



TWIN CITY TIMES

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Thursday, November 21, 2024 • FREE

SeniorsPlus to offer vaccination clinic



LEWISTON, ME - The AgeWise Maine Initiative, a collaboration of Maine's five Area Agencies on Aging (AAA) in partnership with Northern Light Health, will offer statewide vaccination clinics this November, including several in Androscoggin County.

Launched in 2023 and powered by USAging grant funding, AgeWise Maine offers vaccine clinics in communities across Maine with the goal of ensuring that thousands of residents get immunized to stay healthy and focused on doing the things they love.

The CDC recommends getting the updated 2024-2025 COVID-19 and Flu vaccinations in Fall 2024 to protect yourself and your community. Both vaccinations are currently available and offered at AgeWise Maine clinics across the state. It is safe to receive COVID-19 and flu vaccines at the same visit.

"One of the best things you can do to keep yourself and your family healthy is to get vaccinated early on. We've heard of people who prefer to 'wait it out' and see how the flu season is playing out, but it's important to remember that vaccines are the best way to prevent serious illness before you get sick," said Carly Williams, Director, AgeWise Maine. "We're glad we have the opportunity to support Mainers through a second vaccination season this fall, and we hope many of them will take advantage of visiting one of our upcoming clinics."

Upcoming vaccination clinics include:
SeniorsPlus
8 Falcon Road, Lewiston
November 21, 2024
10:00 AM to 12:00 PM
A searchable database of upcoming vaccination clinics around the state is available online at AgeWiseMaine.org.

Auburn UU's first "Gingerbread Sunday" fair Nov. 24

AUBURN, ME -- The First Universalist Church of Auburn holds its annual Gingerbread Fair Sunday, Nov. 24, from 9am to 3pm. While this marks a return to Auburn UU's traditional fair held in the church vestry, it is the first year the fair will be held on a Sunday.

The fair features our famous gift baskets, with themes like "Gourmet Cook," "Relax," "Pamper Me," "Chocolate Lover," "Movie Night," "Rainy Day Crafts" for kids, and more. Handmade crafts and delectable baked goods are also offered.

Silent auction includes art and collectibles, plus gift certificates from local shops and restaurants.

A hearty lunch with gingerbread dessert is served from 11am -12:30pm, featuring the legendary Phil House playing Christmas carols at the piano (yes, Phil's CDs will be on sale).

First Universalist Church of Auburn is located at 169 Pleasant St. (entrance on Spring St. across from Dairy Joy). Accessible; parking available. FMI, call 783-0461 or contact office@auburn-uu.org.



Assembling First Universalist's famous themed gift baskets for the Gingerbread Sunday Fair with (LtoR) Paula Spruill, Shelley Reno and Sam McCune.

Andwell Health Partners appoints chief human resource officer

LEWISTON, ME - Andwell Health Partners is pleased to announce the appointment of Christian Bartholomew, MBA, SHRM-SCP, as Chief Human Resource Officer. Christian is an experienced executive and change agent with a proven track record of driving productivity, efficiency, cost control, and transformational activities in large healthcare organizations.

Christian comes to Andwell after serving as CHRO at Tenet Health, where he led the HR function at three hospitals in



Formerly known as Androscoggin Home Healthcare + Hospice and around Central Massachusetts. He brings a wealth of expertise in many areas, talent acquisitions, organizational development, and leadership development. As a seasoned strategist, he has consistently demonstrated his ability to reimagine what's possible and transform complex obstacles into tangible solutions for HR teams and their organizations.

ive approach to leadership and his passion for creating people-first cultures will be invaluable as we continue to drive sustainable change and growth within our organization."

At Andwell Health Partners, Christian will focus on streamlining recruitment and other HR processes, while fostering a culture of innovation and excellence. His role will be pivotal in leading human resources initiatives, ensuring that Andwell attracts, retains, and develops top talent to support strategic goals.

Immaculate Heart of Mary Parish



Christmas by the Lake Fair at St. Philip Church
2365 Turner Rd (Route 4) Auburn, Maine
Saturday, November 23, 2024
Open 9am to 3pm



- Bakery
- Book/Puzzle Room
- Candy Shop
- Country Store
- Greens & Wreaths
- Hidden Treasures
- Holiday Room
- Knitting
- Quilting/Sewing
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SeniorsPlus celebrates creativity of older adults in art exhibit

LEWISTON, ME - SeniorsPlus invites the community to an art exhibit celebrating the creative talents of older adults in the Opening Minds through Art (OMA) program. The

event will be held on Friday, November 22, from 1:00 to 3:00 p.m. at SeniorsPlus in Lewiston and is open to the public. Friends, family, and community members are encouraged to attend, view

the artwork, and enjoy refreshments.

OMA, a unique art program designed for people with dementia, encourages self-expression and connection by focusing on creativity and imagination. Paired with trained volunteers, participants explore their artistic abilities, fostering joy and a sense of purpose through art.

"This exhibit showcases the incredible work of our Lewiston OMA artists and the community support that fuels them," says Jessica Rise-

man, head of the education center "Each piece reflects the individuality and creativity of its creator, and we're thrilled to share these stories with the community."

SeniorsPlus also invites attendees to learn more about our Education Centers across Androscoggin, Franklin, and Oxford counties. Offering a wide array of classes and workshops, our centers provide older adults and adults with disabilities opportunities to connect, learn, and thrive in a supportive environment.

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Newsmakers, Names & Faces

College, career prep workshops offered by Maine Seacoast Mission



CHERRYFIELD, ME—Maine Seacoast Mission is offering a series of workshops for high school and college students, as well as their parents, to help with transition to college or careers. The College and Career Preparation Workshop Series, held online or in-person at the Downeast Campus, cover a wide range of topics including life skills, wellness, and college and career exploration and preparation.

The Mission's Secondary and Post-Secondary EdGE staff created the workshops after working with current Mission Scholarship recipients, Davis Maine Scholars, and Journey students ap-



plying to college. Students shared what questions they have around both applying and attending college and beyond, and using their knowledge created this series of workshops. These workshops are designed to supplement what students receive from their high schools and colleges.

Secondary and Post-Secondary EdGE staff members lead the workshops, with current Scholars and Journey alumni (who are attending college) contributing and offering advice to younger peers as part of the presentations. Staff in the Mission's Secondary and Post-Secondary EdGE



program have a combined 35 years of experience in higher education as well as working with students



in kindergarten through twelfth grade.

Eight scheduled workshops will take place at the Mission's EdGE Center on its campus at 7 Weald Bethel Lane, Cherryfield except for two workshops that will occur on Zoom:

Thursday, November 21, 5:00 to 6:00 p.m. College Essays: Advice to help start and organize your college application essays

Focusing on what matters most: How hospice can help

By Elizabeth Hart, MD, Hospice Medical Director/Director of Medical Services, Andwell Health Partners

The first thing that many of us think about when we hear the word "hospice" is a place where terminally ill people go to die. Many people also think hospice is only for people who are in the last days of their life. These are both misunderstandings as hospice is so much more. Hospice offers compassionate care to those with serious illnesses; most often this care is provided in the patient's home. Hospice focuses on quality of life as defined by the patient and family, so that the

patient may live as fully as possible for whatever time they have left, focusing on what is most meaningful to them.

What is the approach to care offered by hospice?

The hospice team provides pain and symptom management for the person living with a terminal illness and emotional and spiritual support for the patient and their loved ones/caregivers. The patient's care team creates an individualized plan of care to ensure comfort, prioritizing what matters most to the patient. Care focuses on supporting the family and caregivers as well as on the patient.

Where is hospice care



Formerly known as Androscoggin Home Healthcare + Hospice

provided?

