

Make it ‘A Handmade Christmas’
at Marketfest, Dec. 5-7

WISCASSET, ME – With the help of local creative makers, Wiscasset Holiday Marketfest shoppers can add that special handcrafted touch to their holiday celebrations. Workshops throughout Marketfest weekend, Dec. 5-7, will guide participants in the fine crafts of basket making, paper arts, and repurposing lobster rope from the sea.

Local crafter Cindy Cayton offers a workshop in how to make professional-looking gift bows to complete gift presentations on Friday, Dec. 5, from 1 to 3pm. Students should expect to make at least six bows, and Cindy provides all the needed materials. Registering in advance is requested by sending an email to mindfulgardensmaine@gmail.com. A fee of \$20 is payable at the workshop located at 62 Middle St. just a block out of Wiscasset Village.

On Saturday, Dec. 6, basketmaker Maré LeMay instructs students in the making of her signature Solstice Stars, from 10am to noon. The completed Stars work well for hanging in windows, from mantels, or on trees, and make excellent tree toppers. Students are asked to register in advance by emailing to mindfulgardensmaine@gmail.com. A fee of \$20 includes materials and is



Make bows like these at a workshop during Wiscasset Holiday Marketfest. Register in advance. (Cindy Cayton photo)

payable at the workshop at 62 Middle St., Wiscasset.

Crafter Cindy Cayton returns on Saturday afternoon, from 1 to 3pm, with a Card-Making Workshop. Students will learn to make holiday cards to take home along with the know-how to make cards for any purpose. Please register in advance at mindfulgardensmaine@gmail.com. A \$20 fee includes materials and is payable at the workshop located at 62 Middle St., Wiscasset.

Also on Saturday, Panacea is hosting a workshop making Upcycled Lobster Rope Garlands with Kerin O’Keefe of Cape Porpoise Trading Co., from 3 to 6pm. Students will be instructed in how to craft a colorful garland from fishing rope salvaged from the sea.



With the guidance of basketmaker, Maré LeMay, make your own Solstice Star. Register in advance for the Marketfest workshop. (Lucia Drobby photo)

Registration is \$40 and participants can sign up for a time slot on the day of the workshop by stopping in at Panacea, 100 Main St. in Wiscasset Village.

On Sunday morning, Dec. 7, from 9am to noon, basketmaker Maré LeMay invites students to a Garlic Basket Workshop, an airy style of basket for storing heads of garlic. The workshop is limited to 10 students and advance registration is required at mindfulgardensmaine@gmail.com. A \$25 fee includes materials and is payable at the workshop located at 62 Middle St., Wiscasset.

Paper artist Joelle Webber offers the final workshop of the weekend, a Holiday Ornaments

See Marketfest, page 8

November Special Section
National Diabetes Month
page 9

Gorham Burns off the Turkey
with 5k Run/Walk Saturday

GORHAM, ME – On Saturday, November 29th, Gorham Recreation invites everyone to get out-

side for their 28th annual Burn Off the Turkey 5k Run/Walk around Robie Park starting at 9am, with

a Kids Fun Run starting at 8:15am. To register or learn more, please visit the Town’s website.

Light Parade, tree lighting takes
place in Gorham Sunday

GORHAM, ME – Join Gorham Recreation on Sunday, November 30th for their annual Light Parade and Tree Lighting, with festivities starting at 2:30pm on the Municipal Center Lawn at 75 South Street (near the gazebo). Parking will be available at 25 Ball Road Road (Municipal Center parking lot) and the Gorham High School.

Folks can visit Santa and enjoy food trucks, games, music, free horse-drawn wagon rides and holiday treats.

The light parade will step off at 4:30pm and travel along Main Street to South Street and arrive

at the Municipal Center around 5pm.

To register for the parade, please email Community Recreation & Events Manager Zachary Lambert at zlambert@gorham.me.us with your name, company name (if applicable), and vehicle type that will be in the parade.

Gorham Economic Development
Corporation seeks volunteers

GORHAM, ME – The Town Council Appointments Committee is seeking citizen volunteers to fill a position on the Gorham Economic Development Corporation.

If you are interested

in applying to serve on the GEDC, or for more information, please visit the Town Clerk’s Office. To apply, please complete and submit a Committee Volunteer Application available online. You may also

contact the Town Clerk’s Office at 222-1670 or e-mail the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us.

Applications will be accepted until December 11, 2025.

Gorham Thanksgiving closure
notice, trash collection schedule

GORHAM, ME – Holiday Closure Notice

The Gorham Municipal Center, all Administrative Offices, Recreation Department and Baxter Memorial Library will be closed on Thursday, November 27th and Friday, November 28th in observance of Thanksgiving.

Trash Collection Schedule

There will be no trash collection for routes normally collected on Thursday 11/27. Trash normally collected on Thursday 11/27 will be collected on Friday 11/28. Residents are

reminded to please have each bag tagged and curbside by 7am.

For assistance with trash collection-related questions, please call the Public Works Office at 222-4950 or email Gorham Public Works at dpw@gorham.me.us.

Lakes Region Senior Center invites
Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

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Newsmakers, Names & Faces

MaineHealth wins grant to join national research network

WinterKids opens registration for 2026 Winter Games

PORTLAND, ME – MaineHealth has received a five-year, \$2.1 million grant from the National Institutes of Health (NIH) to join the Environmental Influences on Child Health Outcomes (ECHO) IDeA States Pediatric Clinical Trials Network (ISPCTN). The research network addresses disparities in pediatric research by including children from rural or underserved populations in clinical trials and by building pediatric research capacity in states like Maine and New Hampshire with historically less NIH funding.

Currently, MaineHealth offers a wide variety of clinical trials to adult patients. However, Maine, like many rural states, lacks the infrastructure to offer many clinical trials to children because of the small number of eligible participants living here. Joining the ECHO-ISPCTN through this project, known as ECHO-ME, allows MaineHealth Barbara Bush Children’s Hospital (MHBCH) to enroll patients in numerous multi-center pediatric clinical trials with patients from several other rural

states.

“Bringing the ECHO-ISPCTN clinical trials to Maine and eastern New Hampshire is an incredible opportunity to address health conditions that disproportionately impact children in rural communities,” said Dr. Alexa Craig, one of the principal investigators of ECHO-ME, pediatric neurologist at MHBCH and director of the MHBCH Scholars Academy. “Equally exciting is the chance to mentor and support newer investigators, equipping them with the skills to design and lead clinical trials that will improve care for children across our state.”

Joining the ECHO-ISPCTN also allows MaineHealth researchers to propose new clinical studies of conditions impacting children in rural communities in Maine and eastern New Hampshire such as asthma, obesity and mental health challenges. MHBCH plans to partner with public health officials, community advocates and families to develop and propose studies.

“Collaborating with partners across our

state will allow MaineHealth to design pediatric clinical trials that address the health challenges that matter most to the families we serve,” said Dr. Laura Faherty, the other principal investigator of ECHO-ME, an associate director of the MHBCH Scholars Academy, a general pediatrician, and senior policy researcher at RAND. “This grant gives Maine and eastern New Hampshire an important seat at the table in advancing children’s health.”

Dr. Craig previously led research studies supported by NIH infrastructure grants to MaineHealth such as the Northern New England Clinical and Translational Research Excellence in Acute Care Research and Rural Disparities.

“NIH funding is critical to MaineHealth’s ability to fulfil its mission,” said Dr. Jessica Chertow, vice president of the MaineHealth Institute for Research. “In the current NIH funding environment where success rates are historically low, earning a grant of this size reflects the strength, innovation and national recognition of MaineHealth’s pediatric research program.”

Research reported in this publication was supported by The Environmental Influences on Child Health Outcomes (ECHO) Program, Office of The Director, National Institutes of Health under Award Number UG1 OD037941. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

WESTBROOK, ME – Teachers and caregivers across Maine can now register for the 2026 WinterKids Winter Games Play-Along Track, a free and ready-to-use program that helps schools and early learning programs bring movement, outdoor exploration, and wellness into the classroom during the heart of winter, all without the need to compete.

This year’s theme, “Heart,” celebrates 25 years of WinterKids’ mission to nurture joy, kindness, and connection through outdoor learning. Each week’s activities encourage children to care for their hearts, their health, their friendships, and their love for Maine’s great outdoors, through playful, hands-on lessons that make winter learning fun and meaningful.

“The ‘Heart’ theme reminds us that the best learning happens when we lead with care, for ourselves, for each other, and for the world around us,” says Marion Doyle, Education Director at WinterKids. “These activities are

designed to be simple for teachers to use but powerful for kids. Every moment outside becomes a chance to move, learn, and explore together.”

The Play-Along Track is designed for Pre-K through 5th grade classrooms, childcare centers, homeschool groups, and after-school programs that want to explore outdoor learning at their own pace. For four weeks beginning in January, registered groups receive themed toolkits focused on outdoor physical activity, nutrition, family engagement, and winter carnival, all aligned with Maine Learning Results and early learning standards.

Each toolkit includes: A Winter Games PLAYBook for every participating student, featuring four weeks of themed, developmentally appropriate outdoor lessons and activities.

Weekly student incentives, designed to spark excitement, celebrate teamwork, and reinforce the weekly learning themes.

A copy of the WinterKids Learn Outside Guide, featuring dozens of easy-to-implement outdoor activity ideas for use well beyond the Games.

In 2025, more than 10,000 students from 99 schools and organizations participated in the Winter Games. Building on that success, this year’s Play-Along program adds fresh themes, statewide celebration days, and special “Heart in Action” challenges that help students practice empathy, gratitude, and teamwork throughout the season.

Who Should Register Teachers, school wellness teams, childcare providers, PE teachers, and out-of-school educators - anyone who wants to bring the joy of the Winter Games to their program without participating in the formal competition.

