

New Year's Auburn 2026 kicks off the new year

AUBURN, ME – Ring in the new year at Maine's biggest and best party of the year: New Year's Auburn 2026, presented by Emerson Toyota. The free, all-ages event takes place on New Year's Eve from 3:00 to 9:00PM in the heart of beautiful downtown Auburn.

Attendees will love the incredible live music from local band, After Dark, New Year's Auburn favorites, Hello Newman, and this year's headliner, Toby McAllister and the Sierra Sounds.

Guests can enjoy delicious Maine craft beer and beverages from Craft Brew Underground, Gritty McDuff's, Lost Valley Brewing



Company, The Blue Feather, Nonesuch River Brewing, and Geary Brewing Company, along with delightful fare from local food trucks including Tripp's Farmhouse Cafe, Mr. Sea's Lobster Pound & Fry Shack, Rollin' In The Dough, KP's Place, Lucky Cat Coffee Truck, Alabama's BBQ, and Mannie's Philly 2 ME.

The City of Auburn is delighted to help kick off America's 250th celebration at New Year's Auburn with

fireworks over the Great Falls at around 8:30PM.

Admission is free and everyone is welcome.

New Year's Auburn is proudly presented by Emerson Toyota. Entertainment is sponsored by Androscoggin Bank. Media partners include WGME CBS 13, WOXO Country, and WIGY.

Learn more at NewYearsAuburn.com and make it a year to remember at New Year's Auburn 2026.

December Special Section National Impaired Driving Prevention Month page 9

100+ Women Who Care Androscoggin supports pantry

AUBURN, ME – On Nov. 3, 100+Women Who Care Androscoggin held their eighth fundraising meeting at Central Maine Community College in Auburn. At that meeting, the membership voted to support the High Street Food Pantry with their donations. The checks, totaling \$7650, were delivered to the food pantry on Dec. 4. Because of this donation, the program may qualify for a 50% matching grant from the Richard M Schulze Foundation, making the total donation potentially \$11,475.

The High Street Food Pantry strives to serve the local community with weekly offerings of nourishing fresh produce, canned goods, bakery products, frozen meat and poultry, and personal hygiene products. In addition, they offer slightly used children's books, knitted hats and mittens, flu vaccines, and holiday specials such as toys for children at Christmas. The Pantry is open every Thursday starting at 8:30, and provides food each week to 70 families.

The pantry is run by the High Street Congregational Church, and the United Methodist Church of Auburn. It has been in



100+ Women Who Care present a check to High Street Food Pantry. Pictured, l to r, are Marcel Turcotte, Community Meal Coordinator, Trish Foster, Registration, Marty McIntyre, Founder of 100+ Women Who Care Androscoggin, Debbie Duval, Pastor at High Street Church, Jan Boyce, Registration and Mary MacMahon, Book Registry.

existence for over 20 years, and has 40-plus volunteers ranging in ages from 10 to 95. Each week, 5 truck drivers provide food deliveries from the Good Shepherd Food Distribution Center and then 25-plus volunteers pack and distribute the food.

100+ Women Who Care Androscoggin is a collaboration of local women who invest in the community by pooling their donations for the greatest impact. They meet four times a year. Members can nominate organizations or projects that are working to address community needs. At each meeting they hear from 3

of the nominated organizations and then vote for one group to receive their donation during that cycle. The members then write a check to that organization. Since it began in February 2024, 100+ Women Who Care Androscoggin has raised and donated \$52,610. With the addition of the matching grants, the total impact is \$78,915.

For more information about the High Street Food Pantry, email highstreetfoodpantry@gmail.com. To join or to get more information about 100+ Women Who Care Androscoggin, email 100womenwhocareandroscoggin@gmail.com.

New Year's Wish Trees

A keepsake program for children & families

Saturday-January 10th

11AM-12PM

IDEA LAB

Register Here or
at LPLonline.org-->



1 Tree Per Family



All are welcome to return to:

Christmas Eve Service

6:00 p.m.
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Newsmakers, Names & Faces

Start practicing early! Free fly-casting instruction

BRUNSWICK, ME – Learn the graceful skill of casting a fly and get ready for the spring fishing season with free fly-casting instruction at the Brunswick Rec Center.

Beginners and experts alike are welcomed every Wednesday from 2:30-3:30 pm to work with trained instructors at free sessions at the Brunswick Rec Center, 220 Neptune Drive, Brunswick Landing. Sessions are held February 4 through April 29.

Bring your own fly-fishing gear or use equipment provided. There is no charge for the instruction, which is provided by members of Brunswick's Merrymeeting Bay Chapter of Trout Unlimited.

No admission fee. Open to members and non-members alike.

Please join us.



MBTU monthly membership meetings are held at Sea Dog Restaurant on the third Tuesday of each month, September through May.

Our mission is to conserve, protect, and restore our area's cold-water resources and the watersheds on which they depend. Trout Unlimited is the nation's oldest and largest cold-water fisheries conservation organization

dedicated to caring for and recovering America's rivers and streams so our children can experience the joy of wild and native trout and salmon. Across the country, TU brings to bear local, regional, and national grassroots organizing, durable partnerships, science-backed policy muscle, and legal firepower on behalf of trout and salmon fisheries, healthy waters, and vibrant communities.

NASCAR legend revved up to ride for Pine Tree Camp

HERMON, ME – The Pine Tree Camp Celebrity Egg Ride is a 53-year Maine winter tradition that's unique, memorable, messy and meaningful. This year, racing legend Ricky Craven will join the fleet of Egg Riders to support Pine Tree Camp and its mission to serve Maine people with disabilities.

The Egg Ride is the highlight of the four day Dysart's Snowmobile Ride-in Weekend. Riders stuff raw eggs down their snowmobile suits before hitting the trail. Each egg represents a \$50 pledge by supporters who want to see their favorite rider get covered in the most eggs...and raise the most money. This year's roster of Celebrity Egg Riders includes: NASCAR's Ricky Craven, Jedi of TV's "Maine Cabin Masters," "Survivor" winner Bob Crowley and more!

The Dysart's Snowmobile Ride-in Weekend is Pine Tree Camp's largest fundraiser of the year and one hundred percent of proceeds support the camp's open door policy which provides full tuition assistance for kids and adults with disabilities to attend this fully accessible, barrier-free summer camp on North Pond.

The 53rd annual Dysart's Snowmobile Ride-in Weekend runs Thursday, January 29th through Sunday, February 1st. The weekend begins with a spaghetti supper, WABI-TV5 telethon, a charity auction, and, on the final day, a radar run hosted by the Penobscot Snowmobile Club.

<https://pinetreesociety.org/dysarts-snowmobile-ride-in-to-benefit-pine-tree-camp/>

Schedule:

Thursday, January 29:
Live WABI-TV5 Tele-



Sluggo the Sea Dog posed with Pine Tree Camper Bradley Thibodeau (front), his mother Amy Simpson, Emily Dysart and Jordan Dysart at the 2025 Dysart's Snowmobile Ride-in Weekend. This year's Egg Ride will be held Saturday, January 31st as part of a full weekend of events in Hermon including a spaghetti supper, charity auction and radar run at the Penobscot Snowmobile Club. Photo courtesy of Pine Tree Camp.

thon and Dysart's Spaghetti Dinner

4:00pm at Dysart's Restaurant & Truck Stop, 530 Coldbrook Road, Hermon

Friday, January 30:
Live and Silent Auction - Sponsored by Carmel Electric

6:00pm at Morgan Hill Event Center, 82 Morgan Hill Lane, Hermon

Saturday, January 31:
Pine Tree Camp Celebrity Egg Ride

9:30am at Dysart's Restaurant & Truck Stop, 530 Coldbrook Road, Hermon

Sunday, February 1:
Penobscot Snowmobile Club Radar Run

Noon at the Penobscot Snowmobile Club, 795 Bog Road, Hermon

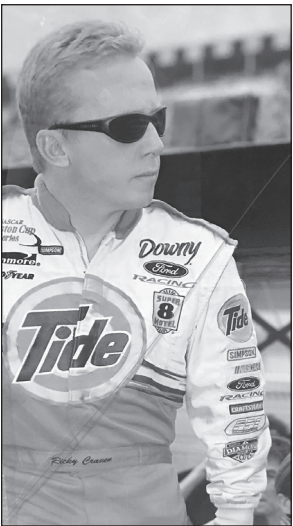
Egg Ride Check Points on Saturday, January 31:

9:30am – Start: Dysart's (530 Coldbrook Road, Hermon)

Note: Egg Riders stuff eggs into snowmobile suits here

10:30am – Stop: Penobscot Snowmobile Club (795 Bog Road, Hermon)

11:30pm – Finish:



Ricky Craven will join the fleet of Celebrity Egg Riders to support Pine Tree Camp on Saturday, January 31st. Photo courtesy of Ricky Craven.

