



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

Thursday, December 5, 2024 • FREE

Cardiothoracic anesthesiologist returns to Maine to join CMMC

LEWISTON, ME -- Central Maine Healthcare is pleased to introduce Nicholas Knowland, MD. Dr. Knowland is a cardiothoracic anesthesiologist who will be treating patients at CMMC, spending most of his time in the operating room.

Dr. Knowland has deep Maine ties, having grown up in South Portland. He graduated from McGill University in Montreal. He attended medical school at Tufts University as part of the Tufts School of

Medicine's Maine Track. He did his residency at Loma Linda Medical School in California and completed a fellowship in cardiothoracic anesthesia in White Plains, New York.

"Dr. Knowland is an incredible addition to our anesthesiology department," said Steven Constantino, MD, chief of anesthesiology at CMMC. "He has already made quite the impression on many of our team members, and we look forward to him continuing to develop relationships with



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our surgeons and patients for years to come."

"I want to be part of the team at CMMC that's helping ensure our patients have the optimum setup for both getting the surgery they need and recovering from it when the time comes," Dr. Know-

and said.

Dr. Knowland is an avid soccer fan, having played semi-pro soccer in Canada, himself, and is a passionate Manchester United fan. He says it's great to be back in Maine and looks forward to skiing at Sugarloaf again.

Lewiston to host Holiday at the Plaza this weekend

LEWISTON, ME -- Finding moments of connection and joy has never been more important in our city. The City of Lewiston's Holiday at the Plaza is a wonderful opportunity to gather as one, celebrate our city, and create memories that remind us of the strength and spirit that make Lew-

iston so special.

From magical horse and wagon rides to ice skating, to the excitement of Sparkle Saturday, to the Christmas Tree and Menorah lighting, Holiday At The Plaza is filled with FREE festive fun for everyone. Let's come together to celebrate all the reasons we love Lewis-

ton and share its vibrancy with those we hold dear.

At Holiday At The Plaza, the City has curated events for all ages and families to create Christmas traditions. Along with Ice Skating and Horse and Wagon rides, we have a kiddo Christmas Choo-Choo, X-treme Fun sports, Arts and Crafts and

for the grown up elf, the Lisbon Street restaurants will be open or you can sign up for a Paint and Take Vintage Christmas Tree with Wicked Illustrations at <https://wickedillustrations.com/art-parties-and-workshops>.

So, Mark Your Calendar! Bring your family, friends, and neighbors to

experience the magic. Be part of Holiday at the Plaza. Together, we can make this season truly special for everyone in our city. We can't wait to celebrate with you!

WHO: City of Lewiston

WHAT: Holiday At The Plaza

WHEN: Sat., Dec.

7 from 11:30 AM to 5 PM; Christmas Tree and Menorah Lighting at 4:17 PM

WHERE: Lisbon St., from Ash to Main

PS - If you are a local crafter wish to be a part of the crafters tabling at the event, please email AAmores@lewiston-maine.gov

Maine Music Society presents: "A Season of Celebration"

LEWISTON, ME — The Maine Music Society Chorale, directed by Dr. Richard Nickerson, is thrilled to announce its upcoming holiday concert, A Season of Celebration, to be held on Saturday, December 14, 2024 at 7:00 p.m. and Sunday, December 15, 2024 at 2:00 p.m. at the Franco Center in Lewiston.

This festive performance will showcase a wonderful blend of timeless holiday music, including cherished carols and some new seasonal favorites. Its featured work this year is Francis Poulenc's Gloria. The concert will also include a stunning arrangement of Dan Forrest's Angels We Have Heard on High.

As part of the cele-

bration, the audience will be invited to join the Chorale in its traditional holiday sing-along, adding to the joy and community spirit of the season.

The 80+ volunteer singers from the Lewiston-Auburn area, under the direction of Artistic Director Richard Nickerson, have been rehearsing for weeks to deliver a performance that promises to inspire and uplift. With a perfect mix of festive traditions and new holiday gems, A Season of Celebration will surely fill the Franco Center with the warmth, wonder, and excitement of the season.

For more information, or to purchase tickets, visit us online at www.mainemusicsociety.org or call the MMS office at



The Maine Music Society Chorale; Photo by Jared Morneau

207-333-3386. While you can purchase tickets at the door, we encourage you to buy your tickets in advance to secure your seats for this

highly anticipated event.

Tickets:
Adult - \$27*; Senior - \$25*; Student - \$6*
Children under 12:

free when accompanied by an adult.

Group rates available for 10 or more tickets to the same performance purchased at the same time. Call our business office: 207-333-3386.

* Price includes all handling fees

The Maine Music Society thanks its Season Underwriters Hardy, Wolf & Downing and the Sun Journal, the Event Co-Sponsor Liberty Mutual, Supporters Norman Hanson & DeTroy and The Ladd Foundation

for making this concert possible.

The Maine Music Society (MMS) is a nonprofit organization dedicated to enriching the cultural life of the

Lewiston-Auburn area through performances of choral music in a broad range of musical genres — contemporary, musical theatre, classical, opera, oratorio. MMS's 80+ volunteer singers, musicians, and staff share a passion for creating music that inspires, uplifts, and connects the community.

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Newsmakers, Names & Faces

Maine-ly Harmony performing Songs of the Season



Left to Right, first row Judy Labonte, Jennifer Clair, Betty Avery, Martha Tait, Lynn Izzi, Kathy Joyce, Lea Davis, Barbara Combs; 2nd row Martha Bangs, Peg Dubrow, Candace Peppin, Janet Dunham, LouAnne Mossler, Donna Ryder, Dotti Meyer; Third row Lynn Rogers, Danielle Bolouc, BJ Sylvester-Pellett, Cathy Anderson, Nancy Bossie, Sue Staples, Director Kathy Greason.

GARDINER, ME -- Join the Maine-ly Harmony Chorus Sunday, December 8th at 2 p.m. at the Highland Avenue United Methodist Church, 35 Highland Av-

enue, Gardiner, Maine for the "Songs of the Season" - your favorite Christmas songs, including a silent auction, refreshments and a special appearance from

Jolly Ole St. Nick! We all need a little Christmas and look forward to sharing our musical holiday favorites with you. A donation of \$15 is accepted at the door.

UMaine Extension offers holiday gifts for gardeners

MAINE -- If you're in need of a gift for the gardener in your life, University of Maine Cooperative Extension is offering 8 new bundles of pre-recorded webinars on gardening-related topics.

The On Demand Webinar bundles include 3 to 4 pre-recorded webinars plus helpful related resources. New topics include: ornamental garden design and maintenance, garden problem solving, homesteading, decorating with nature, and a range of crops from mushrooms to cranberries. This is in addition to bundles already available on home orchards, natives, compost and soil health, and seed selection and starting.

The webinar bundles are offered on a



Photo courtesy University of Maine Cooperative Extension.

sliding scale fee (\$7.50 - \$30). More information and links to purchase the bundles are available on the On-Demand Webinar page.

For more information or to request a reasonable accommodation, contact Rebecca Gray, 207.356.1348; extension.gardening@maine.edu.