How to Register Visit www.winterkids.org/winter-games Full toolkits are available on a first-come, first-served basis and typically fill quickly. Early registration is strongly recommended.

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BRUNSWICK, ME – The Brunswick Downtown Association (BDA) is pleased to present its Annual Tree Lighting Ceremony on the Brunswick Town Mall on Saturday, November 29th.

BDA’s Annual Tree Lighting Ceremony is a great way to kick off the holiday season in downtown Brunswick. The event will feature performances by the Brunswick High School Chorus and the Una Voce Chamber

Choir, as well as free cookies & cocoa, horse-drawn wagon rides, and a magical visit from Santa! At 5:45, Santa will flip the ceremonial switch and light up Brunswick’s Christmas Tree.

Adults and children of all ages are invited to celebrate the season at this festive community event.

3:00 to 5:30 PM
Free Hot Cocoa & Cookies, Horse-drawn Carriage Rides, Choir Performances, and Visits

with Santa & Friends!
5:45 PM
Tree Lighting
Countdown Begins
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November 30th is also Small Business Saturday – a day to celebrate and support small businesses and all they do for our community. Let’s shop small this November 29th and all season long!

Brunswick Downtown Association Mission Statement: “To promote Downtown Brunswick as a vibrant and attractive place to live, work, play, and do business.”

The BDA is a 501(c)3 non-profit organization.

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

Newsmakers, Names & Faces

Gorham’s Phinney makes career-high 10 saves against Middlebury

NORTON, MA – Senior midfielder Aidan Doyle (Kingston, Mass.) netted the lone goal and junior keeper Nick Phinney (Gorham, Maine) made a career-high 10 saves to lead the No. 8 Wheaton College (Mass.) men’s soccer team over visiting No. 14 Middlebury College, 1-0, in the Second Round of the NCAA Division III Championship Tournament at Keefe Field on the Wheaton campus in Norton, Mass.

The Lyons, who are ranked in the most recent United Soccer Coaches poll, improve to 16-1-4, while the Panthers’ season comes to an end at 10-6-2.

Wheaton advances past the second round for the first time since 2004 when it defeated Babson College, 3-2, in the second round on November 14. The shutout marks the first time in school history that the Lyons have posted consecutive shutouts in NCAA Tournament play.

Doyle netted the only goal of the match when he sent a serve from the left corner flag on a corner kick that curved around the near post and bounced past the Middlebury keeper for his team-leading 11th marker of the year. The score gave Wheaton a 1-0 edge in the 21st minute of the contest. Phinney did the rest for the Lyons. The junior goalie learned that he would start the match less than 24 hours before the opening kickoff when it was deemed that Wheaton’s starting keeper was unable to play. Phinney was up to the challenge again and again to record his second career clean sheet.

The Panthers took advantage of a strong headwind in the second half to own a dominant 19-4 shot advantage and outshot the Lyons 28-10 for the match. Middlebury held a 10-5 margin in shots on frame to become the first squad this season to put double-digit attempts on net against Wheaton. The Panthers also held a 6-5 margin in corner kicks.

The Lyons were in a position to increase their lead with a pair of subsequent penalty kicks, but were unsuccessful on both tries. Less than two minutes after his first tally, Doyle made a bid for his second goal of the day after the Panthers were called for a hand ball in the box. His shot was ticketed for the right corner of the net, but senior netminder Joey Waterman (North Andover, Mass.) guessed right, making a diving stop to his left to keep it a one-goal affair. Wheaton’s second missed opportunity wasn’t nearly as clear cut. Sophomore Gael Vera (Westminster, Mass.) was taken down just inside the box to set up junior forward Declan Rhatigan (Holderness, N.H.) for the prime scoring chance in the 55th minute. Rhatigan’s PK was also denied by Waterman with a diving stop to his right, but Rhatigan was there for the rebound and put the ball into the back of the net with his left foot for an apparent goal. The score was waived off and the official explanation was because of an inadvertent whistle.

Middlebury looked to level the score with the Lyons behind two excellent scoring chances in a span of 33 seconds in the first half. Sophomore midfielder Keagan Harder (Arlington, Mass.) fired a point-blank shot as he slid into the right slot, but Phinney was there for the denial. The stop resulted in a corner kick for the Panthers and first year midfielder Ben Shapiro (Winchester, Mass.) sent the service into the goalmouth, where junior back Pablo Gonzalez (Madrid, Spain) headed a shot that Phinney punched off the cross bar. The ball came straight down inside the field of play to keep the shutout alive.

Middlebury threatened to get on the board first in the 14th minute when junior midfielder Colin Dugan (Avon, Conn.) fired a shot just outside the box on a free kick that Phinney leapt up to swat away.

Waterman finished the match with four saves for the Panthers, while Harder paced the offense with four shots, including the one on frame.


Baxter Memorial Library in Gorham holding author event

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MEMORIAL LIBRARY

Author Event: Julia Spencer-Fleming



JULIA SPENCER-FLEMING

AT MIDNIGHT COMES THE CRY

Join us for a reading and signing from New York Times bestselling author Julia Spencer-Fleming! In Spencer-Fleming's latest novel, *At Midnight Comes the Cry*, as Christmas approaches, five people will discover their suspicions hang on a single twisting thread, leading to the forbidding High Peaks of the Adirondacks. As the December days shorten and the nights grow long, a disparate group of would-be heroes need to unwind a murderous plot before time runs out.

TUESDAY, DECEMBER 2, 6 PM

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GORHAM, ME – Author Event: Julia Spencer-Fleming on December 2, 6:00 pm at Gorham’s Baxter Memorial Library.

Join us for a reading and signing from New York Times bestselling author Julia Spencer-Fleming! In Spencer-Fleming’s latest novel, *At Midnight Comes the Cry*, as Christmas approaches, five people will discover their suspicions hang on a single twisting thread, leading to the forbidding High Peaks of the Adirondacks. As the December days shorten and the nights grow long, a disparate group of would-be heroes need to unwind a murderous plot before time runs out.

Clothes galore at Gorham’s Mission of Hope Clothes Closet

GORHAM, ME – The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o’clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

CLASSIFIED ADS

\$25 PER WEEK

Haddock Supper Buffet this weekend in Buxton

BUXTON, ME – Try our delicious Haddock Supper Buffet - Saturday, November 29, 2025 - 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.

Send all items for What’s Going On to the Editor.

Deadline is Friday by five.



Standish Parks & Recreation presents our...

Annual Tree Lighting & Jingle Bell Bash

Sunday, November 30th

Standish Municipal Center

Join us for a magical evening at our FREE event as we kick off the holiday season with our annual Tree Lighting!

3:00 – 5:00 PM

Photos with Santa, Elf Games, Sweet Treats (pop corn, cotton candy & hot cocoa), Holiday Crafts, & more to come!

5:20 PM – Tree Lighting

175 Northeast Road, Standish Maine 04084



Gorham

WEEKLY

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Proofs

Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

Seniors Not Acting Their Age

Biking Back into History in the Ormsby Sanctuary



A kiosk at the entrance to Ormsby Sanctuary provides information about the area



A tandem bike team rides the bike trail



A rider enters the bike trail from Water Street in Brunswick

I began biking the Androscoggin River Bicycle and Pedestrian Path in Brunswick when it opened in the fall of 1997. In fact, I was so enthusiastic about the new trail that I rode my bike across the Merrymeeting Bridge from Topsham several times during that summer to check on the progress of construction.

Once the path officially opened, I began running, biking, and walking there. Like many others, not only have I enjoyed exercising and recreating on the trail over the past 28 years, but I've acquired a network of friends that I socialize with. Early on, I became acquainted with several older users. Many of them have since passed and now I'm an unelected member of the senior generation. After a knee replacement ten years ago, bicycling has been my primary activity

on the path. However, I often stop to chat with my walking friends.

During a recent ride on the path, my friend Dale enthusiastically recommended visiting Ormsby Sanctuary which begins at about the midpoint in the 2.6-mile path. Until then, I'd been busily cycling past the sanctuary sign without noticing it. I normally use a road bike on the paved path but Dale recommended a gravel or trail bike for an exploration of the sanctuary.

I chose a sunny, clear afternoon for my Ormsby Sanctuary investigation. My bike choice was a Specialized Rockhopper mountain bike.

The bike path is about two miles from my home in Topsham. That gives me the option of a relatively short ride approximating 10 miles or I can lengthen it by extending the ride on either end

of the path.

I rode through my neighborhood and the adjoining one, followed Foreside Road south to Elm Street and immediately turned left onto a ramp leading to Merrymeeting Bridge. The bridge is the beginning of a very picturesque ride over and then along the Androscoggin River. For me, the scenic location of the path is its most appealing quality.

After descending the ramp on the Brunswick side, I turned right onto the path next to the fenced dog park. From there, I rode northeast through a wooded area and then adjacent to the river to a sign on the left marking the beginning of Ormsby Sanctuary. The sanctuary is only accessible from the bike path or by water from the Androscoggin River.

The 42.5-acre sanctuary is the site of a former shipyard, sawmill and a recreational area known as Merrymeeting Park. A kiosk on the left shortly after entering provides a summary of the history of the tract of land situated along the Androscoggin River. A detailed map identifies where walking and biking trails weave past historic sites and along the shoreline.

I rode easily north on a wide path past a cabin and garage to a narrow peninsula where the J.C. Humphreys sawmill was established in 1848. The sawmill cut lumber for ships that were built in the nearby shipyard. The high ground on the sparsely wooded peninsula provides an excellent opportunity to view the winding river channels below.

