



TWIN CITY TIMES

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Minke whale dissected and composted in Gorham



Members of the Marine Mammals of Maine perform a necropsy last week on a minke whale that was found on August 22, floating near an island in Saco Bay, south of Scarborough. The whale was transported to Benson Farm Earth Products on Plummer Road, Gorham, for the procedure. (Photos courtesy of MMoMe)

By Nathan Tsukroff

GORHAM - A dead minke whale recently pulled from the waters of Saco Bay was dissected to determine its cause of death and will now be composted, with the finished result used for fertilizer.

Found off-shore from Scarborough, the whale was brought to Benson Farm Earth Products on Plummer Road in Gorham, a former dairy farm that now specializes in composting ingredients from farm, forest, field, and ocean sources to create fertilizer to be used by local gardeners and farmers.

Lynda Doughty, Founding Executive Director of Marine

Mammals of Maine (MMoMe), said her group received an initial report on Saturday, August 22, of a whale floating off Stratton Island, which sits in the middle of Saco Bay, east of Old Orchard Beach and south of Scarborough. By Sunday, the whale had landed on the shore of Bluff Island, a smaller island just northwest of Stratton Island.

"We responded to the animal on Sunday, and got to confirm species, some photographs, kind of determine some metrics and get some length measurements, and get some skin samples, some blubber samples off the animal," Doughty said.

"And then, because of the condition of the animal, we started making plans to bring the animal in for a necropsy," she said. A necropsy (KNEE-crop-see) is similar to the autopsies performed on humans, where a body is examined to determine the cause of death or the extent of disease.

The National Marine Fisheries Service (NMFS), informally known as NOAA Fisheries, has previously declared an "Unusual Mortality Event" for minke whales, noting on its website that, "Since January 2017, elevated minke whale (Balaeoptera acutorostrata) mortalities

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Out and About with Rachel Morin My First Real Job

I first became aware of Elizabeth Peavey through her moving and funny one woman show, My Mother's Clothes Are Not My Mother, a beautifully written and performed play about Mother/Daughter relationships, aging and loss.

So, when I saw that Elizabeth Peavey was going to be an instructor for Memoir Writing at Lewiston/Auburn Senior College, I did not hesitate. Here was a chance to

work with someone whose style I really admired. Elizabeth is a regular writer of essays for Downeast Magazine, which have been collected into a book, Maine & Me: 10 Years of Downeast Adventures which won the Maine Literary Award for Best Maine-Themed Book in 2004.

My Memoir Writing group, 10 senior college members from Lewiston/Auburn, Minot, Presque Isle, Ma-

See Job, page 16



Elizabeth Peavey, noted Portland, ME, author and playwright. (Photo provided by Rachel Morin)

Staff layoffs were hard for owners of The Blue Pig Diner

By Kiely Callahan

GORHAM - Laying off staff has been the hardest part of the COVID-19 pandemic for the owners of The Blue Pig Diner on State Street in Gorham.

Reducing seating capacity as required by state restrictions has meant furloughing long-time employees who have become very close with the owners over the years.

"Financially, COVID has created



A unique cutout sign hangs at the front of The Blue Pig Diner on State Street in Gorham. (Callahan photo)

no breathing room," owner Paul Kenne-

dy said. The diner has lost income because of the reduced number of guests, even with newly-created outdoor seating.

Kennedy's plan is to bring as many employees back to work as possible when he is able to increase capacity.

During the time the diner was closed down, employees all received unemployment benefits, and Kennedy said that he

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- Supports training of at risk youth to enter the job market
- Committed to fight the opioid crisis

Newsmakers, Names & Faces

Second round of COVID-19 prevention and protection awards

The Mills Administration announced recently that it has approved an additional \$4 million in awards to more than 80 municipalities and Tribal governments across the state under a second round of Keep Maine Healthy funding to support local COVID-19 public health, education, and prevention efforts.

The announcement (<http://bit.ly/ws/9uCA>) follows the award in late June of the first round of funding to municipalities under the Keep Maine Healthy Plan, with approximately \$9 million awarded to nearly 100 municipalities. Today, the Maine Department of Health and Human Services (DHHS) approved COVID-19 Prevention and Protection Plans submitted by 82 municipalities and Tribal governments and began notifying municipalities of their awards. Approximately half of the awards will go to municipalities and Tribal governments that are new applicants, while the others will benefit returning municipalities.

In total, this Keep Maine Healthy funding will benefit 132 municipalities and two Tribal governments, representing about 1 million people, or 75 percent of the State's year-round population, along with summer and fall visitors.

The awards are supported by Coronavirus Relief Funds

from the CARES Act and are distributed on a reimbursement basis as communities implement these programs.

"The progress our state has made thus far in mitigating the spread of COVID-19 is in part a testament to the hard work communities have done on the front lines to keep Maine healthy," said Governor Mills. "While I am proud of that progress, we cannot let our guard down. With these additional grants, our Administration will continue to support municipalities as they work to educate the public on the dangers of COVID-19, implement and encourage compliance with public health and safety guidelines, and protect all Maine people and visitors."

"We thank Maine's cities, towns and Tribal governments for their partnership in protecting Maine people and visitors against the spread of COVID-19," said DHHS Commissioner Jeanne Lambrew. "This funding has supported their innovative responses on the front lines of this pandemic and will continue to bolster this critical work into the fall."

This initiative incentivizes municipalities and Tribal governments to develop and implement their own COVID-19 prevention, education and protection plans by reimbursing municipal costs associated with public health ed-

ucation and prevention activities. These plans aim to help keep Maine people and visitors safe from COVID-19 by including one or more of the following:

Public education activities: This could include printing and posting of existing State or national COVID-19 prevention information and developing local educational activities that are consistent with CDC guidelines. Costs eligible for reimbursement would include staff time for planning and education activities and costs for signage, materials, website development, brochures and mailing.

Physical distancing and public health support: This could include fences, tape, and signage for physical distancing in public spaces and closed streets; providing staff to limit crowds in front of restaurants, bars, beaches and other sites; new traffic pattern signage and education; purchases of personal protective equipment and hand sanitizer to be made available for staff, visitors, and for use at public locations; and extra cleaning supplies and additional staff time required for enhanced cleaning and management of public spaces and restroom facilities.

Local business assistance: This includes staff time for a Code Enforcement Officer, Local Health Officer, or other per-

son designated by the municipality or Tribal government to be the local contact for educating local businesses on best practices. This may include following up on public complaints and, for certain cases, reporting to State officials when there is a potential public health violation that cannot be quickly resolved through educational means.

The Mills Administration worked closely with the Maine Municipal Association and the Mayor's Coalition on the creation of the municipal awards program.

"The Maine Municipal Association is pleased again to learn that 82 cities and towns will receive \$4 million in grants to protect their citizens' and visitors' health under Governor Mills' second round of the Keep Maine Healthy program for COVID-19 expenses," said Stephen Gove, Executive Director, Maine Municipal Association. "The program represents a welcomed partnership between the state and municipalities during our summer and fall tourism seasons. The grants recognize the important role municipalities play in public health protection and education during the current public health emergency."