UMA hosts "Voices of Hope" recovery film, discussion

AUGUSTA, ME— Please join us for a presentation of the veteran's edition of "Voices of Hope" on Sunday, Dec. 8, from 1 to 3 p.m., in the Farber Forum, Jewett Hall, 46 University Drive, Augusta. Immediately following the video, Ed Walsh, LCSW, U.S. Army (retired), and UMA alum will facilitate an open discussion on recovery and resources.

Presenting films such as "Voices of Hope" reflects UMA's commitment to provide a supportive environment and be a catalyst for positive

change. This event embodies the spirit of empowerment and resilience, offering an opportunity to connect with stories of triumph over adversity. By showcasing "Voices of Hope: The Rugged Road to Recovery" and facilitating a discussion with a veteran and UMA alum, it reinforces our belief that no challenge is insurmountable with support and determination.

This event, presented by UMA Veteran Services along with Students Empowered to End Dependence (SEED), is

STUDENTS EMPOWERED TO END DEPENDENCY

open to all, free of charge. Light refreshments will be provided.

About the Film
Sometimes the most inspiring people we encounter are those who have suffered the most. Meet these Maine veterans who have experienced great trauma but climbed out of the dark hole and found ways to lift their brethren. "Veterans in Recovery" is a part of the "Voices of Hope: The Rugged Road to Recovery" series created by SEED. Learn more at seedmaine.org.

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Newsmakers, Names & Faces

Auburn announces Deputy Chief appointment

AUBURN, ME. -- Auburn's Fire Chief, Robert Chase, has announced the appointment of Stephen Almquist of Sidney, Maine, to fill the role of Deputy Chief, effective November 19, 2024.

Steve, who is currently the EMS Coordinator for the City of Auburn, has worked for the Auburn Fire Department for five years. He has demonstrated outstanding commitment to the

fire service profession and to the field of emergency medicine through his educational achievements and his career experience. In addition to his roles as EMS Coordinator, firefighter and paramedic, he also earned a bachelor's degree when he graduated from the University of Maine at Farmington.

Additionally, Steve worked at the Augusta Fire Department as a Firefighter/Paramedic, as well as



Northeast Mobile Health where he was the Director of Education and Quality Management.

Steve has acquired over 17 years of experience working for various Fire Departments and EMS Services and has spent several years teaching licensure courses and EMS education throughout the state.

Aside from spending time with his wife and two children, Steve is a health

enthusiast and enjoys various physical activities in his spare time. Steve's training, skills, experience, and leadership should bring great value to the City of Auburn's public safety team where he'll work alongside Fire Chief Robert Chase and Deputy Chief Matthew Fifield. Deputy Chief Almquist's primary responsibilities will be EMS operations as well as Training and Compliance.

Dream big: LPL campaign kickoff with princesses and superheroes

LEWISTON, ME -- Join us for our initial fundraising event to support the Children's Department renovation, Dream Big: Capital Campaign Kick-off with Princess and Superhero Friends in Callahan Hall.

Meet-and-greet with fairytale princesses and popular superheroes. Watch each princess's performance and enjoy a tasty snack. Kids will be able to decorate their own superhero cape or crown for a special photo with their favorite character. Dream big with us and draw what you would like the new Children's Department to look like at our art station while live music fills Callahan Hall.

Come out to have fun, generate awareness and celebrate the season.

Dream Big is a fundraising event in support of READY to Grow:

LPL's Campaign for Kids to renovate the Children's Department. Our vision is to provide generations of Lewiston's youth with an inspiring place to play, grow, and explore while remaining respectful of our rich history and reflecting the cultures and traditions of modern-day Lewiston.

When you use a library, you join a community. Libraries are a vital resource, providing a space where families and children can connect, and access needed resources. It's time for the Children's Department to grow in order to better serve families. Your donation can help us make the Children's Department a more welcoming, appealing, and exciting destination! To learn more please visit: <https://lplonline.org/about/support-the-library/>

Midcoast Brass comes to LPL as a com-

munity outreach from the Midcoast Symphony Orchestra, which makes its home in Lewiston at the Franco Center. For more information about the Midcoast Symphony's 35th concert season and other community outreach events, visit midcoastsymphony.org.

This event is free and open to the public with a suggested donation of \$25+. Registration required on GiveButter: <https://givebutter.com/LPLholidayparty> 513-3133; www.LPLonline.org

For more information contact the Children's Department at 513-3133 or LPLKids@LewistonMaine.gov

<https://lplonline.org/events/dream-big-capital-campaign-kickoff-with-princess-and-superhero-friends/>

Join Machias Community Christmas December 7

MACHIAS, ME -- Machias Bay Area Chamber of Commerce and the Town of Machias are co-hosting the annual Machias Community Christmas Santa and Parade on December 7th.

Bring your children to visit Santa at the Machias Bay Area Chamber of Commerce (2 Kilton Lane, Machias) from 10 AM - 2 PM. This is a great photo opportunity. There will be gifts for the children thanks to the generous donations made in Bill Kitchen's memory by local friends Carole Porcher, Carol Christiansen, the Worcester family, and his family including his mother


Elayne, sister Bonnie, and dear cousins. Santa is also grateful for the generous gift assistance from Cooke Aquaculture, Machias Savings Bank, Maine Woods Outfitters, and Crows Nest Shops!

The Machias Community Christmas Parade will be starting at 6 PM. The last few years have been a great turnout and this year will be even bigger! Everyone is invited to enter the parade. Light up your ride with Christmas lights and join the fun! Lineup begins at MMHS (Machias Memorial High School) at 5 p.m. For more information, please email the Machias Bay Area

Chamber of Commerce info@machiaschamber.org or give us a phone call 207-255-4402.


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State of lung cancer report: Survival rates improve

AUGUSTA, ME – Lung cancer is the leading cause of cancer deaths here in Maine and across the U.S., but the American Lung Association’s 2024 “State of Lung Cancer” report reveals positive news. The lung cancer survival rate has improved 26% in the last five years. The report also presents opportunities for Maine to further improve lung cancer survival by increasing access to screening and biomarker testing.

The organization’s seventh annual “State of Lung Cancer” report highlights how the toll of lung cancer varies by state and examines key indicators throughout the U.S., including new cases, survival, early diagnosis, surgical treatment, lack of treatment, screening rates and insurance coverage of comprehensive biomarker testing.

The report ranked Maine in to top 10 best for Screening, Surgery, and receiving treatment, indicating that a higher percentage

of residents were screened, underwent surgery and received some type of treatment than in most other states around the country. Unfortunately, the report also found that the incidence rate for lung cancer in Maine remains high, with the state having the sixth highest incidence rate in the country.

