



TWIN CITY TIMES

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Dennis Richardson travels across Bailey Island Cribstone Bridge on his way from Brunswick to Bailey Island during his 100-mile personal ride on Sept. 27 as part of the annual Dempsey Challenge to raise money for the Dempsey Center in Lewiston and South Portland. Laurie Steele, publisher of the Twin City Times, made a final donation just days before Richardson's ride to push him to his \$15,000 fundraising goal that saw him wearing pink and purple tutus along with a pink tiara. (Beth Comeau photo)

“Top Dollar Dave” is top fundraiser for 2020 Dempsey Challenge

By Nathan Tsukroff

LEWISTON - Dennis Richardson of Turner reached his fundraising goal for the Dempsey Challenge, wearing tutus and a tiara on his ride to celebrate. But he didn't collect as much as David Gervais of Lewiston, who brought in \$21,528 for the Challenge.

They call him “Top Dollar Dave”, and he's earned the title by being one of the top individual fundraisers since the Dempsey Challenge began in 2009.

Ever since he reached adulthood, Gervais has been fundraising for one worth group or another.

For the past years, he has concentrated on raising money for the Dempsey Challenge, to help the Dempsey Center at its locations in Lewiston and South Portland. He was the top individual fundraiser for this year when the Challenge fundraising officially ended last week.

For the first time, the Challenge had set a fundraising goal, at \$1.5M. When the clock was stopped at a minute before midnight on Sept. 30, the Challenge had raised \$1,195,494 against that goal.

Gervais had a big hand in reaching that final amount, raising more money than anyone else through old-fashioned direct-mail pieces.

Next in line with fundraising was Travis McKenzie at \$21,409 as the team captain of the Musette Restaurant team, which raised a total of \$42,366 for the Dempsey Challenge.

Kathy Seymour Dettmann raised \$17,776 as team captain of the Ann's Purple Pugs team, which raised a total of \$20,923.

Dennis Richardson of Turner, a childhood friend of Patrick Dempsey, raised \$15,605 as team captain of the Be The Miracle team, that raised a total of \$53,551. Richardson had been challenged by his wife, Lori, to wear pink and purple tutus on his personal ride if he surpassed their goal of raising at least \$15,000. Twin City Times publisher Laurie Steele made a last-minute donation to push Richardson to his goal so he would have to wear the tutus.

The Dempsey center provides services for free to its clients dealing with the impact of cancer, so fundraising is vital to its mission of care.

That mission took a sharp turn earlier

this year as the Center closed its doors through at least the end of December and transitioned to virtual services.

Then came the challenge of raising the funds to pay for those services, all without allowing the traditional crowds of people at fundraising events. So the Dempsey Challenge for 2020 featured online events through the Zwift platform, an online training app for running and cycling. Events included virtual 10-, 25-, 45- and 60-mile rides. Cyclists shared individual rides on Strava, another virtual training app for runners and cyclists.

Gervais mailed out well over 1,000 letters to donors, receiving back checks “for \$5, \$25, and up to \$100,” said Tish Caldwell from the Dempsey Center. “That's how he does his fundraising!” Over the years, Gervais has helped raise more than \$160,000 for the Center.

Gervais was born and raised in Lewiston, and works in the kitchen at the student center at Bates College in Lewiston. With his fundraising for the Dempsey Challenge, “He's giving back to an organization that's right here in his hometown,” Caldwell said. “I think he truly feels the

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Anniversary Park dedicated Saturday



Senator Susan Collins (R-Maine) (second from left) with Auburn municipal leaders in front of the St. Louis Bell Tower at the dedication of Anniversary Park in Auburn on Saturday. (Photo courtesy of Senator Collins)

From Senator Collins

AUBURN - Senator Susan Collins (R-Maine) attended the grand opening and dedication ceremony for Anniversary Park and the St. Louis Bell Tower in Auburn last Saturday.

During the event, Senator Collins delivered remarks and participated in the ribbon cutting ceremony for the Bell Tower. Auburn Mayor Jason Levesque, municipal leaders, local business owners, residents, and city staff were also at the ceremony.

“The combination of traditional values and progress is evident throughout Auburn. The campaign to build this beautiful bell tower was generously supported by local individuals and businesses,” said Senator Collins. “The vision of the city's leaders and its citizens is revitalizing New Auburn Village Center, and Anniversary Park, page 3

See Park, page 3

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

Newsmakers, Names & Faces

Guest Column

Home Country

By Slim Randles

"I took Duckworth to the dog show up in the city last weekend," Dud said.

The other members of the Mule Barn truck stop's world dilemma think tank and philosophy counter just looked at him.

Doc put it gently. "Dud, was this so he could get some inspiration on looking good?"

Duckworth was a medium-sized dog that found Dud while Dud was walking and thinking about the novel he's writing. No one answered the ad he put in the Valley Weekly Miracle, so he was henceforth known as Duckworth, for some reason Dud seemed to want to keep to himself. To be honest, Duckworth looked like he fell out of the ugly tree and hit every branch on the way down.