The municipal programs vary in size and scope. For example: Sanford proposes to support a regional partnership among the City, York County Community Action Corporation, and the Sanford-Springvale

YMCA to assist medically underserved populations in the area. The City plans to launch a public education campaign, hire two "park safety ambassadors" to provide education at the Holdsworth Public Park in Springvale, and open and fund 10 virtual learning sites to provide educational programming for elementary school children in aftercare settings.

"The City of Sanford is Keeping Maine Healthy and helping protect the area economy and its people in partnership with the York County Community Action Corporation and the surrounding towns of Acton, Alfred, North Berwick, Lebanon, Shapleigh, and Waterboro and their community libraries," said Ian Houseal, Director of Community Development, City of Sanford. "The Health Educator Surge Team's goal is to flexibly support and nudge the public and businesses carrying on with business, enjoying recreational activities, going back to work, returning to school and keeping on with daily life and supporting those experiencing social isolation, and helping maintain health and financial independence during the pandemic during this summer and fall."

Bethel proposes a "Keep Healthy, Keep Open" campaign featuring illustrations of a Masked Moose character on signage and other educational material and a live costumed character who will visit schools and

businesses and engage locals and visitors to convey the importance of COVID-19 prevention. The Masked Moose will distribute 100 businesses containing branded, reusable masks for employees, disposable masks to distribute to customers, signage, hand sanitizer, and cleaning supplies.

"In developing our Keep Healthy, Keep Open Masked Moose Campaign, our team recognized that those living in and visiting Bethel are here for a wide variety of reasons and are grateful we remain largely open due to the existing efforts of our community," said Loretta Powers, Bethel Town Manager. "We are appreciative to be awarded the funds to deliver a serious message in a fun way. Team members Brent Bachelder, Amy Halsted, Sara Hemeon, Jessie Perkins and I believe the distribution of targeted messaging through an illustrated and live moose brand will be memorable. There is always a lot of buzz about seeing a moose."

Auburn will focus public education efforts on New Mainers through door-to-door visits to distribute educational materials that will include testing site locations and other information to help address health concerns. The City will also distribute personal protective equipment (PPE) materials including face coverings and supplies during visits with New
See Awards, page 13

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Newsmakers, Names & Faces

Coleen Elias Appointed Community Clinical Services CEO/CFO



Coleen Elias was recently appointed as CEO/CFO of Community Clinical Services, a Federally Qualified Health Center based in Lewiston. (Photo provided by St. Mary's)

LEWISTON - St. Mary's Health System is pleased to announce that the CCS Board of Directors has appointed Coleen Elias as CEO/CFO of Community Clinical Services (CCS), a Lewiston-based Federally

Qualified Health Center (FQHC) offering family health, pediatrics, dental, psychiatry, and counselling services to Lewiston, Auburn and surrounding communities. Elias has been in the role of Interim CEO/CFO since March of this year.

Elias first joined St. Mary's Health System in 2017 and has served in various CCS leadership roles since December 2018. A United States Coast Guard veteran, she holds a Master of Science degree in Healthcare Administration.

"We're thrilled to have Coleen leading the CCS organization," says Steve Jorgensen, President of St. Mary's Health System. "Her strong commitment to mission-based healthcare and her depth of experience in quality and performance improvement are a perfect fit for this demanding role."

Nathan Tsukroff joins our staff as Managing Editor

Nathan Tsukroff from Gray, ME, joins our staff as managing editor of both the Twin City Times and Gorham Weekly.

With more than 40 years of experience, Tsukroff began his career on the sports desk of a small daily newspaper in northwestern Connecticut. He worked his way up to the editor's desk, then transitioned to a career as a full-time photographer for weddings, high school and college seniors, sports leagues, and church directories.

Tsukroff moved to Maine in 2002 with his wife, Susan, and son, Andrew, where they opened their own photography studio. He worked as a stringer for a couple of southern Maine weekly newspapers, covering local events as a writer and photographer.

"I love sharing stories of our community!" Tsukroff said, "And I'm excited to



expand the editorial coverage of a newspaper that has been published for more than 20 years." In addition to editing the papers, he will work as part of the editorial staff to report on events and trends in the greater-Gorham/

Lewiston areas. The Twin City Times has been in print for nearly 22 years, covering Lewiston and Auburn.

You can reach Tsukroff at either: editor@twincitytimes.com or: editor@gorhamweekly.com.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

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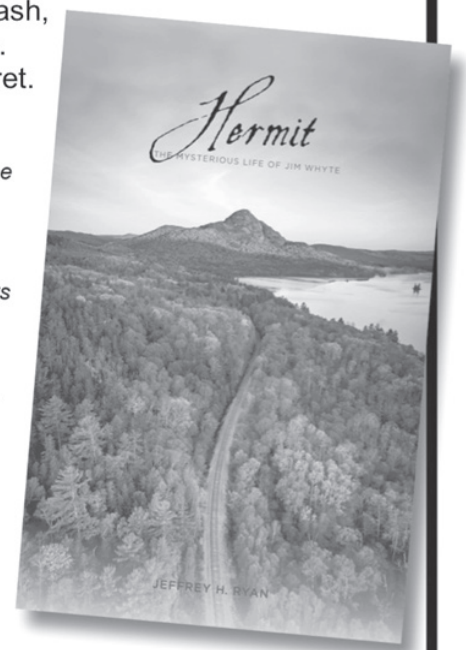
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 — George Smith, Bangor Daily News

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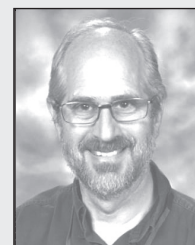
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What's Going On

New CARES Act funding for Nearly 100 Maine nursing homes

From the office of Senator Susan Collins
Washington, D.C. – U.S. Senators Susan Collins and Angus King announced last week that 93 skilled nursing facilities and nursing homes in Maine have been awarded a total of \$10,421,700 to support increased testing, staffing, and personal protective equipment (PPE) needs.

The funding announced is a targeted distribution from the Department of Health and Human Services (HHS) Provider Relief Fund, which is funded through \$175 billion included in the bipartisan CARES Act and the *Paycheck Protection Program and Health Care Enhancement Act*.

“In the midst of this ongoing public health and economic crisis, it is crucial that our seniors and all of those who make up our nursing home communities remain supported and protected,” said **Senators Collins and King in a joint statement**. “This additional funding will help protect the health

of nursing home residents, prevent and reduce the spread of COVID-19, and support our health care providers on the front lines.”

The announcement of \$2.5 billion in additional funding for nursing homes across the country builds on the \$4.9 billion that was previously distributed from the HHS Provider Relief Fund to help these facilities. In May, Senators Collins and King announced that Maine nursing homes would receive a total of \$17.9 million to help protect the health of residents and staff and support nursing homes struggling with significant expenses or lost revenue due to COVID-19. To date, Maine health care providers have received more than \$400 million in relief from the HHS Provider Relief Fund.