Hospice comes to the patient. Hospice care may be provided in the patient's home, which might be a private residence, an assisted living facility or a nursing home. For patients whose symptoms cannot be effectively managed in one of these settings, hospice may also be provided in a hospital or an inpatient hospice facility. Inpatient hospice facilities are designed to be welcoming environments with room

for the patient's loved ones to stay with them to offer support and to enjoy time together, when it matters most.

Who are the members of the Hospice Team?

Hospice care is provided by a specialized team with expertise in supporting patients facing serious illness and their families. The Hospice Team includes nurses, home health aides, chaplains, social workers, and hospice volunteers.

Who qualifies for hospice?

Hospice is generally available to people living with advanced illness, whose medical providers think the patient has less than six months to live if the disease follows its usual course.

Who does hospice care serve?

While the patient is the primary focus, the care provided also supports the patient's loved ones and caregivers. The goals of

hospice care are to both make the patient comfortable and to make the end-of-life experience as comfortable and peaceful as possible for those around them.

Who pays for hospice care?

Hospice care is covered by Medicare, MaineCare, and most private insurances. Some hospice care providers, like Andwell Health Partners, provide services regardless of ability to pay.

If you are interested in learning more about hospice and hospice care options, or have any questions, please contact us.

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

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Newsmakers, Names & Faces

Letter to the Editor

Great Falls Model Railroad Club: Wonderful people and resource

They say that as one ages, one returns to their youthful interests. Having recently retired at 65 from science teaching, I seem to be already experiencing a boom-a-rang to my youth. While I spent about thirty-five years teaching science, mostly at Mt. Ararat High School in Topsham, teaching was not my earliest career interest. Operating a train as a train engineer was my first career goal, even though I didn't know what a career goal was at the age of five.

Being so long ago, I can only speculate why I initially got hooked on trains. Maybe it was growing up in a northern New Jersey where two railroad lines ran through town that carried both passenger and freight trains. It was common to see trains traveling on those tracks, sometimes stopping at the station, other times passing through. They were clearly large and powerful as they owned the right-of-way causing all traffic to stop and wait for them. They had an element of mystery, as they came from somewhere and went somewhere, specifics I did not know.

My father's schedule was determined in part by them as he needed to be at and returned to the station for week day commutes to New York City. Whenever crossing gates flashed I wanted to be close-up to see the train. At one point I reversed cause and effect thinking the crossing gates coming down caused the trains to appear. I once asked my father to lift me high enough so I could pull down the gate to cause a train to go by. Fortunately I wasn't close to being strong enough to pull down and likely break the gate. My favorite book at that time was "The Big Book of Real Trains", which my father got so tired of reading to me that he sometimes fall asleep before finishing the book.

My fifth Christmas in 1964 was one of my most memorable, as my parents got me an O gauge Lionel freight train set. My father had secretly worked in the basement building a loop

track on a 4 foot by 4 foot piece of stained green plywood to circle the Christmas tree. There on Christmas morning was one of the best and most enduring gifts I ever received. I couldn't wait to run it, and run it I did. After the tree was taken down, the plywood board with track was moved to the basement where I could continue enjoying it. This happened for a few years until my interests shifted and the train set was relegated to appear for just a few weeks around Christmas time.

When I moved to Maine in the 1980s, the train set and tracks eventually joined me where I continued the tradition with my daughters to have the train run under the tree every Christmas until its 59th year, Christmas 2023. While the train ran the prior year, the engine was now not moving. Something seemed to be blocking the engine internally. I took apart the engine as much as I easily could but I needed help, a more experienced person's knowledge to determine the problem and how to fix it.

I did recall there being a Model Railroad Train Show annually at Mt. Ararat High School prior to COVID. I had attended once and was impressed with the vendors, materials, and layouts. After a search, I found the show was organized by the Great Falls Model Railroad Club from Auburn, Maine, and they were having a surplus sale on a Saturday morning in late July.

About 45 minute drive away from where I live in West Bath, I easily found the club house on Mill Street in Auburn, Maine. Upon entering I found friendly people and model train displays in various phases of completion with people working on them. I spotted an elderly gentleman and asked him who might know something about a damaged model steam locomotive. He suggested I speak with Eric. This was great advice as Eric clearly knew quite a bit about repairing a damaged model train. He quickly identified that a plastic part was broken

and needed to be reconnected. He also explained how to access the broken piece and reattach it in detail. His description made it clear to me that the process was much more difficult for someone who was attempting it for the first time. I asked him if anyone in the club did such work for a reasonable price, to which he answered "me". He told me he could have it fixed by the end of August. I gladly took him up on his offer.

Returning to the elderly gentleman to thank him for his directions, a younger man next to him introduced himself as Wayne, a former student from a 9th grade science class I taught many years ago. What a thrill to reconnect with Wayne. While I was fortunate to have had his daughter Kate in a biology class I had taught a couple of years ago, I had not seen Wayne for close to 25 years. He also introduced me to

his 9 year old son Wayne Jr. who wanted to show me how a larger G scale model train display worked. He was so excited and proud to explain things.

In him, I saw myself many years ago while thinking how lucky he was to have the Club as a place to enjoy and learn. What I would have given to have had this opportunity when I was young! Wayne Sr. offered to give me a tour of the club house and all the ongoing projects. Former teacher became student, as former student became teacher.

Before I left to return home the elderly gentleman I originally met, let me know at 81 years old, he was appreciating the joy of model railroading, and how helpful everyone in the Club was for his learning. As I left, I thought about the several generations, from Wayne Jr. to Wayne Sr. to Eric to the elderly gentleman, all con-

necting around model trains thanks to the Great Falls Model Railroad Club. A couple weeks later I received a phone call from Eric explaining that he had repaired the locomotive. It turned out the broken plastic piece needed to be glued rather than fused back together by melting the plastic as he had originally thought. He said the fix he made could not be guaranteed to permanently hold and because of that would not charge me for his work.

While thanking him I promised I would make a monetary donation to the Club instead. He said I could stop by any Wednesday evening or Saturday morning when the Club was open to pick up the engine. So on a Saturday morning in late August, I returned to the Club. Eric showed me my locomotive that he had not only fixed but had oiled and cleaned the gears, essentially giving it a tune-up. It ran so

smoothly on the Club tracks.

Just before parting I told him how much his repair of the 60 year old model locomotive meant to me. He said he surely understood, as his first model train from childhood had come in parts that he constructed, and that he still proudly has kept that model train running.

Driving home I reflected on how special the Club was and how it represented the best of Maine, from its welcoming of guests, to the incredibly broad knowledge that they are so willing to share.

So whether one has a passing interest in trains or is a committed model railroad fan, and regardless of age or knowledge level, there is something for you at the Great Falls Model Railroad Club. It's clearly part of Maine's best, if you are willing to look and explore.

Glenn Evans
West Bath, Maine



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AARP Maine's November News You Can Use

November remains one of the most beautiful months in Maine with vibrant leaves still clinging to the trees before they float down to the ground. Our thoughts turn to apple picking and sampling cider doughnuts at local orchards. The weather is still warm-ish and it is a perfect time to get outdoors to view the autumn splendor. Many communities have walk-

ing paths that make for an easy walk and nice views. Medical research as noted on AARP's web article, Eight Great Reasons to Walk More, shows that regular walking and exercise is good for our longevity, overall health, memory, and even helps with staying calm and getting a good night's sleep.

One of the most fun facts that my husband



and I learned as we turned 65 is that all Maine resi-

dents over 65 can visit a Maine State Park for free. And Maine has a lot of State Parks and historical sites! To easily find a State Park near you check out the Maine Bureau of Parks and Lands website at: <https://www.maine.gov/dacf/parks/index.shtml>. No reservation needed, just pack a picnic lunch, take a walk, and enjoy the natural beauty of the out-

doors.