Dysart's (530 Coldbrook Road, Hermon)

Note: Egg Riders de-egg here

For more information, including video and photos from last year's event, visit:

<https://www.pinetreesociety.org/events/snowmobile-ride-in/>

To donate an auction item or get involved, please contact Breeze Kidder at bkidder@pinetreesociety.org or 207-386-6033.

2026 Sponsors: Dysart's, Star 97.7, Carmel Electric, WABI-TV5, Bangor Daily News, Sappi, Irish Collision Center, Varney Auto Group, HUB, Norway Savings Bank, Ballard Truck Center, Bangor Tire Company, BDS Waste Disposal, GoNetspeed, Northern Light Health, Chase Toys, Signography Graphics, Best Western, Moosehead Trail Powersports, 201 Power Sports, Morgan Hill Event Center, Machias Savings Bank, Danforth's Down Home Supermarket, Renewal by Andersen, Shin Pond Village, CN Brown Company, Daigle & Houghton, Colwell Diesel Service and Garage, J.M. Brown Construction and G&E Roofing.

We want to hear from you!

Please submit your letter to the editor by 5pm on Friday for next weeks edition.

Email: editor@twincitytimes.com

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Newsmakers, Names & Faces

2026 dog licensing is underway

LEWISTON, ME – The Lewiston City Clerk’s Department reminds all Lewiston dog owners it is time to relicense their pet for 2026. The state law requires all dogs to be licensed if they are six months old or older. Per state law, a dog’s license expires December 31 of each year and the deadline to renew is by January 31.

Renewal notices were mailed out last week to approximately 2000 dog owners who licensed their dogs for 2025. Residents may renew their pet’s license at City Hall or via the mail-in portion of the renewal notice by mailing it in or delivering it to the red City Hall drop box by the Park St entrance. Licenses can also be renewed online at the city’s website at www.lewistonmaine.gov/123 and the tag for the new year will



be mailed to the owner. If a dog owner registers their dog via the online program, they can also sign up for the free Maine microchip registration tracking service. The dog’s microchip number and microchip issuer can be entered into the state database for future tracking should the dog get loose or injured.

In order to license a dog in Maine, the dog must have a current rabies vaccination and this certificate must be presented at the time of licensing. If a dog owner cannot locate their copy, they should contact their veterinarian’s office to request a duplicate copy of the rabies certificate. An invoice or receipt from the veterinarian’s office is not acceptable proof.

Rabies is a serious problem in the State. Residents are urged to take the time to protect their pet against this deadly virus. If an animal is suspected of having rabies, they are quarantined. If during this time, the signs of rabies still appear, the only way to test an animal for rabies is to euthanize the animal. Dog licensing ensures rabies vaccination which protects the health of your pet as well as the health of the community.

Annual license fees are \$6 for a dog that is spayed or neutered and \$11 for a dog that is not altered. Questions can be directed to the City Clerk’s Department at 513-3124 or cityclerkoffice@lewiston-maine.gov.

Boy Scouts prepare for Christmas tree recycling

AUBURN, ME – Scouts from Troop 121 in Auburn prepare this year’s mailing of tag for their annual Christmas tree recycling program. Pictured from left to right are: Alex Burnham, Jacob Parcell, Cayden Moody, Anthony Seddon, Logan Dumont, Darius Reaves and Jackson Roux.

For the 14th year, the Boy Scout Troop 121 will again pick up Christmas trees in Lewiston and Auburn. While the cities provide locations for free tree disposal, they no longer collect the trees at curbside. For a minimum donation of \$5, the Scouts will pick up Christmas trees on Saturday, January 10, 2026, and



Sunday, January 11, 2026. For safety reasons the trees should not be placed curbside until the morning of January 10th.

Money raised by the program goes directly to troop scouting activities. Troop 121 was created to help give youth with special physical, mental and emotional challenges the opportunity for success in a safe scouting environ-

ment that builds character, encourages citizenship, teaches life skills and develops personal fitness. To make a pick-up request, send a donation by Jan. 8th to Troop 121, United Methodist Church, 439 Park Ave., Auburn, ME 04210. The troop, in turn, will send a tag to place on the tree when it is put curbside. For more information please call 783-0790.

Heart attack deaths spike during the winter holidays

PORTLAND, ME – The winter holidays can turn deadly as research shows that more people die from heart attacks during the last week of December than at any other time of the year. While being aware of the signs of a heart attack and taking steps to reduce your risk are important all year long, the American Heart Association, devoted to changing the future to a world of healthier lives for all, says that’s especially critical during the next few weeks.

A number of scientific studies confirm this deadly phenomenon. A study published in Circulation, the flagship journal of the American Heart Association, reported that more cardiac deaths occur in the U.S. on December 25 than on any other day of the year, followed by December 26 and January 1.

In a British Medical Journal study reviewing more than 16 years of data on heart attacks among people in Sweden, there was a 15% overall increase in heart attacks during the winter holidays. Of particular note, heart attacks increased 37% on Dec. 24 (Christmas Eve), peaking at 10 p.m. and more often in people over 75 and those with diabetes or previous cardiovascular disease.

“No one wants to think of tragedy during this joyous time of year as we gather with family and friends. However, these startling facts are very sobering. We don’t know



Copyright American Heart Association

exactly what triggers this increase in heart attacks during the holidays. It’s likely a combination of factors,” said Aline Iskandar, MD, cardiologist with Northern Light Mercy Hospital and the Association’s Maine Board President. “Winter weather has been noted to increase heart attack risk due to restricted blood flow when arteries may be constricted in cold temperatures. We also know the holidays bring a lot of added stress to many people. There are lots of parties and family gatherings where many tend to overindulge in rich foods and drink.”

According to Iskandar, one of the most critical factors might be that people ignore important warning signs of a heart attack or stroke.

“While you may not want to spend the holidays in a doctor’s office or hospital, getting checked out and receiving prompt treatment if there is a problem is one of the best gifts you

can give yourself and your loved ones for all the celebrations to come,” she said. Giving the gift of life may also come into play if you see someone experiencing heart attack or stroke symptoms. You could be out shopping at the mall, enjoying the sights and sounds of the holiday season or spending time at a family gathering and witness someone having a heart attack and going into cardiac arrest. Starting

See Heart, page 14

Zara, Inc.

Fashion News

Tias Prom Project

Dedicated to providing dresses & confidence to young women

The Tatiana Morrell Foundation was created to honor the incredible spirit of Tatiana Morrell — a young woman whose light, kindness, and heart continue to inspire us every day. One of the ways we carry her legacy forward is through something truly special: collecting prom dresses for students who may not have the means to purchase one. Tatiana believed deeply in making others feel seen, valued, and beautiful — and this mission reflects that love.