I turned back, rode south for a short distance and then angled left to the site of a casino that was once a significant part of Merrymeeting Park. For a few years between 1898 and 1906, the park was one of the most popular and substantial recreation areas in the state. Thousands of visitors from around the northeast traveled to the park, many by trolley cars

that were prevalent at the time. They lodged in the exclusive casino, enjoyed dancing, band concerts, wilderness walks and paddling. Exceptional cuisine was served in the elegant restaurant. The glamour and excitement ended in 1906 when a variety of factors resulted in its demise.

Walking trails leave from this area and allow the option of exploring the shoreline or several locations related to the former park. I left my bike behind and completed a short hike past the remnants of the bygone facility.

After, I returned to the bike path and rode to the northern end near Cook's Corner. From there, I backtracked past cyclists, runners and walkers to the southern terminus on Water Street

before biking home.

I heartily recommend an exploration of Ormsby Sanctuary. You can visit via the path or during a river trip.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine features five chapters narrating the best bike trail rides in Maine and several exceptional bike trips on offshore islands.

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

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I screen, you screen...we all need to screen

Lung Cancer: What you need to know

DACF launches new

Statewide Food

Access Map

By Ann Morrell RN

Lung cancer is common in the U.S and the leading cause of death killing 1.8 million people each year. Exposure to environmental toxins and overall health can play a role in developing lung cancer. There are two major types of cancer and treatments can vary. Those between the ages of 50-80 are most affected but we are seeing a rise in severe lung diseases with the ever growing practice of vaping or use of e-cigarettes among young people. Risks include exposure to radon gas, previous radiation exposure, arsenic and of course smoking or exposure and second hand smoke. According to the Mayo clinic, most lung cancers are caused by smoking, but it can occur in those who have never been exposed to smoke. Knowing your risks and getting screened are two important factors to maintain your health and well-being.

Early stages of lung cancer are usually without symptoms, but later stages can cause a new cough that won't go away, cough with blood, chest pain, hoarseness, shortness of breath, and wheezing.

Lung cancer can spread to other areas of the body and cause bone pain, headache, weight loss, and loss of appetite. The importance of screening cannot be understated. If you are at risk, a smoker or notice any changes in your health, a visit with your provider is worth the time.

Because tobacco plants have so many pests, growers use many pesticides to ensure a profitable crop. These pesticides can contain carcinogens (cancer causing chemicals). Exposure to these carcinogens causes damage almost immediately from smoke inhalation and although the body can fight this short term damage, over time long term exposure can increase the risk of developing cancer. But tobacco isn't the only carrier of these dangers; a new product is causing more hospitalizations each year among younger people.

The general term "vaping" is the use of e-cigarettes in place of standard rolled tobacco products. E-cigarettes may contain fruity flavors, nicotine, and heavy metals like lead and nickel. The user inhales a smokeless product that delivers similar effect to a regular cigarette but without the stigma associated with tobacco products and because it is smokeless, use in public is more widely accepted. Popularity has increased among younger users for several reasons, and the addition of fruity, candy-like flavors has major appeal especially for young people. The CDC reports 2800 hospitalizations and 68 deaths from a condition called EVALI or E-cigarette Vaping Associated Lung injury. Lung inflammation, COPD, and cancer are a few of the injuries associated with EVALI. We are still collecting data on the long term effects of vaping, but common sense tells us that any foreign substance in the lungs is unwise and can lead to illness. Quitting is advised. Ironically, cigarettes are touted as a sensible way to quit smoking, but vaping is a poor substitute with its own dangers.

If you have any of the listed symptoms please contact your provider or attend a screening near you. There is support available, you are not alone. Resources such as The Cancer Resource of Western Maine are a wonderful place to gain knowledge, community and education as well as practical items you might need during your cancer journey. It may feel as though there are many risks and toxins in our lives today. But we must be realistic about our risks and make the changes that we are able to make, like quitting smoking, maintaining a healthy weight, avoiding cancer causing toxins. Please know your risks and get screened.

Screening is a cornerstone of cancer control. Cancer screening tests increase the chance of finding cancer early, when treatment is likely to work best. With some types of cancers, early and regular screening can prevent the occurrence of cancer.

I SCREEN, YOU SCREEN is a monthly initiative of the Cancer Resource Center of Western Maine to share information with the public about the importance of early cancer detection and screening. Each month, there will be a focus on a different cancer, including some of the possible signs and symptoms that should prompt a conversation with your primary care provider.

AUGUSTA, ME – The Maine Department of Agriculture, Conservation and Forestry (DACF) today announced the launch of the Maine Food Access Map, a statewide interactive resource that helps individuals and families locate nearby food pantries, meal sites, school-based programs, WIC clinics, and other free or donation-based food assistance services.

"We know that too many Maine people struggle to find nutritious food, and the new Maine Food Access Map is designed to meet this real and growing need," said DACF Commissioner Amanda Beal. "By consolidating the state's hunger-relief resources into one intuitive platform, we can help individuals and families connect more quickly."

The Maine Food Access Map is continually updated in partnership with local programs and community organizations to ensure that it contains accurate and current information. It complements existing statewide directories, such as 211 Maine, by providing a comprehensive, interactive, location-based view of food assistance resources.

DACF encourages organizations that serve the public, municipal offices, libraries, schools, faith-based groups, nonprofits, and healthcare providers to share the map to maximize access for residents.

The Maine Food Access Map can be accessed at: <https://www.maine.gov/dacf/ag/endinghungercorps/food-access-map.shtml>

The Maine Food Access Map was created by the DACF Ending Hunger Corps team. Maine is the first state in the nation to commit by law to ending hunger, supported by a statewide strategic plan. As part of this effort, Ending Hunger Corps strengthens the capacity of organizations working to increase food security across Maine. Ending Hunger Corps members work behind the scenes to help programs serve more people, more effectively. Their work includes building and improving systems that support hunger-relief and financial security efforts, developing data tools and analyses, expanding volunteer programs, providing community education and outreach, and supporting special projects that enhance local food access. Together, their efforts create long-term, sustainable impact for communities across the state.

For questions about the map or to request an update to a listing, please contact: mefam@maine.gov.

Alice James Books awarded \$30K grant


from Poetry Foundation

NEW GLOUCES-TER, ME – Alice James Books (AJB), a leading independent poetry publisher, today announced that it has been awarded a \$30,000 general operating support grant from the Poetry Foundation. In 2025, the Foundation awarded more than \$3 million in grants to support poetry and other literary arts nationwide.

"At a time when connection and understanding are more vital than ever, supporting poets and ensuring access to poetry helps strengthen the cultural fabric we all share," said Poetry Foundation president and CEO, Michelle T. Boone. "Poetry invites reflection, empathy, and imagination, qualities that bring communities together. The Poetry Foundation is honored to support the organizations and publishers that make it possible for people across the United States to experience the power of poetry."

This grant provides crucial, stabilizing support for Alice James Books at a time when many independent publishers, including AJB, have faced an especially challenging financial year. Alice James currently publishes an average of 8-10 books per year and maintains a list of more than 250 titles. The Poetry Foundation's funding will allow the press to sustain its operations and continue advancing its mission to champion innovative poetry.


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Arts & Entertainment

Vivid Motion Dance presents Holly Jolly Follies

PORTLAND, ME – Mark your calendars - Portland's longest running burlesque tradition is bringing a whole new show to town! Twenty-two years ago, Vivid Motion Dance brought their first burlesque show to Portland. And on Friday, December 12, the innovative and kinda quirky dance company opens its sassiest and classiest performance yet, Holly Jolly Follies!

Vivid Motion Dance's latest original production follows an intrepid worker attempting to deliver all their packages in time for the holidays ~ and inadvertently landing themselves in fun and frisky situations. The show's dirty and flirty dance numbers are set to a mix of holiday classics, retro 90s faves, and pop tunes from stars Daddy Yankee, Christina Aguilera, Niall Horan, and Madonna. Co-directed by

Jessica Jane Means & MZ and with live mixes from DJ Thunder (Bruce Tracy), you're sure to discover all new ways to be both naughty and nice this holiday season.

Who will win the warehouse worker dance-off? Will Mariah make an appearance? How sexy can a shovel be? Will our Tom-Cat steal the show? Find out this December at Holly Jolly Follies!

TICKET AND PERFORMANCE INFORMATION

WHO: Vivid Motion Dance, Portland's innovative and kinda quirky dance company

WHAT: Holly Jolly Follies

WHEN: 7:30-9:30, December 12-14 & 18-20, 2025

WHERE: The Hill Arts, 76 Congress Street, Portland

Discount 10%:

Groups of 10+ use code 10%25

This adults-only show opens at 7:30 p.m. on Friday, December 12 at The Hill Arts on Munjoy Hill in Portland ME. Performances will run through Saturday, December 20. Tickets are available at vividmotiondance.org or at thehillarts.me. Lobby doors open one hour to show time. Adults (18+): \$25 advance / \$35 at the door

Thursday, December 11 at 7:30pm is our purely donation based, Pay-As-You-Wish performance. Please RSVP to tickets@vividmotion.org

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

Ring in the season with Casco Bay Wind Symphony in Gorham

GORHAM, ME – The Casco Bay Wind Symphony invites you to their upcoming concerts! This year we are doing 2 performances!

Ring in the holiday season with friends and family at the Casco Bay Wind Symphony's annual "Sounds of the Season" concerts. Popular with audiences of all ages, this concert includes traditional holiday favorites, movie soundtrack highlights, a carol sing-a-long, and much more. Matt LeBerge will join us on stage again to perform "The Night Before Christmas" and "The Grinch Redux." Reserve your tickets now, and join us for this popular, family-friendly holiday tradition.

