed by CCI alumni that were screened at the 50th Anniversary proceedings can be viewed on YouTube.

Mayewski is proud to be celebrating CCI's 50th anniversary and reveling in its accomplishments, but their work is far from over. The next half-century of the institute promises even more discoveries and contributions to tackling the all-encompassing challenge of climate change around the world.

"Because climate change is a rapidly evolving challenge, it is constantly absorbing more and more disciplines and views," Mayewski says. "We need to constantly evolve with it."

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Newsmakers, Names & Faces

Holiday Travel Plans? 'Waterproof' Before You Go

(Grassroots Newswire) (November 21, 2022) -- For many, the holiday season includes travel, whether it is to join a family gathering or enjoy a holiday vacation. These traditional holiday trips stand to amplify an already growing travel demand. The U.S. Bureau of Transportation Statistics* reports that for July 2022, the number of people boarding a U.S. airline plane for domestic or international travel grew to 69.9 million, up 8.6 percent from July 2021 numbers. As the holiday travel season approaches, the water and fire remediation specialists at SERVPRO® caution homeowners that they need to go beyond buying tickets and packing a suitcase before they leave on a trip. Homeowners need to "waterproof" their homes.

"Your home is subject

to water damage from inside and out when you head out on a trip," says Rick Isaacson, CEO of Servpro Industries, LLC. "Leaking or burst pipes can wreak havoc on the inside of vour home. Severe weather can pose a flooding threat inside and outside your home. If you are planning to travel this holiday season, there are six important steps you can take before you leave to help ensure your home will be ready and welcoming when you return."

Ask Someone to Check on the House While You're Gone. Taking the simple step of asking a friend or family member to stop by while you're gone may catch a potential problem before it becomes

Check for leaks. Inspect pipes under kitchen and bathroom sinks,



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check your water heater for cracks or rust, and ensure that hoses connected to dishwashers, refrigerators, and washing machines are leak free.

Insulate exposed pipes. Insulating exposed pipes can help prevent them from freezing in cold climates, but wherever you live, your home needs constant air circulation to help prevent water damage and mold caused by condensation. Keep the HVAC system turned on and open the cupboard doors under sinks to promote airflow.

Turn Off the Main Water Valve. If you don't already know where this is, this is a good time to find out - and then shut it off if your home will be unattended and vacant during your trip.

Clear **Gutters** and Downspouts of Debris. Clear out debris, dirt, leaves, and sticks and position downspouts to direct water at least ten feet away from the home to prevent flooding.

Inspect and Test the Sump Pump. If you have a sump pump, test it before you leave by filling the sump pit with water and watching to see if the pump empties out the water. This can mean the difference between finding a dry or flooded basement when you arrive home.

cializes in water damage remediation so we know how difficult it can be to deal with flooding caused by burst pipes, failed sump pumps, or heavy rainfall, even if you discover the problem right away," says Isaacson. "It would be even more heartbreaking to return to your home after a holiday trip to find that water has been creating chaos while you were away. Taking steps to 'waterproof' your home before you leave on your holiday trip can help ensure you return to a dry, safe home, rested and relaxed from your time

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about SERVPRO,

please visit www.servpro. com/. For more information on SERVPRO in the Auburn area, please contact please contact one of the local business owners

* For SERVPRO of Augusta/Waterville, please contact Anthony Wolverton who can be reached at (207) 622-7166 or awolverton@ servproaw.com.

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For SERVPRO of Oxford/South Paris -ME, please contact James Brigham who can be reached at (207) 539-2501 ibrigham@servprolewistonauburn.com. *https://www.bts.gov/ newsroom/july-2022-usairline-traffic-data

Mayor Sheline Gives Thanksgiving Address

EWISTON

LEWISTON, ME (November 24, 2022) --On my first Thanksgiving as Mayor, I reflect with gratitude upon all the individuals who have contributed to Lewiston's ongoing story over the past year.

First, I could not be more thankful to Lewiston city employees who work tirelessly and do their very best for us. From assessors to librarians to heavy equipment operators to our first responders, I am proud of our city employees' service to our residents and visitors and I extend my

thanks to each of them.

I am thankful to everyone who participated in the public process this year. Whether you addressed the City Council, emailed me, or spoke to me on the street, I'm thankful to you for sharing your thoughts and your passion for this

I am grateful to our local businesses; they support our community and bring vibrancy to our city. Behind every local business is a team of dedicated people, and I am thankful for the strong work ethic

that they bring to Lewis-

I am grateful to our non-profits and volunteers who live out their commitment to the greater good, and I am thankful for the many lives they enrich.

In closing, I am thankful to you, the residents of Lewiston. I'm grateful to the front line workers who keep this community running, the educators who put their best foot forward to teach our youth, medical professionals who care for our health, and everyone who

> Send all items for

What's Going On

to the Editor.

Deadline is

Friday by five.

works hard every day to contribute to Lewiston and their families. I am thankful to all of you and proud to serve as your Mayor.

Happy Thanksgiving to you and yours,

Mayor Carl L. She-



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Study: Turkeys Adapt Movement to Maine's Winter Weather



Pictured: Matthew Gonnerman, who received his Ph.D. in the Department of Wildlife, Fisheries, and Conservation Biology at the University of Maine. Gonnerman led a research study at UMaine on how wild turkeys adjust their movements in inclement winter weather to increase their odds of survival. (Photo courtesy of Matthew Gonnerman)

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ORONO, ME
(November 24, 2022)

- Thanksgiving may be right around the corner, but Maine's wild turkeys have more to worry about than

ending up on the kitchen table. Winter is coming, and with it, extremely cold temperatures and fewer resources for turkeys to thrive. According to a

University of Maine study, wild turkeys will adjust their movements in inclement winter weather to increase their odds of survival, but their behaviors

may change as the climate continues to warm.