Through every dress given, every smile shared, and every moment of confidence created — Tatiana’s spirit lives on. Thank you for being part of this journey with us. 🌟



The Story Behind Our Mission:
To better understand our mission, you must understand our reasoning:
Tia lived with a heart led by kindness and intuition. When she noticed a new student struggling, she stepped in to make a difference—providing her with a beautiful dress and arranging for her mother to do her hair and makeup. That simple act of love gave the girl, who never imagined attending such an event, the night of her life.

Tia believed every young woman should feel confident, radiant, and celebrated during life’s special moments. In her honor, we are dedicated to continuing that mission—ensuring that no girl misses out on the magic of prom, homecoming, or a school dance because of financial hardship.

How to Donate?
DM for pickup
Drop-Off Locations:
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📍 781 Edes Falls Rd, Harrison, ME
📍 780 Broadway St, South Portland, ME

Follow us on Facebook: [Tias Prom Closet Project](#)

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Seniors Not Acting Their Age

Two Outstanding Hikes in Acadia National Park

Although renowned for dozens of spectacular peaks, Acadia National Park on Mount Desert Island has more than outstanding mountain hikes. The park also offers a multitude of stimulating treks on trails in other settings.

While on a recent vacation in Mount Desert Island, my wife, Nancy, and I studied park maps and trail publications in search of interesting hikes. Trails on Great Head and around Jordan Pond were very appealing.

Great Head is a major prominence facing the Atlantic Ocean on the rockbound east coast of the park. A trail network provides an excellent opportunity to explore the spectacular shoreline via a loop hike around the head.

Located a few miles south of the town of Bar Harbor, Great Head can be accessed from Schooner Head Road or by crossing Sand Beach from the Park Loop Road. Nancy and I decided to begin at the parking area for Sand Beach which offers the opportunity to cross the picturesque shore on both ends of the hike. A light breeze was blowing out of the south and the surf was up when we traversed the aptly named beach.

At the eastern end of the beach, a short connector trail climbs steeply to Great Head Trail. We instinctively chose to advance clockwise, arguably a mistake in this instance.

Initially, we hiked easily on a wide path with a modest gradient. After a short distance, the connector trail from Schooner Head Road entered from the left.

The Great Head Trail then descends gradually to the boulder-strewn shore where there are limited views facing east. Shortly after, we began climbing steadily on a rough, rocky surface to magnificent open ledges on the southeastern end of the head.

The next half mile offers phenomenal views from cliffs on the southern exposure. We stopped several times on the rugged terrain to take advantage of the remarkable vistas. At the western end of the head, lofty cliffs overlook Newport Cove where visitors to the iconic Thunder Hole could be seen on the opposite shore.

As we hiked north along the cove while enjoying sporadic views of Sand Beach, several precipitous ledges needed to be carefully descended. We concluded that completing the loop counterclockwise would be preferable as it would facilitate ascents rather than maneuvering down the precarious ledges.

After re-crossing Sand Beach, we drove the one-way Park Loop Road, perhaps the most scenic drive in Maine, as it continued generally south past such notable sites as Thunder Hole, Otter Cliffs,

Day Mountain and finally Jordan Pond House next to the shore of Jordan Pond. Bordered by Pemetic, South Bubble and Penobscot Mountains, Jordan Pond has the character of an inland fjord and is one of the most dramatic locations in the park.

The Jordan Pond Nature Trail and Jordan Pond Path combine to form a 3.3 mile loop trail that circumnavigates the pond and offers almost continuous outstanding views of the enchanting area. Nancy and I departed from a trailhead on the southern end of the pond immediately east of Jordan Pond House and traveled east.

We soon stopped to take obligatory photos with distinctive South Bubble Mountain in the background. Around the next bend, we crossed a stepping stone path in a marshy area and turned north beneath the western slopes of Pemetic Mountain.

Numerous hikers met us as we progressed towards South Bubble Mountain. After passing trailheads leading to the two Bubble Peaks, we traversed a uniquely designed footbridge over a tiny stream and began our trek south.

The most challenging trail conditions on the loop were encountered at the foot of a precipitous grade on the east side of Penobscot Mountain. We had to scramble over and around large boulders that appeared to be the result of a massive rock slide.

Once past the boulder field, we followed a wooden boardwalk built to protect the fragile shoreline environment. The boardwalk weaved along the pond for perhaps a mile before ending a short distance from the southern terminus of the pond.

Crossing a bridge next to a dam at the southern outlet, we returned to Jordan Pond House and ended a very entertaining outing.

We enthusiastically recommend these two walks for those seeking moderately demanding treks in spectacularly beautiful environments.

My book, *Maine Al Fresco: The Fifty Finest Outdoors Adventures in Maine* narrates numerous hikes around the state including treks combined with lake and pond kayak trips.

The author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at North Country Press. Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net



Jordan Pond is one of the most dramatically beautiful locations in Acadia National Park



A hiker crosses Sand Beach towards Great Head



The southern end of Great Head offers phenomenal views

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Nominate an educator for state/county Teacher of the Year

STATEWIDE, Maine – Nominations are now open for the Maine Teacher of the Year program, which celebrates excellence in teaching and elevates the importance of the teaching profession. Traditionally, Maine selects a County Teacher of the Year from each of Maine’s 16 counties. One of those educators is later named State Teacher of the Year and also becomes Maine’s nominee for National Teacher of the Year.

Maine’s State and County Teachers of the Year serve as ambassadors of the teaching profession and advocate for the quality education of Maine students. Throughout their year of service, these teachers have the opportunity to create a greater public awareness about the inspiring work happening in Maine schools, amplify the voices of fellow educators, and assist in ongoing efforts to strengthen Maine’s educator workforce. They receive ongoing professional learning and participate in county-, state-, and nation-wide leadership opportunities.

Anyone—from students, to parents, to school administrators and colleagues, to community members—is encouraged to nominate an educator for the Maine Teacher of the Year program! Nominations are open now through Friday, January 30, 2026, at 5 p.m. To nominate, please fill out the form found at Maine DOE’s website. Self-nominations and nominations from family members will not be accepted.

Becky Hallowell, 2025 Maine State Teacher of the Year, said her journey began with a nomination for 2024 Lincoln County Teacher of the Year. She shared the impact that the past year has had on her life:

“The experiences I

have had as Maine Teacher of the Year have been transformative. I made connections throughout our state and nation with astounding educators, supportive community members, and cutting-edge business leaders. I encourage everyone to nominate an influential teacher for Maine County Teacher of the Year recognition. The nomination itself tells teachers that they are seen and appreciated. Additionally, every County Teacher of the Year joins a collaborative cohort that works to bring out the best in all teachers across the state.”

The Maine Department of Education (DOE) and Educate Maine, a business-led organization with a mission of championing college and career readiness, work collaboratively to manage and administer the Maine Teacher of the Year program. Funding is provided by Bangor Savings Bank, Geiger, Maine State Lottery, and Unum, with support from the Maine State Board of Education and the Maine County and State Teachers of the Year Association. Through the generous support of these businesses, there is no cost to the local school district when the Maine Teacher of the Year is out of the classroom on their official duties.

“The Maine Department of Education proudly supports the Maine Teacher of the Year program, an excellent opportunity every year to celebrate the dedicated, talented educators in our state whose hard work often goes unrecognized,” Maine DOE Commissioner Pender Makin said. “We encourage all Mainers to consider nominating a teacher who has made a positive impact on their local community.”

“We are thrilled that nominations are now open for 2026 Maine County Teachers of the Year,” Ja-



Becky Hallowell, 2025 Maine Teacher of the Year, has used her platform to promote outdoor education.

son Judd, Ed.D, Executive Director of Educate Maine, said. “Maine has wonderful educators across all 16 counties, and we hope you will consider nominating an educator in your community for this important recognition.”