To further support nursing homes, HHS also announced last week that the Agency for Healthcare Research and Quality (AHRQ) will be partnering with America's nursing homes to create

the National Nursing Home COVID Action Network. Through the Network, AHRQ will offer training, and mentorship to the approximately 15,400 nursing homes across the country to supplement efforts aimed at protecting residents and staff.

As the Chairman of the Aging Committee, Senator Collins has advocated for seniors in Maine and across the nation. In March, Senator Collins led a letter that was signed by 12 members of the Aging Committee urging HHS to take action to protect seniors from the virus.

In May, Senator Collins chaired Congress' first oversight hearing on COVID-19's devastating impact on seniors, particularly those that reside in long-term care facilities such as nursing homes. In addition, she chaired a hearing on combatting social isolation and loneliness in seniors during the pandemic and most recently held a hearing to examine COVID-19's racial health disparities.

Serious questions surround dangerous mining proposal

The application for a proposed metal mine on 528 acres near Mount Chase <https://www.nrcm.org/blog/new-mining-threat-near-baxter-national-monument/> not far from Baxter State Park and the Katahdin Woods & Waters National Monument, contains serious flaws and offers no assurances for adequate environmental protection according to state's leading environmental group, the Natural Resources Council of Maine (NRCM).

The blistering feedback comes as the Land Use Planning Commission (LUPC) is slated to discuss its July 27 decision to mark the rezoning petition from Wolfden Resources (Wolfden) as complete, despite the application's many well-documented flaws.

“Wolfden is making unrealistic claims about its abilities. It's become clear that Wolfden would never be able to meet the very strict requirements of Maine's mining law,” said NRCM Staff Scientist Nick Bennett. “The LUPC should reject Wolfden's proposal because the company has not provided honest and timely information and does not understand or respect Maine's mining law and rules. The company also lacks the financial resources to mine safely, which would likely leave taxpayers on the hook for costly cleanup.”

NRCM detailed the serious questions

about Wolfden's petition for rezoning to build a mine and ore processing facility in a letter sent to the LUPC in June https://www.maine.gov/dacf/lupc/projects/wolfden/notice/PublicComment_Wolfden_07242020.pdf#page=2 including:

1) Failure to prove it can treat wastewater adequately. Because there are no streams near the proposed mining site that are large enough to put in wastewater discharges (Maine law prohibits discharges in streams with watersheds less than 10 square miles in area <https://legislature.maine.gov/legis/statutes/38%20Old/title38sec464.html>), Wolfden would need to discharge to groundwater, a precious resource that quickly makes its way to streams, rivers, and lakes. To do so, it would need to treat wastewater to be as clean as natural groundwater, but the company has provided no example of a comparable mine that can do this, despite the LUPC repeatedly asking for one.

2) Disrespect for Maine's mining law and rules. Wolfden has proposed disposal of tailings paste in closed mine tunnels and shafts many times despite repeated reminders from the LUPC that this is not allowed under Maine's mining rules. When NRCM confronted the company about this issue, a Wolfden official stated that Maine's rules were poorly thought-out on this front, despite the fact that Maine's min-

ing laws and rules took years to craft and that the Department of Environmental Protection specifically prohibited this practice because of the high risk of contamination it poses to groundwater.

3) No documented financial capacity as required by law. Because mining is such a demanding and dangerous industry, only companies that have strong financial positions can do the job well. The financial statement from the company's initial rezoning petition https://www.maine.gov/dacf/lupc/projects/wolfden/hearing_record/Rezoning_Petition_LUPC.pdf#page=84 admits it does not have adequate funding.

“Maine cannot afford to have mining companies here that would work on the cheap and leave Maine taxpayers paying for cleanup,” continued Bennett. “The world is full of examples of disastrous, contaminated mining sites that will cause perpetual pollution because the companies involved did not have the resources necessary to mine safely or pay for cleanup. Wolfden has every appearance of being one of those companies, and Maine's environment and taxpayers would suffer because of it.”

Read a recent blog post from Nick Bennett <https://www.nrcm.org/blog/new-mining-threat-near-baxter-national-monument/> to learn more about Wolfden's dangerous mining proposal.

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Collins commemorates DAV centennial anniversary

From the office of U.S. Senator Collins
BANGOR - U.S. Senator Susan Collins commemorated the Disabled American Veterans' (DAV) centennial anniversary at a celebration at the Cole Land Transportation Museum last week.

The event, which was hosted by DAV Maine Chapter 6, included a small parade to honor Richard Proulx, a 92-year-old veteran who has been a DAV member for 72 years. During the event, Senator Collins presented Mr. Proulx of Hampden with a flag flown over the U.S. Capitol to honor him for his service in World War II.

"Every year, DAV helps more than one million veterans, from providing them with access to the health care and education benefits they earned through their service, to connecting them to meaningful employment opportunities," said Senator Collins. "As the longest serving DAV member in Maine, I was honored to have the opportunity to thank Richard for his unwavering service to our country and to our state. It was especially touching to learn that Richard fought in the Battle of the Bulge, just as my father did."

"It is fitting that this incredibly moving celebration was held at the Cole Land Transportation Museum, which was founded by Galen Cole, a veteran who devoted his life to serving other veterans," Senator Collins continued. "His passing earlier this year was a great loss to the State of Maine, but his contributions continue to inspire us."



U.S. Senator Susan Collins chats with members of the Patriot Riders of America, a Non-Profit fundraising organization that helps local veterans that have fallen upon hard times, at a commemoration of the centennial of the Disabled American Veterans. (Photo provided by Senator Collins office)



U.S. Senator Susan Collins presents a flag to Richard Proulx, a 92-year-old veteran who has been a member of the Disable American Veterans for 72 years. Collins commemorated the Disabled American Veterans' (DAV) centennial anniversary at a celebration at the Cole Land Transportation Museum last week. (Photo provided by Senator Collins office)

Senator Collins, along with her colleagues, recently introduced the Veteran Benefits Enhancement and Expansion Act of 2020 to improve benefits for veterans in the areas of education, pensions, and survivor benefits, among others. The legislation includes elements of the bipartisan Veteran Pension Protection Act, legislation Senator Collins co-authored that would require the Department of Veterans Affairs to systematically track victims, scammers, and trends

to proactively protect veterans and survivors across the country from predatory pension poachers.

Following a bipartisan push by Senator Collins, veterans who receive Compensation

and Pension (C&P) benefit payments automatically received their CARES Act rebate check and were not required to file a tax return.

Founded in 1920, DAV is a veteran ser-

vice organization that provides a lifetime of support for veterans of all generations and their families, helping more than one million veterans in positive, life-changing ways each year.



U.S. Senator Susan Collins congratulates Richard Proulx, a 72-year member of the Disable American Veterans, at a DAV centennial anniversary celebration last week at the Cole Land Transportation Museum. (Photo provided by Senator Collins office)

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Arts & Entertainment

Seniors Not Acting Their Age

Traversing the Big Lakes

By Ron Chase

I had two good reasons to organize a trip on the big lakes of western Maine. First, a traverse of Cupsuptic, Mooselookmeguntic, Upper Richardson, and Lower Richardson Lakes is one of the most exceptional paddling experiences in Maine. Second, the excursion would be an episode in my new book tentatively entitled *The Fifty Finest Outdoor Adventures in Maine*. The publisher, North Country Press, plans to go to print in 2021 and my goal is to finish the manuscript by the end of September. A narrative about the exploit would be one of three remaining chapters.