New this year, “State of Lung Cancer” examines health insurance coverage requirements of comprehensive biomarker testing across the U.S. Lung cancer biomarker testing sometimes referred to as tumor, molecular, genomic or genetic testing, looks for changes in the tumor’s DNA. The results of the test may show biomarkers that can help determine what treatment options would be best for an individual patient. Insurance coverage of biomarker testing is important for removing a cost barrier to people with lung cancer, but coverage for biomarker testing is only required in some states. The

report found that Maine does not require insurance coverage of comprehensive biomarker testing. Although both chambers of the Maine Legislature passed legislation requiring coverage earlier this year with bipartisan support, the measure was one of several bills caught up in a legal procedural issue at the end of session and was not signed into law by the governor. The Lung Association looks forward to working with partners and the Maine Legislature to advance the measure in the 2025 session.

“Lung cancer is a devastating disease and impacts far too many families in Maine. To address the burden of lung cancer and to help improve the lives of people it impacts, we must continue to evaluate the greatest needs. This report helps us prioritize which areas to focus on to truly make an impact,” said Lance Boucher, Division Assistant Vice President for State Public Policy for the

American Lung Association. “This year’s ‘State of Lung Cancer’ report shows that Maine must focus on survival. Requiring coverage of biomarker testing can bridge the gap we are seeing between the increased rate for survival nationally, 26% over 5 years, to the 10% increase we’ve seen here in Maine. Together, we can make a difference.”

The report found that Maine ranked:

44 out of 49 in the nation for rate of new lung cancer cases at 67.7 per 100,000. The national rate is 53.6 per 100,000.

25 out of 47 in the nation for survival at 27.5%. The national rate of people alive five years after a lung cancer diagnosis is 28.4%.

18 out of 47 in the nation for early diagnosis at 28.2%. Nationally, only 27.4% of cases are diagnosed at an early stage when the survival rate is much higher.

7 out of 51 in the nation for lung cancer screening at 21.2%. Lung cancer

screening with annual low-dose CT scans for those at high risk can reduce the lung cancer death rate by up to 20%. Nationally, only 16% of those at high risk were screened.

9 out of 47 in the nation for surgery at 23.3%. Lung cancer can often be treated with surgery if it is diagnosed at an early stage and has not spread. Nationally, 20.7% of cases underwent surgery.

8 out of 47 in the nation for lack of treatment at 16.5%. Nationally, 20.9% of cases receive no treatment.

The 2024 “State of Lung Cancer” report highlights opportunities for states and the federal government to reduce the burden of lung cancer and encourages everyone to help end lung cancer. This year, the American Lung Association calls for the state to implement policies to require insurance coverage of comprehensive biomarker testing. The Lung Association also calls on Con-

gress to pass the Increasing Access to Lung Cancer Screening Act (H.R. 4286).

In addition to addressing biomarkers, the Lung Association is calling on state lawmakers to continue to address leading risk factors that contribute to lung cancer. Radon exposure and tobacco use are the two leading causes of lung cancer and the rates for both in Maine are higher than the national average. “One of the most effective policies to reducing tobacco use is to raise the price of cigarettes by increasing the tax by \$2 per pack. It has been 20 years since Maine last raised the cigarette tax and lawmakers need to prioritize this in 2025 to help lower our adult smoking rate below the national average,” said Boucher.

Get involved and help the mission of the American Lung Association. The Trek Across Maine is coming up on June 13, 2025. Learn more at TrekAcrossMaine.org

Concert Week: Student ensembles, portBOWIE tribute band

AUGUSTA, ME— University of Maine at Augusta (UMA) announces its Music Program Concert Week, Dec. 10-12, 2024. All concerts will be performed in Jewett Hall,

46 University Drive, Augusta and live-streamed on UMA’s YouTube channel youtube.com/user/UMAineAugusta. The concerts are free and open to the public.

PortBOWIE, a well-established professional David Bowie tribute band comprised of UMA alumni and faculty (formerly The Blackstar White Duke Band), will

perform Wednesday night. Concert Week Schedule
 Tuesday, Dec. 10
 7 p.m. Jazz and Rock Ensembles, Envok Vocal Ensemble

Wednesday, Dec. 11
 4 p.m. Chamber Ensemble
 7 p.m. Jazz and Rock Ensemble with a free performance by portBOWIE
 Thursday, Dec. 12

7 p.m. Junior and Senior Concerts, Jazz Ensemble and Vintage Steel, UMA’s Community Steel Pan Band, pre-recorded only on UMA’s YouTube channel

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Influence of the Optical: Artist talk with Hilary Irons

NEW GLOUCESTER, ME – A free artist series hosted by Unity Environmental University focusing on environmental themes, public art, curation, collaboration, teaching, and attention to our natural and urban environments. Join us and Hilary Irons, gallery and exhibitions director at the University of New England. There will be a presentation and a pop-up art



exhibition. When: December 12th at 5:00 PM
 Where: 70 Farm View Dr Suite 200, New Gloucester, ME 04260

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Seniors Not Acting Their Age

Caribou Mountain Surf & Turf



Adam Chase kayaks across Donnell Pond towards Caribou Mountain

For my son, Adam, and me, fall is the season for our almost annual surf and turf. Surf and turf is loosely described as an overnight paddle trip combined with a mountain hike or hikes. Past trips have included Moosehead Lake and Mount Kineo, and Attean Pond and Sally Mountain. Last year, Tunk Lake and Black Mountain, part of Donnell Pond Public Lands, was the choice.

Donnell Pond Public Lands consist of over 14,000 acres of remote forested lands located in Hancock County. Several secluded lakes and ponds are surrounded by rugged scenic mountains. Numerous campsites have been established on the lakes and ponds and a network of trails lead from the campsites over and around the peaks. In short, the preserve is an outdoor paradise.

Most of the campsites can only be reached by wa-

ter making the area ideal for a surf and turf. For those uninterested in paddling, a few hiking trails can be accessed by vehicle.

This year, we decided to paddle across Donnell Pond to a basecamp for a climb of Caribou Mountain. Our tentative plan was to ascend nearby Schoodic Mountain the following day and then paddle out.

For us, good weather is a requirement for a surf and turf. We identified a late October weekend with seasonably warm temperatures, light winds, and sunny skies.

We met early on a Saturday morning at a boat landing at the end of Donnell Pond Road in Franklin on the western terminus of the pond. The campsites are available on a first-come, first-serve basis so an early start is important. However, camping is far more popular during the summer months and de-



Spectacular cliffs are found on the east side of Caribou Mountain

mand decreases in the fall. We were optimistic since no one was at the landing when we arrived.

The tiny rustic landing is only wide enough for one vehicle. However, there is a spacious parking area nearby with a toilet.

Although some participants have brought canoes in the past, Adam and I use sea kayaks on surf and turf trips. We unloaded kayaks and gear before parking our vehicles. As we were leaving, two people arrived to remove a moored motorboat but still no competition for sites.

The paddle east across Donnell Pond was nothing short of glorious. The pond was mirror calm, the sun was shining and the fall colors were magnificent. Our primary destination, Caribou Mountain, dominated the eastern shore and Schoodic Mountain towered above us in the south. Beyond Caribou Mountain, the imposing

cliffs on the southern exposure of Tunk Mountain was seen in the distance.

Several campsites are situated at a location on the eastern shore called Redman's Beach near a path leading to Caribou Mountain. A canoeist was camped at the western-most site when we arrived. He was bow hunting for the weekend and reported all of the remaining sites were vacant. We quickly claimed the site closest to the trailhead.