Teachers who are nominated for the Maine Teacher of the Year program must:

Hold the appropriate professional certification for their teaching position;

Be a certified, in-good-standing, pre-K—grade 12 teacher in a state-accredited public school—including career and technical education centers, public charter schools, or publicly supported secondary schools (i.e., private schools that enroll 60 percent or more publicly funded students, sometimes referred to as “town academies”);

Be actively teaching students at least 50 percent of the workday at the time of nomination and during their year of recognition;

Maintain their teaching position and remain in the county for which they are selected throughout their year of recognition;

Have a minimum of five years of teaching, three of which are in Maine.

The 2026 Maine County Teachers of the Year will be announced in May. Through a selection process designed by edu-

cators, that pool will then be narrowed to semi-finalists and state finalists before the 2027 Maine State Teacher of the Year is announced in the fall.

The Maine Teacher of the Year program is committed to a nomination and selection process that ensures people of all backgrounds are represented. Educate Maine and the Maine DOE champion that commitment by encouraging the nomination of educators from culturally diverse experiences and



The 2025 Maine County Teachers of the Year cohort poses with Governor Janet Mills.



Julia Edwards, a choral music teacher in RSU 16, was named 2026 Maine Teacher of the Year.

backgrounds. For more information about the Maine Teacher of the Year program, please visit the Maine Teacher of the Year website.

Send all items for
Names & Faces to the editor.
Deadline is
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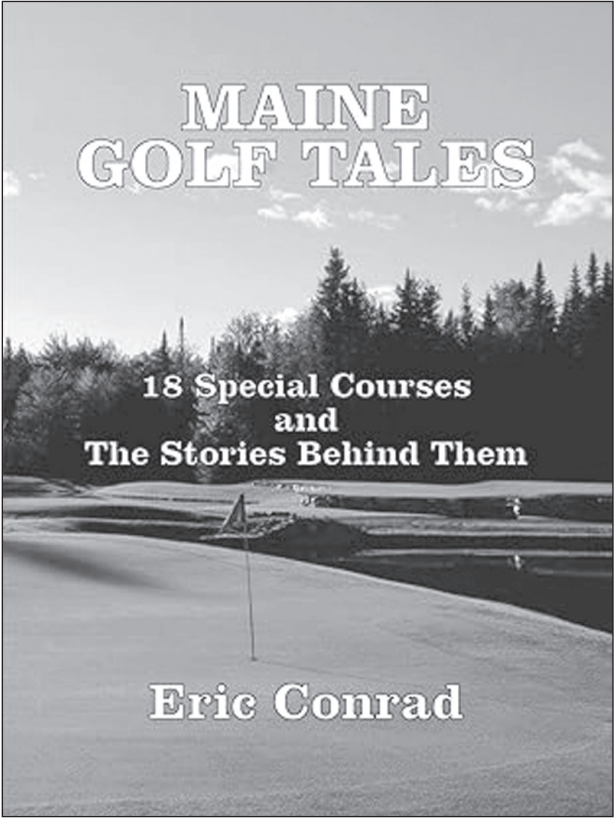
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Arts & Entertainment

Maine Golf Tales covers courses and the stories behind them

MAINE – Maine Golf Tales, a book written by Eric Conrad and published by Innocent By-stander Press, culminates a three-year project that provides surprising back stories about 18 Maine golf courses, geographically spread across the state. Some stories are about history. Some are poignant, current-day stories. Each chapter includes an analysis of the course’s most challenging hole by a local golf expert, and an author sidebar about his experience there. The full-color book has substance and will appeal to golfers and non-golfers alike.

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New photography on display at Rotating Art Gallery at CMMC

LEWISTON, ME – The Woman’s Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the photographs of Heather Gould during the month of December.

When not at work at Central Maine Medical Center where she has been employed for over 37 years, Gould spends time with her camera whenever she can.

She enjoys focusing her lens on the world around her whether it is wildlife, scenic views or capturing the fleeting image of a rainbow. As any serious birder knows, one of the best places to capture images of birds is in cemeteries. Several photographs on display this month confirm that places such as Evergreen Cemetery in Portland are often a birder’s paradise. Whether it’s taking a walk there or at other cemeteries in the region, she is always on the look-out for the ‘perfect shot’.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.



“Rising to the Heavens by Heather Gould (photograph supplied by photographer)

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Mozart.....*The Magic Flute* Overture
Sibelius.....*The Swan of Tuonela*
Dun.....*Passacaglia: Secret of Wind and Birds*
Humperdinck.....*Hansel and Gretel* Overture
Dukas.....*The Sorcerer’s Apprentice*
Shore....*Selections from The Lord of the Rings*

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UMaine Extension offers webinar on financial management

MAINE – University of Maine Cooperative Extension will host a webinar on Monday, January 5, 2026, from 6–7:15 p.m. focused on building financial literacy and management skills for commercial horticulture businesses.

Chris Laughton, Director of Knowledge Exchange at Farm Credit East, will lead a discussion on financial management fundamentals essential for running a successful horticultural enterprise. Laughton draws on his hands-on experience in his family’s greenhouse and nursery business to provide practical financial guidance to beginning farmers.

Topics will include understanding financial statements such as balance sheets and income statements, developing cash flow budgets, and navigating financing and credit options. Time will be provided for questions and discussion. Participants will gain practical tools to help make informed financial decisions and strengthen the long-term sustain-



Chris Laughton, Director of Knowledge Exchange at Farm Credit East, will lead a workshop on financial management for horticulture businesses. Photo courtesy Farm Credit East

ability of their businesses.

The webinar is part of UMaine Extension’s Commercial Horticulture Webinar Series, held on the first Monday of each month.

Registration is required; sliding scale fee options are available. Reg-

ister on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

NVM launches winter mini-grant competition for small businesses

AUGUSTA, ME – New Ventures Maine (NVME) has announced open applications for their statewide Marketing Mini-Grant competition.

The NVME Marketing Mini-Grant Program aims to strengthen access to markets for small businesses by supporting the development of marketing tools, materials, and activities. NVME will award cash mini-grants—up to \$1,000 per region (defined below)—to microenterprises for new or expanded business marketing and promotion projects through a competitive application process. The application form is accessible online at the NVME website. Applications are due by Friday, January 30, 2026 at noon.

Eligible applicants include individual micro-business owners, business partners, or groups of business owners. Businesses apply to the region in which they are based (see below for details).

Application criteria include: 1) Five or fewer full-time equivalent employees; 2) sales in the past 12 months; and 3) gross annual sales of no more than \$150,000 (previous calendar year).

Tessa Boepple, co-owner with Dylan Boepple of 3B’s Catering, winners of a marketing mini-grant last year, said of its impact, “We have received more email inquiries, and larger quote requests; three times the number of inquiries com-

pared to this time last year. And we succeeded in providing a more polished look at events.”

Regions and contacts for the 2026 Winter contest are:

Cumberland & York Counties: Martha Leonard, 207-245-3663, martha.leonard@maine.edu

Androscoggin, Oxford & Franklin Counties: Gina Platt, 207-753-6581, gina.platt@maine.edu

For more information, contact the region representative listed above or visit the New Ventures Maine website.

NVME Marketing Mini-grants are sponsored in part by Katahdin Trust Company, Kennebec Savings Bank, and Norway Savings Bank.

Join Maine Game Wardens for career information session

MAINE – Maine Game Wardens are looking for new team members who are dedicated to conserving Maine’s fish, wildlife and other natural resources and protecting the people who enjoy them.

Join us for an information session to meet current wardens and learn about the rewarding career, qualifications, and hiring process. Opportunities are available statewide, with a greater number of opportunities available in Aroostook, Northern Piscataquis, and Northern Penobscot Counties. Participants are encouraged to ask any questions they may have for our game wardens.