A physically demanding logistically challenging expedi-

tion, enlisting at least one willing victim was necessary for the shuttle. I began marketing the scheme to my regular outdoor companions weeks in advance.

Several factors make planning the journey exacting. The shuttle over backcountry roads is about sixty miles in distance, weather and wind direction can be significant factors, and availability of campsites in this managed wilderness area is sometimes problematic.

The choice of vessel is another issue. On my first traverse with my son Adam about thirty-five years ago, we used a tripping canoe. On a second outing, everyone paddled sea kayaks. Canoes carry more gear but kayaks are faster

and easier to navigate in strong winds. A kayak was my preference. When the winds increase and waves get rough, kneeling is often necessary in a canoe. Kneeling with my aging arthritic joints and replacement knee is simply too uncomfortable.

Estimating the paddling distance to be about thirty miles with a portage in the middle and a long shuttle on both ends, three days seemed the requisite timeframe to complete the endeavor. Identifying a perfect three-day weather forecast with only two days advance notice, my recruitment efforts were minimally successful. Frequent outdoor accomplice Brent Elwell signed on and we'd both be piloting sea kayaks. Since



Ron Cook paddles across a lake in western Maine. (Ron Cook photo)

the forecast called for winds from the northwest for the first two days, our selection was a north to south traverse beginning on Cupsuptic Lake, traveling south through much of Mooselookmeguntic, portaging around Upper Dam, and continuing south

through Upper and Lower Richardson Lakes ending the journey in the tiny community of South Arm.

Stephen Phillips Memorial Preserve manages campsites on Mooselookmeguntic Lake. I was able to reserve one on Brandy Point ideally situated

two miles east of Upper Dam for the first night. The Richardson Lakes have a multitude of campsites. Trusting an elderly memory, my recollection was they were available without reservations.

Meeting at a large parking area near the
See Seniors, page 11

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New micro-enterprise small business grant program

The Maine Department of Economic & Community Development (DECD) in partnership with the Maine Small Business Development Centers (SBDC) will provide grants of up to \$5,000 for businesses with five or fewer employees, with an owner whose income is in the low to moderate range as defined by the Department of Housing and Urban Development (HUD).

The money is part of the \$11 million Maine received from the federal CARES Act for its Community Development Block Grant (CDBG) program. Approximately \$2 million of the allocation is being made available through the Micro-Enterprise Grant Program in partnership with the Maine Small Business Development Center. The funds for the program are being distributed through Androscoggin Valley Council of Governments (AVCOG), Coastal Enterprises, Inc. (CEI), Northern Maine Development Commission (NMDC), and Southern Maine Planning & Development Commission (SMPDC).

The program will begin accepting applications starting on Monday, August 17,

2020. Business owners must meet with a Maine SBDC business advisor to determine eligibility and submit an application. Funds are available on a first-come, first-serve basis. Businesses may use the grant money for working capital which includes fixed debts, payroll, accounts payable, and other bills that can't be paid as a result of COVID-19.

Eligibility criteria include: Must be a Maine business; must demonstrate a revenue loss as a direct consequence of COVID-19. Funds cannot duplicate those received from other federal, state or local programs; must have five or fewer employees including the owner(s); must have a DUNS Number, which can be obtained here <http://fedgov.dnb.com/webform>; owner's household income must be low/moderate as defined by HUD as verified by 2019 tax return; please see income eligibility by county below. Total annual household income must not exceed those limits; note: Portland, Biddeford, Auburn, Lewiston, Bangor, Cumberland County (excluding Brunswick) are ineligible.

For more information or to apply, please visit www.mainesbdc.org

org/cdbg SBDC will provide appropriate auxiliary aids to persons with disabilities and translations to persons with Limited-English Proficiency where necessary to afford such persons an equal opportunity to apply. If you need such aid please contact mainesbdc@maine.edu or 1 (800) 679-7232.

The Maine SBDC provides no-cost, comprehensive business advising to small businesses throughout Maine through its network of certified business advisors. It is a program of the U.S. Small Business Administration, the Maine Department of Economic and Community Development and the University of Southern Maine and accredited by America's SBDC. For more information or to request a business advising appointment, visit the website: www.mainesbdc.org or call (207) 780-4420.

The Maine DECD works with statewide and local partners, private industry and small businesses to enhance and sustain economic prosperity in Maine. For more information, visit <https://www.maine.gov/dec>

FWS expands access to Maine refuges and hatcheries

From U.S. Fish and Wildlife Northeast News

In mid-August, the Department of the Interior's U.S. Fish and Wildlife Service (FWS) finalized a rule to open additional hunting and fishing opportunities in Maine and across the country. This brings the total expansion to over 4 million acres nationally since President Trump took office.

Since day one, the Trump administration has prioritized recreational access to public lands, particularly for hunting and fishing. These two great American pastimes have formed the bedrock of the nation's wildlife conservation efforts, generating more dollars for habitat protection and restoration than any other outdoor pursuit.

"On the heels of President Trump signing the most significant conservation and recreation funding in U.S. history, providing nearly \$20 billion over the next 10 years to fix and conserve the American people's public lands, the Trump Administration has now made an additional 2.3 million acres accessible to new hunting and fishing opportunities," said U.S. Secretary of the Inte-

rior David L. Bernhardt. "We continue to take significant actions to further conservation initiatives and support sportsmen and women who are America's true conservationists."

"The Trump Administration and Secretary Bernhardt have made access to public lands for hunting and fishing and other outdoor recreation a priority beginning day one. Hunting and fishing are a part of our American history, and we continue to ensure we provide opportunities for these activities which epitomize our American heritage," said Service Director Aurelia Skipwith. "Furthermore, we have maintained our commitment to promoting good government by reducing the regulatory burden by working with states to facilitate these outdoor activities."

In Maine, Rachel Carson National Wildlife Refuge is expanding existing sport fishing to new acres, and Umbagog National Wildlife Refuge will open to sport fishing for the first time. For complete details of the final rule in Maine see below.

"With the adoption of new regulations to expand hunting and

fishing on national wildlife refuges and national fish hatcheries, citizens throughout the Northeast will have greater access to enjoy the traditions and heritage associated with the pursuit of small game, big game, and sport fish," said Gordon R. Batcheller, executive secretary of the Northeast Association of Fish & Wildlife Agencies. "Working in concert with state fish and wildlife agencies to identify appropriate opportunities, the Service is meeting our shared challenge of ensuring that the National Wildlife Refuge System and National Fish Hatchery System are key resources for hunters and anglers from all walks of life."

Hunting and fishing generate millions of dollars in revenue for states each year from the sale of licenses and tags. Additionally, excise taxes on firearms and ammunition, as well as sport fishing equipment and boating fuel, generate more revenue for states for wildlife management and public recreation; in 2020 alone the Service will distribute nearly \$1 billion to states under the Wildlife and Sport Fish Restoration Program.