We changed into hiking clothes and began our trek on Redman's Beach Trail in a mixed hardwood and conifer forest. After 1.4 miles of rocky rolling terrain, we joined the Caribou Loop Trail.

Turning left, we climbed steadily on the southern shoulder of Caribou Mountain. After ascending steep ledges with sporadic views of Donnell Pond and Schoodic Mountain, we emerged onto a



This boulder is believed to be near the Caribou Mountain highpoint

lengthy predominantly forested ridge.

What constitutes the true Caribou Mountain highpoint was unclear since no summit marker was found. However, a location on the northern end of the ridge near spectacular east facing cliffs seemed to be the highest elevation. We descended until reaching a junction in a col between Caribou and Catherine Mountains. Here the loop trail turns right and the left drops to Dynamite Brook Road.

During our return to the campsite, we decided to change our plans for the following day. Instead of Schoodic Mountain, we intended to climb rugged Tunk Mountain. That would entail paddling back across the pond and driving a short distance to the Tunk Mountain Trailhead, still part of Donnell Pond Public Lands.

At the campsite, we gathered firewood, built

a campfire and spent a relaxing evening watching a brilliant sunset. No other campers arrived and no boaters were seen on the pond.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* recounts the best surf and turf trips in Maine. The details of several exceptional overnight river and sea kayak excursions are also included.

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 ronchaseoutdoors@comcast.net

Topsham Public Library shows Christmas classic

TOPSHAM, ME -- Please join us for a screening of the family Christmas Classic, *March of the Wooden Soldiers*, at the Topsham Public Library on Saturday, December 7, at 1:30 P. M.

Also known as *Babes in Toyland*, this family friendly film features Stan Laurel and Oliver Hardy as

its central characters. Laurel and Hardy are widely recognized as the greatest comedy team in movie history, and this picture captured them at the peak of their popularity. Critical reception to this 77 minute movie was extremely positive. Here are a couple of examples.

The Chicago Tribune

review read: "It's been many a long day since I've had so much pure (and I MEAN pure!) fun as I had watching this picture".

Variety proclaimed it "a film par excellence for children. It's packed with laughs and thrills and is endowed with that glamour of mysticism which marks juvenile literature."

The film showing will be hosted by Topsham resident and Laurel and Hardy expert Peter Hanrahan, a lifelong Laurel and Hardy fan, who was first introduced to the team in the 1950's by his mother, Ruth Hanrahan of Keene, New Hampshire. Mrs. Hanrahan remembers growing up in Athol, Massachusetts view-

ing new Laurel and Hardy releases at the local movie theater in the 1930's. Peter has passed that love of the comedy duo on to his daughter Colleen Hanrahan, and grandchildren Michaela and Sean, who also reside in Topsham.

Stan Laurel and Oliver Hardy, starring Stannie Dum and Ollie Dee, are de-

lightful in their lead roles, and the film has remained a holiday classic for 90 years.

This special event will feature complimentary popcorn and refreshments, much laughter, and memories for the whole family.

For more information please contact the Topsham Public Library at (207) 725-1727.



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‘A Fireside Christmas’ this weekend at CLT



From left are Casey Waters, Karianna Merrill, and Janelle Raven from a scene in CLT’s “A Fireside Christmas” being performed this weekend at Community Little Theatre. Photo Credit: Aaron Skolfield.

AUBURN, ME -- Community Little Theatre (CLT) presents a nostalgic celebration of dance, music, and Christmas magic this weekend with performances on Saturday evening and Sunday afternoon, December 7 and 8.

Many of CLT’s favorite performers will be

on stage for a feel-good holiday show featuring Christmas favorites and selections from classic holiday musicals. 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 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.

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Studio Theatre presents 11th Twisted Christmas!



BATH, ME -- Studio Theatre of Bath presents the 11th Twisted Christmas variety show on December 13th and 14th at 8 PM, at Long Reach Kitchen & Catering at 387 Whiskeag Road. The show is for adults only and presents music,

comedy, dance, improv, audience participation & classic Christmas themes with a twist. STB President Garrett Coffey adds, "Twisted Christmas has become a new holiday tradition for hundreds of audience members for more than a decade."

Tickets are \$20 in advance, or \$25 at the door. For more information and to purchase tickets, "like" Studio Theatre of Bath on Facebook, and visit www.studiotheatreofbath.com

Letter to the Editor: The inspirations of the nativity

When we contemplate that the divine Christ Child came to earth to become one of us tells us by this humility God wants to share in our humanity without wanting any worldly praise. He was born in the most humble setting, coming to earth amongst barn animals and only having a feeding trough as His cradle. All of the virtues will be on display in the life of the Christ Child with kindness and compassion and total giving of Himself to offer forgiveness and mercy to all of humanity.

When we consider

Mary, the Mother of God, we have to ask ourselves how humble would a woman have to be to be chosen as the Mother of our Savior? How trusting and totally dependent on God would she have to be to say to the angel Gabriel, "I am the servant of the Lord. Let it be done to me as you say."

Joseph, the spouse of Mary and the chosen foster father of Jesus is very pleasing to God for his heart as a father. He has obedient faith that does the will of the Father without questioning.

The nativity is God's expression of His love for mankind and the Christmas celebration is our response to that love. The nativity speaks to us in silence and it is in silence that we hear the small, still voice in our hearts that wants to guide us, console us and strengthen us during the hard times.

Could we ever imagine a Christmas without the Christ Child and the inspirations that comes with the Holy Family?

Peace, joy and inspiration to all this Christmas.

Peter Pinette, Woodland, ME

Annual UUCB Holiday Fair Saturday December 7, 9:00-3:00



BRUNSWICK, ME

-- The spirit of the season awaits you at the ever-popular Holiday Fair at the Unitarian Universalist Church of Brunswick. The aroma of delicious soups and baked goods and the sound of live music will welcome shoppers. The beauty of handmade creations of vendors and crafters will decorate the sanctuary. Freshly created holiday wreaths will add their fragrance in the lobby. Everyone is sure to discover an unexpected perfect find in the White Elephant room and at the used tool table. The room with gently used jewelry will once again be filled

with treasures. The Kids' Creation Station will entertain young visitors. Enjoy a day of holiday spirit at this festive event.

UUCB is located at 1

Middle Street, Brunswick at the corner of Pleasant and Middle Streets where the Holiday Moose will welcome you on Saturday, December 7.