Sign up for a career information session today:

Sidney - Wednesday, January 7, 2026 6-8pm at the Sidney Headquarters

Bangor - Thursday, January 15, 2026 from 6-8pm at the Bangor Headquarters

Gray - Friday, January 16, 2026 from 6-8pm at the Gray Headquarters

Learn More + Register Online

Applicants are encouraged to apply as soon as their application is complete. Visit the Game Warden website to apply today for a full-time, permanent Maine Game Warden position or to be a Deputy Game Warden next summer.

These positions are full-time seasonal positions, from May 9, 2026 to the end of August. Deputy Game Wardens are assigned to specific bodies of



water to enforce recreational boating rules and regulations and are a great way to begin a career with Maine Warden Service.

The hiring process is open until February 2, 2026. Applicants must successfully complete the Pre-Employment Physical Fitness Test and ALERT exam to apply.

Maine Warden Service is administering the physical fitness test on Saturday, January 31 at 8:30 am, 10 am, and 11:30 am. Click here to register for the Physical Fitness test online.

If you are unavailable to complete the test on January 31, you can call the Maine Criminal Justice Academy at 1-207-877-8000 to schedule another time.

Working in the beautiful Maine outdoors every day is a dream of many.... But what other perks come with serving as a Maine Game Warden?

- A 25-year retirement system
- State paid health in-

surance and dental benefits

- Paid vacation and sick leave

- All necessary outdoor law enforcement gear (Assigned 4X4 vehicle, watercraft, snowmobile, ATV, computer, telephone, GPS, digital camera, and a variety of other state-of-the-art equipment and apparel)

- Upward and lateral mobility and rewarding specialty paths (K9 team, dive team, airboat operator, and more)

- No day is the same, and each season brings on new challenges and views

- The reward of protecting Maine’s natural resources and those who enjoy them

Can’t make it to one of the scheduled sessions?

Maine Game Wardens are always happy to answer your questions or meet with you one-on-one to talk about this unique career path.

Learn more about becoming a Maine Game Warden at mainegamewarden.com/gethired.

Maine producers demonstrate top quality at 2025 Maine Hay Contest

WATERVILLE, ME – The results of the 2025 Maine Hay Contest, sponsored by University of Maine Cooperative Extension, were officially announced during the Maine Forage Conference held this fall in Waterville. The contest, which recognizes producers who achieve the highest hay quality scores, highlighted the resilience and expertise of Maine farmers in a challenging growing season.

Contest entries were ranked based on the Relative Forage Quality score (RFQ), which assesses protein, energy and fiber digestibility. Hardy Farm in Farmington won first place with a RFQ score of 170. Second place went to Pine Ridge Acres in Falmouth with a 166 RFQ and Conant Acres in Canton was awarded third place with a score of 159.

Representatives from the winning farms, including Henry Hardy



Henry Hardy and family garnered first place in the annual Maine Hay Contest sponsored by UMaine Extension. Photo courtesy University of Maine Cooperative Extension.

and family, Aaron Bank of Pine Ridge Acres, and Matt Sneller of Conant Acres, were present to receive their awards and commemorative plaques. The win is particularly notable for Hardy Farm, which clinched the first-place title for the second time, demonstrating sustained excellence in hay production. This year’s

results were a testament to the skill and knowledge of hay Maine producers. The elite scores, especially considering environmental challenges such as drought faced by many producers this year, demonstrate that Maine farmers possess the excellent management practices necessary to produce superior-quality hay.

The Maine Hay Contest is an Extension educational initiative, pushing farmers to measure and improve their forage quality. Maine producers are encouraged to participate in the 2026 contest. Whether you are aiming for the top prize or wish to learn more about the quality of hay you are currently producing, participation is a valuable step toward optimizing animal nutrition and farm profitability. Learn more about the contest rules and submission guidelines at the program website.

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

Lewiston Farmers' Market NEW winter market

LEWISTON, ME – The Lewiston Farmers' Market is excited to announce the revival of their winter market for the 2025-26 season, which will occur once a month on Thursdays, December through March, with an exciting new location at Edward Little High School, 77 Harris Street in Auburn, Maine. The winter season will take place on Thursdays, December 18th, January 15th, February 12th, See Market, page 14

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CMMC maternity recognized as “High Performing”



Members of CMMC’s maternity and OB/GYN team with Paisley, who was born the day this picture was taken. From left to right: Jessica Couillard, RN (team leader), Katie Ciriello, RN, Aleta Joy, CNM, chief of midwifery and education director of women’s health, Tasha Duval, DO, chief of OB-GYN, Katie Card, CST, Amanda Connolly, RN, Lindsay White, RN

LEWISTON, ME – Central Maine Medical Center (CMMC) has once again been recognized as “High Performing in Maternity Care” by U.S. News & World Report. U.S. News began evaluating maternity care hospitals in 2021, rating hospitals that provide labor and delivery services and submit detailed data to the publication for analysis. U.S. News & World Report uses patient outcomes and hospital processes, as well as structure measures to describe quality care. Measures are weighed to create a composite score. They include:

NTSV	C-section rates and VBAC rates: 35% weight
Severe UNC rates: 25% weight	Commitment to exclusive breast milk feeding: 15% weight
Reporting on outcomes disparities: 10% weight	Birth-friendly practice: 10% weight
Episiotomy rates: 5% weight	

“What an honor to be recognized among the top in the nation for our maternity care at CMMC, said Rebecca Brakeley, MD, chief of Pediatrics at Central Maine Healthcare. “It takes unwavering teamwork and compassion to provide exceptional maternity and newborn care, and I’m very proud of our team.”

When a baby is born at CMMC, a chime that is heard around the hospital is played to share the good news.

Newsweek included CMMC in its 2025 list of best hospitals in the nation for maternity.

Women In Harmony present I Have a Voice choral program

SOUTH PORTLAND, ME – Women In Harmony present I Have A Voice at South Portland High School, 637 Highland Avenue, South Portland on Friday, January 16, 2026 at 7:30pm and Saturday, January 17, 2026 at 3:00PM. This winter, we present a formidable choral program entitled “I Have a Voice.” The seed of this concert was originally a concept of “power.” Themes and memes of power, much of it formulated and wielded in aggressive and destructive ways, are everywhere with us these days. While recognizing this, we did not want to offer a concert that embodied that same posture or tone. Instead we aimed to highlight healthy and prosocial manifestations of power. The concert title comes from the song A Beautiful Noise, written by eight women and recorded by Brandi Carlile and Alicia Keyes. All of these women hoped to inspire people to vote in the 2020 elections. An insistent line in the lyric says, “I have a voice/ It is loud, it is clear/ It’s stronger than your fear/ It’s believing you belong/ It’s calling out the wrong.” In Women in Harmony, we amplify that voice by a factor of 60. The courage to claim one’s own power is also part of our concert’s message. Joan Szymko’s Malala lifts up the renowned young Pakistani activist. Its lyrics have her declare, “Their bullet did not stop me. I am Malala. Their bullet gave me power to raise my voice...” Resilient by Rising Appalachia emphasizes the idea that there is power in numbers. “My voice feels tiny, and I’m sure so does yours/ but put us all together make a mighty roar...” Other songs on the program include Rise Up, See Harmony, page 14

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Special section: National Impaired Driving Prevention Month

Celebrate safely and arrive alive

Contributed by American Safety Council

While most people may associate December with the holidays, for the National Highway and Transportation Safety Administration it means Drunk and Drugged Driving Awareness Month. Actually, the two do go hand-in-hand, as many people celebrate at holiday festivities with alcoholic drinks, and many people travel by car to visit family this time of year. Before you hit the road, know that police use this month to crack down on drunk and drugged drivers.

Drinking and Driving
Nothing will put a damper on your holiday season faster than a DUI or having your license revoked. DUI's can be very costly, and many budgets are already stretched tight for holiday gift buying. This is also a busy time of year for people between parties and family gatherings, and the lack of a driver's license can be a major inconvenience.