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Whale

Continued from page 1

have occurred along the Atlantic coast from Maine through South Carolina.”

Doughty said her organization spent the following Monday planning for transport of the whale to a site where the necropsy could be performed, and then had the whale towed to the main shore and transported to Benson Farm Earth Products in Gorham for the actual necropsy. The whale was transported on a flat-bed trailer, towed by a pickup truck driven by Benson Farm owner Eddie Benson,

MMoMe was founded in 2011 by Doughty and other volunteers to respond to stranded marine mammals in southern and midcoast Maine, after the Maine Department of Marine Resources was no longer able to do so with the loss of federal funding. It is the only organization in this part of Maine that has federal authorization for these responses.

The whale was then laid out on the grounds of the farm for the necropsy. “Because of the size of the animal, there’s no place for us to bring it for an inside location,” Doughty said. “And this way, if we needed heavy equipment to move the animal in certain positions, the equipment is there for Eddie to help us do that.”

Determining the



cause of death for this whale “is tough, because sometimes you don’t know the decomposition inside, as the air temperature and water temperature heats up while its out floating in the water, the gasses really start to build up inside. So, sometimes we don’t know until we get further into the body cavity, the level of decomposition that is going on,” she said.

For this minke whale, “some of the tissues were too decomposed to sample,” so a final determination of the cause of death may not be possible, she said. “We did take some samples, and we will send those samples that we can . . . but that might not tell the clear whole picture of the puzzle, once we get all the information back.”

Doughty said this appears to have been a mature adult minke whale, about 22 feet long and weighing between 5,000 and 6,000 pounds. Minke whales are the smallest of the “great whales” or rorquals, and are

members of the baleen whale family. The minke whale population status is considered stable, so it is not listed as endangered or threatened, but is still protected under the Marine Mammal Protection Act. The minke population may have been reduced to half its original numbers by commercial whaling in the western North Pacific and eastern North Atlantic oceans.

The cause of death of a whale, “does depend on the particular animal. There is currently an unusual mortality rate for large whales in the northeast region” that has been on-going since 2016-2017, she said. “So it’s kind of an open investigation for large whale cases for humpbacks, minkes and right whales up and down the east coast.”

Doughty said that deaths of large whales normally occur during the warmer months. “We do get probably two to three cases a year” of whale deaths in Maine, she said. “We do treat each one

kind of as a way to gain more valuable and scientific information to what may be going on.”

Although no definite reason for the increased deaths has been found, minke and other whales are threatened by whaling, entanglement in fishing gear, ocean noise, habitat disturbance and vessel strikes, according to NOAA Fisheries.

During the necropsy, Doughty had help with the sampling process from Tristan Burgess, BVSC PHD, a veterinarian with Acadia Wildlife Services. Also helping were Dominique Walk, assistant stranding director for MMoMe; Katie Gilbert, a volunteer; and interns Lexi Right and Madison Roberts.

The MMoMe team cut through the skin and blubber to reach the internal organs of the whale. They took samples of the various parts of the animal. “Because the blubber is so heavy,

you have to kind of cut it down in certain sections” to reach the inside, Doughty said. “Once we peel back the skin and muscle, then we kind of look at everything before we start to sample, and kind of see where everything is situated and take photographs.” The process is documented piece by piece.

For disease testing for some of the major organs that are viable, the team will look for bacterial or viral infections and take culture swabs of certain areas. They also look at the skin and muscles for any inflammation. “We look at everything from outside in, to see if there are any patterns at all” that would indicate the cause of death, she said. They take blubber samples and muscles samples, as well, and getting results back from the lab “could take months.”

Composting

Benson said his composting facility in Gorham is licensed by the Maine Department of Environmental Protection to accept fish waste. “We kind of met up with Linda . . . through Maine DEP,” when she was looking for a place she could take deceased marine animals such as whales to perform necropsies on them.

Benson Farm composts the carcasses when Doughty has finished her proce-

dures. The whales are a protected species, so MMoMe collects the bones after the composting process completes. Benson said he provides his service as a donation to the organization.

While the composting process is similar to that found in the traditional garden compost pile or pit in the backyard of some gardeners, Benson said he uses a more scientific process. He adds “the right amount of carbon, nitrogen, air and moisture to make it get as hot as it possibility can, to make it compost in the shortest time possible.” Temperatures are maintained from 125-155 degrees Fahrenheit to speed the process.

Depending on the weather and the size of the carcass, the composting process could take as much as three months. The compost from whales and other endangered species is kept separate from the farm’s commercial compost blends, and instead is donated to local municipal and non-profit organizations.

Composting is as old as civilization, Benson said. It is “the oldest science probably in the world, since the oldest species has been decomposing. So it’s not new science!”

The farm has facilities for MMoMe team members to clean up after a necropsy.



Curbside Lunch in Wales on September 19

From Webster Lodge #164

WALES - The Webster Lodge #164 of the Ancient Free and Accepted Masons (Masons) will serve a curbside lunch from noon-2 p.m. on September 19 at Oak Hill High School, 56 School Road, Wales.

Guests will have a choice of lobster rolls or pulled pork sandwiches with coleslaw or beans. Meals are \$8 per person, and all

proceeds will benefit the Bikes for Books program and Project Graduation for students at Oak Hill High School.

The Masons will assemble 200 meals, to be sold on a first-come, first-served basis. Everyone handling or preparing food will be wearing masks and gloves for safety.

The members of Webster Lodge hope that members of the community will join

them at this event to help the young people in the community.

Send all items for Arts & Entertainment to Editor@TwinCityTimes.com. Deadline is Friday by five.

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Sebago Brewing is canning Hefeweizen beer for the first time



Sebago Brewing Company on Main Street in Gorham is now offering Hefeweizen, a German-style beer, in cans. (Photo provided by Sebago Brewing)

Gorham - This isn't the first time that Sebago Brewing Company on Main Street in Gorham has made Hefeweizen, a German-style beer that's cloudy in appearance while light and refreshing to drink.

However, this is the first time in seven years that the brewing company has made the brew available for takeout. Bottling of Hefeweizen was discontinued when the brewery switched

from bottles to cans in 2013. Hefeweizen has only been offered on draft since then.

On August 28, Sebago released this year's batch of Hefeweizen in brand new cans, and on draft at all five of its locations.

Hefeweizen (pronounced HAY-fuh-vites-in) is a German word that describes its characteristics: "hefe" means yeast, which gives the beer its cloudy appearance, and "weizen" refers to

wheat. It has a low-hop character with phenolic (clove) and fruity (banana) aromas and flavors.

While Sebago's Hefeweizen stays true to the style's German roots, the brewers used three different types of wheat from Maine Malt House, located in the town of Mapleton, give it a uniquely local twist.

Peter Dahlen, Sebago's Director of Brewery Operations, said Hefe "was hazy before hazy beers were cool," and said the beer has been an annual favorite at its southern Maine locations.