AARP also offers monthly coffee and conversation events in several communities. These coffee groups usually have a local speaker and of course, coffee and conversation. The coffees are an opportunity to gather with community members, learn something and have a tasty little snack. Just scan the QR Code or the web address below to

find a coffee and conversation event close to you.

As an AARP volunteer, I am delighted to be able to write this monthly article to share information with you all. Until next time, I hope you enjoy the Autumn and early winter with your friends and family!

Joyce Bucciantini
AARP Maine Community Outreach Volunteer

Wiscasset Holiday Marketfest brimming with seasonal cheer

WISCASSET, ME – Wiscasset Holiday Marketfest heralds the gift-giving season with three days of local shopping and lots of activities for shoppers, families, locals, and visitors to enjoy! In 2024, visit Marketfest on Fri., Dec. 6, Sat., Dec. 7, and Sun., Dec. 8, in Wiscasset Village, from 10am to 5pm each day and festive family events on Friday and Saturday evenings.

Marketfest features a visit from Santa who arrives via a grand light parade. Kids get treats and cocoa, adults get Hot Toddies. Sheep for petting and marshmallows for roasting keep the brisk evening toasty. The weekend's free raffle for dining in every participating storefront entices shoppers



The beautiful harmonies of the Heart 'n Soul Quartet bring the songs of the season to Wiscasset Village during Wiscasset Holiday Marketfest on Dec. 6-8. (Lucia Drobny photo)



Wiscasset Holiday Marketfest's Christmas Cookie Challenge judges (l to r), Anthony Weismann, Brad McCary, and Daphne Cromwell, took their task of choosing the best holiday cookie very seriously in 2023. The cookie challenge returns in 2024 with a call to bakers to consider crumb, appearance, flavor, and presentation. Watch the judges; shoppers take home the cookies! (Bob Bond photo)

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to browse while the very popular Christmas Cookie Challenge is an irresistible call to local bakers. Hang around until after the judging for the chance to sample these tasty morsels. Find inspiration in the annual Wreaths Around the Holidays display and be part of the friendly competition for People's Choice.

The historic Nickels-Sortwell House will be decked with holiday greens and open for tours, while the old barn next door will be transformed into a shopping wonderland for unique, one-of-a-

kind, artisan-made gifts. A family-friendly Snow Ball is a dance party for all to enjoy!

Ornament workshops, a shopping event just for kids, songs of the season from a female barbershop quartet, wagon rides, and more bring the joy of the season to all who visit Wiscasset Village during Holiday Marketfest 2024!

For more details, see the Calendar on www.WiscassetHolidayMarketfest.com. Wiscasset Holiday Marketfest is a partnership between Wiscasset Cre-

ative Alliance and Wiscasset Area Chamber of Commerce.

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Seniors Not Acting Their Age

Outdoor Adventures in Carrabassett Valley



Hikers arrive at Jericho Steps on Reed Brook Stream



A mom and her son climb a hill on Stratton Brook Trail



Riders hurtle down Newton's Revenge

Each October, the Penobscot Paddle & Chowder Society schedules a weekend of outdoor activities in conjunction with our annual business meeting collectively called the Fall Supper. In recent years, the event was held on Mount Desert Island. However, this year we decided to change the venue to Carrabassett Valley. Like Mount Desert Island, the valley provides a multitude of outdoor options that include hiking, biking, and paddling. The Carrabassett Valley Library where we held the annual meeting was basecamp.

An enthusiastic band of Chowderheads met at the library parking lot on a sunny gusty Saturday morning where club trip coordinators announced a variety of exciting outdoor options. Brent Elwell organized members for an exploration of nearby mountain bike trails; others left with Gary Cole to climb Cranberry Peak on the western end of the Bigelow Mountain Range and my wife, Nancy, and I joined a group intent on following Suzanne Cole on two local hikes. The first was a trek on Reed Brook Trail to a waterfall, which would be new hike for us.

The trailhead for

Reed Brook Trail begins on Route 27 in Kingfield and follows along the tiny stream to a waterfall named Jericho Steps. Six of us entered a narrow path in a mixed hardwood and conifer forest and climbed gradually to the foot of a massive nearly vertical ledge that forms the waterfall. We found the impressive cataract spectacular with a low volume of water flowing over the cliff and could only imagine how stupendous it would be during periods of high water.

After returning to Route 27, we drove north to a parking area for Stratton Brook Trail that is located on the east side of the highway almost opposite the Sugarloaf Mountain entrance. The Stratton Brook Trail, which is part of the Maine Hut Trail system, connects with the Narrow Gauge Pathway in what becomes a confusing array of trail names. After about a mile, Stratton Brook Trail turns left onto a steeper section called Newton's Revenge while the Narrow Gauge continues south. Several single track mountain bike trails branch off the Narrow Gauge.

We enjoyed a brisk windy walk on the Narrow Gauge to a junction for Campbell Field Trail-

head. During our return, two members of the group decided to investigate Newton's Revenge while the remainder returned to the trailhead.

Motivated by numerous cyclists we met during our walk, I decided to bike the trails. I rode a mountain bike south on Stratton Brook Trail. After crossing a sturdy bridge over the Carrabassett River, I turned right on Grassy Loops. This is a very entertaining single track ride through an assortment of abrupt twists and turns before joining Narrow Gauge Pathway farther south. I then turned east onto the first of three side trails that ultimately lead to Campbell Field Trailhead.

From Campbell Field, I rode south on Narrow Gauge until encountering a barrier announcing the trail was closed. About a mile of the southern sector of the pathway is currently closed to repair damage caused by storms.

Cycling north, I connected with Newton's Revenge and rode east. This is essentially a rough double track that begins climbing gradually then more steadily towards Stratton Brook Hut and a network of additional trails in the surrounding

area.

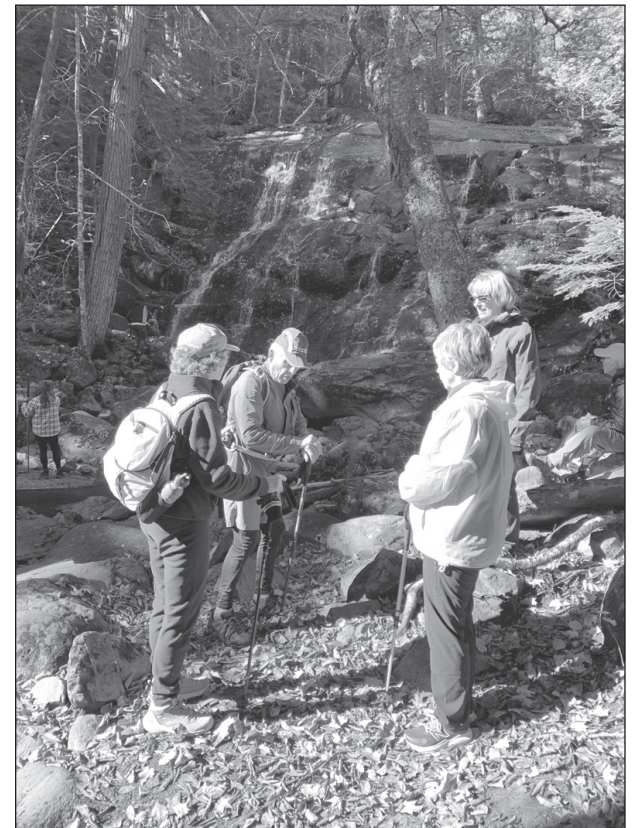
During my climb, I met several riders hurtling down the steep narrow path. Most of them youngsters half my age, I resolved to descend more conservatively. These old bones can't tolerate any more breaks and bruises.