Wreaths & Greens

Arts

Crafts

UU Church of Brunswick

Corner of Pleasant & Middle Street

Outside Vendors

Live Music

Soups & Baked Goods

White Elephants

Kids' Creation Station

Resale Jewelry

Tools



Holiday Fair

Most vendors accept cash or checks only

Saturday

Dec 7

9am - 3pm





Reduce Your Utility Use



A Presentation on Energy Efficiency by Community Concepts

**Tuesday, December 10
4:00 to 5:00 PM**
Androscoggin Community Room
Auburn Public Library


Reduce your utility use with Community Concepts

AUBURN, ME -- On Tuesday, December 10th from 4 to 5 PM, the Auburn Public Library will be hosting a presentation by Community Concepts on home energy efficiency and how to reduce your utility usage. It is never too late to start cutting back effectively on your energy use and reduce costs. Community Concepts will be putting on a presentation about different ways to reduce utility usage. There will be handouts along with a bag of energy efficient items that will be raffled off to attendees. Community Concepts is a local organization based out of Lewiston that provides pathways to a healthy life for and with those most impacted by inequities in Western Maine through programs, partnerships, and advocacy. They have a variety of housing and energy programs and offerings to help homeowners and renters alike meet their housing needs and goals. This program will take place in the Androscoggin Community Room at the Auburn Public Library. Registration is not required. For more information about this and other programs offered at the Auburn Public Library, visit their website at www.auburnpubliclibrary.org or call the Reference Desk at 207-333-6640, ext. 4.



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Wiscasset Marketfest offers shopping & treats, Dec. 6-8

WISCASSET, ME – WISCASSET – Holiday gift shopping is a pleasurable experience during Wiscasset Holiday Marketfest weekend in the Village, from December 6 through December 8. A fine collection of unique shops offers a vast array of gift possibilities and the pop-up Holiday Gift Shop, in the historic Nickels-Sortwell House barn, is chock full of one-of-a-kind artisan-made items for sale.

In the shops, browsers will find home décor, useful items like hand-made brooms, local and imported linens, finely crafted jewelry, and specialty foods. Wiscasset Village's choice galleries and antique shops offer art by local, contemporary artists, and paintings that date back centuries. Also find antique oriental rugs at discount, and quirky smaller items for that special or hard-to-shop-for someone.

In the barn, Mindful Gardens' wreaths and greens anchor the display of wares. Locally made chocolates, cookies, and creamed honey (samples!) are always successful gifts and stocking stuffers. Charming tree ornaments and seasonal one-of-a-kind greeting cards, glorious baskets, colorful hand-wovens and sewn items, hand-turned bowls, and a variety of books and self-care items are a partial list of possible presents. And the barn has gifts for kitties, too.

Shoppers, with purchase receipt in hand, are invited to stop into Water St. Kitchen and Bar for a discounted Kranberry Kringle cocktail and to Back River Bistro for a discounted Mushroom Toast appetizer and Town Favorite cocktail.

For shoppers with a mission or tired feet, Woodfield Farm's horse-drawn wagon will be cir-



Christmas Cookie Challenge 2023 coordinators, Monique McRae (l) and Ann Clifford (Wiscasset Holiday Marketfest photo)

cling through the Village offering free rides to one and all. Home bakers and everyone who loves fresh-from-the-oven cookies! Wiscasset Holiday Marketfest invites you to the 2nd annual Christmas Cookie Challenge on Saturday, Dec. 7, starting at 1:30pm, in AEkeir Brew Pub, 1st floor, 111 Main St., Wiscasset Village.

About a dozen home bakers will be bringing in a platter of their very favorite holiday cookies to put on display. The movable tables in AEkeir Brew Pub will be arranged for showing off the cookie submissions, and the tap room will be decorated for the season. The scene will be set to welcome the panel of judges, all local, professional bakers.

The CCC organizers, Monique McRae and Ann Clifford, both of whom work at First National Bank in Wiscasset, know what to expect. In 2023, the bake-off venue "was buzzing when the judges arrived to sample and judge the cookies," recollected Clifford. "Spectators were eagerly waiting for the judges to finish, especially the kids, so they could begin purchasing the cookies (by donation). The winning cookie was gone within minutes of the Challenge wrapping up."

Last year's judges "all took their judging very seriously," said McRae. Clifford agrees. "The judges tried each cookie, de-

liberated a bit, and scored each cookie on their individual score sheets. Each judge took time to judge not only the cookie, but the display in which the cookie was presented. For the most part, the scores were consistent amongst all the judges." In 2023, the judges were Anthony Weismann, a baker at Jodie's Restaurant; Daphne Cromwell, a well-known local baker under the name Dezerts by Daphne; and Brad McCary, a baker at Treats. According to McRae, two of the judges will be returning with a third new judge in 2024.

The suggestion of adding a Christmas Cookie Challenge to Marketfest weekend came up while brainstorming during a Marketfest planning meeting, but Clifford had a slightly deeper interest. "I'm addicted to the food network," she said, "and watch all the baking competitions." So as soon as the CCC was floated, she was on board. Noteworthy for Clifford was the variety and creativity, and the broad age range, of the bakers. In fact, it was a teenager, Emma Goodenow, who won the 2023 competition with her Peanut Butter Filled Sandwich Cookies, and rumor has it that she's preparing for a repeat win in 2024.

McRae is looking forward to the excitement of watching the cookie entries come in and seeing the bakers' creativity,



In 2023, Wiscasset Holiday Marketfest's Christmas Cookie Challenge winner was Emma Goodenow's Peanut Butter Filled Sandwich Cookies. (Bob Bond photo)

watching how seriously the judges take their task, and being awed by the speed of cookie sales. "Also," she said, "of knowing the cookie sale donations are going to a great cause, Feed our Scholars." "Plus," adds

Clifford, "the very friendly hosts for the event. No one wows a crowd better than us!"

FMI about the Marketfest schedule of events, www.WiscassetHolidayMarketfest.com.

Sponsors make everything possible. Wiscasset Holiday Marketfest Lead Sponsor is Ames True Value. Major Sponsors are Carriage House Gardens, First Federal Savings, First National Bank, J. Edward Knight & Co., Jodie's Café & Bakery, Midcoast Federal Credit Union, Red's Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Realty, and Water St. Kitchen & Bar. Additional support is from AEkeir Brewing, Bradbury Art & Antiques, M.W. Sewall, Red Bull Antiques, Sprague's Lobster, and Water Lily Flowers & Gifts.

Wiscasset Holiday Marketfest is a program of Wiscasset Creative Alliance.

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MEMIC Group launches life-saving winter safety campaign

PORTLAND, ME – The MEMIC Group, Maine's leading workers' compensation specialist, has partnered with former WGME news anchor Kim Block to launch a comprehensive winter safety campaign aimed at preventing dangerous slips and falls on ice.

In 2021, the National Safety Council recorded over 42,000 deaths from falls, with older adults particularly vulnerable. Winter weather significantly increases the risk of slip, trip, and fall injuries, already a leading cause of injuries both at home and in the workplace. Recent National Council for Compensation Insurance (NCCI) data

shows extreme cold conditions drive a 10% increase in workplace injuries and the U.S. Bureau of Labor Statistics reports that icy and snowy conditions contribute to nearly 70% of all workplace slip-and-fall incidents during the colder months.

MEMIC is urging employers and individuals to take proactive measures to prevent winter weather-related injuries.

The campaign holds particular significance as it features Kim Block, whose 39-year broadcasting career ended following a traumatic brain injury from a winter fall in January 2019. "In one single swoop, my feet came out

from underneath me, and I landed hard. It was the back of my head that broke my fall," Block recalls. Despite more than a year of intensive therapy, her recovery continues to present challenges, leading to her departure from WGME.