Casco Bay Wind Symphony "Sounds of the Season" A Musical Holiday Celebration With Dr. William Kinne, Musical Director on Saturday, December 6, 2025 7:00 to 9:00 PM AND Sunday, December 7, 2025 2:00 to 4:00 PM at McCormack Performing Arts Center Gorham High School 41 Morrill Ave. Gorham, Maine 04038

Tickets:
Adults - \$15 in Advance, \$20 at the door
Seniors (65+) - Pay

Casco Bay Wind Symphony Presents

Sounds of the Season

A Musical Holiday Celebration
Dr. William Kinne, Music Director

Saturday, December 6, 2025
7:00 p.m.

Sunday, December 7, 2025
2:00 p.m.

Both performances held at McCormack Performing Arts Center at Gorham High School

Featuring festive holiday tunes and our annual narration of *The Night Before Christmas* and *The Grinch Redux* with special guest Matt LeBerge

Get tickets here: cascobaywindsymphony.org

Adults - \$15 in advance / \$20 at the door
Seniors 65+ - Pay what you can
Students/Kids - Free

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what you can
Students / Kids - Free

Tickets can be purchased at the door, or on our website - cascobaywindsymphony.org

Upcoming performances:
Spring Concert: Sunday, May 3, 2026 at 2 PM at the McCormack Performing Arts Center at Gorham High School

Music in Our Schools Concert: Monday, March 23, 2026 at Massa-

besic High School at 7 PM
RB Hall Day - Saturday June 27 at the Westbrook Community Center
Patriotic Concert: Thursday July 2, 2026 at 7 PM Sanford High School
Patriotic Concert: Saturday, July 4, 2026 on the Eastern Promenade in Portland before Fireworks.

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Evergreen Credit Union teaching saving skills for Black Friday

By Christine Goth and Emma Pierce

Black Friday has long signaled the official start of the holiday shopping rush, a day once synonymous with long lines, doorbuster deals, and the thrill of scoring steep discounts. But as the shopping landscape has shifted increasingly online, so has consumer behavior. In 2024, U.S. shoppers spent more than \$10 billion during Black Friday alone, marking more than a 10% increase over previous years. With retailers promoting “can’t-miss deals” earlier and more aggressively than ever, consumers face a tougher challenge: deciding what’s truly a bargain and what’s just clever marketing.

This year, Evergreen Credit Union is stepping in to help. The Maine-based financial institution is offering community members expert guidance from certified financial counselors on how to navigate holiday shopping without wrecking their budgets or credit scores.

The Evergreen Financial Counseling team wants to empower shoppers during what has become the most financially overwhelming time of year. “People are spending more than ever because shopping has become so effortless, but convenience can make it harder to tell whether you’re actually saving money. We want to give Mainers the tools to shop with confidence, not stress,” Explains Christine Goth, Member Experience Manager.

The financial coaching team focuses on three main strategies to help consumers distinguish real savings from seasonal gimmicks:

Spotting Price Manipulation Before the “Sale”

One of the biggest traps during Black Friday season, Goth says, is the

illusion of a deal. Retailers often raise prices in the weeks leading up to Black Friday, only to “slash” them later and present the discount as more dramatic than it really is.

“People assume the advertised discount is based on the normal price,” Goth says. “But legally, the ‘original’ price only has to have been offered for a very limited time. It may not reflect the item’s typical market value.”

To counter this, Evergreen’s coaches encourage shoppers to check historical pricing. Tools such as price-tracking websites and browser extensions show the ups and downs of an item’s cost over weeks or months, revealing whether the current discount is genuine.

“It’s simple once you know how to check,” Goth says. “It can save you from wasting money on fake deals designed to create urgency.”

Weighing the Risks: Buy Now, Pay Later and Store Credit Cards

Another major topic is the surge in financing options at checkout. From Buy Now, Pay Later options to retail store credit cards promising one-time discounts, consumers are routinely encouraged to open new accounts or delay payments, all during the busiest spending season of the year.

“These options are presented as conveniences,” Goth says. “Each comes with risks that are often downplayed or not disclosed clearly.”

Buy Now, Pay Later plans can lead to multiple overlapping payment schedules, late fees, or debt accumulation if shoppers aren’t tracking each installment. Store credit cards may offer a tempting 20–30% discount on a purchase, but many shoppers aren’t told that applying

typically triggers a hard credit pull, something that can temporarily lower a credit score.

“A lot of people don’t realize that,” Goth adds. “You may save money at the register, but lose points on your credit score that could cost you much more down the road. We want people to ask themselves whether that short-term discount is really worth the long-term impact. We also want people to consider how many credit cards they really need open. Choose one that works for you that offers cash back rewards or travel points, and use that card to eliminate racking up too much debt that you may not be able to pay back.”

Building a Personalized Holiday Budget

The goal of shopping on the major discount day is to spend less, which often gets lost in the adrenaline rush of a “once in a lifetime” deal. Evergreen is helping the communities they serve build realistic, personalized spending plans that will help them prioritize purchases that will work for them and their bank accounts in the long run.

“Budgets aren’t one-size-fits-all,” Goth says. “A good plan helps you enjoy what matters most. The holidays bring excitement and extra costs, so planning ahead lets you focus on the joy, not the stress.”

Some of the top tips for success include determining gift limits, anticipating hidden expenses, and building in buffers for last-minute purchases or emergencies. The goal isn’t to restrict joy, Goth emphasizes, but to empower it.

“When people shop with a plan, they don’t feel guilty or panicked in January when the bills come,” she says. “They enjoy the season more because they’re in control.”



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Prime Nordic skiing opens soon in Western Maine

BETHEL, ME – The golf pro shop at the Bethel Resort & Suites is transformed each November into a hub for some of the best cross-country skiing, fat biking, and snowshoeing in Maine, with nearly 15 miles of ski trails and 10 for biking and snowshoeing.

The trails typically open in early December but passes are available at a discounted rate until December 1 at: woodsandtrails.org/product-category/trail-pass/

Inland Woods + Trails, the nonprofit that operates the trail network, provides free youth passes to all students in Sad 44, 17 and RSU 10 schools and collaborates with the Bethel Outing Club, Mahoosuc Kids Association, Maine West Project Play, and Gould Academy. Their mission is to connect people to communities in Western Maine through the sustainable management of high quality, durable trails and woods for all seasons.

The Bethel Village Trails system, as it is known, has hosted the U16 Championships, NENSA Women’s XC Ski Day, and annually hosts the Flying Moose Classic Race. IWT’s fleet of equipment includes a new Pisten Bully 100 Nordic groomer that provides the highest industry standard in a wide range of snow conditions—firm, consistent classic tracks

and smooth skate lanes.

“With this new machine, we have the ability to consistently put out a premium snow product in 3-4 inches of snow that is unmatched in the region,” says Executive Director Gabe Perkins. “And emissions are 20 times lower than our previous grooming equipment. We demoed this machine last season and the public response was universally positive. We don’t want to send it back!”

IWT is actively fundraising to officially secure the purchase of the new PistenBully groomer, with one year to raise \$300,000. So far, \$90,000 has been raised, thanks to the generosity of two grants and nine private donors. Donations to the campaign can be made here: woodsandtrails.org/pistenbully-100-campaign/



NSB makes \$10k donation to The Opportunity Alliance

SOUTH PORTLAND, ME – Norway Savings Bank is pleased to continue its longtime support of The Opportunity Alliance (TOA) in South Portland with a new \$10,000 donation to the organization. TOA provides community-based and clinical programming to more than 24,000 people annually in Maine.

“We are extremely grateful for NSB’s partnership as we work every day to build better lives and stronger communities,” said Lily Lynch, Opportunity Alliance VP of Development and Communications.

Through an extensive array of services, TOA provides opportunities for individuals to stabilize fragile situations and then works with them to achieve self-sufficiency through quality childcare and early childhood education programs, safe and stable housing, effective and compassionate mental health and substance use treatment, and basic needs support.

“TOA is in the community connecting families to resources, empowering neighbors to help one another, providing crucial mental health services and more,” said Lynch. “As our communities continue to face unprecedented challenges, together, we can and will make a difference. NSB’s support makes it possible.”

To learn more about the organization’s many beneficial programs and discover ways you can help, visit www.opportunityalliance.org.





Maine Made Crafts

2025 ARTS & CRAFT SHOWS

41st Annual Harvest Festival Arts & Craft Show
Augusta Armory– 179 Western Ave., Rt 202
October 25 & 26

22nd Annual Veterans Weekend Arts & Craft show
Augusta Armory– 179 Western Ave., Rt 202
November 8 & 9

Annual Makers Market Christmas Arts & Crafts Show
South Portland High School– 637 Highland Ave.
November 15 & 16

Santas Coming to Town Arts & Craft Show
Westbrook National Guard Armory– 120 Stroudwater St., Westbrook
November 22 & 23

46th Annual Thanksgiving Weekend Christmas in New England Arts and Craft Show
Augusta Civic Center– 76 Community Drive, Augusta
November 29 & 30

45th Annual Last Minute Arts & Craft Show
Augusta Armory 179 Western Ave., Rt 202, Augusta
December 13 & 14 + December 20 & 21

To join the Arts & Craft Fair season call Lois Taylor 706-843-9188

www.newenglandcraftfairs.com | 207-946-7079 | LTpromo@aol.com

Marketfest

Continued from page 1

Drop-in Workshop, from noon to 3pm. Using Joelle’s handmade decorative papers and a kit of materials, students are invited to drop-in for about 15 minutes to complete a lovely ornament for tree or home. This is a kid friendly workshop. The kits are \$10, payable at the workshop. Additional kids for \$10 ea. are available to take home. No advance registration needed, just drop-in. The workshop is hosted by Ley Lines at 64 Main St. in Wiscasset Village.

And for another blast of inspiration, Marketfest shoppers are invited to the wonderland of creations by local artisans in the Holiday Gift Shop in the barn behind the historic Nickels-Sortwell House at the corner of Main and Federal Sts., open 10am to

4pm each Marketfest day. Wreaths decorated by local businesses will be on display.

