



# LIFESTYLE

## AT HIGHLAND GREEN

NEWS • PERSONALITIES • PERSPECTIVES

WINTER/SPRING 2022

### WHAT'S INSIDE:

- ❄ Merits of Merrymeeting Bay
- ❄ A Message from Our CEO
- ❄ Meet Highland Green Residents Frank and Carrie Strasburger
- ❄ Yoga Reopens
- ❄ Open Studios Informal Artistry
- ❄ CREA Corner
- ❄ Living Options Including Assisted Living
- ❄ Rent While You Build Program

*Highland Green...  
Fostering personal  
fulfillment and well-being  
within a welcoming,  
vibrant, majestic  
environment*



7 Evergreen Circle, Topsham, Maine  
1-866-854-1200 / 207-725-4549  
HighlandGreenLifestyle.com

# Merrymeeting Bay

*About the Author: Highland Green resident  
Franklin Burroughs is author of  
Confluence: Merrymeeting Bay*



Merrymeeting Bay is located ten minutes from Highland Green. The Bay is home to Atlantic and Shortnose Sturgeon, bald eagles, and harbor seals.

There are four places on earth where two major river systems share the same delta: the Tigris and Euphrates combine to form Mesopotamia's Fertile Crescent; the Ganges and Brahmaputra create extraordinarily fertile and densely populated floodplains in India and Bangladesh; the San Joaquin and Sacramento form California's Central Valley, the breadbasket of the nation; the Androscoggin and Kennebec give us (drumroll please) Merrymeeting Bay. Like the other three, the Bay is surrounded by fine soils and extensive marshes, and a webwork of lesser rivers. Unlike them, it has never been drained or diked; it still is home to substantial remnants of its once

vast congregations of migratory fish and fowl. It minds its own business quietly, as though not quite part of Vacationland.

Its tidal range varies from 5 to 7 feet; its tidal currents, where constricted by narrows, are stiff. But for all of this, its waters are fresh, and used for agricultural irrigation. The Androscoggin, wandering over from New Hampshire, drops down to tidewater below the Frank Wood Bridge in Brunswick; the Kennebec, coming straight down out of Moosehead Lake, widens as it passes under the Richmond-Dresden Bridge, then divides and spreads out as it goes around Swan Island, by far the largest of Merrymeeting's many islands. From south to north, the Bay

*Continued on page 2*