"I know the power of sharing stories and experiences," says Block. "Though a traumatic brain injury nearly six years ago required me to step away from my role as an anchor reporter, it has not stopped me from trying to inform and help others. When MEMIC asked me to share my story to help others avoid life-changing falls on the ice, I was grateful for the opportunity."

The campaign includes:

Television and digital advertisements featuring Kim Block running from mid-November through late winter

A winter safety webinar co-hosted by WGME and MEMIC safety experts

A dedicated Walk Safe winter safety webpage featuring Block's story and safety resources

Weather alerts warning of potentially hazardous conditions

"By implementing effective slip, trip, and fall prevention strategies, especially when weather conditions contribute to potentially hazardous conditions, businesses can

safeguard their workforce and customers during the winter months," says Rod Stanley, MEMIC Regional Director of Loss Control and Safety.

Susan Walther, General Manager of CBS 13 and FOX23, adds, "Our station has a deep connection with this campaign because we've seen firsthand how devastating a slip-and-fall on the ice can be. When our own veteran anchor Kim Block had to retire after suffering a traumatic brain injury from slipping on the ice, it really hit home. That's why we're honored to work with MEMIC on this initiative to raise awareness and help prevent these kinds of

accidents."

MEMIC emphasizes that with more awareness and safer techniques, these injuries are almost always preventable.

Regularly sand and salt all sidewalks, pathways, stairs, and parking lots

Take preventative action before winter storms arrive

Stay alert to changing weather conditions that can create unexpected hazards

Learn how to prevent falls on the ice and snow at memic.com/walksafe.

"Please learn from my story. Stay focused in icy conditions. One fall can change your life forever." - Kim Block.

Maine delegation secures funding for lobster research

WASHINGTON, D.C.— U.S. Senators Susan Collins and Angus King, and U.S. Representatives Chellie Pingree and Jared Golden, are announcing the National Oceanic and Atmospheric Administration (NOAA) Sea Grant Office's decision to award seven Maine projects with \$1,941,692 in funding for the American Lobster Research Program. The grant program supports projects

that address critical knowledge gaps about American lobster and its fishery in a dynamic and changing environment.

"Maine's lobstermen and women have long demonstrated their commitment to maintaining and protecting a sustainable fishery in the Gulf of Maine," said the Maine Delegation. "This new investment of \$1.9 million for research will en-

sure that Maine's fishery will have the latest thinking to guide their work. From economic and technological advancements to research on how the warming Gulf of Maine is impacting lobster growth, this critical funding will ensure that fishermen and women, lawmakers, and scientists have the information they need to make informed decisions about the future of the industry.

As we have always done, we will continue to support federal initiatives that protect Maine's iconic fishery for generations to come."

The 2024 funding will be awarded to the Maine Center for Coastal Fisheries, the University of Maine, the Maine Department of Marine Resources, and the Wells National Estuarine Research Reserve. More specifically, the funding will sup-

port research studying the economic implications of changes to the ecosystem, molt indicators to inform machine learning, research into socioeconomic impacts of regulations on the industry, a project to tag lobsters and track them through their first year of life, and a study to follow optimal nutritional conditions for female lobsters and reproduction. Additional information on the

awards can be found below the release.

The 2023 funding was awarded to the Gulf of Maine Research Institute and Bigelow Laboratory for Ocean Sciences to support a deep analysis of population shifts in coastal Maine ecosystems and to compare patterns of epizootic shell disease in lobsters originating from the Gulf of Maine and Southern New England.

Funding to expand rail, improve safety in Maine

WASHINGTON, D.C. – The Federal Railroad Administration (FRA) of the U.S. Department of Transportation (USDOT) announced that it has invested \$53.3 million in new rail grant funding in Maine. Nationally, more than \$2.4 billion in Bipartisan Infrastructure Law funding is being invested in 122 rail improvement projects in 41 states and Washington, D.C. These projects will make rail safer, more reliable, and more resilient, getting goods and people where they need to be quickly with fewer disruptions, lower shipping costs and less pollution.

Administered through FRA's Consolidated Rail Infrastructure and Safety Improvements (CRISI) Program, grants being announced will benefit every region of the country, especially rural communities. Projects in this round of selections reflect the broad

array of rail safety and service improvements eligible under this program, such as upgrading track, replacing or rehabilitating aging bridges, expanding rail connections at ports, adding modern locomotives to fleets, and more. The CRISI Program is also the only federal grant program prioritizing smaller, short line railroads vital to the American economy and regional supply chains.

This announcement is part of a series of investments the Biden-Harris Administration has made in nearly 300 rail projects and dozens of emerging passenger rail corridors across the country through Bipartisan Infrastructure Law-funded FRA grant programs. This marks the most significant investment in American rail in more than 50 years.

"Today's investments in our rail systems reflect the Biden-Harris Administration's commitment to

building a stronger, safer, and more resilient transportation network," said U.S. Transportation Secretary Pete Buttigieg. "Through the Bipartisan Infrastructure Law, we're funding rail infrastructure projects that create jobs and expand workforce development, reduce costs for consumers, and directly benefit communities across the country. Each project advances a future where our supply chains are stronger, passenger rail more accessible, and freight movement safer and more efficient."

While the majority of CRISI grants directly improve rail infrastructure, CRISI investments are also supporting the rail workforce and investing in the hardworking Americans who will help maintain and operate the Nation's rail networks well into the future. Federal funding will create new apprenticeship programs, expand training

opportunities, establish partnerships with universities, and advance innovative research. For example, one grant awarded to the Brotherhood of Railroad Signalmen will help develop an effective strategy for integrating wayside hot box detectors to enhance safety and proactively address derailments caused by wheel and bearing failures.

"Under the Biden-Harris Administration and through the Bipartisan Infrastructure Law, FRA is investing more than ever in communities nationwide, reversing a half-century of federal underinvestment in America's rail network and delivering the world-class rail our citizens deserve," said FRA Administrator Amit Bose. "Today's CRISI grants will enhance rail safety, better connect towns, cities, and ports, introduce more environmentally friendly locomotives, support the

current rail workforce, and provide workforce development opportunities essential to the future of our industry and the national economy."

Selected CRISI projects this round include:

Driving Maine's Rural Economy through Freight Rail Efficiency (Up to \$53,313,091)

Maine Department of Transportation

The proposed project was selected for Final Design and Construction and includes upgrade and repair of track infrastructure on the Eastern Maine Railway on behalf of the Maine Department of Transportation. The project aligns with the selection criteria by enhancing safety and improving system and service performance as the project will upgrade or replace approximately 97 miles of rail, installing crossties and ballast, replacing jointed rail with continuous-

ly welded rail, installing Equipment Defect Detectors, and making at-grade crossing upgrades to seven highway grade crossings, thereby improving operating speed, reliability, and safety conditions. Eastern Maine Railway will contribute the 20 percent non-Federal match. This project qualifies for the statutory set-aside for projects in Rural Areas.