"No, I was going to enter him in the dog show," Dud said. "Took him right up to the registration table and tried to get him in a class. The lady there looked at 'Dud' and asked to see his papers."

Dud grinned. "I told her they were back home on the floor of the laundry room. She didn't think it was funny."

Now Duckworth had been introduced to the other dogs in the group at the sale barn, as is the custom, and Dud's pals had been hesitant to ask much about him. Duckworth looked like something put together by a committee with a sense of humor. Oh, he was a dog ... no doubt about that. But what kind of dog was he? It made for interesting coffee speculation, that's for sure.

"You know," Dud

said, "Anita was against me getting any kind of dog until Duckworth came along. When I explained to her that Duckworth was a bird dog ... a duck dog, actually, and that he'd help me bring more birds home, she finally gave in."

"He's a bird dog?" Steve said. "What kind?"

"Now that's what that dog show lady asked me, you know? I had to explain to her about canardly terriers, because she wasn't familiar with them."

"Canar..."

"Canardly terriers, you betcha," Dud said, grinning, "why, I'll bet you canardly tell what kind of terrier he is!"

Looking for a Christmas gift? "Dogsled: A True Tale of the North" by Slim Randles. Now on Amazon.com.

Guest Column

A step in the right direction

By Sen. Ned Claxton

During the final week of September, the U.S. Food and Drug Administration released its final rule outlining a process for states to begin importing prescription medication from Canada. While I'm happy to see the federal government move in the right direction on this issue, it's not a new concept to us here in Maine. In fact, it's been over a year since the Maine Senate unanimously passed a bill that required the state to submit a proposal for a program to do just this.

The truth is, the cost of medication in our country is far too high. As a state senator, one of the most pressing issues I hear about from folks in the community is that they're struggling to afford their prescriptions. During my career as a physician, I saw my patients having difficulty getting the medications I prescribed and making heartbreaking decisions. Although I did all I could in fighting with insurance companies and giving out sample packs of medicines to my patients in need, folks were still secretly doing things like skipping a medication altogether, splitting doses to make it last longer and choosing between putting food in the fridge and

filling their prescription. No one, no matter where you live or how much money you make, should have to make these types of decisions. That's why over a year ago now, my colleagues and I in the Legislature passed four laws to help lower the cost of medication, which included one I co-sponsored to begin the process of importing safe, less expensive drugs from Canada. We also passed a law to create a new drug affordability board, one to expand transparency in how drugs are priced, and another to regulate pharmacy benefits managers, the so-called middlemen of the drug industry. These were good first steps, but I know there's more work to be done.

There's no one-size-fits-all solution for lowering the cost of medication. Instead, we must approach the issue from multiple angles. Importation of safe, less expensive medication from Canada is a part of that. Maine submitted its plan to the federal government in May of this year, but we're still awaiting approval. To me, it's absurd that Maine can be so close to Canada, yet we're forced to pay so much more for the same medication just because we live across the border. In fact, in 2014, Americans spent \$1,112

per person on prescriptions, while Canada spent \$772. And between 2018 and 2019, spending on medication in Maine grew 11% while the volume of prescriptions grew by less than 2%. This simply is not fair to hardworking Mainers who are just trying to get by and not break the bank by filling a prescription. It's corporate greed, plain and simple.

I'm hopeful that Maine's plan for importation will be approved in the near future, and that we can get started with this new program. It certainly won't solve all of our problems, but it will make things a little easier for folks here in Maine. I promise to keep examining every angle and listening to anyone who has ideas about how to make medication more affordable in our state. For many, it's a life and death situation, and I won't rest until no one has to worry about how they're going to afford their medication.

Senator Claxton can be reached by email at Ned.Claxton@legislature.maine.gov or by phone at 287-1515.

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.

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Newsmakers, Names & Faces



Senator Susan Collins (R-Maine) (center) cuts the ribbon at the dedication of Anniversary Park in Auburn on Saturday. The park includes the St. Louis Bell Tower, which is now the second-tallest monument in Maine. (Photo courtesy of Senator Collins)

Park

Continued from page 1

Anniversary Park is the centerpiece of the entire redevelopment plan. The federal Opportunity Zones initiative I supported as part of the 2017 tax reform law will boost the private investment that is crucial to this renaissance."

New Auburn is part of an Opportunity Zone, which were created by the Tax Cuts and Jobs Act of 2017 to help revitalize and encourage long-term investments in underdeveloped communities.

Additionally, Senator Collins worked with the

City of Auburn to secure more than \$246,000 in Northern Border Regional Commission funds to help build the infrastructure serving the businesses and residents around the park.

Formerly known as Little Androscoggin "Andy" Park, the park was renamed "Anniversary Park" in recognition of the City's 150th anniversary in 2019.

The redesigned park is part of a broader \$3.5 million revitalization project along the waterfront in an area known as New Auburn. The project also included the construction of the Bell Tower, which

is now the second tallest monument in Maine. For nearly a century, the bells served the community in the tower of the landmark St. Louis Church before being installed in the new Bell Tower.

