

WRAP IT UP.



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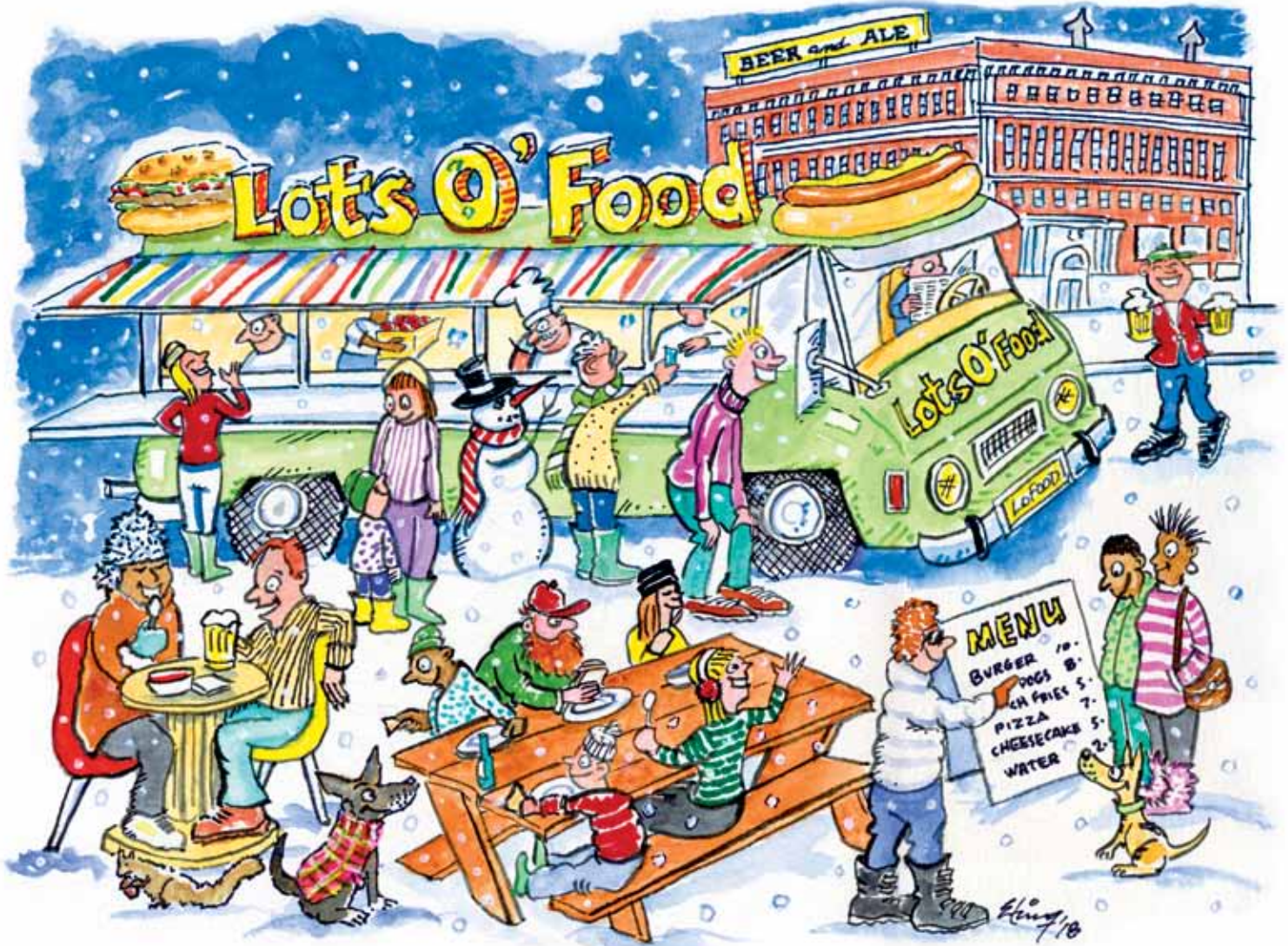


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Snow Truckin'

It's freezing out here, but these kitchens on wheels are fired up!