Following a steep climb, I reached a major junction: a right turn leads to Poplar Hut on the Maine Huts Trail and a spur trail angles left to Stratton Brook Hut. I needed time to prepare for the evening business meeting so I decided to return.

I dropped my bike seat to lower my center of gravity for the steep downhill sector. My cautious descent was far less stimulating the ones I had witnessed, but I managed to complete the bumpy ride without any falls.

Club activities were over for the day when I returned, but more were scheduled for Sunday. I planned to coordinate a paddle trip on scenic Flagstaff Lake in the shadow of Bigelow Mountain. A considerable moderation in wind speeds was needed for a safe voyage.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates numerous hiking and biking exploits



Hikers assemble at the foot of Jericho Steps

around the state including challenging treks in the Bigelow Mountain Range.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.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 ronchase-outdoors@comcast.net

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Arts & Entertainment

A Christmas Carol returns to The Public Theatre!

LEWISTON, ME -- This holiday season, for one weekend only, The Public Theatre presents its acclaimed adaptation of A Christmas Carol, Dec 13-15. This inventive version, performed by six actors and a fiddler, was developed at The Public Theatre by former Executive/Co-Artistic Director Christopher Schario. It has since been published

and performed by theatres around the world and is now a Lewiston/Auburn tradition.

With all the different versions of A Christmas Carol, The Public Theatre's adaptation remains many people's favorite.

This version begins with a child reading Dickens' novel as five actors and a fiddler suddenly appear to coax him into join-



Joel Leffert as Scrooge in A Christmas Carol

ing the story. Live music and sound effects create a magical atmosphere, bringing the story to life in a way you've never seen before.

Leading the cast is Broadway actor Joel Leffert in the role of Scrooge. Joel understudied Patrick Stewart and Ian McKellen on Broadway as well as performing in Harry Potter and the Cursed Child. Other

returning cast members include Russell Berrigan as Marley/Cratchit, Matthew Delamater as Fred/Christmas Present, Sheila Stasack as Christmas Past/Mrs. Cratchit, McKenna Canty as Belle/Fan, and local young actor Simon Golob as Tiny Tim. Live fiddling will be done by Edward Little H.S. junior Nessa Samuel.

Only \$15 for children

-- introduce a child to the magic of professional theatre and give them a gift that will last a lifetime. Ask about gift certificates for other plays too!

A Christmas Carol: December 13 at 7pm, Dec 14 at 2pm and 7pm and Dec 15 at 2 pm. Tickets at ThePublicTheatre.org or call 782-3200. The Public Theatre is located at 31 Maple St., Lewiston.

Augusta Symphony Orchestra Holiday Pops concert

AUGUSTA, ME -- The Augusta Symphony Orchestra is delighted to invite you to its annual Holiday Pops Concert on Sunday December 15th at 3:00 PM at the South Parish Church 9 Church Street Augusta. Founded in 1920 the ASO has been a be-

loved musical presence in the Augusta area for over a century and is under the inspired direction of conductor and music director Jinwook Park.

This festive program will feature a variety of classical and holiday favorites. It begins with

Mozart's Divertimento in F major. Then enjoy Albinoni's Oboe Concerto in D minor with the ASO's own Necia Enoch as oboe soloist.

After intermission the orchestra will perform the enchanting Waltz of the Flowers from

Tchaikovsky's Nutcracker Suite followed by selections from Handel's Messiah bringing the joy and reverence of this iconic oratorio to life. The spirited A Christmas Festival by Leroy Anderson rounds out an afternoon of seasonal music and celebration. There may even be some special surprises along the way!

Celebrate the holiday season with us as the ASO fills the air with the joy and beauty of live music. We look forward to sharing this special concert with you!

As always admission to ASO concerts is free with donations gratefully accepted. More information can be found at augustasyphonymaine.org

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

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Sen. Rotundo attends meeting to assess, improve Maine's schools

AUGUSTA, ME— On August 21, Sen. Peggy Rotundo (D-Lewiston) attended the Maine Department of Education's (DOE) "Measure What Matters" meeting at Central Maine Community College in Auburn.

"I welcome any chance to discuss Maine's education system and explore ways to make it better," said Sen. Rotundo. "This meeting gave community members the opportunity to talk about societal changes on the horizon and the implications for Maine students."

According to the Maine DOE, the Measure

What Matters series is a forum "for educators, parents, students, and business leaders to come together and discuss a shared vision for Maine schools. We're interested in developing relevant ways to recognize and acknowledge what schools are doing to prepare students for success in their lives, a rapidly changing global economy, their careers, and as engaged and productive citizens of Maine." For more information, please go here: <https://maine-doenews.net/2024/07/16/what-makes-a-great-school-in-maine-join-a-measure-what-mat->



Left to Right: Ayesha Hall, Director of Strategic Partnerships for the Maine Department of Education, Senator Peggy Rotundo and Peter Geiger, Executive Vice President of Geiger in Lewiston and the former Chair of the Maine State Board of Education at the Measure What Matters meeting in Auburn.

[ters-community-conversation/](https://maine-doenews.net/2024/07/16/what-makes-a-great-school-in-maine-join-a-measure-what-mat-)

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Bids & Brews auction fundraiser to benefit HART this December

A silent & live auction fundraiser for HART of Maine

BIDS & BREWS

Thursday Dec 5, 2024 @5:30p
Maine Beer Company

FMI: hartofme.org



CUMBERLAND, ME - The Homeless Animal Rescue Team (HART) of Maine, an adoption center and shelter for cats in Cumberland, is pleased to announce their second annual silent and live auction fundraising event, Bids & Brews, December 5, 2024, at Maine Beer Company in Freeport, Maine. Admission is free.

Like last year's hugely successful inaugural event at Maine Beer Company, it will feature a silent

and live auction, free pizza, and all the excitement of outbidding others for a good time and a great cause. The event will run from 5:30 p.m. to 8:00 p.m. Admission is free (but HART will gladly accept donations at the door).

Silent auction selections will include an eclectic and curated mix of gift cards, jewelry, professional services, gift baskets, artwork, and more, all generously donated by individuals and local estab-

lishments. The live auction will feature signature trips and VIP experiences.

All proceeds from this event will help alleviate some of the increased financial burden HART has taken on this year due to the rising price of veterinary care, food, and medical supplies. This fundraiser will help HART continue the excellent work of helping abandoned cats survive, thrive, and be ready for adoption into their next forever home.

Turf Mutt: Drive winter blues away by spending time outside

ALEXANDRIA, VA — Winter blues got you down? Spending time outside can help boost your mood and both your physical and mental health.

"Getting outside in the wintertime can really help your state of mind," says Kris Kiser, President of the TurfMutt Foundation, an organization that has spent the last 15 years advocating for outdoor living and the care and stewardship of our yards, parks, and other green spaces, for the benefit of all.

He adds, "Just twenty minutes outside can make a big difference for your mood and mental health. It might take a little more preparation and planning but it's doable with the right outdoor wear."

The TurfMutt Foundation offers a few reasons why getting outside in the wintertime is good for you:

Outdoor time elevates mood. Exposure to natural light — even in the shorter days of winter — raises levels of serotonin, the body's "happy chemical." Sunlight is also a good way to get a natural dose of vitamin D, which is good for bones and the immune system.

A little goes a long way. Recent research suggests that spending just a few minutes walking outside may enhance mood, memory, and the ability to absorb new information. Just five minutes can im-



prove your mood, according to research.

More calories are burned when it's cold. Being outside in colder temperatures requires your body to work harder to keep you warm. Consequently, more calories are burned. Engage in a friendly snowball fight with the kids or take a walk with Fido to rev up metabolism and have a little fun.