The bells were cast in the world-famous Paccard Bell Foundry of Annecy, France, and arrived in Auburn in October 1916. The St. Louis Church opened in 1915 and closed after a final mass in 2013. An investment group purchased the building in 2014, but failed to find another use for the building and turned the church over to the City of Auburn in foreclosure in early 2019.

Guest Column

Keeping vigilant with COVID-19

By Senator Nate Libby

After weeks and months of Maine leading the way in dealing with the COVID-19 pandemic, our numbers have begun to worsen. Dr. Shah, Director of the Maine CDC says the recent data concerns him, and I share this concern. We're not out of the woods yet, and as cold and flu season arrives, we must be smart and vigilant to keep ourselves and our loved ones safe and healthy.

Just like you, I'm eager for things to get back to normal. But we won't get there until we beat this



Sen. Nate Libby (D-Androscoggin), Maine District 21, the City of Lewiston. (Photo courtesy of Nate Libby)

face coverings when we go out, and washing our hands with soap and water. Dr. Shah also strongly encourages Mainers to get their flu shot this year.

Mainers have always supported each other through tough times. We'll get through this crisis together. As always, if you have any questions or need help with anything, please don't hesitate to reach out to me at nathan.libby@legislature.maine.gov or 207-713-8449.

Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21, which comprises the City of Lewiston.

pandemic. For now, that means continuing with physical and social distancing guidelines, wearing

Conducting Lewiston city business

From City of Lewiston

The City of Lewiston is certainly open for business, but the number of people in City Hall at one time is limited due to CDC guidelines pertaining to COVID19 and social distancing.

This often results in service lines & significant wait time.

However, if you have city business to do, we have options to save YOU time! Please remember that you can conduct city busi-

ness online at: www.lewistonmaine.gov/online-services

Examples of what you can accomplish are:

- Request an absentee ballot
- Re-register a vehicle (no registration quotes given over the phone)
- View property tax records
- Pay utility & other city-related bills

You may reach city staff by email at: www.lewistonmaine.gov/staff

You may call city

staff at (207) 513-3000. If staff is waiting on a resident at the counter window, you will reach voice mail to leave a message.

Mail items to Lewiston City Hall, 27 Pine Street, Lewiston, ME 04240. Note the department you wish to reach.

You may use the drop box on the Park Street side of city hall for water bill and tax payments; all applications, and birth certificate orders, etc.

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Guest Column

Election 2020: The coming chaos

by Robert C. Koehler

Is this the future, leaking into the present moment?

“You have good genes, you know that, right? You have good genes. A lot of it is about the genes, isn’t it, don’t you believe? The racehorse theory. You think we’re so different? You have good genes in Minnesota.”

The speaker, of course, is Donald Trump, playing, so it seems, the Nazi card at a campaign rally last week in Bemidji, Minnesota — tossing genetic superiority out to his white supporters.

And this, of course, is only part of the chaos

we’re unavoidably heading toward. As the 2020 presidential election gets closer and closer, the doubts about its possible illegitimacy grow ever larger. On the same day as Trump’s Minnesota rally, Supreme Court Justice Ruth Bader Ginsburg died, giving Republicans a golden opportunity to shift the court’s ideological makeup for a generation and, maybe even more importantly, ensure victory for their party this fall, should contested election results wind up being decided by the court. All they have to do is shove through their nominee before the election, smirking at their own hypocrisy in the process.

And Trump has made clear the likelihood that he will not accept the results of the election unless he’s the winner.

So here we are, a month and a half away from what may be the most chaotic, uncertain election since . . . uh, 1860? Are we on the brink of a latter-day civil war? That certainly seems to be Trump’s belief, not to mention his strategy: Invent an easily feared and hated “them” and herd his supporters into a sense of “us.”

Thus he also said at the Bemidji rally: “Every family in Minnesota needs to know about sleepy Joe Biden’s extreme plan to flood your state with an influx of refugees from Somalia, from other places all over the planet.”

He might as well be standing there with a shovel, promising to dig up Jim Crow.

“What’s really going on here,” Jay Michaelson writes at the Daily Beast, “is a final power grab by a minority party, which lost the presidency by 2.9 million votes, that

controls the Senate despite its senators representing 15 million fewer Americans than those of the other party, and which has committed itself to a shrinking base of nativist, mostly conservative-religious, mostly less-educated, white men.

“Republican leaders know that their days are numbered.”

And if your days are numbered, almost any action to stave off the inevitable can seem justifiable, including undoing whatever is left of the American democracy. Such undoing includes ramming a right-wing replacement of the iconic RBG through the Senate prior to the election, or even through the lame-duck Senate between election and inauguration. If that happens, and then disputed election results, possibly in numerous states, are ruled on by the Supreme Court, which would then have a 6-3 Republican majority, the outcome is inevitable.

“It’s hard to believe,” writes Miles Mogulescu, “that only weeks after being appointed by Trump and being confirmed by McConnell’s Republican Senate, the new Justice will turn around, break her side of the bargain, and cast a vote that effectively denies

her patron, Donald John Trump, a second term.”