Wild turkeys were historically extirpated from Maine, but thanks to conservation efforts beginning in the 1970s, wild turkey populations have now been restored and are present in every county. At their northern range limit in Maine, wintering turkeys generally face extreme low temperatures and scarce resources. Turkeys adjust their movements - for example, the locations where they roost at night — in order to increase their chances of surviving the tough Maine winters.

Understanding how species behave in their northernmost habitats is increasingly important with a changing world. The warming climate may ex-

pand the northern boundaries of a species' range, but is also linked to the heightened magnitude and occurrence of extreme weather events that impact an animal's chance of survival.

A team of UMaine researchers partnered with the Maine Department of Inland Fisheries and Wildlife to study how wild turkeys moderate their movement in Maine over the course of the winter. They deployed GPS transmitters on 59 wild turkeys captured at baited sites between 2018 and 2020. The turkeys were observed over all types of landscapes, including commercial forests, residential areas and agricultural lands. The scientists compared how the wild turkeys transitioned between movement states - stationary, mobile and roosting - according to local weather, considering variables like snow depth and temperature.

The data showed that wild turkeys altered their movement in subtle, context-specific ways, depending on different weather variables. For example, turkeys were more likely to spend time in a stationary state when temperatures were colder and snow was deeper. When stationary and roosting, turkeys selected conifer forests and avoided land covers associated with foraging, such as agriculture and residential areas; this was especially true during poor weather.

"Our results emphasize how winter severity is a limiting factor for turkey populations in Maine, but also how turkeys have adapted to survive these harsh conditions. By being flexible about when and where they move, turkeys can conserve energy when weather is bad and take advantage of resources as they become available. As winter's get shorter and warmer, we could see these pressures lessen, which could be good for turkey populations." says Matthew Gonnerman, who conducted the research for his Ph.D. in the Department of Wildlife, Fisheries, and Conservation Biology at the University of Maine, and is now a postdoctoral researcher at the University of Maryland.

Wild turkeys were found to be flexible in their ability to adapt their movements to the changing winter weather conditions. The results will inform wild turkey conservation efforts in light of climate change, and may provide a model for how the same can be done for other species. For example, wild turkey populations will need habitats with adequate shelter to protect them in times of inclement weather as the warming climate continues to expand the upper boundaries of their range.

"Thanks to conservation efforts, wild turkey populations are doing really well in Maine. Our work suggests part of their success relates to their flexibility in dealing with our long Maine winters," says Erik Blomberg, associate professor of wildlife population ecology in the UMaine Department of Wildlife, Fisheries, and Conservation Biology. "As climate change continues to alter winter conditions in Maine, it's going to be very interesting to continue tracking turkey populations and their response."

The study was published September 2022 in the journal Ecological Applications. Additional collaborators include Pauline Kammath, associate professor of animal health in the School of Food and Agriculture; Stephanie Shea, who completed her Ph.D. in ecology and environmental sciences; Kaj Overturf, who completed his bachelor's degree in the Department of Wildlife, Fisheries, and Conservation Biology and the Honors College; and Kelsey Sullivan, biologist with the Maine Department of Inland Fisheries and Wild-



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Thursday, December 1, 2022

Seniors Not Acting Their Age

Heavy Rains Bring Fall Whitewater



Gary Cole paddles the first rapid on Webb River



Suzanne Cole successfully surfs a wave on Webb River

By Ron Chase

Fall whitewater paddling is a stimulating but rare endeavor. An unreliable but necessary ingredient is lots of rain. After several arid autumns, this year we hit the jackpot. A succession of heavy rain storms brought the rivers and streams up and kept them high for several days.

My paddling friends in our outdoor club, the Penobscot Paddle & Chowder Society (PPCS), responded with enthusiasm. The United States Geological Survey (USGS) online gauges were consulted to determine the best available options.

One of my favorite whitewater outings is Webb River. A five mile section in Carthage offers a multitude of challenging Class II/III rapids with a

couple approaching Class IV. My new book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates a descent by Webb River legend Russ Moody. Eight additional exciting whitewater rivers are featured including the Cathance in Topsham.

The USGS gauges for the Sandy and Swift rivers were high, indicating the Webb would be a fun run. The weather was warm and sunny when longtime outdoor friends Suzanne and Gary Cole met me on Route 142 in Carthage for an exceptional day of paddling. Following a portage down to the river on an old woods road, we launched at the top of a steep narrow rapid.

After surfing waves and negotiating exhilarating whitewater for three miles, we entered a more difficult circuitous sector called Schoolhouse Rapid. Schoolhouse requires navigating around three sharp turns in feisty waves while avoiding boulders and pour overs. The excitement diminished after passing under a bridge in Berry Mills. Downriver at the end of a shallow twisting rapid, we found the best surfing wave of the day. Easier whitewater continued to a steep descent in a boulder garden that required complex maneuvering. A steep embankment at the bottom was our takeout.

On the return home, I checked the painted gauge for the Cathance River. The acceptable range to paddle the 4.5 mile Class III/IV creek with a Class V falls is 1.8 to 4.0 feet. The gauge level was 2.7 so I announced a PPCS trip for the following day.

