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WRAP IT UP.

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MAINE MINERAL & GEM MUSEUM

MAINE GEMSTONES. LOCALLY MINED, GLOBALLY WORN.
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 dessert 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 Botto says.
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-EIGHT 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
Embrace Life!
At Sable Lodge, we offer more than just a community—we offer a worry-free lifestyle. Our all-inclusive resort living concept gives residents time to enjoy life at its best! Dine on your time and enjoy fresh Chef-prepared meals from our scratch kitchen. Make new friends, have fun and embrace a healthier you!

One monthly price includes:

- Month-to-month lease with no buy-in fees
- Live-in managers
- Signature Freedom Dining program
- Room service and chef’s pantry
- Social activities & wellness programs
- 24/7 Fitness center
- 24/7 Medical Alert System
- Weekly housekeeping
- Concierge & valet parking services

*Must sign and move by the end of the month to receive 2 months rent-free promotional offer.
Kennebunkport celebrates Winter at the seacoast like no other.

Reserve your winter getaway now at low off-season rates and come celebrate with us!
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