Hefeweizen is available on draft or in cans to go at all Sebago Brewing locations, including the Tasting Room on Main Street in Gorham, the Scarborough Brewpub on Scarborough Drive in Scarborough, the Gorham Brewpub on Elm

Street in Gorham, the Kennebunk Brewpub on Portland Road in Kennebunk, and the Portland Brewpub on Fore Street in the Old Port area of Portland.

Raechel Ellis prepares a pallet of Hefeweizen, a German-style beer, at the Sebago Brewing Company on Main Street in Gorham. The brew is also offered on draft at five locations in southern Maine. (Photo provided by Sebago Brewing)



Cans are filled with Hefeweizen beer at the Sebago Brewing Company facility on Main Street in Gorham last week. This is the first time in seven years that the beer has been available for takeout. (Photo provided by Sebago Brewing)

St. Dom's Academy Boy's Hockey Program Annual Golf Tournament Sunday, October 4th, 2020



Fox Ridge Golf Course in Auburn, Maine
Sunday, October 4th, 2020.

Registration begins at 8:00 a.m. with a Shotgun start at 9:00 a.m.

If you have any questions or want to volunteer, please contact either

Jeff Gosselin – 207 212-4671 or jgosselin@mechanicssavings.com

Registrations forms along with checks payable to St. Dom's Academy can be mailed to:

St. Dom's Academy
Attention – Jennifer Cyr
121 Gracelawn Road
Auburn, Maine 04210

Diner

Continued from page 1

was more concerned for the welfare of his employees than for himself and his family. "We just kind of held tight and crossed our fingers, really."

Kennedy said dealing with issues caused by the pandemic was tough, and all he could do was research ways to keep everyone safe. He and his wife, Brianna, were able to spend more time with their kids, which was a bright spot after the fast pace they were used to.

The Kennedys previously owned a successful catering business in a small storefront just a few buildings down the street from The Blue Pig. They turned that catering business into a full-scale restaurant. Kennedy said it was



Paul Kennedy, owner of The Blue Pig Diner on State Street in Gorham, cleans and sanitizes a table while guests enjoy a meal in the background. Kennedy plans to bring as many employees back to work as possible when he is allowed to increase seating capacity inside the diner. (Callahan photo)

challenging, but their experience in the community helped them over the years.

Now, in their larger, newly renovated space, just seconds up the road, the business has grown even more over the last six years. The biggest downside to the pandemic, after the disappointment of laying off staff, was that they had created a brand-new and successful restaurant that is unable to reach its full capacity, Kennedy said.

When the COVID-19 pandemic hit, "The town was really great about the outdoor seating plan," Kennedy said.

During the closure, he worked with every request the state required to keep guests and his business safe. Now, he is worried about everyone, including himself, continuing to do what they need to do. Following the state guidelines will help the restaurant, his staff and the community at large he said. "Just follow the rules!"



Guests at The Blue Pig Diner on State Street in Gorham are asked to follow COVID-19 safety guidelines. (Callahan photo)

Seniors

Continued from page 6

boat landing in South Arm, Brent's kayak and gear were loaded onto my vehicle and his car left for the return shuttle. Wearing masks to protect against spread of Covid-19, ominous unwelcome rain clouds prevailed on the one and a half hour drive to Cupsuptic. Approaching the Town of Oquossuc, Height of Land Overlook on Route 17 provided a stunning panoramic view of much of our upcoming voyage.

Benefiting from a gentle tailwind, the sun was shining and the skies partly cloudy when departing from Cupsuptic Boat Landing. The Saddleback Mountain Range dominated views in the east. Traveling southeasterly through a narrows near Oquossoc, Bald Mountain on our left and highlands to the right created the impression of an inland fjord.

Passing Stony Batter Point, we navigated south experiencing continuous views of substantial Toothaker Island in the distance with Height of Land and Bemis Mountain

towering above. Enjoying plentiful bird sightings throughout the outing, a family of Canada Geese led the way to our campsite on scenic Brandy Point opposite Student Island. The forecast called for a slight chance of showers so a tarp was erected ensuring a dry overnight.

Following an idyllic stay at Brandy Point, a brief paddle west brought us to Upper Dam. An excellent trail facilitated the portage around the dam and a modest release was sufficient to maneuver through the rock-strewn outflow into Upper Richardson. A tailwind propelled us rapidly south to Black Point Campsite.

My senior moments seem to be increasing exponentially. A sign announced South Arm Campground now manages all camping on the Richardson Lakes. A cell phone call confirmed every location was reserved. Instead of a delightful evening blithely ensconced on one of the many sandy beaches, the disappointing revelation resulted in a long day paddling to South Arm.

Since the weather was superb and the wind continued to cooperate, our tiring odyssey was completed in good spirits despite the setback. We had thoroughly enjoyed one of Maine's finest outdoor adventures.

Rod Cook lives in Topsam and is the author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England". Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

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Major problems with CMP Corridor

A new document obtained under the Freedom of Information Act (FOIA) shows that the U.S. Army Corps of Engineers (the Corps) and U.S. Department of Energy (DOE) have identified major problems with the Central Maine Power (CMP) transmission corridor, including the company's claims about the proposal's impact on the climate.

The April 9, 2020, response from CMP's parent company <https://www.nrcm.org/wp-content/uploads/2020/08/CMPresponseACOEinforequest.pdf> Avangrid, to questions raised by the Corps also reveals that CMP is writing its own Environmental Assessment, which is less rigorous than an Environmental Impact Statement (EIS). It appears CMP is doing so with coaching from the very federal agencies responsible for evaluating the project.

"CMP's excuses in this document clearly show the company's pattern of obstruction and disinformation when it comes to providing objective information about the climate impact of its proposed transmission corridor," said Nick Bennett, Staff Scientist at the Natural Resources Council of Maine (NRCM), which obtained the document via FOIA. "We now see that key federal agencies share many of the concerns raised by the vast majority of Mainers who are opposed to the CMP corridor because it would forever harm the woods and wildlife of Western Maine without providing benefits for the climate."

The document shows:

The Corps and

DOE warned CMP that it has failed to provide adequate evidence that the proposed transmission corridor (also known as NECEC) has climate benefits. Questions about the validity of CMP's claims have plagued the project from day one because no independent evidence has been presented to show the project would reduce overall carbon emissions. On page 33, the Corps asked CMP:

"Since the regional benefits from reduced greenhouse gas (GHG) emissions are reportedly a cornerstone of the project's benefits and critical to the public interest review, the Corps and the Department of Energy (DOE) Office of Electricity have collaborated on how best to address the conflicting positions in this matter.

We have reviewed the studies conducted on the NECEC Project, written testimonies, transcripts, and other material CMP filed as part of the state proceedings before the Maine Public Utilities Commission (Maine PUC). CMP consolidated this information and provided it to the Corps and DOE in a Supplemental Information Response dated November 26, 2019. Opposing findings, testimony, and material have also been reviewed.

DOE has identified gaps in the assumptions and analysis that limited their ability to fully vet the results of the studies and understand the drivers underpinning the stated reductions in GHG [greenhouse gas] emissions. It is therefore very important that CMP work directly with the DOE team and the

Corps to furnish best available information to fill the identified gaps."