Two kayakers and a canoeist joined me for a rollicking Cathance excursion. It was a first descent for two participants. After leaving a vehicle at the takeout in Head of Tide Park, we shuttled to the put-in, a landing adjacent to Interstate 295. The gauge had risen to 3 feet; a robust level.

After two moderately steep straightforward rapids, we entered an extended complex descent called Z Turn. Successful completion requires negotiating a circuitous route through a narrow gorge and over a blind pitch. Below is a river wide hydraulic that must be navigated tight right. Two in the group missed the right maneuver, capsized, and swam. Swimming is an unpleasant potential hazard of the sport.

Once the swimmers were reunited with their boats, we proceeded to the first of five cataracts.



Charlie Berliant completes a steep descent of Class V Little Gorilla Falls on the Cathance River

Twisting First Drop began around the next bend. Everyone successfully rode pushy waves far right down a precarious abrupt left turn.

Intimidating Second Drop was next. Paddlers must angle from left to right in the constricted passage and plunge down a precipitous pitch in order to avoid an undercut ledge on the left called Room of Doom. The canoeist carried while we three kayakers successfully escaped a visit with the gloomy cav-

A pitch I call Boulder
Pile soon followed. The
menacing boulders are at
the bottom. Starting left
center, the three kayakers
nosedived down a rocky
slide and persisted far left
over some large submerged
rocks. Unable to negotiate
the route left, the canoeist
slammed sideways into the
boulder pile and caromed
to the finish.

A short distance beyond, we stopped to scout the Class V called Little Gorilla or, by some, more euphemistically Magic Carpet Ride. The attenuated falls tumbles through a deep gorge before making an extreme left turn down a long shallow slide into a daunting foam pile. Two kayakers made it look easy. It's not. The canoeist and I walked a well-worn path on the right.

Final Drop is a slightly easier version of Little Gorilla. A complicated entrance ends with a steep shallow slide into a very sticky hole. The preferable route is to be as far right as possible at the bottom. The canoeist walked and we kayakers stayed upright despite bumpy rides. I left a line of red paint on the ledge bouncing down extreme right.

Two days of exceptional fall paddling completed, more rain brought additional outings on the Cathance and an exciting descent of Ducktrap River.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.north-countrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseout-doors@comcast.net.



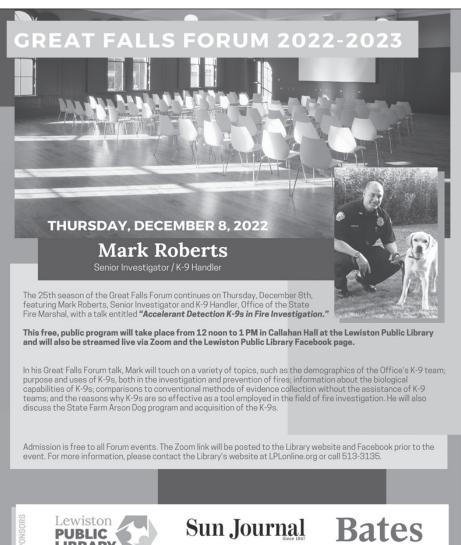






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Present Company to Perform at Holiday-Themed Luncheon



Present Company will provide musical entertainment at the Franco Center's La Rencontre on Thursday, Dec. 8. The performing trio includes Lorna Jollymore, Diane Meservier, and Margaret Dix. Doors to the event open at 10 a.m. Lunch is at 11:30 followed by entertainment.

LEWISTON, (November 22, 2022)—A festive holiday-themed La Rencontre luncheon has been planned for 11 a.m. to 1 p.m. Thursday, Dec. 8, at the Franco Center. The event will include lunch and live holiday music in its downstairs Heritage

La Rencontre (the gathering) is not restricted to French-speakers or attend this event. Lunch is more on the keyboards.

at 11:30 a.m. and will consist of tourtiere, butternut squash soup, and cake.

After lunch, Present Company will provide entertainment. Members of this trio are three Franco-American cousins from Lewiston: Lorna Jollymore, Diane Meservier, and Margaret Dix. They have been performing together in public as Present Company for almost 35 even those of Franco de- years. Their singing will scent. All are welcome to be accompanied by JollyRencontre must be purchased by noon on Monday, Dec. 5, and are \$15. Tickets will not be sold at the door. The price includes the meal and entertainment.

Order tickets at www. francocenter.org/shows or 207-689-2000. Purchase tickets in person at our box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays.

Support for this event comes from FACE Foundation, Quebec Delegation Boston, and TV-5Monde. Proceeds from ticket sales will benefit the Franco Center and its mission to preserve its home in the former St. Mary's Church and to bring the best in arts and entertainment to the community.

Other holiday events at the Franco Center include the Don Campbell Christmas Concert Dec. 16 followed by a fundraiser for the Franco called Sights & Sounds of Christmas on Dec. 17 and 18. Tickets are on sale now.

The Franco Center is at 46 Cedar St. in Lewiston. The building is handicap accessible on the Lincoln St. Alley side.

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



Thursday, December 1, 2022

A Gift for Every Kitty at Marketfest Holiday Gift Shop



WISCASSET, ME (November 18, 2022) – During this era of fur babies and family members with paws, why not give unique and hand-made gifts to the creatures that give you all those cuddles and love! Wiscasset Holiday Marketfest's pop-up Gift Shop in the Nickels-Sortwell House barn is featuring the best in cat

toys, and some for dogs, too, from High Tail Toys, a new venture with your pet in mind.