But with or without the Supreme Court under its control, Team Trump will likely do whatever it can to hold onto the presidency. Rouse as many supporters as possible, glorify the Second Amendment, remind them of their genetic superiority — set the stage for civil war. And then, most importantly, refuse to let the “fake election,” with all those mail-in votes and the obvious fraud, determine who’s president. Refuse to leave office.

Then what?

“If Trump loses the election (while claiming it to be fraudulent) and refuses to give up power, he puts us all in uncharted territory,” write Bob Fittrakis and Harvey Wasserman.

“Within a nonviolent framework, shutting the country down for as long as necessary may be the only way to force Trump out.

“Would such a departure from office be forced by Congress? The corporations? The military?”

“Above all, the power to retake our democracy would have to come from the core of our nation . . . occupying the workplaces, spilling into the streets, grinding the country to a halt for as long as neces-

sary. “Only a nation in total resistance, grinding the wheels and streets to an absolute halt, could force this despicable tyrant to finally turn tail.

“Do we as a nation have that within us?”

Fittrakis and Wasserman certainly ask the right question. This is a nation that’s bigger than Trump, at least in the long run, but is it also a nation equal to the chaos that’s pending within the next two months? Will we accept Trump, win or lose, with a shrug, or will we refuse to do so?

This is not a simple question. Part of this nation is pro-Trump and desperately attached to its whiteness. Nonviolent resistance to Trump means more than just defeating him and jettisoning him from the presidency; somehow it also means reaching his supporters and transcending the civil war they’re ready to wage. This is not a matter of us vs. them. Everyone’s future is at stake.

Robert Koehler (koehlercw@gmail.com), syndicated by PeaceVoice, is a Chicago award-winning journalist and editor. He is the author of *Courage Grows Strong at the Wound*.

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MICHAEL G.

Collins, Menendez Introduce Bill to Assess COVID-19 Response

From U.S. Senator Collins

Washington, D.C. – Last week, U.S. Senators Susan Collins (R-ME) and Bob Menendez (D-NJ) introduced bipartisan legislation to create an independent, non-partisan commission, closely modeled after the 9/11 Commission that investigated the September 11, 2001, terror attacks, to assess the nation’s preparedness and response to COVID-19, and provide recommendations to improve our country’s readiness for future epidemics and pandemics.

“As our nation responds to the current public health and economic crisis, we must also work to ensure that our country is better prepared for future epidemics and pandemics,” said Senator Collins. “Throughout history, Americans have repeatedly come together to overcome challenges. Following the devastating terrorist attacks on September 11, 2001, for example, the independent, bipartisan 9/11 Commission that Congress established provided a thorough review of the events and identified ways to safeguard our nation. Many of the Commission’s recommendations were enacted into law as part of the sweeping intelligence reforms I co-authored to prevent future threats. The legislation Senator Menendez and I have introduced

would establish a similar bipartisan commission that would assess our country’s successes as well as areas in need of improvement in responding to COVID-19. It would also examine ways we can strengthen our public health systems and protect our communities.”

“COVID-19 has already devastated millions of American lives, pushed our health systems to the brink, decimated our economy and changed the very essence of what we call ‘normal,’” said Senator Menendez. “We can never put our country, our communities and our families through this again. We need to understand what we did right, what we did wrong and what we can do better to strengthen our public health systems and supply chains, protect communities and vulnerable populations, improve coordination across all levels of government and the private sector, and advance scientific research so our nation is more prepared and able to respond to future public health threats.

“This is not about pointing fingers, but learning from our experiences. Following the worst terror strike to hit our nation, the 9/11 Commission was formed under the sitting Bush Administration and its recommendations were implemented by that same administration,” continued Senator Menendez. “In the aftermath of the worst

public health catastrophe in our lifetimes, we will need to come together, as we did after 9/11, and do the serious, necessary work to protect American lives, because if we fail to learn anything from COVID-19, we are doomed to repeat this.”

The bipartisan bill has been endorsed by high-ranking officials and experts from both Republican and Democratic administrations, including former Department of Homeland Security (DHS) Secretaries Jeh Johnson and Michael Chertoff and Federal Reserve Chairs Janet Yellen and Ben Bernanke. Congressmen Tom Malinowski (D-NJ-07) and Mario Diaz-Balart (R-FL-25) will introduce companion legislation in the House of Representatives, making this bill the first and only bipartisan, bicameral proposal calling for an independent, non-partisan investigation of America’s response to COVID-19.

The National Coronavirus Commission Act of 2020 establishes a ten-member independent body comprised of prominent Americans with expertise in government service, public health, commerce, scientific research, public administration, intelligence gathering, national security, and/or foreign affairs. All members must be appointed within 30 days following the expiration of the public health emergency declared by the Secretary of Health

and Human Services. The President and Congressional leadership will appoint the members, with each political party selecting five members. To ensure independence, the Commission is required to hire an ethics counsel to address potential and actual conflicts of interest by any member.