DOE asked for the same information that was proposed as part of a bill in the Legislature (LD 640) that would have required an independent study of CMP's climate claims. Although the bill received a 30-4 vote in the Maine State Senate, CMP led an effort involving dozens of lobbyists. They killed the study by preventing a two-thirds majority in the Maine House that was needed for the study to commence immediately. That study would have been completed in August 2019.

On Pages 35-36, DOE asked CMP:

"If new capacity is not built for NECEC, an evaluation of the effect of NECEC on GHG emissions will require a comparison of a scenario with NECEC in-service to one that examines the outlook for Hydro-Quebec's supply if NECEC is not built.

CMP also states that "NECEC will provide 1,090 MW of hydroelectric power, backed by HQ Production's extensive reservoir system, in all hours of the year for 20 years starting 2022." It is not clear if the studies analyzed the supply and demand dynamics for Hydro-Quebec for these two scenarios, i.e. with or without NECEC project, over the 20-year operating period. DOE and the Corps are therefore requesting that the applicant provide the following list of data items that would help fill the gaps.

Hydro-Quebec Operations – Reference Case without NECEC
See CMP, next page

Lewiston and Auburn adult ed programs require face coverings

Lewiston Adult Education and Auburn Adult & Community Education's Fall 2020 brochure has come out with information about how students and teachers will remain safe throughout the semester.

Enrichment classes are set to begin in September, and will take place at Lewiston High School, Edward Little High School, and other schools and businesses in the community.

All students and teachers must wear face coverings while maintaining social distancing. Both programs are also asking students to do self-checks before going to class. Questions include whether or not people have had a cough or sore throat and if students have a fever or are feverish. People who answer "yes" to any of the questions should not attend an adult education class. Refunds can be given within 24 hours of the first lesson.

Lewiston's Adult

Learning Center at Longley School on 145 Birch St. resumed sessions of the High School Equivalency Test (HiSET) in the summer with limited numbers of students who wear masks and social distancing required.

The College Transition Program has had classes online through the summer. The fall CTP will hold a hybrid class, with the location to be determined.

Students and teachers in enrichment classes may have to wear gloves in certain classes, such as cooking lessons. They will also have to make sure they leave spaces as clean as possible. Auburn will also require students to bring hand sanitizer along with face coverings to every class. Students must wear face coverings whenever they are in the buildings.

In the event of increased COVID-19 cases in Maine, Lewiston Adult Education and Auburn Adult & Community Education will switch to remote

learning. The brochure has information about which classes have on-line options. They include Landlord-Tenant Relations and Living Well with Diabetes in Lewiston. Auburn will have yoga as well as breathing and meditation classes that have the distance learning option.

Fall brochures have gone out to homes in the Lewiston-Auburn area. The Lewiston Adult Education and Auburn Adult & Community Education websites also list classes online. To register, go to www.lewiston.maineadulted.org or www.auburn.maineadulted.org.

Class schedules and availability in both programs are subject to change. Please check with the adult education websites for the latest information.

For any other questions or to register by phone, call Lewiston Adult Education at 207-795-4141 or Auburn Adult & Community Education at 207-333-6661

Free Pocket Constitutions Available

From The Optimists Clubs

A Federal law passed in 2004 requires schools that receive Federal Funding provide a course for all students on the Constitution of the United States on Constitution Day, Sept. 17.

The law is known as H.R. 4818, and was passed with the urging of then Senator Robert Byrd (D-W. Va.), who is remem-

bered for always carrying a copy of the Constitution with him in his pocket. The Constitution was ratified on Sept. 17, 1787. The reference to the course for all students can be found in section 111(b) of H.R. 4818.

All our public and private schools are urged to observe this law, and give our Constitution at least this one day of national observance. Some

schools have a special assembly, but most just incorporate a Constitutional lesson plan into their normal class day.

We need to refocus on the once radical idea that the powers are given by the people to the government and not from the government to the people, and that these powers must be limited or tyranny will follow.

In conjunction with Constitution Day, The Optimist Clubs of Lewiston/Auburn, and the Tri Town Optimist Club of Minot, Poland, and Mechanic Falls are making available to any interested schools or students free pocket-size Constitutions that can be used in the classroom or for home studies. Quantities are limited and will be given on a first come, first served basis. To order, please contact any Optimist Club Member, or call 783-5269.

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

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Calendar

Send your submissions to the Editor. More online.

Friday, Sept. 4
Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30-7 p.m. For more information visit <http://bitly.ws/9zcf>

Friday, Sept. 5
Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30-7 p.m. For more information visit <http://bitly.ws/9zcf>

Wednesday, Sept. 9
Gorham school committee meeting, 7 p.m., as a Zoom webinar

Saturday, Sept 12
Sunday, Sept. 13
Gorham Founders Festival Parade, with Maine themed float contest, 3 p.m. Gorham village. Please sign up for the pa-

rade on the website at: www.gorham2020.com, or contact Suzie Phillips at 892-9847 or: sphillips@gorham.me.us.

Monday, Sept. 14
Gorham Planning Board meeting, 7 p.m., as a Zoom webinar

Friday, Sept. 25
Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommoda-

tion, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thursday, Oct. 29
Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

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tices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thursday, Nov. 19
Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

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Prevailing public comments and hearing testimony received to date slants heavily toward project opponents. This is not uncommon though it seems particularly well organized for this project. Reportedly 26 or more towns along the corridor have voted in opposition to the project.

While our public interest evaluation isn't a 'popularity contest', careful consideration must be given to our public interest review factors in view of the magnitude of public opposition. Toward that end we offer CMP the opportunity to update and enhance Section 7 and Table 9 of the draft Environmental Assessment. You may wish to greatly emphasize the project benefits."

For these reasons and others, Maine Congressman Jared Golden and the Penobscot Indian Nation in separate announcements called on the Corps to conduct a full

EIS as was done for similar projects in New Hampshire and Vermont.

"The Army Corps must conduct a full Environmental Impact Statement for the CMP corridor because of the significant harm that would be done to the North Woods and the tourism industry in that region," said NRCM Attorney Sue Ely. "Maine [citizens] should be shocked and alarmed to learn that CMP is being coached by the Army Corps on how to avoid a more thorough environmental review for this controversial proposal despite the serious concerns raised about the project by the Corps itself."

To learn more about CMP's destructive transmission corridor proposal visit:

<https://www.nrcm.org/programs/climate/proposed-cmp-transmission-line-bad-deal-maine/>

Awards

Continued from page 2

Mainers.

"I'm both pleased and reassured to hear that our community will receive this vital funding," said Auburn Mayor Jason Levesque. "Thank you to the Mills Administration for taking action to support and empower the resiliency and recovery efforts of Maine municipalities and for recognizing the innovative measures Auburn municipal staff is taking, led by City Manager Phil Crowell, to serve this community. Their forward-thinking efforts will keep our local businesses open, and our residents healthy and safe."