In addition to excellent shopping and make-it-yourself workshops, Wiscasset Holiday Marketfest offers free or low-cost activities throughout the weekend. The sponsors who make this possible are Lead Sponsor Ames True Value Supply; Major Sponsors are Carriage House Gardens, First Federal Savings & Loan, First National Bank, J. Edward Knight Insurance, Midcoast Federal Credit Union, Red’s Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Realty, Water Street Kitchen & Bar, and Wiscasset Ford; with additional support from AEKeir Brewing, Bradbury Art & Antiques, Fiction Bookshop, M.W. Sewall, Red Bull Antiques, Sprague’s Lobster, and The

Bird Gallery.

For Marketfest details, visit the Calendar on www.WiscassetHolidayMarketfest.com. Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce.



Card-maker Cindy Caton shows students how to make their own holiday cards at a workshop during Marketfest. Register in advance. (Cindy Caton photo)

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An Elf’s invitation to the Festival of Trees

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WINDHAM, ME – Ho-ho-howdy, friend! It’s me, Tinsel Twinkle boots — one of Santa’s top decorating elves — and I’ve got BIG news that jingles my bells! You’re officially invited to the Anticipated Annual Festival of Trees!

We elves have been working our mittens off with the help of local businesses, and oh my gumdrops — the trees are looking more magical than a North Pole snow globe! Each one is sparkling with decorations, treasures, and surprises that would make even the Grinch crack a smile.

Why should you

come?

Stroll through a wonderland of whimsical trees, each one sponsored and styled by your favorite local businesses!

Tap your toes to jolly music, catch up with friends, and feel that warm, fuzzy, peppermint holiday spirit.

Munch on delicious lunch and homemade baked goodies at the Café (our reindeer highly recommend the cookies).

And best of all? You can win a tree — yes, the **WHOLE** tree — gifts, lights, decorations, and all! Imagine dragging that beauty home. (Don’t worry, we’ll help!)

So grab your scarf, fluff your hat, and come join the cheer. The cocoa’s hot, the lights are twinkling, and the joy is real. And rumor has it, Santa will drop in for a visit!! Details to come.

Hours:

Friday	December 5th	12 pm - 8 pm
Sat	December 6th	9 am - 7 pm
Sun	December 7th	12 pm - 4 pm

Winners will be drawn directly following the close of tickets on Sunday.

140 Windham Center Rd, Windham, ME, United States, Maine 04062.

THE Maine Music Society

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2025 - 2026 SEASON

2025 - 2026 SEASON UNDERWRITERS Hardy Wolf & Downing • Sun Journal	ARTISTIC DIRECTOR Dr. Richard Nickerson
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BENEATH the Winter Stars

Saturday, Dec. 13 • 7:00pm
Sunday, Dec. 14 • 2:00pm
FRANCO CENTER • LEWISTON

Celebrate the season with this family-friendly holiday concert featuring John Rutter’s *Magnificat* and *Stars* by Eriks Ešēvalds. The program will also include familiar works and the annual sing-along to bring out the memories, spirit, and magic of the holiday season.

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November Special Section: National Diabetes Month

Preventing diabetes can start with reading food labels

Contributed by American Diabetes Association

Informed food choices are essential to preventing and living well with diabetes. One important aspect of informing your food choices is understanding the Nutrition Facts label that is found on packaged foods—and we’re here to help! If the food claims on the package leave you puzzled, don’t worry, you’re not alone. We will break them down so you can better understand what they mean.

Serving Size and Servings per Container

Start by looking at the serving size, since the nutrition information is based on that amount. If you eat more than the serving, you’ll get extra calories, carbohydrates, and other nutrients. Just above the serving size, you’ll see the “servings per container,” which tells you how many servings are in the whole package.

Calories

Calories are the energy your body uses to do everyday tasks. Your calorie needs depend on your eating habits, preferences, and goals. Nutrition Facts labels

are based on a person who needs 2,000 calories per day. For personalized advice, consider consulting a registered dietitian nutritionist (RD/RDN).

Total Carbohydrate

The total carbohydrate amount on a Nutrition Facts label includes sugar, starch, and fiber. If you’re counting carbohydrates or making decisions based on them, check the total grams listed. You’ll also see a breakdown of each type of carbohydrate below that number.

Dietary Fiber

The amount of fiber you need depends on your age and gender, with healthy adults needing between 25 and 38 grams a day on average. Most people don’t eat enough fiber. Eating more fiber-rich foods can help lower A1C levels and promote good gut health. You might see some claims that a food is “high fiber” or that it is a “good source” of fiber. Here’s what that means:

High fiber: 5 grams or more per serving

Good source of fiber: 2.5 grams or more per serving

Protein

Protein is essential for individuals with diabetes because it plays a key role in muscle maintenance, wound healing, blood glucose (blood sugar) management, and overall health. The Nutrition Facts label lists protein in grams and often includes the Percent Daily Value. The Percent Daily Value is determined by the quality of the protein used. This is required if any protein claims are used on the food item.

Added Sugar

Nutrition labels must show the amount of added sugars so you can tell the difference between the sugars naturally found in foods, like yogurt and fruit, and the sugars added during processing. Added sugars are common in things like soda, candy, and baked goods, but are also added to foods you least expect (like sauces). For people with diabetes, it is important to check out this section of the Nutrition Facts label. Here are some commonly used claims regarding sugars found on foods:

Sugar free: Less than 0.5 grams per serving

Reduced sugar: At

least 25% less sugar per serving than the regular version

No sugar added or without added sugars: No sugar or sugar-containing ingredient is added during processing

Total Fat

The total fat in a food item includes unsaturated, saturated, and trans fats. For better health, it’s important to focus on eating foods with unsaturated fats and try to limit saturated and trans fats. Some fat claims on packages may include:

Fat free: Less than 0.5 grams of fat

Saturated fat free: Less than 0.5 grams of saturated fat

Trans fat free: Less than 0.5 grams of trans fat

Low fat: 3 grams or less of total fat

Low saturated fat: 1 gram or less of saturated fat

Reduced fat or less fat: At least 25% less fat than the regular version

Sodium

Sodium, or salt, doesn’t directly affect blood glucose, but too much can raise your risk of high blood pressure and heart disease. Many

foods have hidden sodium, so it’s important to check the Nutrition Facts label to find out how much the food item has. The general recommendation is to keep sodium intake under 2,300 milligrams (mg) per day. Here are the sodium claims found on packages:

Sodium free or salt free: Less than 5 mg per serving

Very low sodium: 35 mg or less

Low sodium: 140 mg or less

Reduced sodium or less sodium: At least 25% less sodium than the regular version

Percent Daily Values (%DV)

The Percent Daily Values for each nutrient are listed in the right column of the label. These percentages show how much nutrient the food provides based on a 2,000-calorie diet. As a guideline, look for 10% DV. Aim for less than 10% DV for nutrients you want to cut back on (like added sugar, sodium, and saturated fat) and aim for 10% DV or higher for nutrients you want to get more of (like fiber, vitamin D, calcium, and iron).

Carbohydrate Marketing Claims or Terms

You might have seen terms like “net carbs” or “glycemic index” on some food packages. These terms haven’t been defined by the FDA and the American Diabetes Association doesn’t recommend their use. Always check the total carbohydrates on the Nutrition Facts label first. Monitoring your blood glucose levels can help you understand how different types of carbs affect your blood glucose.

Looking to put your Nutrition Facts label knowledge to the test? Check out the Diabetes Food Hub where you can create a customizable grocery list and review the nutrition information for each of the recipes.

If you’d like to take your healthy eating journey a step further, look for food products that are licensed in our Better Choices for Life Program. When you see products with the ADA’s mark on the packaging, you can easily know if a product meets our guidelines—so you can feel confident about your purchase.

Take control of your health during Diabetes Awareness Month

By Dr. Ana Stankovic, chief medical officer, UnitedHealthcare of New England

One of the most pressing health challenges facing Americans today is type 2 diabetes. More than 38 million people in the U.S. live with diabetes — that’s about 1 in 10 people — and nearly 95% of those cases are type 2 diabetes.¹ In Maine, 8.9% of adults are currently living with diabetes, and an estimated 9,000 more will be diagnosed each year.²

Here’s what people should know about type 2 diabetes.

Understanding type 2 diabetes and risk factors

Type 2 diabetes can develop when the body becomes resistant to insulin or doesn’t produce enough of it, leading to elevated blood sugar levels.² While genetics play a role, lifestyle choices are often a driving force behind type 2 diabetes; 33% of adults in Maine are classified as obese² and 22.6% reported being physically inactive — two major risk factors for developing type 2 diabetes.³

Another added risk factor is prediabetes.¹ About 1 in 3 adults in the U.S. have prediabetes, or blood sugar that is higher

than normal but not high enough to be classified as type 2 diabetes, but many don’t know it.

Small lifestyle changes can help make a big difference

The good news? With the right approach, type 2 diabetes can be managed. Experts suggest beginning with small, realistic steps that can add up over time. Incorporate lean proteins like chicken or fish, non-starchy vegetables such as broccoli and carrots, and whole grains like brown rice or sweet potatoes into your meals as part of a balanced diet.² Regular physical activity, even brisk walking for 30 minutes a day, can also make a significant impact. Adults should aim for at least 150 minutes of moderate-intensity activity per week.¹

Protecting your vision: A potentially overlooked impact of diabetes

Diabetes doesn’t just affect blood sugar; it can impact vision, too.¹ Diabetic retinopathy is the leading cause of blindness in working-age adults, and people with diabetes are 25 times more likely to experience vision loss.¹ Yet, 60% of those with diabetes skip annual eye exams. To help maintain vision health, ex-

perts recommend getting a comprehensive dilated eye exam at least once a year and managing blood sugar levels consistently.