Activity boosts immunity. According to MedlinePlus, exercise helps decrease risk for heart disease, maintains bone health and can help flush bacteria out of the lungs and airways.

Nature's benefits can relieve stress - fast. A study from the University of Michigan concluded that spending just 20 minutes in a natural setting reduces the level of cortisol, the stress hormone.

Memory improves. Researchers at the Univer-

sity of Michigan conducted a study that revealed walking in a natural setting versus an urban one improved recall ability by nearly 20 percent.

You don't have to go far. Yard work is a good way to log time outside, maintain your property, and prepare your yard for spring. Just remember if you're using a snow thrower, chainsaw or other outdoor power equipment, read the owner's manual first and follow all manufacturer's instructions, and never disable safety features.

There's less daylight in winter, so it's important to pay attention to your surroundings. You may want to wear a head lamp, reflective clothing, or bring along a flashlight, so you can see and be seen. Never exercise outside when the temperature or windchill is below -10 degrees Fahrenheit due to the risk of frostbite.

Funding to support heating assistance in Maine

WASHINGTON, D.C. — U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that the State of Maine has been awarded \$37,567,435 through the U.S. Department of Health and Human Services' (HHS) Low Income Home Energy Assistance Program (LIHEAP). Maine tribes have been awarded \$1,434,237 as

well. LIHEAP is a crucial lifeline that helps low-income households and older Mainers on fixed incomes afford their energy bills, including those who use natural gas, propane, electricity, and home heating oil.

"With home energy costs remaining high, this federal funding will help to ensure that Mainers have access to affordable

heating as we approach the cold winter months," said Senator Collins. "LIHEAP funding provides critical relief to low-income families and older Mainers, helping them stay warm without the constant worry of choosing between heating their homes and covering other basic necessities."

Earlier this month, Senator Collins, along

with Senators Jack Reed (D-RI) and Lisa Murkowski (R-AK), led a bipartisan call for HHS to release LIHEAP funds as swiftly and at the highest level possible. Senators Collins, Reed, and Murkowski helped provide a total of \$4.1 billion for LIHEAP in Fiscal Year 2024, with \$4 billion through appropriations and \$100 million in Bipartisan Infrastructure

Law funds.

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be

open to everyone through spring of 2025 — or until the funding is exhausted.

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

The Influence of the Optical looks at nature and art

NEW GLOUCESTER, ME -- Unity Environmental University is hosting Maine-based artists looking at the intersection of nature and art. Join Hilary Irons for her presentation, The Influence of the Optical on December 12th, 5:00 PM at Freeport Hall on Pineland Campus, 70 Farm View Dr, New Gloucester, ME 04260

A Maine-based painter and curator, Irons has held residency at the Albers Foundation, Skowhegan, MacDowell, the American



Academy in Rome, the Pace House, Hewnoaks, Canterbury Shaker Village, and the Surf Point Foundation. Her work revolves around opticality, the landscape, and material cul-

ture, exploring the ways in which our reading of space and objects are impacted by color, mark, and light. She is the gallery and exhibitions director at the University of New England.

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CLT to present 'A Fireside Christmas' December 7-8

AUBURN, ME -- A cozy evening of songs and stories will be performed at the Community Little Theatre's "A Fireside Christmas" on Saturday and Sunday, December 7 and 8.

Some of CLT's favorite performers will be on stage for a feel-good holiday show of popular Christmas songs and carols, selections from classic holiday musicals, and even some dance numbers. Special guests Santa and Mrs. Claus will be on hand and available for photos. Raffle baskets and concessions will be offered.

Performances will be held on Saturday, December 7 at 7:30 p.m. and Sunday, December 8 at 2:00 p.m. at CLT on Academy



Pictured here are members of the Act I cast of CLT's upcoming "A Fireside Christmas. From left in front are Germaine Robinson, Amanda Robinson, Elise Christie, Karianna Merrill, and Janelle Raven. In back are Anthony Delorme, Leslie Gail Reed, Sarah Chaloux, and Justin Morin, who is directing the show. Performances will be on December 7-8 and tickets are available at lact.com.

Street in Auburn. Advance tickets are \$15.00 and may be purchased online at lact.com. Tickets will also be available at the door for \$20.00.

Franco Center board votes for new executive director

LEWISTON, ME-- The Franco Center board recently voted for Theresa Shanahan as the nonprofit's new executive director who also is director of events. "It is a pleasure to work within a business that speaks dearly to my personal heritage. My family originated in Quebec, and I am delighted to be a part of this great community here in the Lewiston/Auburn area," said Shanahan. "I have over six years of experience in the nonprofit sector and look forward to lending my experience in development and events here at the Franco Center."



The Franco Center is rooted in the traditions of Maine's French-speaking ancestors. Its mission states: We are the Franco Center for heritage, culture and the performing arts. "Faithful to our mission, we celebrate the arts, heritage and culture by providing a place in the community where people representing many cultures feel welcome and accepted," said Shanahan. She noted that the nonprofit works to preserve and promote the heritage of people from around

the world at the center by hosting festivals, weddings, recitals, musical performances, business meetings and family reunions. "I look forward to meeting with the many members of our community and sharing this wonderful facility with you." Shanahan, a resident of Auburn, has experience in the non-profit sector as executive and develop-

ment director of the Maine Ski and Snowboard Museum and most recently as the event coordinator and catering chef at a venue in Southern Maine. Originally from Connecticut, Shanahan became a Mainer in 1988 residing in the western mountains of Maine where she raised her two children (now adults). She shares her home with a cat and a dog.

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Fontaine Family attends 2024 convention

MAINE -- Fontaine Family, a leader in real estate in Maine, has returned from the highly anticipated 2024 Jared James Advance Real Estate Convention. The team is excited to share the valuable knowledge and innovative strategies they've gained from the event, aimed at enhancing client service and expertise in an ever-evolving real estate market.

Held annually, the Jared James Advance convention brings together top real estate professionals from across the country for an intensive two-day experience focused on professional development and market



insight. This year, Fontaine Family participated in a variety of workshops and networking events, equipping themselves with the latest tools and techniques to support their clients in buying and selling homes.

Our team is committed to continuous learning and staying ahead of industry trends. Attending the Jared James Advance real estate convention has inspired us to take our service to the next level. We're excited to implement new strategies that will help our clients navigate the real estate process with even greater confidence and care.

The Fontaine Family team looks forward to applying what they've learned, from marketing and technology trends to client communication techniques, ensuring each client has a personalized, streamlined experience.

For more information about how Fontaine Family can help you with your real estate needs, please contact:

Fontaine Family Real Estate
Phone: (207) 784-3800
Email: Info@fontaineteam.com
Website: brendafontaine.com

Art Dudley receives 2024 Mac Award

PHIPPSBURG, ME - The Associated General Contractors of Maine (AGC Maine) selected Arthur "Art" Dudley, President of Standish, Maine based Arthur C. Dudley Contractors as the recipient of the Major Achievement in Construction (MAC) Award.

"Art's dedication to excellence and collaboration in construction has set a standard in our industry. His work across many of the schools within the state reflects not only a commitment to quality, but also a



deep respect for the collaborative spirit that defines our industry. We are proud to recognize his achievements and contributions to Maine," said, Kelly Flagg,

Executive Director at AGC Maine.

Since its inception in 1975, the Major Achievement in Construction

See Dudley, page 16

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Maine Justice Foundation welcomes Bar Fellows Class of '24

MAINE -- The Maine Justice Foundation is pleased to announce the induction of the 2024 class of Bar Fellows, Honorary Life Fellows, and Patron Fellows. The Bar Fellows is an honorary organization of attorneys, judges, law faculty, and legal scholars who have been elected by their peers to become members of the Bar Fellows. This distinguished group of legal professionals is being recognized for their exceptional achievements, leadership, and dedication to the highest principles of the legal profession.