In the U.S. a driver is considered impaired if his blood alcohol concentration (BAC) is above a 0.08. BAC is the percentage of alcohol found in the bloodstream of the driver. A 1.5 oz shot of liquor, a 12 oz bottle of beer, and a 5 oz glass of wine all contain approximately the same amount of alcohol at 0.6 oz. Women are more easily affected by alcohol than men, and your overall body weight is an important factor as well. Keep in mind these are just guidelines. Many other factors can contribute to a higher BAC, such as how much you have eaten prior to drinking, or if the bartender is pouring more than the standard amount.

For every 40 minutes after you stop drinking, subtract ~0.01 from the estimated BAC

As you can see, the rules are clearly not the same for everyone. A 240



pound man can have four drinks and may legally still be able to drive, while a 90 pound woman would be well over the legal limit after just two drinks. Statistics have also shown that at every level of blood alcohol concentration, the risk of a crash is higher for young people.

Nearly one-third of traffic related fatalities are caused by alcohol-impaired driving crashes. This means that if no one got behind the wheel while drunk, one out of three people who have died from traffic crashes could still be with us today. It is easy to read and report statistics, but the people who have lost loved one these are much more than statistics. Especially around the holidays, consider other people and families before getting behind the wheel. Drinking and driving is simply not worth the risk.

Drugged Driving
Drugged driving does not refer to someone slipping something in your drink, but rather driving under the influence of drugs. Even prescribed drugs or legally prescribed medicinal marijuana can impair your ability to drive. It is even more dangerous to combine any type of drug with alcohol. If you have any prescriptions, be sure to read all side effects and warnings before drinking or driving. Some drugs may cause drowsiness on their own and will advise against operating heavy machinery or combining with alcohol. It is very important to heed these warnings.

According to Stop-DruggedDriving.org, 20% of crashes in the country are caused by drivers un-

der the influence of drugs. Drugged drivers cause approximately 440,000 injuries, 6,761 deaths, and \$59.9 billion in damages per year.

Many states have adopted a per se standard of drugged driving. This means that if any detectable amount of a controlled substance is found in the driver's system, other than legally prescribed medicine, the driver will be at fault for drugged driving. This is different from the standard for drunk driving, as drivers are permitted to have a small amount of alcohol in their system and still drive. If a driver in one of the states with the per se standard is found to have any trace of an illegal substance in their bodily fluids they are considered to be Driving While Intoxicated.

The states with a per se standard for drugged driving are: Arizona, Delaware, Georgia, Illinois, Indiana, Iowa, Michigan, Minnesota, Mississippi, Nevada, North Carolina, Ohio, Pennsylvania, Rhode Island, Utah, Virginia, Washington, and Wisconsin.

Celebrate Safely and Arrive Alive

Of course many people like to sip on egg nog, spiked cider, and other alcoholic drinks during the holidays. As long as you plan ahead and refrain from illegal drug use, you can have all the holiday fun you want in a way that doesn't endanger your life or the lives of others. If you have any prescriptions, be sure you check the side effects and whether it is ok to consume alcohol while taking them. If you do consume, be sure to have a designated driver or at the very least stop drinking well before you plan to leave using the chart above as a guideline. If possible, stay over at the place where you are drinking, since police officers are on high alert during National Drunk and Drugged Driving Awareness Month.

DRUG-IMPAIRED DRIVING IN THE UNITED STATES



12.6 MILLION

Americans reported driving under the influence of marijuana or other illicit drugs in 2018.¹

Driving while impaired is illegal in the United States. Impaired driving happens when someone operates a vehicle while impaired by a substance like marijuana, other illicit drugs, some prescribed or over-the-counter medicines, or alcohol. Polysubstance use (using more than one drug or using drugs and alcohol together) also makes driving dangerous.

WHAT WE KNOW

Driving while impaired by any substance can be deadly. We know a lot about alcohol's effects on driving.* However, we need more research to fully understand the impacts of drug use and polysubstance use on crash injuries and deaths. One research challenge is distinguishing between **presence of** drugs and **impairment by** drugs in the body.

* This fact sheet focuses on drug-impaired driving. For information about alcohol-impaired driving, please visit www.cdc.gov/motorvehiclesafety/impaired_driving.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Working together, we can help keep people safe on the road—every day.

Driving while impaired by any substance can be deadly.

 Marijuana

 Other Illicit Drugs

 Prescription and Over-the-Counter Meds

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Maine nominees to US Military Service Academies announced

WASHINGTON, D.C. — U.S. Senators Susan Collins and Angus King today announced their nominees to the United States Military Academies. To be considered for an appointment to a service academy, applicants must be nominated by an authorized nominating source, which includes Members of Congress. Admission to the United States Coast Guard Academy, also a federal service academy, does not require a congressional nomination.

“We are proud to have the honor to nominate such an impressive group of Maine students to our nation’s distinguished service academies,” said Senators Collins and King. “The young people we have nominated have earned this honor through a commitment to strong scholarship, leadership, and character.”

The following students from Maine have received nominations as candidates to the service academies from Senators Collins and King:

United States Military Academy - West Point	N a m e
Hometown	High School
Jacob Biberstein	Orrington Bangor High School
Alexis Blue	Bangor High School
Theodore Bluhm	Belfast Belfast Area High School
Peter Bonaparte	Monticello Houlton Middle High School
Andrew Carroll	Raymond Solebury School
Greyson Creamer	Durham Freeport High School
Elaina Gagnon	Lebanon Noble High School
Zachary Lattanzi	Yarmouth Yarmouth High School
Anika Manning	Saco Thornton Academy
Cooper Manser	Berwick Noble High School
Thomas McLellan	Eliot Marshwood High School
Jaden Mizera	Palermo Erskine Academy
Isaiah Morgan	Cumberland Center Greeley High School
Harlow O’Leary	Saco Thornton Academy
Ashton O’Roak	Hampden Hampden Academy
Samuel Poulin	Scarborough Cheverus High School
Joshua Pratt	tt Rockland Oceanside High School

Oceanside High School	Elliot Irving
Jasper Wills	Bangor John
Bethel Gould	Bapst Memorial High School
United States Naval Academy – Annapolis	Cooper Manser
N a m e	Berwick Noble
Hometown	High School
Jacob Biberstein	Orrington Bangor High School
Ian Britt	Topsham Mt. Ararat High School
Alberto Cutone	Kennebunk Maine Connections Academy
Elaina Gagnon	Lebanon Noble High School
Eliot Irving	Bangor John Bapst Memorial High School
Cooper Manser	Berwick Noble High School
Thomas McLellan	Eliot Marshwood High School
Jaden Mizera	Palermo Erskine Academy
Isaiah Morgan	Cumberland Center Greeley High School
Thomas Ocampo	Scarborough Scarborough High School
Harlow O’Leary	Saco Thornton Academy
Ashton O’Roak	Hampden Hampden Academy
Samuel Poulin	Scarborough Cheverus High School
Joshua Pratt	tt Rockland Oceanside High School
Reed Proscia	Freeport Freeport High School
Otto Schoenthal	Southport Lincoln Academy
Aiden Surran	Hampden Hampden Academy
Cole Tomuschat	Scarborough Scarborough High School
Jasper Wills	Bethel Gould Academy
United States Air Force Academy – Colorado Springs	N a m e
Hometown	High School
Derek Barbie	Yarmouth Carabasset Valley Academy
Jacob Biberstein	Orrington Bangor High School
Ian Britt	Topsham Mt. Ararat High School
Kayden Daviault	Cape Elizabeth Cape Elizabeth High School
Patrick Delaney	Gorham Gorham High School
Elaina Gagnon	Lebanon Noble High School