Monitoring blood sugar

For those already diagnosed with type 2 diabetes, monitoring blood glucose levels is key. Many individuals with type 2 diabetes benefit from using continuous glucose monitors (CGMs), which provide real-time insights into how food, activity, and stress affect their blood sugar. This data can empower people to make informed decisions and take control of their health.

Innovative programs that support better outcomes

Some health plans and employers now offer innovative programs that combine technology with personalized support to help people living with type 2 diabetes. These programs may include access to CGMs, virtual care teams, and structured guidance to build healthier habits.

1 Centers for Disease Control and Prevention

2 American Diabetes Association

3 America’s Health Rankings 2024 Annual Report

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¹ Annual Percentage Rate as of 11/7/2025. Rates subject to change without notice. Not all applicants will qualify for the lowest rate or be approved. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit egcu.org/auto.

Nanna’s House chosen by 100+ Women Who Care

MAINE – Nanna’s House was selected as recipient of the November award by 100+ Women Who Care Southern Maine. Nanna’s House provides case workers with kits containing essential items for children entering foster care. Kits are then given to the children so that they have what they need for the first few days of care in the foster home, helping them feel loved and supported. The kits are tailored for each child, and allow resource families to focus on the child for the first few days and not have to run to a store for supplies. Approximately \$25,000 will be donated to Nanna’s House.

The November meeting began with a live auction emceed by Kelly Towle from Coast 93.1, raising \$4,925. Proceeds will benefit the runner-up nonprofits throughout the year. The two runner-up presenters in November were Sharon McKenna Molleur with Youth Full Maine and Michelle Anderson from Junior Achievement of Maine. Each of these nonprofits will receive additional funding, made possible through the collective generosity of the 100+ Women Who Care Southern Maine community and its sponsors.



(from left): Betsy Ballard, Nanna’s House volunteer; Beth Fournier, Executive Director of Nanna’s House; and Deb Bergeron, founder of 100+ Women Who Care Southern Maine. Photo credit by Diane Campbell

As part of the group’s Help Neighbors Initiative, attendees also donated more than 1,300 pounds of food for the Wayside Food Program, helping bridge the urgent gap of food insecurity in our communities.

Founded in November 2014, 100+ Women Who Care Southern Maine is a vibrant community of women who raise funds for local nonprofits. With more than 500 members, the group has raised over \$781,000 for a wide range of causes, including support for veterans, teens, seniors, children with disabilities, domestic abuse survivors, and animal welfare. Each quarter,

members donate \$50 to a nonprofit chosen at their meeting. Three organizations present five-minute pitches, followed by a 5-minute Q&A, and then members vote to decide who will receive the funding — turning small gifts into big change.

The next meeting is Monday, February 2, 2026, at The Elks Lodge on Congress Street in Portland. The door will open at 5:45 pm for networking followed by the meeting at 6:30 pm. Guests are invited to attend to learn more about the group.

For more details, visit: www.100womenwhocaresouthernmaine.com.

AARP commits to strengthen communities across Maine



PORTLAND, ME – AARP announced ten organizations throughout Maine will receive 2025 Community Challenge grants. The grants are part of AARP’s \$4.2 million commitment to fund 383 quick-action projects aimed at making communities more livable for people of all ages, with a focus on the needs of older adults. The funds will support efforts to improve public places, transportation, housing, digital connections, and other key areas.

Now in its ninth year, the Challenge has awarded \$546,863 through 81 grants in Maine since 2017 to nonprofit organizations and local government entities across the state. Grant projects will be funded in all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands.

“AARP Maine is committed to working with local leaders, advocates and policymakers to make our communities better places to live for Mainers of all ages, especially those 50 and older,” said Noël Bonam, AARP Maine State Director. “We are proud to collaborate with this year’s grantees as they make immediate improvements to address long-standing and emerging challenges across our communities.”

The following are the 2025 grantees in Maine:

Age Friendly Communities of the Lower Kennebec (Arrowsic) This project will conduct six listening sessions to understand disaster preparedness needs in the region. Older adults from six communities will share disaster stories, evaluate a sample preparedness kit, and receive training. This will help create and distribute kits tailored to community needs.

Age-Friendly Sullivan: Age-Friendly Sullivan will upgrade the Community Gazebo in Sumner

Park with new electrical outlets, structural repairs, and a new roof. The project aims to enhance the gazebo for public events and celebrations, focusing on the needs of residents age 50-plus.

AIA Maine (Portland): AIA Maine will host a design competition to explore innovative housing solutions for underserved communities. The event will include educational sessions on accessibility, aging in place, and lessons learned from the competition.

Central Hall Commons (Dover-Foxcroft): This project will conduct five walk audits in downtown Dover-Foxcroft to identify locations for sidewalk and crosswalk improvements. Older volunteers from the community center will participate. Two community meetings will be held to discuss the audit results with residents and business owners.

Down East Family YMCA - Blue Hill Branch: The Tech Cafe will offer digital skills training and internet safety workshops for people age 50-plus. Participants will receive hands-on instruction, access to devices, and personalized support to build confidence in using technology.

Loon Echo Land Trust (Casco): Loon Echo Land Trust will upgrade the Mayberry Hill Preserve trail to make it accessible for older adults, young people, and families. The new 0.6-mile loop trail will feature ADA-compliant benches and a crushed gravel surface, enhancing outdoor recreation and community health.

Town of Cumberland: Active Living 55+: The project will provide two fat tire tricycles for older adults to use on Town Forest trails. These tricycles will offer a safe and inclusive way to enjoy outdoor activities, with

staff support and mandatory safety talks.

Town of Danforth’s Livable Communities: This project will enhance home assessments with safety modifications for residents age 65-plus living alone or with low income. Four educational meetings will be held in a tri-county rural region to show older adults and their families how to make homes safer, focusing on fall and injury prevention.

Town of Yarmouth: Yarmouth will test speed tables and crosswalk enhancements on five main corridors to slow drivers from high-speed rural roads. The project aims to improve safety for walkers and bikers by creating gateways into the village with better visibility and traffic calming measures.

Wilhelm Reich Museum (Rangeley): The Wilhelm Reich Museum will replace 200 feet of old bog bridging with new double-width cedar planks, add a resting bench at Quimby Brook, and install a picnic table in a trail meadow. These upgrades aim to make the trails safer and more accessible for older adults.

“AARP Community Challenge projects may be quick to launch, but their impact is long-lasting,” said Nancy A. Leamond, AARP Executive Vice President and Chief Advocacy & Engagement Officer. “We’re proud to support communities nationwide to advance solutions that make neighborhoods and towns of all sizes better places to live where everyone can thrive. And this year, we’re particularly proud to invest in projects benefitting often overlooked rural areas.”

View the full list of grantees and their projects at aarp.org/communitychallenge. Learn more about AARP’s work to support livable communities at aarp.org/livable.

MaineHealth wins grant to join national research network

PORTLAND, ME – MaineHealth has received a five-year, \$2.1 million grant from the National Institutes of Health (NIH) to join the Environmental Influences on Child Health Outcomes (ECHO) IDeA States Pediatric Clinical Trials Network (ISPCTN). The research network addresses disparities in pediatric research by including children from rural or underserved populations in clinical trials and by building pediatric research capacity in states like Maine and New Hampshire with historically less NIH funding.

Currently, MaineHealth offers a wide variety of clinical trials to adult patients. However, Maine, like many rural states, lacks the infrastructure to offer many clinical trials to children because of the small number of eligible participants living here. Joining the ECHO-ISPCTN through this project, known as ECHO-ME, allows MaineHealth Barbara Bush Children’s Hospital (MHBCH) to enroll patients in numerous multi-center pediatric clinical trials with patients from several other rural states.

“Bringing the ECHO-ISPCTN clinical trials to Maine and eastern New Hampshire is an incredible opportunity to address health conditions that disproportionately impact children in rural communities,” said Dr. Alexa Craig, one of the principal investigators of ECHO-ME, pediatric neurologist at MHBCH and director of the MHBCH Scholars Academy. “Equally exciting is the chance to mentor and support newer investigators, equipping them with the skills to design and lead clinical trials that