The National Coronavirus Commission will have a broad mandate and subpoena power to examine the facts related to the emergence and spread of COVID-19 in the United States. The Commission will make a full and complete accounting of the nation’s preparedness and response, including but not limited to medical intelligence; understanding the pandemic’s spread in the U.S.; communication sharing with foreign governments regarding public health threats, including early warning, detection, prevention and response; interagency communication and information sharing; public health surveillance and testing; the availability of medical equipment and supplies; hospital preparedness; scientific research; economic relief policies; impacts on communities of color, rural communities and other underserved populations and older adults; impacts on elementary, secondary and higher education; impacts on nursing homes, assisted living facilities, and other congregate care settings; Federal guidance,

assistance, coordination, and mandates for State, local, Tribal, and territorial governments; State, local, Tribal, and territorial government preparedness and response.

The 9/11 Commission provided a full and complete accounting of the Sept. 11, 2001, terror attacks, including preparedness for and the immediate response to the attacks. Its final report and series of recommendations designed to guard against future attacks were widely regarded as both credible and nonpartisan, largely due to the Commission’s independence and bipartisan makeup.

The National Coronavirus Commission will craft policy recommendations after identifying the lessons learned from the COVID-19 pandemic regarding the structure, coordination, management policies, and procedures of the Federal Government, and State and local governments and nongovernmental entities. Those recommendations will seek to improve the ability of all levels of government and the private sector to prevent, respond to and prepare for future epidemics and pandemics, and mitigate the human, economic, and security costs of such events.

The National Coronavirus Commission will hold public hearings and issue a publicly available report to the President and Congress

within 18 months of its inception, with the possibility of limited extensions if necessary.

The legislation has been endorsed by BPC (Bipartisan Policy Center) Action, the American Health Care Association, New Jersey Hospital Association, The Project on Government Oversight, The Arc of the United States, Small Business Majority, Alliance for Aging Research, Alzheimer’s Association, Leading Age, and National Low Income Housing Coalition.

“The COVID-19 pandemic is one of the greatest national challenges that our country has faced. For years, the Bipartisan Policy Center and BPC Action have been committed to bringing together bipartisan health policy experts to develop policy to improve health care in the United States. This work will be even more critical as we rebuild our public health system after this crisis. That is why BPC Action applauds the work of Senator Menendez and Senator Collins, whose legislation, the National Coronavirus Commission Act of 2020, would establish a National Coronavirus Commission to examine the United States’ response to the COVID-19 pandemic and provide recommendations to improve our nation’s preparedness for future epidemics and pandemics,” said BPC Action Senior Manager Kate Cassling.

Long-term care residents voting rights

From AARP

PORTLAND - A new guide offering a summary of the voting rights of Maine citizens who reside in long-term care facilities is now available. Due to COVID-19, the Maine Secretary of State developed guidance to safely ensure that all residents of long-term care facilities have the ability to exercise their right to vote. The new guide, Yes, You Can Vote!, offers comprehensive information for long-term care facility residents, their loved ones, and facility staff and administrators.

Due to the ongoing COVID-19 pandemic, voting in long-term care facilities will be different this

election compared with other years. In the past, municipal clerks came into facilities and conducted voting for residents prior to Election Day. Residents didn’t need to arrange for transportation to the polls nor did they need to request an absentee ballot in advance. However, because of the threat COVID-19 poses for long-term care facility residents and staff, Governor Janet Mills waived the requirement that municipal clerks enter facilities to administer voting in the November 3rd election.

Yes, You Can Vote! offers guidance on voting rights, how to vote absentee and how to properly assist a voter in the voting process. The guide also provides de-

tails regarding the accessible absentee ballot system now being implemented that will allow blind, visually impaired and print-disabled people to vote independently and privately.

Yes, You Can Vote! was developed by AARP Maine, Disability Rights Maine and Maine Long-Term Care Ombudsman Program in collaboration with the Maine Secretary of State.

For more information, please visit the Maine Long-Term Care Ombudsman Program Voting Rights website which features additional resource links and a Yes, You Can Vote! video with Trish Thorsen, Ombudsman Program Manager, Rick Langley and Lori Parham.




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Letter to the Editor

“R” is for “Reversal”

American democracy has grown and developed since the Constitution was adopted

in Philadelphia more than two centuries ago.

Voting was originally limited to white men, and oftentimes only men from wealthier families could participate in the political process.

However, after the Civil War, Black men gained the constitutional right to vote, though they were often unable to vote, especially in the South, because many states imposed punitive poll taxes and other barriers to suppress Black voting rights.

Just 100 years ago, women gained the right to vote with ratification of the 19th Amendment.

Just 55 years ago, Black women and men alike finally received full privileges of citizenship as the Voting Rights Act of 1965 swept away the illegal and immoral barriers that prevented all Americans from participating in our democratic society.

In recent years, voting has become increasingly accessible as more states adopt early voting and voting by mail. These secure and convenient voting options have increased voter participation rates and have succeeded in strengthening our democratic process.

As more Americans vote, the more responsive our elected leaders become. This is the essence of America’s democratic system of government and is why our country was called a “beacon of democracy.”