"We are pleased to welcome this accomplished

group of legal professionals who are pinnacles of leadership and excellence within their professional communities as new Bar Fellows, Honorary Life Fellows, and Patron Fellows. These individuals represent a high bar of excellence, integrity, and service for which we all aspire," states Michelle Draeger, Executive Director of the Maine Justice Foundation.

Each Fellow brings unique talents and experiences to this esteemed group, contributing to a collective legacy of service that advances justice and positive change across our communities. Through their



work, they inspire others in the legal field to strive for excellence and integrity, setting a standard for service that strengthens our communities and the rule of law.

2024 New Bar Fellows
Barbara E. Gauditz, Esq.

Chad W. Higgins, Esq.
Neil J. Kiely, Esq.
Taylor S. Kilgore, Esq.
Representative Amy D. Kuhn
Hon. Stacey D. Neumann
Laura M. O'Hanlon, Esq.
Andrew R. Sarapas,

Esq. Jacqueline A. Sartoris,
Esq. William R. Savage,
Esq. Rebekah Smith, Esq.
Frayla A. Tarpinian,
Esq. Peter L. Thompson,
Esq. Michael D. Traister,
Esq. Eric J. Uhl, Esq.
2024 Honorary Life Fellows
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Hon. Daniel I. Billings
Hon. Barbara A. Cardone
Peter J. Guffin, Esq.
Hon. Karen Frink

Wolf
2024 Patron Fellows
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Mr. William S. Harwood
Colleen A. Khoury, Esq.
Hon. Jon D. Levy
Hon. Kermit V. Lipez
Ms. Paula D. Silsby
Judith A. Fletcher
Woodbury, Esq.
The Maine Justice Foundation, founded in 1983 as the Maine Bar Foundation, is the state's leading funder of civil legal aid and is committed to ensuring access to justice for all Maine people. Find us online at www.justice-maine.org.

Funding to provide clean water to Maine schools, homes

BOSTON, MA – The Biden-Harris Administration issued a final rule requiring drinking water systems across the country to identify and replace lead pipes within 10 years. The Lead and Copper Rule Improvements (LCRI) also require more rigorous testing of drinking water and a lower threshold for communities to take action on lead in drinking water to protect people from lead exposure. In addition, the final rule improves communication within communities so that families are better informed about the risk of lead in drinking water, the location of lead pipes, and plans for replacing them. This final rule is part of the President's commitment to replace every lead pipe in the country within a decade, making sure that all communities can turn on the tap and drink clean water.

Alongside the Lead and Copper Rule Improvements, EPA is announcing \$24,898,000 in newly available drinking water infrastructure funding for Maine through the Bipartisan Infrastructure Law. This funding will flow through the drinking wa-

ter state revolving funds (DWSRFs) and is available to support lead pipe replacement and inventory projects. Additionally, 49% of the funding must be provided to disadvantaged communities as grant funding or principal forgiveness that does not have to be repaid. EPA is also announcing the availability of \$35 million in competitive grant funding for reducing lead in drinking water. Communities are invited to apply directly for grant funding through this program [insert link to grants.gov]. Additional federal funding is available to support lead pipe replacement projects and EPA has developed a website identifying available funding sources.

EPA estimates that up to 9 million homes are served through legacy lead pipes across the country, many of which are located in lower-income communities and communities of color, creating disproportionate lead exposure burden for these families. Eliminating lead exposure from the air people breathe, the water people drink, and the homes people live in is a crucial com-

ponent of the Biden-Harris Administration's historic commitment to advancing environmental justice.

The Lead and Copper Rule Improvements establish achievable, common-sense practices which have been implemented by several states and cities. The public health and economic benefits of the final rule are estimated to be up to 13 times greater than the costs, and together with new funding announced today under Biden-Harris Administration's Bipartisan Infrastructure Law, water systems will be able to accelerate removal of lead pipes and create good-paying local jobs in the process.

"We've known for decades that lead exposure has serious long-term impacts for children's health. And yet, millions of lead service lines are still delivering drinking water to homes," said EPA Administrator Michael S. Regan. "President Biden is putting an end to this generational public health problem. With the Lead and Copper Rule Improvements and historic investments in lead pipe replacement, the Biden-Harris Admin-

istration is fulfilling its commitment that no community, regardless of race, geography, or wealth, should have to worry about lead-contaminated water in their homes."

"Everyone deserves safe, clean water in their homes, no matter where they live or how much they earn. Today, we're announcing improvements to the Lead and Copper Rule that require better testing and quicker action, while also providing critical funding to Maine," said EPA Regional Administrator David W. Cash. "These important changes, alongside funding from the Biden-Harris Administration, are helping to ensure that families and communities across New England are getting the support they need to create a safer, lead-free future for our children."

The science is clear: Lead is a potent neurotoxin and there is no safe level of lead exposure, particularly for children. In children, lead can severely harm mental and physical development, slow down learning, and irreversibly damage the brain. In adults, lead can cause in-

creased blood pressure, heart disease, decreased kidney function, and cancer. If someone is impacted by lead exposure, there is no known antidote, according to the Centers for Disease Control. The Lead and Copper Rule Improvements strengthen nationwide requirements to protect children and adults from these significant and irreversible health effects from lead in drinking water.

Communities across the country have already begun to tackle lead pipes.

Milwaukee Water Works is on track to replace all remaining lead pipes within the EPA's ten-year timeframe. In 2024 alone, Milwaukee received approximately \$30 million in Bipartisan Infrastructure Law funding to replace 3,400 lead service lines.

The Detroit Water and Sewerage Department has received \$90 million from the Administration and will replace more than 8,000 lead service lines this year, putting the city on track to replace all lead pipes in 10 years.

The Erie, Pennsylvania Water Works has received \$49 million from

EPA to enable the city to replace all lead pipes within 5 years instead of 25 years.

Denver Water has accelerated its efforts through \$76 million from the Bipartisan Infrastructure Law, allowing the city to be on track to replace all lead pipes within a decade.

The Lead and Copper Rule Improvements will help protect millions of Americans from exposure to lead in drinking water. EPA estimates that on average, every year after the LCRI is issued it will:

protect up to 900,000 infants from having low birthweight;

prevent Attention-Deficit Hyperactivity Disorder (ADHD) in up to 2,600 children;

reduce up to 1,500 cases of premature death from heart disease;

and prevent up to 200,000 IQ points lost in children.

Investments in identifying lead pipes, planning for their removal, and replacing them will create jobs in local communities while strengthening the foundation of safe drinking water that supports economic opportunity.

Collins Delivers keynote at Maine State Police Graduation Ceremony

VASSALBORO, ME – U.S. Senator Susan Collins delivered the keynote address at the Maine State Police 83rd Recruit Training Troop graduation ceremony in Vassalboro. Senator Collins congratulated the academy gradu-

ates and thanked them for their commitment to protect and serve the people of Maine. More than 300 people, including dozens of active cadets, were in attendance for the celebration.

"The men and women of the Maine State Po-

lice dedicate their careers to keeping our state safe, and I thank each one of the graduates here today for answering the call to public service," said Senator Collins. "You have chosen a challenging career in today's polarized environment, but please remember that the vast majority is grateful to you for doing so. Whether we Mainers live in urban areas or in rural communities, we recognize that you willingly put your lives on the line every day to improve the safety and quality of our lives."