BY SAMANTHA ARSENAULT AND MEAGHAN MAURICE

THERE'S NO SHORTAGE of food trucks during that pretty little thing called summer. They're everywhere from Thompson's Point to the Kennebunks. But where can you find your on-the-go taco in the dead of winter? Don't worry, they're out there, and we've got the map for those of you on the hunt. Here's where the trucks go when it's cold outside.

THE TOTALLY AWESOME VEGAN FOOD TRUCK

Vegan comfort foods? We're in. How

does a plate of vegan cheese-smothered bacon fries sound? "In November, we'll likely be popping up two or three times a week in Portland, usually the Preble Street parking lot near Baxter Boulevard or on Congress Street in front of Tony's Donuts," chef Tony DiPhillipo says. "We'll be looking for sunny, temperate days. I'd like to do some outings with some cold-weather comfort foods: vegan stews and chowders, biscuits, muffins and breakfast sandwiches, and hot desert beverages."

MR. TUNA

Roll it up and roll out with Mr. Tuna's seaweed cone, filled with fresh sushi, rice, and vegetables. His locations change weekly, but you can drop into his brand new home in the Public Market House. "We will still be at our regular mobile locations [Goodfire Brewing, Portland Oyster Shop, the Portland Farmers' Market, Banded Brewing, Allagash Brewing, Foundation Brewing], but on a smaller scale for the winter," chef Graham Bott says.

HUNGRY EYE

CARIBOU

MOM, WHERE DO FOOD TRUCKS GO IN THE WINTER?

SUGARLOAF

AUGUSTA

LEWISTON

KENNEBUNK



MUTHAH TRUCKAH

The golden ciabatta bread will lure you in, but it's the stuff inside that makes Muthah Truckah worth the wintry trek. The sandwiches feature ingredients from bacon jam and smashed-caper mayo to arugula and shaved shallots, all paired perfectly with fresh cheeses and other toppings. New locations throughout the rest of the week are posted on Facebook, Instagram, and Twitter. "I'm actually open until the end of December," owner Erica Rose Dionne says. "Then I reopen at the beginning of March. Every Wednesday, we're at Rising Tide Brewing, and every Thursday we're at Al-lagash Brewing. The rest of the week changes—that's where we keep people in the loop via social media."

PINKY D'S

Passing through Lisbon Falls? Don't pass up the poutine at Pinky D's, where owner Randy Smith says they "specialize in the ultimate cold weather poutine." Find the truck Black Friday weekend at local Target stores (check their Facebook for details), Auburn's 150th New Years Celebration, Lisbon's Very Merry Main Street Holiday Celebration (December 3), and South Portland's Winterfest (January 25-26). They're also teaming up with Auburn's Side by Each Brewing to open The Poutine Factory, an indoor food truck placed inside the brewery. Look for that in January.

EIGHTY-8 DONUTS

Formerly known as Urban Sugar, this truck

is dishing out made-to-order donuts. Satisfy your sweet tooth with homemade, gourmet miniature donuts and a warming hot chocolate or coffee. They'll be parked at Sugarloaf when the snow begins to fall. "Miss Rosie [the truck] goes into fall hibernation," owner Kevin Sandes says.

CRÊPE ELIZABETH

Portland food truck rookies, crêpe-making pros. These purveyors of French crêpes with dramatic presentation feature everything savory and sweet in between. They'll be at Vintage Bazaar (December 16 and 17), Fire and Ice in Kennebunk (December 7 and 8).

HAKKA ME

Serving up authentic Cantonese fare, Portland's first Chinese food truck Hakka Me

MEAGHAN MAURICE AND SAMANTHA ARSENAULT

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HUNGRY EYE

can be found at Rising Tide Brewery most Sundays and Tuesdays through November. The menu features savory fish and noodle dishes—just what you're craving during a snow day. "People can find us most days on either Spring Street near Temple Street or at some of the local breweries in Portland," owner John Wen says.

SUGA SUGA

Delicate macarons and buttery soft sammie cookies with a twist are the specialty at Suga Suga. You can get these cookies delivered right to your door through Uber-Eats and 2Dine, or bust out the snow boots and find them at breweries this winter. "I'll be popping up at breweries on the week-ends through November but will be starting to offer order pick-up at Fork Food Lab through the winter months," owner Tara Canaday says. "

MAINE-LY MEATBALLS

These dear spheres, ranging from classic with red sauce to totally original, are anything but boring. Try out the lobster balls for a Maine-

fresh treat. Owner Jeanne Krull says, "I'll be at some of the breweries this winter. People can also call up and order meatballs for pick-up, or we can do catering as well if they don't want to face the elements."