Now, some deep-pocketed special interest groups are not happy that Americans have gained the power to demand a say in governance.

What have these wealthy special interest groups done to slow down and reverse the power of the American people?

They hijacked a political party – my party, the Republican Party. As a member of Republicans for

Integrity, I am not happy to report this development.

These wealthy special interests do not put the “public interest” first, but rather prioritize tax cuts for the rich and Senate confirmation of unqualified judicial nominees who will further promote the goals of these special interest groups.

What happens when special interests dominate the Republican party?

Here are a few national priorities that Republican Senate Leader Mitch McConnell of Kentucky has ignored:

Common-sense gun safety measures

Climate change, which enables more-frequent extreme weather events, with record wildfires in the West this year along with a record hurricane season on the Atlantic and Gulf coasts

The federal government’s poor response to the coronavirus pandemic, leading to 200,000 American lives lost in six months with a per-capita death rate among the highest in the world.

Now, what else are McConnell and other Republican Senators doing as we approach a pivotal election in the middle of a national debate over the direction of the Supreme Court?

McConnell, in collaboration with other Republicans and the Donald Trump campaign, are trying to discourage and confuse voters...especially voters who may be considering voting for non-Republican candidates, by engaging in questionable tactics such as:

Attacking voting by mail, though this is the safest and most secure way to vote this year

Attempting to implement burdensome voter ID requirements in the belief that this might discourage many non-Republican vot-

ers Encouraging third-party candidates in order to dilute support for Republican opponents

Purging voter rolls, removing a higher percentage of non-Republicans...

Failing to provide election security funding to cities and states, hoping that foreign interference in our elections on behalf of Republicans might go unnoticed

Despite these Republican hijinks, there is a straightforward solution: vote.

Do not let talk of “voter suppression” scare you or your family members from exercising your constitutional right to vote this fall.

Many generations of Americans worked, protested and sacrificed so that all American citizens would have the right to vote.

This year, let’s honor their successful struggle and have a record turnout. Do not let the Republican Party reverse our democratic rule of law.

Your vote really does matter...still.

**David Durenberger
Minnesota**

David Durenberger served as a Republican Senator from Minnesota from 1978 through 1995 and is a founding member of Republicans for Integrity, which is a group of Republican former Members of the United States Senate and House of Representatives who place people before partisan politics.

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

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Credit Union League endorses Collins

From U.S. Senator Collins

BANGOR - The Maine Credit Union League has endorsed U.S. Senator Susan Collins’ bid for re-election.

The League cites Collins’ hard work, her support of Maine’s Credit Unions, the laws she’s written to protect seniors against fraud, and her role in creating the Paycheck Protection Program as factors in its endorsement decision.

In his endorsement letter to Collins, League President and CEO Todd Mason wrote, “The League greatly appreciates your long and consistent sup-

port of Maine credit unions and our more than 720,000 credit union members across the state. You are an unwavering supporter and have always taken the time to consider the viewpoints of the League and our member credit unions.

“You have taken a lead on many issues that credit unions care deeply about, including, sponsoring and enacting into law the SeniorSafe legislation, which has helped protect seniors against financial fraud and exploitation. Your remarkable work in creating the Payroll Protection Program (PPP) has been an essential tool to combat the difficult and challenging econom-

ic times of the COVID-19 pandemic.

“We deeply value your approach to working with your congressional colleagues to achieve important policy goals. Without question Maine has benefited tremendously from your unparalleled hard work and dedication.”

In reaction to the endorsement, Senator Collins said, “I am so grateful to have the support of the members of the Maine Credit Union League, who play such a pivotal role in our economy. Together, we have worked to create jobs for hard-working Mainers and to protect our seniors from financial fraud.”

Maine Hunger Dialogue Oct. 23

From U. of Maine

ORONO - The Maine Hunger Dialogue will convene by webinar from 10 a.m.–noon Oct. 23. The event is free and open to the public.

With a focus on food and housing insecurities experienced by college students, speakers will address best practices for campuses, discuss the results of a statewide survey on the primary issues, and explore food preservation techniques. Participating Maine college students and staff can also apply for \$500 grants focused on campus

food insecurity.

The Maine Hunger Dialogue began in 2014. It grew out of the University of Maine Cooperative Extension Maine Harvest for Hunger program which, since 2000, has donated 3,083,638 pounds of surplus fruits and vegetables to people, soup kitchens, food pantries and shelters in the state.

“The goal of the Maine Hunger Dialogue is to inspire students from the state’s public and private universities and colleges, including community colleges, to learn, share ideas, network and work together

to fight hunger across Maine,” says Frank Wertheim, as associate extension professor of agriculture/horticulture.

Registration is required for the free webinar. Register on the event webpage at: <http://bit.ly/ws/9R6m>. The Maine Hunger Dialogue will also be live-streamed on YouTube and will be recorded for those who cannot participate live. The event is sponsored by UMaine Extension, University of Maine at Presque Isle, the University of Maine System, Husson University and Maine Campus Compact.