Senator Collins, Vice Chair of the Senate Appropriations Committee, has secured nearly \$37 million

in Congressionally Directed Spending for projects at police and public safety departments throughout the State of Maine. This includes funding for communication equipment, protective gear, emergency response vessels, and facility renovations and expansions to help ensure the safety of communities from Aroostook to York County.

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



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Clearing, grading and tree cutting on Sears Island

MAINE -- If you've been out to Sears Island recently, you saw that MDOT and their contractors have been busy.

MDOT's consultants Moffatt and Nichol, with subcontractors Comprehensive Land Technologies and Seaboard Drilling began conducting "geotechnical work" on the Sears Island transportation parcel as part of investigations to develop the island for an offshore wind port (OSW). We first learned about these efforts from Sears Island visitors walking on the island that observed equipment being brought in on the access road and saw trees being cut. MDOT never provided notification to the public, or stakeholder groups, including any of members of the Alliance for Sears Island or the organizations within this coalition prior to commencing this work.

Because MDOT failed to provide any information about what was happening on the island, we went out there to see for ourselves the extent of the work last week. These geotechnical investigations appeared to be fairly extensive, with significant clearing, grading and tree cutting done in order to reach the drilling sites. The drilling sites themselves were cleared with a 25' diameter circle area. We located seven boring locations, and documented the construction of the



paths and tree clearings. We are currently trying to determine whether or not there have been impacts to wetlands.

Since being out on the island, MDOT provided us with additional information, as well as the permit application submitted to the Army Corp of Engineers in July 2024 for "preliminary land-based and marine-based geotechnical exploration program at Sears Island, Searsport, Maine." The work area is depicted on the Site Plan below, which was provided in the permit application.

Despite knowing that the OSW port proposal has been a contentious issue and that the public have repeatedly asked for greater transparency from MDOT regarding this project, MDOT failed once again to keep the public and interested stakeholders informed.

These geotechnical investigations come after two recent setbacks to MDOT and their OSW port proposal for Sears Island, including a BOEM Gulf of Maine offshore wind lease auction that attracted "scant interest",

and denial of the State's \$456 million federal grant request.

Though it pales in comparison to the destruction that would result from construction of the port, this exploratory geotechnical work made a major impact on the island. We refuse to accept that in order to address the climate crisis and move away from fossil fuels we must sacrifice sacred natural spaces for renewable energy development. This is not the path forward, and we will continue to advocate for this island, demand that renewable energy projects be sited on land that can be redeveloped, and keep watch of our state agencies.

Since being out on the island, MDOT provided us with additional information, as well as the permit application submitted to the Army Corp of Engineers in July 2024 for "preliminary land-based and marine-based geotechnical exploration program at Sears Island, Searsport, Maine." The work area is depicted on the Site Plan below, which was provided in the permit application.



Tree clearing and access path construction. Photo credit: Jill Howell, Upstream Watch



Crossing constructed to access drilling location. Photo credit: Jill Howell, Upstream Watch



(Left) Drilling equipment at a boring location and (right) equipment staging area. Photo credit: Jill Howell, Upstream Watch

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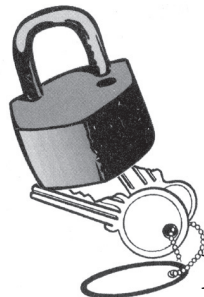
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Thursdays

LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

Through Dec 15

LEWISTON -- Opening November 15th and closing December 15th is an exciting exhibition of painter Robert Shetterly's Americans Who Tell the Truth portraits at the Bates Mill Atrium on 35 Canal Street in Lewiston, Maine.

Nov 21

NEW GLOUCESTER - Join us for our upcoming artist event series hosted by Unity Environmental University on Pine-land Campus. These events are free and open to the public. We would love to list our events on your cal-

Calendar

Send your submissions to the Editor. More online.

endar.

Artists we'll be hosting: Simon van der Ven, Hilary Irons, Ebenezer Akapo, Elaine Ng, Andy Rosen, and Ben Potter.

Our first event, Watching the Periphery with Simon van der Ven will be held on November 21st at 5:00pm in Freeport Hall, 70 Farm View Dr Suite 200, New Gloucester, ME 04260.

Nov 23

GORHAM -- Christmas Craft Fair, 33 Wilson Rd, Gorham, ME 04038 on Nov. 23, 2024, 9am-2pm

White Rock Grange has organized dozens of crafters for your Christmas shopping pleasure. Jewelry, sewn & knitted items, soy candles, home decor and much more!

h t t p s : / / w w w . f a c e b o o k . c o m / e v e n t s / 8 5 2 0 4 1 7 1 1 4 7 4 6 3 8 0

Nov 23

AUBURN -- Christmas by the Lake Fair at St. Philip Church. It's the 50th Anniversary of the fair, known for its amazing Christmas handmade wreaths, and numerous booths to find wonderful gifts for your family at Christmas. We will have several amazing raffles, with the biggest being a

65" LG TV valued at \$750! This year we will be accepting credit & debit cards.

Nov 23

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Novel Jazz Septet - Sat, Nov 23, 2024 at 7:30 pm. Doors open 7:00 pm.

Novel Jazz Septet, one of Maine's premiere jazz groups, is now in their 20th year of keeping the musical legacy of Duke Ellington and Billy Strayhorn alive and swinging. The band embarked on a project to go through the massive archives at the Smithsonian Museum of American History as well as the Strayhorn Collection at the Library of Congress. finding compositions by Ellington and Strayhorn, transcribing some lesser-known gems for the band and reinterpreting them with a 21st century sound.

Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at ticketstripe.com/novel-jazz7.

Nov 23

LEWISTON -- Visit with Daniel Tiger at the Lewiston Public Library on Saturday, November 23rd at 11am in Callahan Hall! This event is in partnership with Maine Public Radio and PBS Kids.

Daniel is so excited to visit the Lewiston Public Library for an hour of creativity, book giveaways and literacy. Join us for story-time fun with children's author Chris Van Dusen and playtime making masks. Daniel is certain he is going to have a Grriffic time and can't wait to meet and take a photo with you! Don't forget your FREE ticket to the event at the link below.

This event is free and open to the public. Registration required on Eventbrite: <https://tinyurl.com/2w47jfpw>

Nov 24

AUBURN -- Gingerbread Sunday Fair, 9am-3pm. Gift baskets, baked goods, crafts, silent auction. Luncheon with Phil House on piano from 11am-12:30pm. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring St. across from Dairy Joy). Parking; accessible. FMI 783-0461.

Nov 24

BUXTON -- Free Christmas Concert with the Westbrook City Band. Family friendly event featuring seasonal favorites and a sing-along. Sunday, November 24, 2024, 2:00 PM at North Congregational Church, 22 Church Hill Rd., Buxton, ME 04093

Nov 30

BUXTON -- Are you tired of turkey? Try our delicious Haddock Supper Buffet - Saturday, November 30, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who wish is optional. Hand sanitizer is available for those who wish to use it.

Dec 1

GORHAM -- 40th Annual White Rock Tree Lighting at White Rock Community Clubhouse, 34 Wilson Road at 4:30pm

The White Rock Friendship Club is hosting the 40th Annual Tree Lighting at the White Rock Community Clubhouse on Sunday, Dec 1 at 4:30pm. Listen to the reading of the Christmas story. Sing

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Christmas carols while sipping hot cocoa around the Christmas tree. Santa will arrive on a White Rock Fire Station fire truck!

Dec 6

BAR MILLS -- We at Bar Mills Community Church located at 13 Hermit Thrush Drive, Buxton will be having our Christmas Marketplace, Friday, December 6 2:00-6:00. There will be a great selection of fresh greens to decorate your home, a wide variety of baked goods-cookies, breads, pies and candy to satisfy your taste buds. There will also be plenty of handcrafted gift ideas for your family, friends and even your pets. There is something for everyone on your list. We look forward to seeing you, your family and friends. We accept cash and checks only. FMI contact: Judy 929-5555.