See **MaineHealth**, page 12



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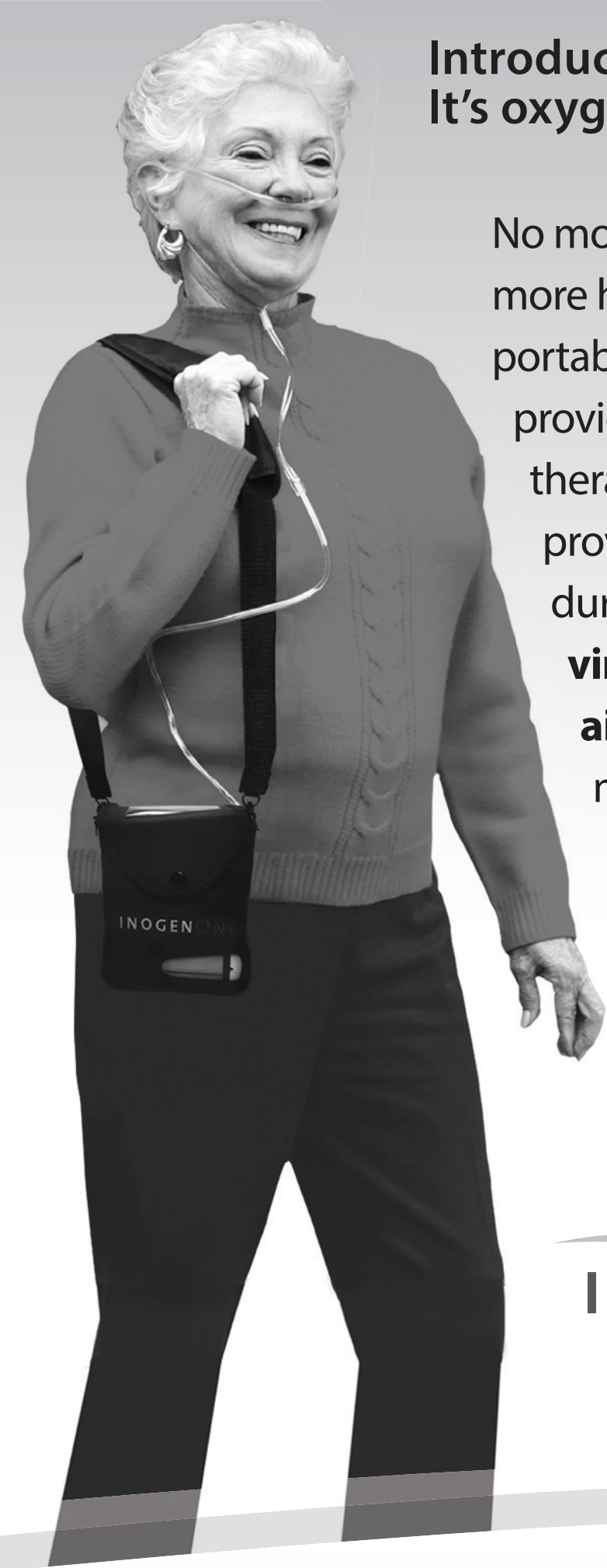
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MaineHealth
Continued from page 10
will improve care for children across our state.”

Joining the ECHO-ISPCTN also allows MaineHealth researchers to propose new clinical studies of conditions impacting children in rural communities in Maine and eastern New Hampshire such as asthma, obesity and mental health challenges. MHBBCB plans to partner with public health officials, community advocates and families to develop and propose studies.

“Collaborating with partners across our state will allow MaineHealth to design pediatric clinical trials that address the health challenges that matter most to the families we serve,” said Dr. Laura

Faherty, the other principal investigator of ECHO-ME, an associate director of the MHBBCB Scholars Academy, a general pediatrician, and senior policy researcher at RAND. “This grant gives Maine and eastern New Hampshire an important seat at the table in advancing children’s health.”

Dr. Craig previously led research studies supported by NIH infrastructure grants to MaineHealth such as the Northern New England Clinical and Translational Research Network and the Center of Biomedical Research Excellence in Acute Care Research and Rural Disparities.

“NIH funding is critical to MaineHealth’s ability to fulfil its mission,”

said Dr. Jessica Chertow, vice president of the MaineHealth Institute for Research. “In the current NIH funding environment where success rates are historically low, earning a grant of this size reflects the strength, innovation and national recognition of MaineHealth’s pediatric research program.”

Research reported in this publication was supported by The Environmental influences on Child Health Outcomes (ECHO) Program, Office of The Director, National Institutes of Health under Award Number UG1 OD037941. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

NSB changing lives with “Junior Achievement of Maine”

NORWAY, ME – “The most enjoyable part is to see kids who think they can’t do something or be something because of their current situation light up and start to share their dreams or create bigger dreams for the future,” said Becky Palmer. “That is so rewarding to be part of.”

Becky is a Quality Control Team Lead in Loan Operations at Norway Savings Bank. She is also one of over 40 NSB team members who have participated in Junior Achievement of Maine (JA), an organization that matches business professionals with children and schools for lessons on financial literacy, work, and career readiness to inspire students and prepare them for success. Junior Achievement of Maine provides mentors with material and facilitator guides to assist in presenting to the students.

“The organization gives you the curriculum and tools necessary to make you feel comfortable and prepared,” said Lin Dehetre, Branch Manager of NSB in Auburn. “Volunteering is as easy as completing a volunteer form and Junior Achievement matches you with a school nearby. It’s a truly rewarding experience. I so enjoy being in the community where I see the students and they share with their family that I came to the school. I have received tokens of appreciation with my favorite being handmade thank you cards.”

“My theme was called ‘JA Our City’ and covered how money flows,” said Becky, who worked with a third-grade class at HB Emery School in Limington. “How you make money, how you spend money, how you save money, how you access your money, and how all of those pieces go into and contribute to making a community or city flow.”

Amanda Drouin, Branch Manager at NSB’s Saco branch, has volunteered for multiple classes.

“I worked with JA to teach a ‘It’s My Job’ class at Thornton Academy in Saco,” she said. “I worked with high school students planning on entering the work force and together, we worked on important topics such as how to interview for a job, what to wear to an interview, and how to build a resume.”

While ‘It’s My Job’ was a three-day course, Amanda has also presented ‘JA in a Day’ to seventh graders at Biddeford Middle School.

“This class was centered around ‘Economics for Success.’ The session

I taught was all about the many different jobs and careers there are to choose from, and we did an activity to help guide the students to what career they would like to strive for in the future and the next steps to get there.”

Down the road at Alfred Elementary School, Cooper Winslow, Branch Manager at NSB in Kennebunk, was busy working with fifth graders on ‘More than Money,’ which focused on basic math, personal finance, owning and operating your own business, and even global finance matters.

“The kids loved the games,” he said. “I felt that when they could apply what we were discussing and learning about to something that they could physically interact with they were more engaged and confident in a group setting. After the first session they began to apply their own thoughts and opinions on what we were learning. It turned into a totally interactive learning environment for everyone, rather than me lecturing about the importance of balancing a checkbook.”

Grades and classes usually participate in five sessions that run around an hour, allowing for more in-depth conversations and exploration of themes.

“Over the course of five days, we identified a variety of careers and people in a community and what the students aspire to be one day,” said Savannah Rioux, Consumer Loan Processor at NSB who worked with second graders at Guy E. Rowe Elementary in Norway. “We identified resources in a community like hospitals, banks, stores, post offices, police and fire departments, and how these resources help support the community we live in. The kids got to create a ‘When I Grow Up’ worksheet and describe what skills it would take to be in a career field and earn some fake money which they thought was really cool.”

Many local businesses have been happy to support the organization and its mission, including NSB, which has contributed over \$10,000 in recent years. For the students, Junior Achievement of Maine ignites a spark of realizing the opportunities and realities of work and life in the 21st century. For the NSB team members shining the light on these important subjects, the takeaways and experience are equally fulfilling.

“They enjoy it, and so do I,” said Sarah Porter, Retail Talent Devel-

opment Business Partner at NSB who also worked with classes at Rowe Elementary. “We are able to help them understand that there are more jobs and career paths that they haven’t considered. Some of them even mention that they would like to have their own business one day.”

“I really enjoyed seeing the kids’ smiling faces and their genuine excitement to have me be a part of their classroom as well as their excitement when we got to share cupcakes on the last day!” said Savannah.

“It makes you feel good walking out of the school building and feeling like you made a positive difference in a young person’s life,” said Amanda.

Research has shown that Junior Achievement “alumni” are more likely to one day earn a college degree and start a business as an adult. It can be a life-changing experience and for possible mentors worried that they wouldn’t be able to have an impact, don’t be.

“I remember being hesitant about the program initially - I didn’t take myself for much of a teacher – but it developed into more of a mentorship than anything,” said Cooper. “I was looking forward to each session and found it deeply gratifying to know the kids were connecting to each lesson and that they were truly taking something away each time.”

“The teacher told me that she has been on a list waiting for a volunteer for this area for four years,” said Becky. “There are many teachers waiting for volunteers to step up and come support their classrooms and children. It’s such an amazing experience. The students each made me a card when it ended. It’s amazing to see how we make such an impact on them. I see many of them in passing and they are quick to point me out to their parents and introduce me. I challenge everyone to step out of their comfort zone and give volunteering for JA a try.”

To learn more about Junior Achievement of Maine, including how to get involved, visit <https://maine.ja.org/>.

Day’s Jewelers nominated for award in retail innovation

WATERVILLE, ME – Day’s Jewelers has been named as one of three nominees for the 2026 GEM Award for Retail Innovation, presented by Jewelers of America (JA), the leading national trade association for the jewelry and watch industry. The annual GEM Awards – often referred to as “the Oscars of the jewelry industry” – honor individuals and brands whose work elevates the public’s appreciation for fine jewelry and timepieces.

Founded in 1914, Day’s Jewelers has evolved from a storefront in Maine into a beloved, 100% employee-owned company with nine locations across Maine and New Hampshire. The nomination acknowledges the company’s ability to honor its 111-year legacy while embracing a forward-thinking approach to retail innovation, blending technology, heartfelt storytelling, and a people-first business model that continues to resonate across generations. From next-gen digital initiatives to community-centered initiatives, Day’s is redefining how fine jewelry is discovered, purchased, and celebrated.

“This recognition is a testament to the extraordinary people who make up Day’s Jewelers—past and present. The team continues to carry forward a 111-year legacy with innovation, heart, and an unwavering commitment to customers. At Day’s, tradition and innovation go hand in hand, and the passion within this organization ensures that legacy endures and shines brighter than ever. I couldn’t be prouder of the people who embody these values and continually redefine what it means to be a trusted jeweler through the evolution



of time,” said Joe Corey, President of Day’s Jewelers.

The Retail Innovation category recognizes retailers that are using innovative strategies to create positive change in how fine jewelry and watches are sold. Winners will be announced on March 13, 2026, during the GEM Awards Gala in New York City.

About Day’s Jewelers
Since 1914, Day’s Jewelers has been New England’s premier diamond company with eight locations across Maine and New Hampshire. From a family-owned past to an employee-owned present, we focus on providing sustainable fine jewelry and exceptional customer service. Building relationships with new & lifetime guests, charities and communities is our driving force. Every decision we make is guided by the promise to provide superior value, the opportunity

to own fine jewelry, creating an environment of trust and a passion for celebrating life’s most sentimental moments. It is this foundation that has guided Day’s Jewelers to stand the test of time for the last century and the next to come.