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Dempsey
Continued from page 1

he gets to connect and see Patrick,” Caldwell said. Gervais’ sister created an Instagram account for him over the Dempsey Challenge weekend so he could post photographs from his ride. While the Challenge did not reach its goal, it actually reached the approximate dollar amount raised in previous years.

“For this year, we thought, let’s just go for \$1.5M . . . then COVID kicked in!” Caldwell said. The development team at the Center had hoped that setting a goal this year would increase fundraising from previous years. Amgen has been the presenting sponsor for the Dempsey Challenge since its inception in 2009.



Judy Donnelly and Lisa Balsam take a moment to share a photograph on social media during their personal ride for the Dempsey Challenge. (Photo courtesy of the Dempsey Center)



Mary Dempsey (left), sister of Patrick Dempsey, shares a moment with Nicky Murphy, a volunteer nurse in the medical tent, at the 2019 edition of the Dempsey Challenge to raise funds for the Dempsey Center, which treats clients impacted by cancer from its locations in Lewiston and South Portland. The Dempsey Challenge this year raised more than \$1.1M for the Center. (Photo courtesy of the Dempsey Center)



Patrick Dempsey takes part in the virtual Dempsey Challenge ride to raise funds for the Dempsey Center that he helped start, while Deneka Deletetsky and Mel Blakely handle streaming and social media. Hanging on the wall is a portrait of Dempsey with his mother, Amanda, who’s bouts with cancer led him to create the Dempsey Challenge in 2009. His mother died from complications of cancer in 2014. (Photo courtesy of the Dempsey Center)

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Mary Dempsey, sister of Patrick Dempsey, looks on as Dennis Richardson and Twin City Times Publisher Laurie Steele discuss Richardson's ride for the Dempsey Challenge on Sept. 27. Richardson had been challenged by his wife to wear the colored tutus and tiara if he reached his fundraising goal of \$15,000. (Tsukroff photo)

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Dennis Richardson, wearing pink and purple tutus and a pink tiara, accepts the donation from Twin City Times publisher Laurie Steele that pushed him to his fundraising goal of \$15,000. Looking on are Mary Dempsey (left), an older sister to Patrick Dempsey, and Lillian Baker, office manager for the Twin City Times. (Tsukroff photo)

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Tribute to Elton John Oct. 17

From CCAC

BATH - The Chocolate Church Arts Center, at 804 Washington Street in Bath, has announced two outdoor performances from *Yellow Brick Road, a Tribute to Elton John* on Saturday, October 17. The shows, at 1 p.m. and 4 p.m., will be presented on the Great Lawn at Maine Maritime Museum, and will wrap up a series of such concerts presented by the Chocolate Church Arts Center since July.

The concerts will be presented to maximum audiences of 80 people, who will be separated by 14 feet into two groups of 40. Per CDC guidelines and requirements from the state of Maine, audience mem-

bers will be spaced at least six feet apart, and staff will enforce mask wearing, distancing, hand sanitizing, and other health and safety measures at all events.

Maine's own *Yellow Brick Road, a Tribute to Elton John* pays faithful homage to one of the great songwriters and performers of the 1970's and 1980's. The band's shows include dozens of Elton John hits from "Your Song" to "Bennie and the Jets" and "Rocket Man", and also feature the flashy costumes and high-energy performance style of the legendary artist. The band is led by Gerald Brann, who has a degree in jazz piano from the University of Maine at Augusta and has been performing professionally for

over 35 years. Since the early 1980's, Brann has performed in many bands, most notably "The Barking Spiders", "Ultimate Sin" (An Ozzy Osbourne Tribute) and "The Deal".

Tickets for *Yellow Brick Road, a Tribute to Elton John* must be purchased in advance at www.chocolatechurcharts.org, or by calling 207-442-8455. All audience members are required to bring masks or other appropriate face coverings, which must be worn when checking in, when purchasing concessions or merchandise, and when occupying any shared space with others. More information is available at the Chocolate Church Arts Center website or by calling the box office.

Results in operation S.O.S.

From Department of Justice

WASHINGTON – In July 2018, the Department of Justice announced the launch of Operation Synthetic Opioid Surge (S.O.S), a program aimed at reducing the supply of synthetic opioids in 10 high impact areas and identifying wholesale distribution networks and international and domestic suppliers.

Two years ago, under Operation SOS, the U.S. Attorneys in 10 districts with some of the highest drug overdose death rates in the country each designated a county where they would focus on prosecuting every readily available case involving fentanyl, fentanyl analogues, and other synthetic opioids, regardless of the drug quantity.

Over these two years, Operation SOS has resulted in approximately 750 defendants being charged in federal court, with 384 of those defendants charged

thus far in FY 20. Most importantly, the districts participating in the program have seen a decline in opioid overdoses. From 2017 to 2019, most SOS counties reported a decline of 14% to 24%. One notable success was in the Western District of Pennsylvania, where the opioid overdose rates declined by nearly 45%.