According to Paula Brown, co-owner of High Tail Toys with Amy Wirtanen, of Boothbay, "Our beautiful cat caves, mats, baskets, and pet toys are all handcrafted by indigenous female artisans in Nepal. They are

made of 100% New Zealand wool, with no harsh dyes or chemicals, and all the products are certified Fair Trade." And they are cute! Colorful and cozy.

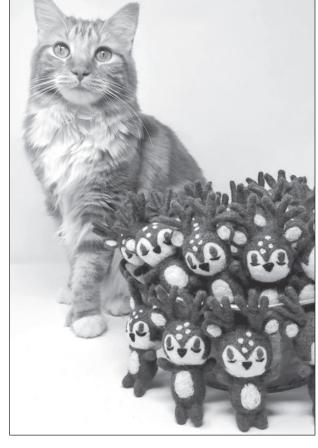
The idea for developing a business that caters primarily to felines, Brown explained, comes from her longtime volunteer work fostering kittens for Midcoast

Humane in Brunswick. Not only does she offer a product that cats enjoy, but High Tail Toys donates 20% of its net profits to Midcoast Humane in support of the foster kitten program.

High Tail Toys is a multi-mission small business. Brown said that she and Wirtanen work with small Nepali businesses that offer beautifully handcrafted, Fair Trade certified felted goods. These businesses employ skilled female artisans and support them with fair wages, medical reimbursement, and assistance with tuition and school supplies for their children. High Tail Toys further supports small businesses by purchasing catnip and silvervine from woman-owned manufacturers in the U.S.

For fine pet furnishings and toys, and handmade items meant for humans, the pop-up Holiday Gift Shop is open Dec. 2 through Dec. 4, from 10am to 4pm each day, in the Nickels-Sortwell House barn on Federal St. in Wiscasset Village. For details about Marketfest weekend, including the Gift Shop vendors, visit www.wiscassetholidaymarketfest.com.

The Major Sponsors



supporting Marketfest's community activities are Carriage House Gardens, Davison Construction, First National Bank, IndustrialME, J. Edward Knight Insurance, Midcoast Federal Credit Union, Red's Eats, Rock Paper Scissors, Water Street Kitchen and Bar, and Wiscasset Ford with additional support from BIRCH Home Furnish-

ings & Gifts, Bradbury Art & Antiques, Camden National Bank, M.W. Sewall, Old and Everlasting, Red Bull Antiques, Sprague's Lobster, Treats, and Water Lily Flowers & Gifts.

Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Alliance.

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Find Gifts for Everyone on Your List at Wiscasset Marketfest



Water Lily poinsettias

WISCASSET, ME (November 25, 2022) – Wiscasset Holiday Marketfest is the destination for gift-givers who want to shop small, local, and crafty. For three days, Fri-

day, December 2 through Sunday, December 4, shoppers can peruse a collection of fine specialty shops, art and antique galleries, and artisan wares.

With plenty of free

parking, the very walkable Village also offers free events and activities for shoppers and families during Marketfest. Friday, December 2, is Shop 'Til You Drop Day, 10am to 5pm, with many shops offering one-day discounts, warming cocoa, demos., and other in-store features.

Shops offering Marketfest specials include Moulinette, Rock Paper Scissors, BIRCH, Treats, Old & Everlasting, Samuel Snider Antiques, and Bradbury Art & Antiques. Details can be found on the Marketfest web site.

Each shop participating in Marketfest weekend is hosting a drawing for dining. Candy canes at the doorway identify participating shops and the raffle tickets for fine local dining are FREE with no purchase necessary. The \$100 gift certificates to Water St. Kitchen, Water's Edge, and Montsweag Restaurant have been donated by the Wiscasset Area Chamber of Commerce.

The Holiday Gift Shop is a Marketfest feature with more than 20 artisan vendors selling their creations in the Nickels-Sortwell House barn on Federal St. Shoppers will find a curated collection of fine hand-made home goods, personal luxuries, and terrific specialty foods. This is a single-point-of-sale shop for shoppers' convenience and plastic is accepted.

Before checking out, visitors are invited to view the 'Wreaths Around the Holidays' display of wreaths, decorated by local businesses, which will be donated to families through Toys for Tots after Marketfest. 'Trimmed Wiscasset Tree', a raffle to support Marketfest's free community events, is also underway in the Gift Shop.

The tree is decorated with items and gift certificates donated by local merchants with a value of more than \$1,000. Raffle tickets can be purchased at check out. Marketfest Friday culminates with a family event on the Creamery Pier. This year, the late afternoon festivities include a visit with Santa, live caroling, warming cocoa, a petting zoo with wooly sheep, and a lobster trap tree. And, thanks to a unique collaboration between Big Al's Fireworks and Bradbury Art & Antiques, fireworks over the Sheepscot River return!