The Penobscot Nation plans to prepare COVID-19 educational materials for distribution at their annual Health Fair, which will be modified this year to a drive-through style configuration to promote physical distancing. Community Care Kits including masks, sanitizing wipes, hand sanitizer, and other respiratory illness supportive supplies will be handed out to community members. A health screening station will be set up for residents and guests at the entrance to the Penobscot Reservation.

"The Penobscot Nation appreciates this opportunity to receive Keep Maine Healthy funding from the Maine Department of Health and Human Services," said Candy Henderly, Director of the Penobscot Nation Health Department. "The health and well-

being of our Tribal members are paramount, and this funding provides a pathway to increase health literacy surrounding COVID-19. We look forward to the health promotion and disease prevention activities that this funding makes possible for both our Public Health and Public Health departments."

These local actions will be an extension of the Maine CDC's work to prevent the spread of COVID-19. As part of Keep Maine Healthy <https://www.maine.gov/covid19/restartingmaine/keepmainehealthy>, the Maine CDC is overseeing this initiative. Costs associated with approved public health education and prevention activities from August 1 through October 31, 2020 will be reimbursed.

These awards from the Mills Administration build on its support for municipal governments. In June, the Mills Administration also announced <https://www.maine.gov/governor/mills/news/mills-administration-dedicating-coronavirus-relief-funding-state-and-local-match-fema-public> that it is dedicating \$35 million in Coronavirus Relief Funding to help local and Tribal governments and other qualified entities cover costs incurred as a result of COVID-19.

The awards come at a time when Maine, adjusted for population, ranks third lowest in the nation in terms of positive cases; eighth lowest in the nation in terms of

deaths; third lowest in terms of patients ever-hospitalized out of the 36 states reporting; and fourth highest in the percentage of people who have recovered out of the 45 states reporting.

CMP

Continued from previous page

and Project Case with NECEC

a. For the Reference Case (without NECEC) and the Project Case (with NECEC), please provide the following:

1) Assumptions and analysis used to calculate Hydro-Quebec's energy demand, peak demand, and reserve margin requirements over the 20-year contract period.

2) Assumptions and analysis used to calculate Hydro-Quebec's capacity and energy imports and exports over the 20-year contract period.

3) Assumptions and analysis used to calculate Hydro-Quebec's generation capacity and dispatch used to meet Hydro-Quebec's energy demand, peak demand, reserve margin requirements, and exports over the 20-year contract period.

4) Assumptions regarding Hydro-Quebec's new generation builds and upgrades over the contract period.

5) Assumptions regarding Hydro-Quebec's hydro storage additions and expansion over the contract period.

6) Sensitivity cases analyzed to assess Hydro-Quebec's ability to meet NECEC supply requirements over the 20-year contract period under different hydrological conditions.

7) Assumptions

about Hydro-Quebec's precipitation levels over the 20-year contract period.

ACOE is allowing CMP to draft its own Environmental Assessment (EA) under the National Environmental Policy Act outside of the public view. At the same time, the Corps is coaching CMP on how to make a better case for itself. On page 4, the Corps asked CMP:

"A core determination that the Corps must make is, will the authorization of discharges of fill into the WOTUS be in the public interest or at least not contrary to the public interest.

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LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with

a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy - 207-345-9569.

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Job

Continued from page 1

chias, Fort Kent and Bethel, meet regularly via ZOOM and is mentored by Elizabeth Peavey. Memoir writing is a specific type of narrative. It is autobiographical, but not meant to be as comprehensive as a biography. Instead, a memoir is usually only a specific portion of one's life.

Not only has Elizabeth taught us various elements of good memoir writing, but we have also learned how to give and get constructive feedback. This is so important for a writer. Elizabeth stressed keeping the narrative in an active voice, using colorful adjectives and the importance of dialogue. Elizabeth encouraged me to submit my latest essay to my column.

"Loomed to be Heirloomed"

My first "real job" was right after I graduated from Lewiston High School in 1955. I was accepted at St. Mary's School of Nursing in Lewiston. I received a small scholarship and knew I had to get a good summer job to pay the tuition for the three year Registered Nurse program. I was hoping to return to my summer job at Sam Basselet's Gift Shop on Lisbon St.

And this is when my mother, a skilled weaver at the Bates Mill on Canal St. in Lewiston, stepped in. She worked the third shift with years of experience and was a valued employee for her skills and workmanship.

"Rachel, I can get you a job with me in #5 Weave Room. You will be a Bobbin Girl loading the bobbins on the looms for the weavers." Mom said with such enthusiastic conviction. She continued, glancing sideways, after seeing my disappointed face, "You will earn over TWICE the money you would earn at the gift shop."

I was dismayed! There went my summer. I would be in that hot, noisy mill, working all night, sleeping all day. I would not see my summer at all, nor my friends with evening activities.

I was still hanging back. Mom hauled out more ammunition. "Remember, Rachel, during your training, there is no opportunity to earn tuition money." Ah, she had there!

How could I refuse? And so began my summer at the Bates Mill: punch in at 11 pm; punch out at 7 am; go home; hit the hay; wake up groggy, mid-afternoon; not see friends in the evening nor go anywhere as I have to be back by 10 pm to prepare for the night shift and punching in at 11 pm.

My experience working in the mill - it was unbelievably hot for one thing! The clanging sounds of the looms were deafening. The heavy shuttles moving back and forth across the looms added to the clamor. I would gather the bobbins of different colored yarn and place them in the bobbin holders on the looms.

My work was not hard. But I was constantly on my feet, walking back and forth through the looms, to ensure the bobbin holders were kept full. The weavers were also constantly moving, monitoring the looms' continuing movements. A loom stopping caused a break in the pattern being worked on. The skilled weavers could not afford to have their patterns disrupted. They took great pride in their work creating the beautiful bedspreads that the Bates Mill was famous for - "Loomed to be Heirloomed", the Bates Mill slogan.

The air was humid. Cotton flew through the air and stuck to your clothes and shoes, filled your ears, eyes, and nose, and got caught in your hair. At shift's end, employees stood in line to use an air hose to dislodge the cotton. Many, too tired to stand in line, just punched out. There was no adequate way to remove the tenacious cotton. The smell of cotton never left your nose or your clothes despite numerous washings.

I did get to meet Mom's co-workers on breaks. There was no lunch room so we sat on benches along the wall with our brown bag lunches. These women were good, solid people, warm and friendly, and were kind to the "new girl" in their midst. They seemed to take me under their wing and encouraged me to stick with my goal to be a nurse.

Looking back, this was a great experience for me, who knew nothing of the hard

work these mill workers endured. I learned their work ethic: Be on time. Do your best work. And no dilly dallying. I still think of those days over the years. I would run into those women occasionally, even after training. But now, they are all gone.

This was a gift my mother gave me. I did not have the sense to thank her and express my appreciation for the life giving experience she gave me.



Cotton to thread. (Photo from Flickr Commons)



A weaver on one of the looms at Bates Mill. (Photo from Flickr Commons)



Women weaving at Bates Mill. (Photo from Flickr Commons)



A postcard showing the Bates Mill and canal in Lewiston. (Photo from Flickr Commons)