To learn more about Day’s Jewelers visit www.daysjewelers.com

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Nov 29
BUXTON – Try our delicious Haddock Supper Buffet - Saturday, November 29, 2025 - 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.

Through Nov 30
WATERVILLE – Irving Berlin’s White Christmas performances continue at The Waterville Opera House. Evening performances November 21, 28, and 29, with 2pm matinées on November 22, 23, and 30.

Tickets are available but selling fast. Go to watervillecreates.org/opera-house, call 207.873.7000, or visit the Ed Harris Box Office in the Paul J. Schupf Art Center, 93 Main Street, Waterville, to make reservations.

Calendar

Send your submissions to the Editor. More online.

Nov 30
GORHAM – The White Rock Friendship Club is hosting the 41st Annual Tree Lighting at the White Rock Community Clubhouse (34 Wilson Road) on Sunday, November 30th at 4:30pm. Listen to the reading of the Christmas story. Sing Christmas carols while sipping hot cocoa around the Christmas tree. We hear Santa will join us again this year! <https://www.facebook.com/events/1316655429781649>

Dec 2
GORHAM – Author Event: Julia Spencer-Fleming December 2, 6:00 pm

Join us at Baxter Memorial Library for a reading and signing from New York Times bestselling author Julia Spencer-Fleming! In Spencer-Fleming’s latest novel, At Midnight Comes the Cry, as Christmas approaches, five people will discover their suspicions hang on a single twisting thread, leading to the forbidding High Peaks of the Adirondacks. As the December days shorten and the nights grow long, a disparate group of would-be heroes need to unwind a murderous plot before time runs out.

Dec 3
LEWISTON – Wednesday, December 3rd from 1pm to 2pm at the Lewiston Public Library: IDENTIFYING FRAUDS AND SCAMS
In partnership with the National Digital Equity Center, the Lewiston Public Library will host an in-person class, Identifying Frauds and Scams. Free. Registration Required: https://digitalequitycenter.org/classes/class/identifying-fraud-scams/?instance_id=6423.

Dec 5
WISCASSET – The Wiscasset community is invited to welcome Santa to the Village when a Merry and Bright Light Parade drops the rotund fellow off at his workshop, 7 Lincoln St., on Friday, December 5, around 5:45pm.

Dec 6 & 7
GORHAM – Casco Bay Wind Symphony “Sounds of the Season” A Musical Holiday Celebration With Dr. William Kinne, Musical Director on Saturday, December 6, 2025 7:00 to 9:00 PM AND Sunday, December 7, 2025 2:00 to 4:00 PM at McCormack Performing Arts Center Gorham High School 41 Morrill

Ave. Gorham, Maine 04038

Dec 11
NEW GLOUCESTER – Free artist event at Unity Environmental University. Each event highlights a Maine-based artist with a pop-up exhibition, lecture, and catered reception. Our forthcoming event: Dean McCrillis: Reading Sign: Expanding on observations through process on December 11th at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

Dec 12, 13
BATH – Twisted Christmas: A Nice & Naughty Evening of Entertainment Friday December 12th and Saturday December 13th 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/twistedchristmas

Dec 13
LEWISTON – Join us at the Lewiston Public Library for our next fundraising event to support the Children’s Department renovation, Chill Yoga Fest on Saturday, December 13th with classes going on from 9:30AM – 1:30PM in Callahan Hall.

There will be four 45-minute classes- All Levels Hatha, Chair Yoga, Stretching, Breath-

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ing & Meditation, and Children’s Yoga! \$40 full pass, or \$18 per individual class. See LPL’s website to purchase tickets.

Dec 13 & 14
AUGUSTA – The Augusta Symphony Orchestra invites you to celebrate the magic of the holidays with two performances at South Parish Church, 9 Church Street in Augusta. Join us on Saturday, December 13 at 7:00 p.m. or Sunday, December 14 at 3:00 p.m. for a festive program filled with timeless classics and holiday favorites.

Dec 15
LISBON FALLS – The Knights of Columbus Council 10019 will be sponsoring an American Red Cross Blood Drive at the parish hall of Holy Trinity Church on 67 Frost Hill Avenue Lisbon Falls on Monday December 15th from 1:00 PM until 5: PM To make

an appointment please call 1-800-733-2767, or visit RedCrossBlood.org: HTC Come to give from Dec. 8th to the 18th and receive a \$15 Amazon Gift Card by email.

Jan 22
NEW GLOUCESTER – Free artist event at Unity Environmental University. Each event highlights a Maine-based artist with a pop-up exhibition, lecture, and catered reception. Matt Russ: Moments of Clarity at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

Feb 26
NEW GLOUCESTER – Free artist event at Unity Environmental University. Each event highlights a Maine-based artist with a pop-up exhibition, lecture, and catered reception. Ian Trask: Art from the Waste Stream at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

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GORHAM LITTLE LEAGUE

Field Funding Campaign



The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

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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.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

May 23-31, 2026 – BILTMORE ESTATE & ASHEVILLE, N.C. - This trip includes 9 days and 8 nights lodging, 8 breakfasts and 6 dinners. You

will have a full day at the Biltmore Estate and experience the Biltmore House and Gardens. You will also visit the Antler Village and Winery. You will have a guided tour of Asheville and the magnificent St. Lawrence Basilica. We will experience a drive on the Blue Ridge Parkway (America's Most visited park unit). We also visit the Thomas Wolfe Memorial State Historic Site. These are the highlights of the trip and there is so much more that we will see. On our way home we stop at the Nasher Museum of Art at Duke University. Price for this trip is \$1,245.00 per person double occupancy. A \$75.00 deposit per person is due upon signing up. The trip includes the bus driver tip and all tour gratuities. Add \$349.00 for single occupancy. Final payment is due 3/16/26.

OCTOBER 18-23, 2026 – SHIPSHAWANA, INDIANA - This trip includes 6 days and 5 nights lodging, 3 breakfasts and 3 dinners. You will have a full day guided tour of Indiana's Amish Country with a tour of an Amish Homestead and an Authentic Amish Dinner. We will experience Cook's Bi-

son Ranch with a scenic Wagon Tour of their majestic ranch while seeing the bison up-close and even feeding them. We will spend time shopping and having lunch at Shipshewana Trading Place which is constantly ranked one of the top five Flea Markets in the Country. We will see the show "Loves Comes Softly" at the Blue Gate Theater. Price for this trip is \$865.00 per person double occupancy. A \$75.00 deposit is due upon signing up. Trip includes bus driver tip and all tour gratuities. Add \$305.00 for single occupancy. Final payment is due 8/11/26.

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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Tricia Curit joins Fontaine Family Team

MAINE – Fontaine Family – The Real Estate Leader® is proud to welcome Tricia Curit to its award-winning Auburn team!

With deep roots across Southern and Central Maine, Tricia brings a strong connection to the communities we proudly serve.


Tricia grew up in Portland, Freeport, Lisbon, and South Portland, and now resides in both Monmouth and Windham. A graduate of Freeport High School, she continued her education at Andover College in Portland, where she studied accounting. Her professional background includes extensive experience in HR, payroll, finance, and HRIS—skills that contribute to her strong attention to detail and exceptional client care.

Family is at the heart of everything Tricia does. She has been married to her husband, Scot, since 1992. Scot has spent over 30 years with Pape Chevrolet, and together they’ve raised two sons, Aaron and Ryan, who have blessed them with four grandchildren—Olivia, Ella, Rowan, and Cora—and two beloved daughters, Marissa and Starr. Their family also includes four cherished fur babies.

Outside of work, Tricia enjoys an active and adventurous lifestyle. She and her family love going on cruises, soaking up sunny days on their pontoon boat, snowmobiling in the winter, and 4-wheeling on their side-by-side during the spring and fall seasons. Above all, they cherish time spent together at their family camp on Cochewagon Lake in Monmouth.

Tricia’s strong family values, dedication, and lifelong connection to Maine make her a wonderful addition to the Fontaine team.

For real estate opportunities with Tricia Curit, she can be contacted by phone at (207)831-8142 or email triciacurit@fontaine-team.com.



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

USM Art Gallery presents Of Sibyls and Source

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Of Sibyls and Source: Ranges & Ruptures

Featured Artists:
Susan Bickford
Samantha Jones
Heather Lyon
Kristin Mariani
misael soto

University of Southern Maine
Great Hall Gallery
Crewe Center for the Arts
111 Bedford St.
February 5 - March 21, 2026

PORTLAND, ME – Of Sibyls and Source: Ranges and Ruptures is an exhibition of sculpture, textiles, video, and live performances that investigates ideas surrounding oracles, community, mapping, landscape, and geo-mythic space.

Moving through the world as artists, we become strangers and pilgrims in the broad sense, separated from home or daily life and traversing physical and cultural landscapes. These new loca-

tions awaken a sense of place when we are out-of-place. Sibyls, or oracles, are born of a rupture, an opening in the earth that speaks to something profound that we may feel intensely, but cannot fully understand.

Of Sibyls and Source: Ranges and Ruptures is a collection of work made in dialogue with the sites of Monti Sibillini National Park in Umbria, Italy, and Acadia National Park in Maine. These creative gestures tenderly explore the

possibility in timespace for mountains to touch, for springs to flow into each other, and for horizons to merge.

Join us in celebrating the opening reception for Of Sibyls and Souce on Thursday, February 5, 2026, from 5:30 – 7:30 pm

At the Crewe Center for the Arts, 111 Bedford Street, Portland, ME 04101.

The event is open to attendees of all ages, free of charge.



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