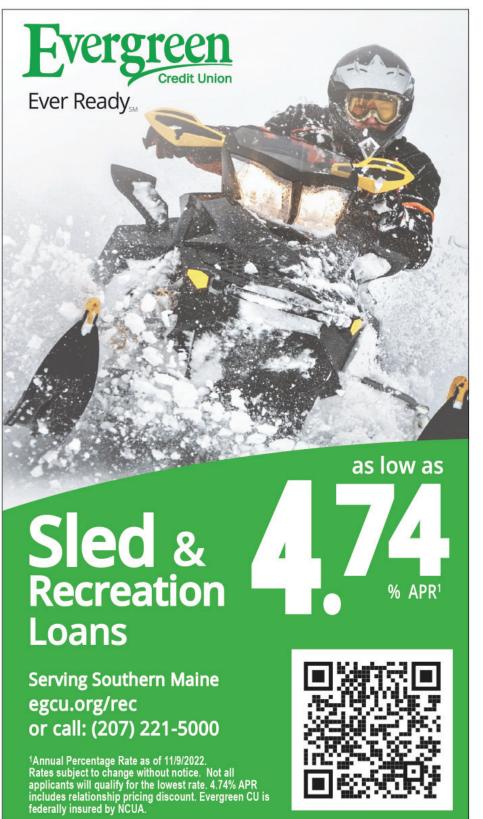
The art gallery is raffling a painting by plein air painter Frederick Conway See Marketfest, next page



Holiday Gift Shop merchandise



Horses in the snow





Thursday, December 1, 2022

Marketfest

Continued from previous page

during Marketfest with proceeds donated to Big Al's favored charity, the Help Yourself Shelf Food Pantry, in exchange for his donation of fireworks to Marketfest. To support this effort, raffle tickets for the painting of a New England harbor can be purchased at Bradbury Art & Antiques, 60 Main St., through Sunday, December 4 at 5pm when the winner will be drawn in the gallery. Public invited.

For details about Village shops, special sales, and the many free family activities during Wiscasset Holiday Marketfest, Dec. 2 through Dec. 4, from 10am to 5pm each day, visit www.wiscassetholidaymarketfest.com.

The Major Sponsors Marketfest's supporting community activities are Carriage House Gardens. Davison Construction, First Federal Savings & Loan, First National Bank, IndustrialME, J. Edward Knight Insurance, Midcoast Federal Credit Union, Red's Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Realty, Water Street Kitchen and Bar, and Wiscasset Ford with additional support from BIRCH Home Furnishings & Gifts, Bradbury Art & Antiques, Camden National Bank, M.W. Sewall, Old and Everlasting, Red Bull Antiques, Sprague's Lobster, Treats, and Water Lily Flowers & Gifts. Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Alli-



Julee and Al



Kids' Choir

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

Auburn is THE Place to be this Holiday Season

AUBURN, ME (November 20, 2022) -- We are delighted to announce that the City of Auburn will be presenting our first annual "Christmas Shopping Village!" This special shopping experience, our version of a European Christmas Market, will be located in the heart of our downtown in Festival Plaza, with small "pop-up shops" sheds nes-

tled around the Christmas tree. Think cocoa & coffee, unique gifts, wreaths, holiday music & more. There will be a grand opening for the Village on Saturday, December 3 as part of Auburn's annual tree lighting event!

Our good friend Santa will also be part of the Christmas Shopping Village! Visit with Santa and

take your own FREE photos. Santa will help us light the Auburn tree on Saturday, December 3rd, then he'll be around on some other dates, too. Check the schedule below and watch for the Santa hat so you know which days he will be here!

Visit https://www.goauburn.me/christmas-village for more information.

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Page 10 Thursday, December 1, 2022

LYAC Holds Mental Health Awareness Conversation

Be Kind To Your Mind

A Conversation About Mental Health Awareness

Hosted by the Lewiston Youth Advisory Council

Thursday, December 8, 2022 6:00 - 8:00 PM Connors Elementary 400 Bartlett Street, Lewiston Free

Mental Health Professionals and Community Members Joining Together to Focus on This Important Topic

> Presentations, Q & A, Artwork, Resources



LEWISTON

Maine

LEWISTON, ME (November 22 2022)

Lewiston community members and mental health professionals will have an opportunity to discuss mental health challenges on December 8. A Be Kind To Your Mind mental health forum, hosted by the Lewiston Youth Advisory Council (LYAC), will be held at Connors Elementary School, 400 Bartlett Street, starting at 6 p.m. The forum is free to attend.

"The youth council believes that creating this open conversation will give everyone the opportunity to be involved and be heard," said Elissa Nadeau, LYAC Chair. "You're not alone, even if you tell yourself you are," said LYAC member Asli Osman. In September, the youth council decided that their next project would focus on mental health awareness, expressing concern about peers and community members they've observed emotionally hurting.

"The fact that youth council members are stepping up to make positive connections regarding mental health awareness is huge. Not only are they in tune with community needs, but they are taking action. Their example is

learn from and emulate," said Mayor Carl L. Sheline.

"I cried today and nobody knew," was a statement that LYAC member Feysal Abdirahman recently heard an individual say that really impacted him.

"You don't have to struggle in silence," said LYAC member Destiney Graham. "The importance of mental health for students has a direct impact on how our kids take in new information, understand new concepts and master new skills. When our kids are struggling with depression, anxiety or mental health issues, it is almost something that we can all impossible to achieve goals and navigate the challenges of everyday school life. We as adults and parents should always have the mental health of our kids as a priority, and when our own youth take the lead on this subject, we should support them in any way that we can," said Linda Scott, Councilor/School Committee member.

Councilor Scott is also the liaison between the City Council and the Lewiston Youth Advisory Council. Speakers at the forum lined up so far are: Colin O'Neill, Tri-County Mental Health Services Chief Clinical Officer; Amran Osman, Executive Director/Founder of Generational Noor; Lisa Escobar, Lewiston Public Schools Substance Use Coordinator/Licensed Counselor; Megan Parks, Licensed

Social Worker/Substance Use Counselor/Clinical Supervisor; Lewiston Police Detective Joe Philippon; and LYAC Vice-Chair Ava Golder.