In addition to deploying historic funding to modernize and upgrade rail infrastructure, USDOT and FRA have taken unprecedented actions under the Biden-Harris Administration to improve rail safety. This includes finalizing new safety regulations, conducting focused safety audits, expanding a vital safety program to include workers at Class I freight railroads, and pushing freight railroads to provide guaranteed paid sick leave to all of their workers.

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FAME celebrates partnerships, success stories at Showcase



Business at Work for Maine Awardee Frederick Horton, President, Standard Biocarbon (right), along with FAME Senior Commercial Loan Officer Kim Getchell (left). Photos by Sharyn Peavey Photography



Education at Work for Maine Awardee Julia Bourgoin, President and board member at the Worthington Scholarship Foundation (third from left), and fellow Foundation employees. FAME's College Access & Outreach Manager Mila Tappan is at far left.



Lender at Work for Maine Awardee (assets over \$1.5 billion) Camden National Bank employees. Barbara Rath, Executive Vice President of Commercial Banking, is holding the award (center left), while FAME Director of Business Jennifer Cummings is center right.

AUGUSTA, ME — The Finance Authority of Maine (FAME) celebrated business and education success stories and partnerships at its annual meeting and awards event, Showcase Maine, on Thursday, November 21, 2024, at South Portland's Portland Sheraton at Sable Oaks.

Showcase Maine is FAME's annual celebration of successful partnerships with Maine's business, lending, governmental, and higher education communities. The event featured a reception, including a showcase of exhibits by Maine businesses and educational organizations that partner with FAME, as well as a dinner and awards presentations.

Curtis Hill, a diversity strategist, educator, author, speaker, and trainer, delivered a dynamic and interactive keynote speech. Hill spoke about creating a Culture of Belonging™ in the workplace that maximizes people, profitability, and performance by tapping into what allows team

members to bring their full potential to work. Rosemary Crimp, a voice teacher and lyric soprano at River Tree Arts, performed the national anthem, as well.

Martha Johnston, FAME's Director of Education, emceed the event. In her remarks, Johnston noted that FAME recently completed a new round of planning work to better align its efforts and focus with the hopes and needs of the state going forward. FAME plans to be a key convener of financing opportunities for FAME citizens and organizations in both the commercial and education arenas. She further took time to celebrate the 25th anniversary of Maine's 529 Education Savings Plan, NextGen 529®. NextGen 529 is a top ten education savings plan in the nation, with approximately \$15 billion in assets under management. Accounts can be set up for any child or grandchild, friend or relative regardless of income, residency, or the age of the beneficiary.

FAME incentivizes savings for eligible Maine accounts through its matching grant programs.

This year's award recipients included:

Business at Work for Maine Award – Standard Biocarbon, LLC, was honored for their innovative work delivering high-carbon biochar produced by state-of-the-art technology from clean, source-verified biomass harvested from the working forests of Maine. Located in Enfield, the company is a clean-tech startup producing biochar at industrial scale to supply demand in agriculture, remediation, composite materials and to generate carbon removal credits. The company has benefited from a FAME Direct Loan and a Grow Maine/SSBCI loan. The FAME/SSBCI loans were made in partnership with CEI and MTL. The company also has benefited from an MRDA loan. To learn more about the company, please visit Standard Biocarbon

Education at Work for Maine Award – Worthington Scholarship Foundation was honored for their extraordinary commitment to providing scholarships and support to graduates of Maine public high schools attending Maine colleges. Since its founding in 2010 by Beverly and David Worthington, WSF has awarded hundreds of schol-

arships to four-year college and two-year college students from all of Maine's counties. The Foundation has continuously sought to expand and grow in ways designed to support students and their success, including by providing ongoing financial education for their recipients. The Foundation works closely with FAME to understand FAFSA filing and financial eligibility data for Maine students. To learn more about the Foundation, please visit Home - Worthington Scholars

Lender at Work for Maine Award (over \$1.5 billion in assets) - Camden National Bank: This was the bank's fourteenth time as an awardee. Over the past year, Camden National Bank partnered with FAME on 55 loans totaling approx. \$15 million. This helped to create 108 Maine jobs and retain an additional 611 jobs. One notable transaction involved support for A Couple of Koi, LLC, the operating entity for The Hoot restaurant in Northport, a farm-to-table restaurant that sources their produce and meat from local farms. The financing helped to create twelve jobs and retain eight jobs. In addition to being a top partner in stimulating economic development in Maine, Camden National Bank is actively committed to the communities in which it operates. Founded in 1875, the bank encourages employee volunteerism and makes donations to local nonprofits. The bank dedicated this year's award to longtime (now retired) executive vice president and senior lending officer

Timothy Nightingale, who also served on the FAME Board for several years. To learn more about Camden National Bank, please visit Camden National Bank - Banking the Way You Live Today & Tomorrow

Lender at Work for Maine Award (up to \$1.5 billion in assets) – Franklin Savings Bank was honored in the category of lenders with assets under \$1.5 billion. This past year, Franklin Savings partnered with FAME on ten loans totaling \$4.5 million. This helped to create nine Maine jobs and retain an additional eighty-five jobs. A community bank based in Farmington since 1868, Franklin Savings conducts business primarily in Western and Central Maine, with commercial services offered in Ellsworth. The bank's mission is to remain a financially strong, independent community bank, dedicated to superior customer and community service. Through its FSB Community Development Foundation, the bank takes pride in its generous support of various causes in the community. To learn more about Frankling Savings Bank, please visit Franklin Savings Bank | Local Banking | Central & Western Maine

Lender at Work for Maine Award (most enhanced partnership) – Norway Savings Bank was honored for having greatly increased its partnership with FAME on various financing projects. Founded in 1866, Norway Savings is a leading mutual banking and financial services company headquartered in Nor-

way. The bank has a strong commitment to personal, community, and financial values. They are proud to be a community bank known for their financial strength, exceptional customer experience, and contributions to local communities. This past year, FAME partnered with Norway Savings on 16 loans to Maine companies totaling approximately \$6 million, an increase of \$2 million compared to last year. This helped to create fifty-six Maine jobs and retain an additional 237 jobs. To learn more about Norway Savings Bank, please visit Norway Savings Bank

Prior to the event, the FAME board of directors held its monthly meeting. New officers were elected to one-year terms. Officers elected for 2025 include: Renee Ouellette, President & CEO of University Credit Union (Chair); William Tracy, President & CEO of Auburn Savings Bank (Vice Chair); and Dustin Brooks, Vice President of Marketing Strategy, UNUM Group (Treasurer).

FAME is a quasi-independent state agency whose mission is to enrich business and educational outcomes through relevant, timely financial support to Maine's people. Our vision is a Maine where all people have access to improved economic outcomes through business growth and education attainment. FAME recently was recognized for the tenth year in a row as one of the Best Places to Work in Maine. To learn more about FAME, please visit www.FAME-maine.com

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Wednesdays

GORHAM – Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

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.

Calendar

Send your submissions to the Editor. More online.

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 – North Gorham Public Library Holiday Craft & Book Fair on Saturday, December 7, from 9 to 2.