Elliot Irving	Cooper Manser
Bangor John	Bapst Memorial High School
Cooper Manser	Berwick Noble
High School	High School
Aiden McKenna	Skowhegan Skowhegan High School
Thomas McLellan	Eliot Marshwood High School
Leonardo Mlynski	Hampden Hampden Academy
Isaiah Morgan	Cumberland Center Greeley High School
Cooper Neely	Old Town Old Town High School
Harlow O’Leary	Saco Thornton Academy
Ashton O’Roak	Hampden Hampden Academy
Samuel Poulin	Scarborough Cheverus High School
Joshua Pratt	tt Rockland Oceanside High School
Seth Starkey	Lebanon Noble High School
United States Merchant Marine Academy - Kings Point	N a m e
Hometown	High School
Jacob Biberstein	Orrington Bangor High School
Kaitlyn Dostie	Hope Camden Hills Regional High School
Eliot Irving	Bangor John Bapst Memorial High School
Isaiah Morgan	Cumberland Center Greeley High School
Harlow O’Leary	Saco Thornton Academy
Ashton O’Roak	Hampden Hampden Academy
Wallace Pooler	South China The Hill School
Samuel Poulin	Scarborough Cheverus High School
Jasper Wills	Bethel Gould Academy

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Maine WWII soldier accounted for

MAINE – The Defense POW/MIA Accounting Agency announced today that U.S. Army Cpl. Delmont Johnston, 21, of Monmouth, Maine, who was captured and died as a prisoner of war during World War II, was accounted for March 18, 2025.

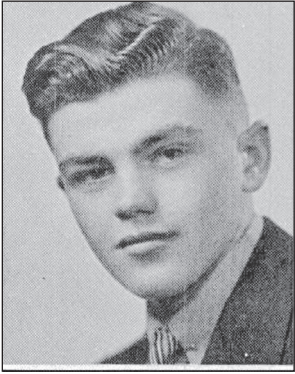
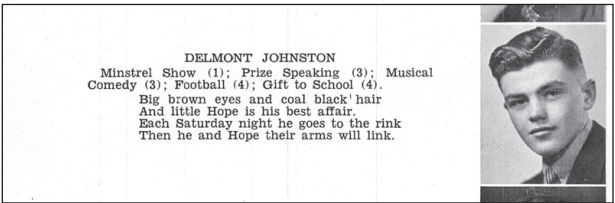
Johnston’s family recently received their full briefing on his identification, therefore, additional details on his identification can be shared.

In late 1942, Johnston was a member of 16th Bombardment Squadron, 27th Bombardment Group (Light), when Japanese forces invaded the Philippine Islands in December. Intense fighting continued until the surrender of the Bataan peninsula on April 9, 1942, and of Corregidor Island on May 6, 1942.

Thousands of U.S. and Filipino service members were captured and interned at POW camps. Pruitt was among those reported captured when U.S. forces in Bataan surrendered to the Japanese. They were subjected to the 65-mile Bataan Death March and then held at the Cabanatuan POW Camp #1. More than 2,500 POWs perished in this camp during the war.

According to prison camp and other historical records, Johnston died on Dec. 30, 1942, and was buried in the local Cabanatuan Camp Cemetery in Grave 836.

Following the war, American Graves Registration Service personnel exhumed those buried at the Cabanatuan cemetery and relocated the remains to a temporary U.S. military mausoleum near Manila. In 1948, the AGRS examined the remains in an attempt to identify them. One set of remains was recovered from Grave 836 but could not be identified as Johnston. He was declared non-recoverable on Aug. 25, 1949. The unidentified remains were buried



at the Manila American Cemetery and Memorial as an Unknown.

In December 2018, as part of the Cabanatuan Project, DPAA exhumed the remains associated with Grave 836 and sent them to the DPAA laboratory for analysis. DPAA also uncovered evidence of discrepancies between Grave 836 and Grave 822, and found evidence that Johnston was, in fact, buried in Grave 822.

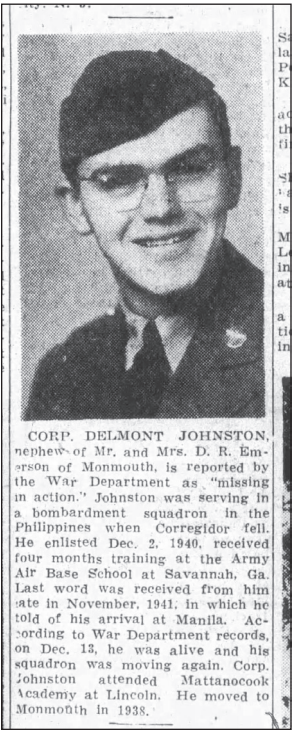
To identify Johnston’s remains, scientists from DPAA used dental, anthropological, and radio isotope analysis, as well as circumstantial evidence. Additionally, scientists from the Armed Forces Medical Examiner System used mitochondrial and Y-chromosome DNA analysis, and mitochondrial genome sequencing data.

Although interred as an Unknown in MACM, Johnston’s grave was meticulously cared for over the past 70 years by the American Battle Monuments Commission. Today, Johnston is memorialized on the Walls of the Missing at the Manila American Cemetery and Memorial in the Philippines. A rosette will be placed next to his name to indicate he has been accounted for.

Johnston will be buried in Augusta, Maine, in Spring 2026.

For family and fu-

Corp. Delmont Johnston
MONMOUTH—Daniel R. Emerson received word, Monday, from the U. S. Adjutant General's Department of the death of his nephew, Corp. Delmont Johnston of the U. S. Army, a Japanese prisoner in the Philippines. Word came from the Japanese, via International Red Cross.
Corp. Joinsich, 22, was the second Monmouth man lost in action. He was born at Lincoln, the son of Claude and the late Susan Emerson Johnston. was a graduate of Mattanawcook Academy, and enlisted in the Army, Dec. 2, 1940. He was in a bombardment squadron, stationed at Cebu, when the Philippines fell, and later was reported a prisoner of war. He made his home, following graduation from high school, with his uncle at Monmouth.
He leaves his father; a brother, Alexander Johnston, and a sister, Joyce, of Monmouth; two sisters living at Lincoln; his uncle; and a number of nieces and nephews.



neral information, contact the Army Casualty Office at (800) 892-2490.

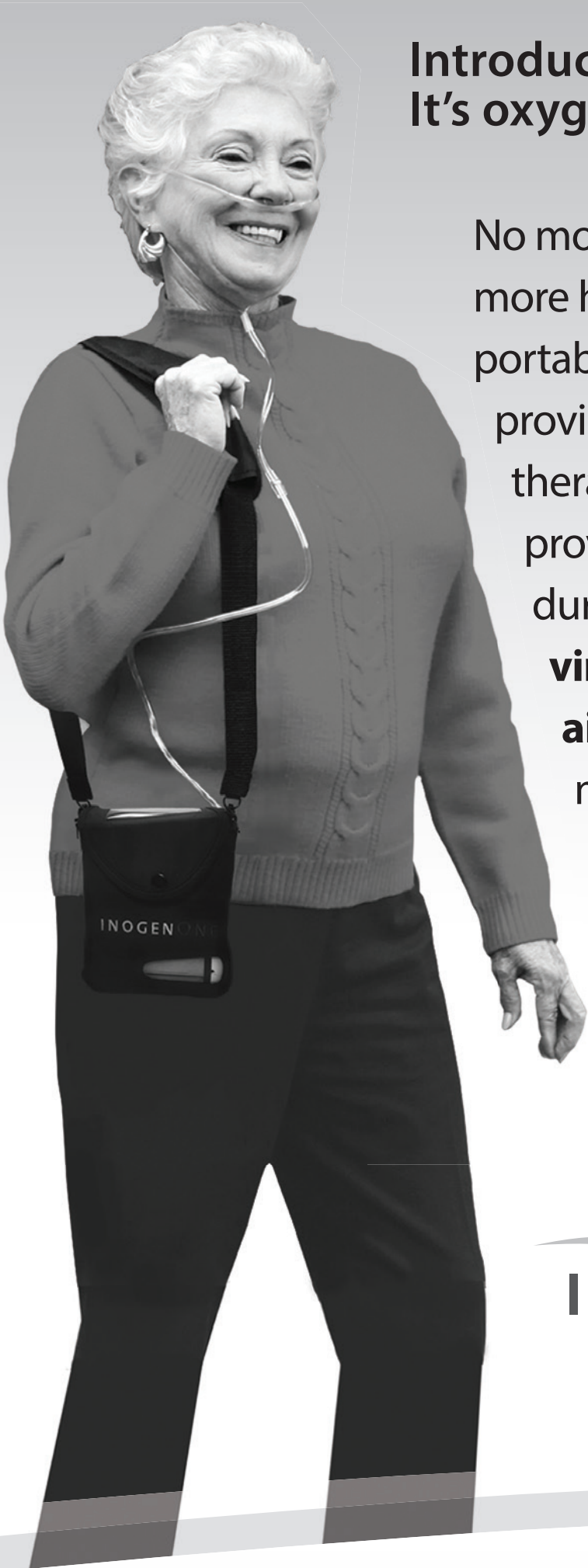
DPAA is grateful to the ABMC and the United States Army for their partnership in this mission.