Also at the forum will be mental health resources, a Q & A period, related artwork, and wall-size postits, providing an opportunity for attendees to share feelings when entering and exiting the forum (not required).

LYAC has also acquired a list of mental health resources that are available online at www. lewistonmaine.gov/lyac and through a QR Code. They have also established a lengthy list of positive affirmations that Lewiston School Superintendent Jake Langlais has been daily tweeting.

Ava Golder, LYAC

Vice-Chair, has also filmed a social media video sharing her thoughts about

mental health challenges. "Building awareness about mental health concerns is clearly very important to the current LYAC membership. It's impressive to observe them brainstorm about community outreach and express genuine concern about fellow community members. They want their Be Kind To Your Mind forum to provide encouragement and hope to others," noted Dottie Perham-Whittier, Community Relations Coordinator/LYAC Advisor.

Hope is definitely on the mind of LYAC member Ahmed Hussein who quotes Confucius, "Our greatest glory is not in never falling, but in rising every time we fall."

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

Thursday, December 1, 2022
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One solution for oxygen at home, away, and for travel

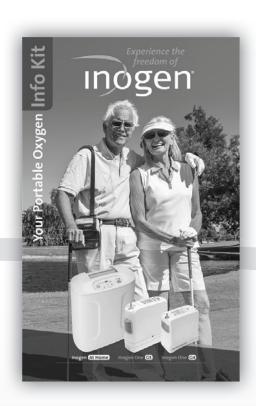
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INOGEN

Page 12 Thursday, December 1, 2022

FAME Celebrates Successful Partnerships



Comedian Juston McKinney. Photo by Sharyn Peavey.

AUGUSTA, (November 23, 2022) — The Finance Authority of Maine (FAME) celebrated successful business and educational partnerships at its annual meeting and awards event, Showcase Maine, held this year on Thursday, November 17, 2022 at Portland's Holiday Inn By The Bay.

Showcase Maine is FAME's annual celebration of its successful partnerships with Maine's business, lending, governmental, and higher education communities. The evening featured a reception, including a showcase of exhibits by Maine businesses and educational organizations that partner with FAME; a dinner and awards presentation; and entertainment by comedian Juston McKinney. Ava Hackley, a junior at Kennebunk High School who studies voice at River Tree Arts, performed the national anthem, as well.

"It is through our partners in Maine's business, lending, governmental, and higher education communities that we are able to celebrate the successes of the past year," said Acting FAME CEO Carlos Mello. "We are proud to showcase the progress we are making together in educating our workforce and growing well-paying Maine jobs, despite the recent pandemic challenges. We were pleased, as well, to return to an in-person event to honor our partners who help to make Maine's economic and educational future brighter."

This year's award recipients included:

Business at Work for Maine Award: Med-Rhythms, Inc.: Located in Portland, MedRhythms is a cutting-edge digital therapeutics company that uses sensors, music, and software to build evidence-based, neurologic interventions to measure and improve walking for individuals suffering from certain neurological conditions including stroke, multiple sclerosis, and Parkinson's disease. The two founders, Brian Harris, and Owen McCarthy, are both Alfond Leaders (an education loan repayment program designed to attract and retain STEM focused professionals in Maine, funded by the Alfond Foundation and administered by FAME), and their business has taken advantage of FAME's Seed Capital and New Markets Tax Credit Programs to assist them in raising investments to grow their business and contribute to the Maine economy. Education at Work for

Maine Award: Next Gen Personal Finance: FAME recognized Next Gen Personal Finance for their commitment to improving the financial lives of the next generation of Mainers by partnering with teachers, schools, districts, and other like-minded organizations. The nonprofit company has developed free training, resources, and curriculum to support educators both locally and nationally, including professional development that is offered both in-person and virtually, an annual State of Financial Education report, and grants to support schools to expand financial education. Their mission is that by 2030, all U.S. high schoolers will have guaranteed access to at least one semester-long personal finance course before graduation.

Dirigo Lifetime Achievement Award: Ron Milliken, longtime Director of Financial Aid who recently retired from the University of Maine at Farmington, was honored by FAME for his forty-seven-year career helping Maine students afford and achieve higher education. He has been a tireless advocate for students and families in pursuit of higher education and worked tirelessly for improvements to and expansion of FAME-administered Educators for Maine Program and the Maine State Grant Program.

Lender at Work for Maine Award (over \$1.5 billion in assets): Camden National Bank: This was the bank's twelfth time as an awardee. Over the past year, Camden National partnered with FAME on 67 loans totaling approximately \$24 million. This in turn helped to create 115 Maine jobs and retain an additional 884 jobs. FAME and Camden recently partnered on financing for Scarborough-based Blue Barn, LLC, a company producing sparkling blueberry wine made from Maine wild blueberries.

Lender at Work for Maine Award (up to \$1.5 billion in assets): Evergreen Credit Union: Evergreen Credit Union was recognized in the category for lenders with less than \$1.5 billion in assets. This past year, FAME partnered with Evergreen on 12 loans to Maine companies totaling approximately \$7 million. This helped to create 34 Maine jobs and retain an additional 132 jobs. One of the largest credit unions in Maine, FAME recently partnered with Evergreen on financing for Westbrook-based Atlantic Transport and Rustler's Steakhouse in Windham.