Dec 7

LEWISTON -- Holiday At The Plaza from 11:30 AM to 5 PM; Christmas Tree and Menorah Lighting at 4:17 PM, Lisbon St., from Ash to Main

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 7

WISCASSET -- Home bakers and everyone who loves fresh-from-the-oven cookies! Wiscasset Holiday Marketfest invites you to the 2nd annual Christmas Cookie Challenge on Saturday, Dec. 7, starting at 1:30pm, in AEkeir Brew Pub, 1st floor, 111 Main St., Wiscasset Village.

Dec 7-8

AUBURN - 'A Fireside Christmas' at Community Little Theatre. A feel-good holiday show of popular Christmas songs and carols, selections from classic holiday musicals, and dance numbers. Santa will appear. Performances on Saturday, Dec. 7 at 7:30 p.m. and Sunday, Dec. 8 at 2:00 p.m. Advance tickets are \$15.00 available at la-

clt.com. Tickets will also be available at the door for \$20.00.

Dec 7-9

BRUNSWICK -- Holiday Fair at the Unitarian Universalist Church of Brunswick on Saturday, December 7 from 9 am to 3 pm. UUCB is located at the corner of Middle Street and Pleasant Street in downtown Brunswick.

Dec 8

AUGUSTA -- Please join us for a presentation of the veteran's edition of "Voices of Hope" on Sunday, Dec. 8, from 1 to 3 p.m., in the Farber Forum, Jewett Hall, 46 University Drive, Augusta. Immediately following the video, Ed Walsh, LCSW, U.S. Army (retired), and UMA alum will facilitate an open discussion on recovery and resources.

Dec 10-12

AUGUSTA—University of Maine at Augusta (UMA) announces its Music Program Concert Week, Dec. 10-12, 2024. All concerts will be performed in Jewett Hall, 46 University Drive, Augusta and live-streamed on UMA's YouTube channel youtube.com/user/UMaineAugusta. The concerts are free and open to the public.

Dec 12

NEW GLOUCESTER -- The Influence of the Optical: An Artist Talk with Hilary Irons, 5:00 PM, 70 Farm View Dr Suite 200

A free artist series hosted by Unity Environmental University focusing on environmental themes, public art, curation, collaboration, teaching, and attention to our natural and urban environments. Join us and Hilary Irons, gallery and exhibitions director at the University of New England. There will be a presentation and a pop-up art exhibition.

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 13, 14

BAR MILLS, ME -- Neil McGarry's A CHRISTMAS CAROL - a one-man performance of Charles Dickens' "A Christmas Carol" at Saco River Theatre, 29 Salmon Falls Road, Bar Mills,

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ME, Friday, Dec 13 at 7:30 PM, Saturday, Dec 14 at 2:30 PM & 7:30 PM. Tickets: \$15 General Admission at www.sacrivertheatre.org.

Dec 13-14

BATH - Twisted Christmas, A Nice & Naughty Evening of Entertainment on Friday December 13th and Saturday December 14th at 8:00 p.m. Longreach Kitchen & Catering 387 Whiskeag Road, Bath. \$20 in advance, \$25 at the door. Tickets available online at studiotheatreofbath.com

Dec 14

AUBURN -- Sixth Street Congregational Church at 109 Sixth Street in Auburn will hold a holiday fair on Saturday, December 14th from 9 to 1. Lunch will be available for \$3. Choices are chili, corn chowder, hot dogs with a brownie for dessert. Coffee will be available for \$1. There will be a white elephant table, craft items, needlework, knitted hats and mittens. There will be a food table featuring fudge, cookies, brownies. Craft tables will be available for \$10. For more information contact Beth at 782-4413 or Cynthia at 740-2741.

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 snowflake 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.

Dec 31

BANGOR -- The Maine Discovery Museum is thrilled to invite families to ring in the New Year early at Midnight at the Museum! This fun-filled, family-friendly New Year's Eve event takes place on December 31, from 4:00 PM to 6:00 PM, offering kids and parents the perfect way to celebrate the holiday without staying up until midnight.

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/pouse>.



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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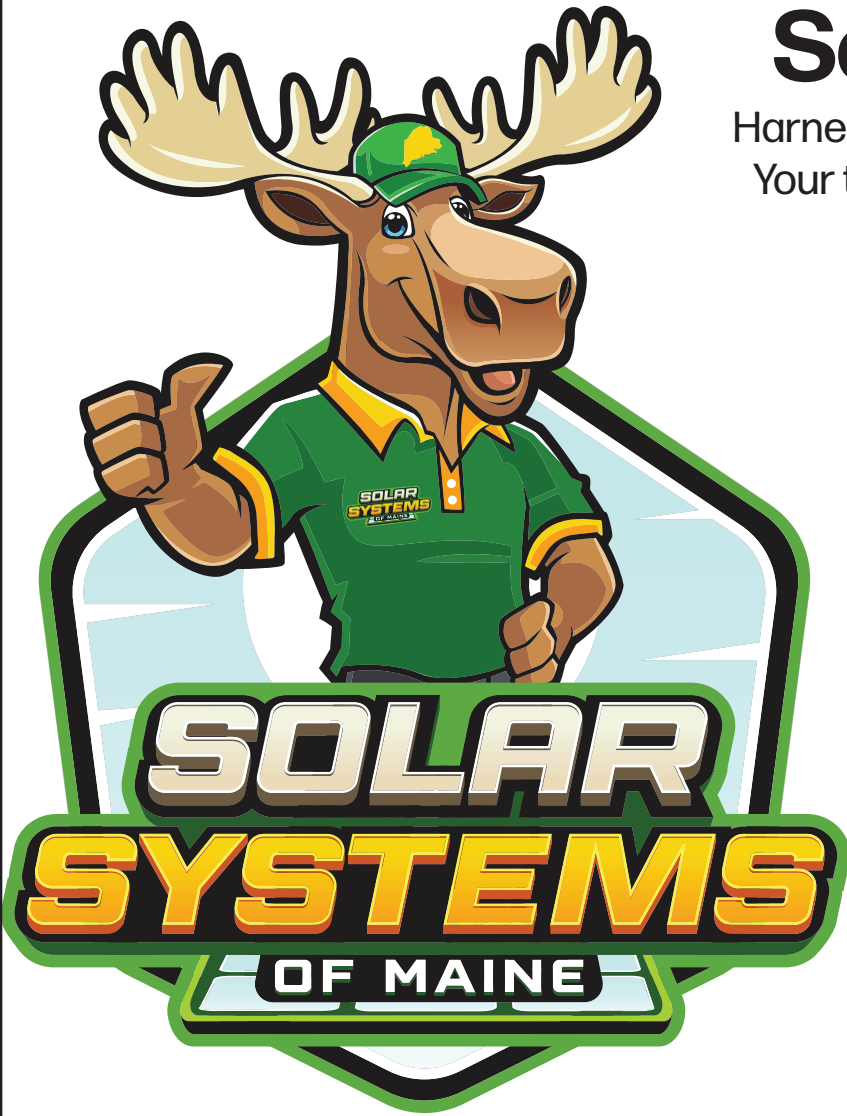
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