MOBILE NOBLE BBQ

Barbecue is taking the grill to the streets. "This fall and winter we'll be focusing on having Mobile Noble at private events for company and personal holiday events," co-owner Ryan Carey says. "We'll also be at Definitive Brewing Company, but with our restaurant a mile from the brewery park, we'll be focusing on using the truck as a test kitchen with pop-up menus—think burger nights, taco nights and possibly some Noble pizza."

TACOS DEL SEUL

This is no Tex-Mex. Tacos Del Seoul is a Korean and Mexican fusion attraction that warms and excites everybody's taste buds. "Throughout the winter, we pop out on weekends to the breweries and events," co-owner Josh Dionne says. "We frequent the breweries on Industrial Way quite a bit in the winter." ■

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A handwritten signature in cursive script that reads "Wayne J. Yee, D.D.S., P.C." The signature is written in black ink.

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Plasma Arc, Laser, and Digital Dental Technology helps to Create Beautiful Smiles Often in Only One Day!

By: *Marianna Gold*

A smile that gives self-confidence and happiness is priceless. It can help you to start a new life, or to succeed at that interview for the job that you always wanted. Having a healthy appearance is a quality of life issue that can affect how others see and judge us, and how we see ourselves.

Obtaining High Quality Aesthetic (Cosmetic) Dentistry is easier to achieve than you may think. Just doing a professional 4 session Plasma Arc Bleaching is sometimes all that is needed to brighten a smile. And with today's Laser and ultrasonic filling technology you can in most cases totally avoid local anesthesia using needles. No more pain or hours of numbness. For Crowns the process of Digital Dentistry uses a Computer that guides a porcelain milling robot into the fabrication of custom designed and precisely fitted cosmetic teeth. Crowns/Laminates that could take several weeks to make can now be completed in as little as 1.5 hours.

The following photos were taken of an actual case completed in the office using Computer Assisted Design (CAD), and Computer Automated Milling (CAM) techniques. Temporaries that could easily fall off were not needed. This entire crown case was completed from start to finish in only One Day. Laser white fillings required less than 3 minutes per tooth because no wait time is needed for the patient to get numb. Plasma Arc bleaching helped to balance the colors prior to the start of treatment.



Will people know?

After this "Dental Make Over," few (even close friends) recognized what was done. But they all knew that the patient looked a lot better, and appeared healthier. This phenomena occurs because in conversations people focus more upon each other's eyes -- the teeth are not typically noticed as the immediate source of this healthy



new look; even if within their field of view.

But if the smile looks too white, or too flat, or too perfect the secret is given away and it draws attention immediately to the teeth; in which case they would appear fake. The secret to a perfect smile is by adding imperfections, but in the way that Mother Nature would. Look at the before and after pictures again. See if you can identify the natural teeth from the cosmetic bondings and porcelain crowns. The answer will be in next month's issue.

A Healthy Foundation

In order to have a lasting affect, all Aesthetic Dentistry must start with quality Dental care, healthy gums, and proper hygiene. A comprehensive approach requires your willingness to get your teeth and gums into the best shape possible. This critical effort on your part will greatly increase the life of your Aesthetic Dentistry.

Having a perfect smile is really specific to each individual. One smile cannot fit all. A perfect smile is subjective to the person who wants it, and the environment in which the person intends to be in.

Philosophy of Dental Aesthetics

"In over 20 years of Practice I have learned that the best Aesthetic Dentistry occurs only in an imperfect world. I try my best to copy and maximize the beauty of that imperfect world. Rather than trying to make every tooth geometrically the same I try to lean in the direction that nature's form and function takes me; unique to each individual.

I purposely make teeth ever so slightly "imperfect" with tiny chips, waves, twists, and turns, but I do so in the way Mother Nature would make these teeth. The net result is a "perfect smile," but not a fake smile.

-Quote by Dr. Wayne J. Yee