For additional information on the Defense Department’s mission to account for Americans who went missing while serving their country, visit the DPAA website at www.dpaa.mil or on social media at www.facebook.com/dodpaa, <https://www.linkedin.com/company/dodpaa>, <https://www.instagram.com/dodpaa/>, or <https://x.com/dodpaa>.

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Dec 29
LEWISTON – Join the Androscoggin Historical Society, Auburn Public Library, and Lewiston Public Library as we partner to explore fiction with a historical twist. We will be meeting on the last Monday of each month from 5:30 – 6:30pm to discuss a historical fiction novel. Our next meeting will take place on December 29th @ 5:30pm, at the Androscoggin Historical Society, located at 93 Lisbon St., Lewiston, ME 04240. We will be reading

Calendar

Send your submissions to the Editor. More online.

The Eastern. Book One: The Early Years by Deborah Gould.

Jan 5
ONLINE – University of Maine Cooperative Extension will host a webinar on Monday, January 5, 2026, from 6–7:15 p.m. focused on building financial literacy and management skills for commercial horticulture businesses.

Jan 5 & Feb 2
LEWISTON – The Lewiston Public Library’s monthly crafters’ meet up will continue into the winter. Maker Monday meets every first Monday of the month from 4-6:30pm in the Couture Room.

Jan 10
LEWISTON – From 11am-12pm the Lewiston Public Library Children’s

Department will be offering New Year’s Wish Trees, a family keepsake program. Families will be able to decorate a tree of wishes for the new year. Extra paper for wishes will be packaged into envelopes for families so they can continue to add to their trees after the program. Families with children ages 14 and under are welcome to attend. This program will take place in the IDEA LAB on the second floor of the library.

Jan 13-15
AUGUSTA — The Maine Department of Agriculture, Conservation and Forestry (DACF) has announced the full slate of educational sessions and meetings for the 85th Maine Agricultural Trades

Show, taking place January 13–15, 2026, at the Augusta Civic Center.

Jan 16 & 17
SOUTH PORTLAND – Women In Harmony at South Portland High School, 637 Highland Avenue, South Portland on Friday, January 16, 2026 at 7:30pm and Saturday, January 17, 2026 at 3:00pm. This winter, we present a formidable choral program entitled “I Have a Voice.”

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

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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.

Ap 9
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. Ben Potter: Pollen

and Gatorade: Materials and Connotations in the Landscape, at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

May 28
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. Edwige Charlot: Artist talk, at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

Heart
Continued from page 3

CPR immediately and calling 9-1-1 could be the difference in life or death in those situations.

“Hands-Only CPR is something nearly everyone can learn and do. We encourage at least one person in every family to learn CPR because statistics show that most cardiac arrests occur outside the hospital and often in the home,” Iskandar said. “The American Heart Association has a short instructional video at Heart.org/HandsOnlyCPR. Watching the video and learning Hands-Only CPR could be a lifesaving and lifechanging activity for the family to do together as you’re gathered for the holidays.”

Iskandar notes that family gatherings are also a good time to talk about family health history.

“Many of the health factors that impact heart disease and stroke are hereditary,” she said. “If any

of your parents, siblings or grandparents have had a heart attack or stroke, you are likely at higher risk, too. But the good news is, you can lower your risks with preventive measures. Knowing that history is an important first step.”

Following are several heart-healthy tips for the upcoming holidays:

Know symptoms and take action: Heart attack signs and stroke symptoms vary in men and women and it’s important to recognize them early and call 9-1-1 for help. The sooner medical treatment begins, the better the chances of survival and preventing heart damage.

Celebrate in moderation Eating healthfully during the holidays doesn’t have to mean depriving yourself, there are still ways to eat smart. Look for small, healthy changes and swaps you can make so you continue to feel your best while eating and drinking in moderation, and don’t forget to watch

your salt intake.

Plan for peace on earth and goodwill toward yourself: Make time to take care of yourself during the busy holiday. Reduce stress from family interactions, strained finances, hectic schedules and other stressors prevalent this time of year, including traveling.

Keep moving: The American Heart Association recommends at least 150 minutes of physical activity per week and this number usually drops during the hustle and bustle of the holidays. Get creative with ways to stay active, even if it’s going for a family walk or another fun activity you can do with your loved ones.

Stick to your meds: Busy holidays can cause you to skip medications, forgetting them when away from home or not getting refills in a timely manner. The American Heart Association has a medication chart to help stay on top of it and be sure to keep tabs on your blood pressure

numbers.

“We do know there are ways to mitigate your risk for a deadly heart attack. So, we encourage everyone to pause during the holiday hustle and bustle and make note of these important steps that could be lifesaving,” Iskandar said.

The American Heart Association has more on ways to live heart-healthy during the holidays and all year long at heart.org.

Market
Continued from page 8

and March 19th from 4:00 to 7:00pm (weather permitting). Customers can access the market through the Edward Little High School auditorium entrance, with free parking and accessible parking available.

For the once-a-month markets, visitors can expect to shop with vendors selling farm fresh vegetables, storage crops, grass fed beef, chicken, eggs, homemade baked goods,

spices, maple products, honey, small batch cheese, sourdough, fiber works, handcrafted soap, crafts and more! This winter season the LFM is bringing on a number of new, rotating guest vendors selling an array of products. Visit the calendar page at lewistonfarmersmarket.com or sign up for the e-newsletter to stay in the know about rotating vendors. As in seasons past, customers will be able to purchase their goods with a range of currency including Cash, Credit, Debit or SNAP/EBT (food stamps). With every EBT purchase, customers will receive Maine Harvest Bucks, bonus bucks that can be used towards fruits and vegetables.

The Lewiston Farmers’ Market is family-friendly farmers’ market right in the heart of Lewiston-Auburn, the Lewiston Farmers’ Market is organized by the Lewiston Farmers’ Market Associ-

ation (LFMA) and offers visitors a chance to connect with one another and shop for a wide variety of fresh, delicious local foods and goods.

To stay up to date on Lewiston Farmers’ Market activities please visit lewistonfarmersmarket.com, https://www.facebook.com/lewistonfarmersmarket or contact the market at lewistonfarmersmarket@gmail.com or visit us at the Information Booth!

Harmony
Continued from page 8

a setting by Jake Runestad of some powerful words of Susan B. Anthony; and Eric Whitacre’s Sing Gently.

We also welcome the group Darlin’ Corey as a participating guest in the concert. Collectively, these musicians play fiddle, mandolin, banjo, guitar, bass, and pedal steel guitar.

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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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