Lender at Work for

Maine Award (most enhanced partnership): Norway Savings Bank: Over the past year, Norway Savings Bank has increased its partnership with FAME more than any other lender in the state. This past year, FAME partnered with Norway Savings on 20 loans to Maine companies totaling approximately \$12 million. This helped to create 139 Maine jobs and retain an additional 145 jobs. Norway Savings partnered with FAME to provide a loan to Veggie Life, located in Freeport, which produces vegan and plant-based food products. With locations throughout Maine, the bank has achieved the FDIC's highest "Outstanding" rating for lending, service, and investment for the two most recent threeyear Community Reinvestment Act (CRA) assessment periods.

Finally, the evening's entertainment was provided by comedian Juston



Business at Work for Maine Award presentation to Med-Rhythms, Inc. founders Brian Harris (left) and Owen Mc-Carthy (Right). Photo by Sharyn Peavey.



Dirigo Lifetime Achievement Award presentation to Ron Milliken (right) of the University of Maine Farmington by Martha Johnston (left), FAME Director of Education. Photo by Sharyn Peavey.



Lender at Work for Maine Award #1 (assets of \$1.5 billion or greater) presentation by FAME Acting CEO Carlos Mello (left) and Camden National Bank's James Adsit, Senior Vice President and Southern Maine Director of Commercial Banking. Photo by Sharyn Peavey.

McKinney. Juston grew up in Portsmouth, New Hampshire and Kittery. He attended Southern Maine Community College and spent seven years as a York County deputy sheriff. Juston has appeared multiple times on The Tonight Show, Comedy Central specials, and two Amazon Prime specials, including his latest, "Parentally Challenged."

FAME is a quasi-independent state agency that provides financial solutions that help Maine people achieve their business and higher education goals. FAME helps to create a Maine workforce that with good-paying jobs by focusing on the nexus of economic and educational development. FAME recently was recognized for the eighth year in a row as one of the Best Places to Work in Maine. To learn more about FAME, please visit www.famemaine.com



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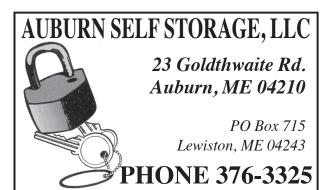
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December 1, 3, 4

DaPonte String Quartet Concerts in November: Mozart String Duo in B flat Major for Violin & Viola, Dohnanyi Serenade for String Trio, Op. 10 and Beethoven String Trio in C Minor, Op. 9 no 3

Saturday, November 19, 3:00 pm, Meetinghouse Arts, Freeport

Sunday, November 20, 3:00 pm, St. Columba's Episcopal Church, Boothbay Harbor

Thursday, December 1, 7:00 pm, Maine Jewish Museum, Portland

Saturday, December 3, 3:00 pm, First Congregational Church of Blue Hill

Sunday, December 4, 3:00 pm, Union Hall, Rockport

December 3

MECHANIC FALLS
-- The Ladies Guild of Our
Lady of Ransom Church

Calendar

Send your submissions to the Editor. More online.

in Mechanic Falls is hosting a Christmas Craft Fair, which will take place on Saturday December 3rd from 9am to 2pm in the church hall located at 117 Elm St, Mechanic Falls.

There will be various craft vendors, a bake sale and many amazing raffle baskets. A luncheon will be served, and will include a hot dog combo meal as well chili and a chowder. The Christmas spirit will be strong in Mechanic Falls on December 3rd; come and check it out.

December 6

LEWISTON -- Hiring Event on Tuesday, December 6, 2022 from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with over thirty employers all offering great job opportunities! The event is free and open to the public. For more information visit: https://www.mainecareercenter.com/employment/hiringevents/

December 15

LEWISTON -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINE-TRANSNET TEEN TA-BLETOP TUESDAYS

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop roleplaying sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

For more information, contact the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov. www.LPLonline.org

December 17

BUXTON -- Free Christmas Concert with the Westbrook City Band

Family friendly event featuring seasonal favorites and a sing-along, held Saturday, December 17, 2022 at 2:00 PM. North Congregational Church, 22 Church Hill Rd., Buxton, ME 04093



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

DHHS Thanks Maine Adoptive Families

AUGUSTA, ME (November 25, 2022)—
The Maine Department of Health and Human Services (DHHS) Office of Child and Family Services (OCFS) is recognizing November as National Adoption Month by highlighting the vital role that adoptive parents play in creating safe and stable

homes for Maine children. In 2021, adoptive parents in Maine provided homes to 384 children who were in State custody, reflecting a significant increase from 289 adoptions in 2020 and 271 adoptions in 2019.

While safe reunification with biological parents is the primary goal for most children in State custody, those who cannot safely reunify with their birth parents need the long-term stability and permanency afforded by adoption. OCFS partners with A Family for ME to recruit new adoptive and resource (foster) families. A Family for ME provides prospective parents with information regarding li-

censing, training, and the process overall, including live information sessions. DHHS also partners with Adoptive and Foster Families of Maine to provide ongoing support and resources for adoptive and resource families.

"During this season of gratitude, we give special thanks to those who open their homes to provide safe and loving families for Maine children in need," said DHHS Commissioner Jeanne Lambrew and OCFS Director Todd Landry. "Working with community partners, we're connecting Maine people who want to adopt with children who will complete their families.

We encourage anyone interested in adoption or fostering to take the next step and reach out to A Family for ME to learn more."