Dec 7

GORHAM -- Casco Bay Wind Symphony "Sounds of the Season", A Musical Holiday Celebration with Dr. William Kinne, Musical Director on Saturday, December 7, 2024 from 2:00 to 4:00 p.m. at McCormack Performing Arts Center, Gorham High School, 41 Morrill Ave., Gorham, Maine 04038

Dec 13

LEWISTON -- At 10am the Lewiston Public Library Children's Department will be offering the program Little Keepsakes: Height Ribbons. Caregivers will be able to measure their young children and cut a ribbon to each child's height and place it in a clear plastic bauble to finish the keepsake.

Free. No registration required. Recommended for caregivers and their children ages 0-6 years old. Siblings are also welcome to attend and participate.

Dec 15

AUGUSTA -- The Augusta Symphony Orchestra is delighted to invite you to its annual Holiday Pops Concert on Sunday December 15th at 3:00 PM at the South Parish Church 9 Church Street Augusta.

Dec 23

LEWISTON -- Join us at the Lewiston Public Library at noon to celebrate the holiday season! Come and make your own snow-

flake for decoration or as an ornament. Create a unique snowflake for yourself or as a gift. All materials are provided. Free. In person. Recommended for children ages 5 - 13 years old and siblings welcome.

Dec 24, 31

LEWISTON -- From 11:15am to 12:00pm at the Lewiston Public Library, enjoy an interactive storytime for some fun with books, songs, and body movement while building early literacy skills.

Recommended for children ages 3 - 5 years old and their caregivers. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well. This program is free, open to the public, and no registration is required.

Jan 11

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

David Mallett - Sat, January 11, 2025 at 7:30 pm. Doors open 7:00 pm.

Maine's own singer-songwriter David Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has recorded 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/pousette>.



Discovering a Rewarding Career Helping Mainers Age in Place



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When Amy talks about her work, supporting individuals who are aging at home and living with disabilities, she doesn't talk about what her job takes, but instead about all that it gives back to her.

"It's just so fulfilling," Amy says. "There are so many things that we take for granted that mean so much for other people to do. It makes you so thankful for what we have. And my relationships with them make my heart so much bigger"

Amy supports her clients with activities of daily living. That can entail a wide variety of tasks on a daily basis. Some days that may mean helping a client get out of bed and get dressed, water her plants, or prepare her favorite sandwich for lunch. Often it means supporting her client with managing routine errands like trips to the grocery, that create opportunities to connect with familiar people and places. Amy is so grateful to give her clients - and their families - the peace of mind to live independently at home.

"It means so much to be able to give them positive experiences, a sense of control, and a sense of connection that otherwise would be lost," Amy says.

It's been nearly a decade since she moved into this field, and left her long-time waitressing job. "I don't think I'd ever go back," she says.

Amy is one of a growing number of Mainers who has discovered rewarding work in the field of Direct Support, ensuring that adults with age-related, physical, behavioral, intellectual, and cognitive health needs have the support they need to stay safe and independent in their homes and communities, and empowered to achieve their personal goals.

There are a multitude full-time, part-time, or per-diem positions available, which offer the flexibility to juggle work with family responsibilities. Paid training opportunities are widely available, and easy to complete. Many positions do not require advanced degrees.

Amy loves being able to work close to home, so she doesn't have to worry about the costs or hassle of a commute. "To be able to work locally, near home has made me so much closer with my entire community," she says. She encourages anyone interested in making a change to consider a position in Direct Support.

"There's just a huge, huge need," she says, "for good people, who really care."

To learn more about full-time, part-time, and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.

"There's just such a huge need for good people who really care."

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SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C.

- NATION'S CAPITAL – Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. **A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.**

SEPTEMBER 11-19, 2025 - BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS

- Price includes round trip air from Logan International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals. Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville

Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee – Dolly Parton's Smoky Mountain Theme Park, Guided tour of the Great Smokey Mountain National Park (UNESCO), Cherokee, Old Smoky Moonshine Distillery. Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.

OCTOBER 6 - 10, 2025 - ATLANTIC CITY, CAPE MAY, & PHILADELPHIA

- Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.

Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the

famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

NOVEMBER 16-26, 2025 - CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners).

Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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Fontaine Ambassadors' Council holds Mastermind Session

AUBURN, ME — The Fontaine Ambassadors' Council, representing the leadership and top-tier talent of Fontaine Family – The Real Estate Leader, recently convened for their biannual Mastermind Session at the scenic Martindale Country Club.

This exclusive event, held twice per year, underscores the council's commitment to collaboration, innovation, and delivering exceptional client service. By sharing ideas and best practices with top minds in the industry, the Ambassadors' Council works to continuously elevate the Fontaine Family's service and value to clients across the region.

The Fontaine Ambassadors' Council and Lead-

ership Team includes the following distinguished members:

- Crystal Bergeron
- Charmaine Raby
- Melissa Field
- Brenda Fontaine
- Dave Foster
- Cindy Morin
- Sierra Lemieux
- Maria Morissette
- Kelly Webb Quinn
- Angie Larochelle
- Clayton Larochelle
- Sally Christner
- Hannah Clark
- Chad Doucette
- Bill Bergeron

During the session, the team explored strategies to enhance client experiences, foster innovation, and uphold the Fontaine Family's reputation as a trusted leader in real estate. As the Fontaine Fam-



ily continues to redefine excellence in the industry,

the insights and initiatives born from these Master-

mind Sessions ensure that their clients receive the

highest level of expertise and care.

Dudley

Continued from page 9

(MAC) Award has celebrated individuals who have made significant impacts in the construction industry, marketplace, and Maine. Art joins the ranks of a distinguished list of previous honorees, leaders whose legacies have shaped our community. The first winner of the award was Ival "Bud" Cianchette and since then have included other

recognizable names including Herbert E. Sargent, Peter Vigue, Jack Kelley, Denis Landry, and many others.

Founded in 1975, Art Dudley has built his company and career around the construction of Maine's K-12 schools. At first, his company focused on renovations, new houses, and some large commercial projects. But after oil prices spiked in the mid-1970s and interest rates did the

same in the early 1980s, he sought out smaller commercial jobs, before an opportunity to build an elementary school in Parsonsfield, where he'd grown up arose, and the rest is history.

Decades later, Arthur C. Dudley Contractors has remodeled several of the Lee Auto Malls dealerships, built some churches, and done office renovations like the Loring, Short, and Harmon building on Congress Street in Portland. But 97%

of their business is schools, primarily in the western half of the state from Bethel to Benton to Wells, including Hall Elementary School in Portland, Westbrook Middle School, and – most recently – Edward Little High School in Auburn.

During Art's career, he has been a constant advocate for vertical construction in Maine with his role as Chair of the Building Committee in AGC Maine for several years, and the

betterment of the industry as a whole within his term as Board President at AGC Maine in 2010.

Today Art remains President of Arthur C. Dudley Contractor and has no plans to retire soon. Arthur C. Dudley Contractors has six full-time employees, five of whom own a share of the business. The employees are Art, his daughter Andrea who is the office manager, three job supervisors who include his son

Nick, and Project Manager Ken Clark. When he isn't in the office, Art enjoys traveling.

AGC Maine celebrated this achievement and presented Art Dudley with his award on Saturday, October 5th at Sebasco Harbor Resort in Phippsburg, ME, with over 150 contractors in attendance.

For more information about the "MAC" award, please visit www.agcmaine.org/mac.



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