Those interested in exploring adoption and fostering may contact A Family for ME at (844) 893-6311 or AFamily-forMeMaine.org.





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White Mountain Hotel & Resort - December 4 - 5, 2022

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch on Sunday at Polly's Pancake Parlor. A \$100 deposit per person is due upon signing. Price is \$369 pp double occupancy.

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National

Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due

when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

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Pandemic Led to More Speeding, UMaine Study Finds



ORONO, ME
(November 20, 2022)
-- The COVID-19 pandemic affected a lot of elements of life in Maine
— including, apparently, how much drivers speed on the state's rural roadways, according to a new study from the University of Maine.

At the height of the COVID-19 pandemic, states across the country reported an increase in the rate of fatal and severe car accidents despite the decrease in traffic volume. When stayat-home orders were put in place, not only were there fewer drivers on the road, but less enforcement of traffic laws. Drivers responded to these shifts by increasing their speed, particularly on rural roads, which make up 80% of all roads in Maine.

Researchers from the Department of Civil and Environmental Engineering at the University of Maine and University of Con-

necticut used statistical models to quantify the impact of the pandemic on speeding in Maine. They developed models for three types of rural roads - major collectors, minor arterials and principal arterials using data from count stations that recorded the number of vehicles and their speed. They found that the the odds of speeding by more than 15 mph increased by 34% on rural major collectors, 32% on rural minor arterials and 51% on rural principal arterials during the stayat-home order in April and May 2020 compared to the same months in 2019.

What's more, the speeding trend continued even a year after the start of the pandemic. The models showed that the odds of speeding by more than 15 mph, in April and May 2021, one year after the order, were still 27% higher on rural major collectors and 17% higher on rural principal

arterials compared to the same months in 2019.

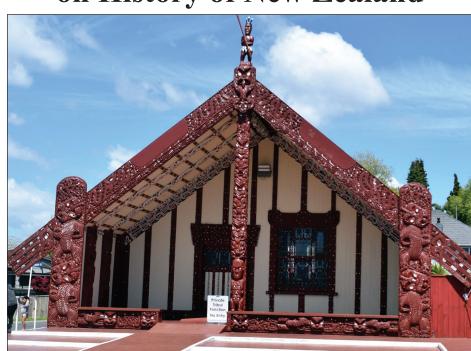
"These results show that the massive disruption in travel demand, or traffic volume, can have a profound impact on the operational speed or speeding with lasting effects long after the disruption has ceased." says Ali Shirazi, principal investigator of the project and assistant professor of civil and environmental engineering at the University of Maine.

This study highlights the importance of managing transportation infrastructure for traffic flow and safety in times of crisis like the pandemic, particularly in light of the diminishing funds available to transportation agencies in the state.

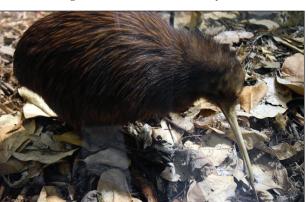
"Speeding is a contributing factor in many fatal or severe crashes, so recognizing that speeding has significantly increased suggests the importance of exploring countermeasures or interventions to reduce the speed," Shirazi says.

The study will be published November 2022 in the journal Accident Analysis & Prevention.

Stanton Bird Club Hosts Lecture on History of New Zealand



Māori Meeting House in Rotorua, Photo by Jeri Maurer



Kiwi, Photo by Jeri Maurer

AUBURN, ME (November 25, 2022) -- The Stanton Bird Club is hosting the second in its 2022-23 lecture series, this time with a focus on the natural and cultural history of New Zealand. President Jeri Maurer and Vice President Nancy Kleckner will be sharing photographs and experi-

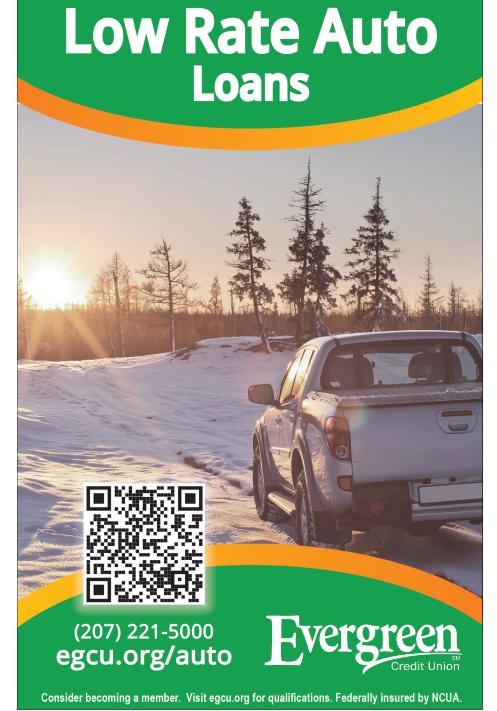
ences from their visits to New Zealand.

Land of geothermal areas, volcanoes and the Southern Alps, New Zealand is famed for its unusual birds including the national emblem of New Zealand, the Kiwi. One of the most isolated countries in the world and the last major land mass to be

colonized by people, it is home to the Māori people who began arriving in New Zealand about 1000 years ago.

The talk will be held on Monday, December 5 from 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge. We encourage participants to wear masks. The Stanton Bird Club, a leader in environmental awareness, manages the Thorncrag Nature Sanctuary as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield.

More information about other activities of the Club can be found at www.StantonBirdClub. org and on its Facebook page.





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