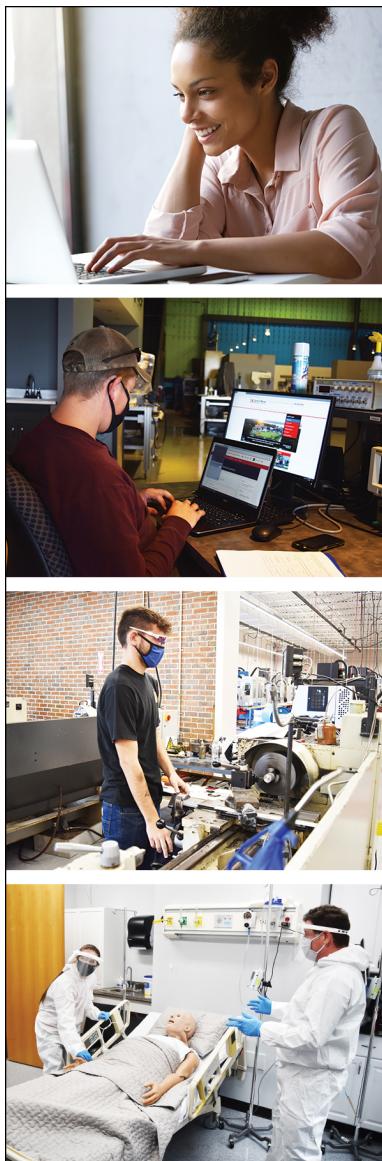
"The Justice Department's commitment to fighting the opioids epidemic is stronger than ever, and we are using every tool in our arsenal to disrupt the supply of these drugs on our streets," said Deputy Attorney General Jeffrey A. Rosen. "Operation SOS has had a significant positive impact on the communities where it is being employed. The Department will continue to build on these successes and work to stop the drug traffickers who so callously wreck lives."

The District of Maine reported a July

2020 arrest of a defendant on charges of distributing counterfeit fentanyl pills marked as Percocet, in connection with a fatal fentanyl overdose that occurred in May 2020. In addition, a Maine man was sentenced in February 2020 to five years in prison for two counts of possession with intent to distribute fentanyl, in connection with an incident where the defendant was found in possession of fentanyl less than 24 hours after he was released on a state summons for possession of fentanyl.

The District of New Hampshire reported the October 2019 arrest of a man on a warrant for distributing fentanyl. Manchester Police Detectives executed a search warrant on a local drug-house, where they located approximately 850 grams of methamphetamine and 56 grams of fentanyl, several assault-style rifles, a handgun, ammunition, scales, safes, cash, and cellphones.

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Congratulations to all of the participants of the Dempsey Challenge 2020!

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Dempsey Center services are virtual during the pandemic

By Nathan Tsukroff

The Dempsey Center has seen major changes in how it provides support and other services during the COVID-19 pandemic.

Quickly pivoting as the pandemic required extra caution for immuno-compromised patients, the Dempsey Center added a virtual third center, Dempsey Connects, to ensure continuity of services that could not be accessed in person at the Lewiston and South Portland buildings.

“Like businesses and nonprofits across the state and country, we’ve had to adapt to preserve our mission,” said Dempsey Center Executive Director Wendy Tardif. “We’ve seized opportunities, like building out Dempsey Connects, and made very difficult decisions related to the budget. Through all of the change, our clients remain our top priority and we are confident this plan will ensure that we continue to provide the services they count on.”

Founded in 2008 by Patrick Dempsey, Dempsey Center traditionally offers in-person workshops, counseling, support groups, fitness, massage, acupuncture and additional quality of life care in their Lewiston and South Portland centers. When the COVID-19 pandemic began, the Center was serving roughly 1,000 clients and quickly transitioned online through the virtual center. All services are provided at no cost to anyone impacted by cancer, regardless of their socioeconomic circumstances or where they receive their medical treatment.

Dempsey Center leadership initially included the creation of a virtual center in the organization’s three-year strategic plan to better serve the needs of

all Maine people impacted by cancer. The response to COVID-19 accelerated the project. While the Center had hoped to begin offering some in-person services this fall, a decision was made to keep doors closed through the new year, based on CDC guidance, client feedback, and best practices in health care.

“We’re kind of putting pause on bringing clients back into the center,” Tardif said, with plans to reassess the situation quarterly to determine the safety for the clients it serves when opening up the Center again. The Center will look at “what’s different from four months ago, and what will be different four months from now.”

“Our clients are people who are currently in treatment, or people who have completed their treatment,” she said. With caregivers assisting many of their clients, the Center wants to ensure that clients and staff remain as safe as possible through the pandemic. “There’s just a lot of risks that we need to be taking into consideration.”

While most services have been duplicated with the Virtual Center, two services are simply not possible – therapeutic massage and acupuncture, Tardif said. Both services are offered to clients “to help them mitigate their symptoms from their cancer treatment.”

Instead, the Center is “trying to provide educational programs virtually to help people help themselves, or empower people to help themselves,” she said. “So we’re doing some classes such as acupressure, and self massage . . . teaching people how they can help themselves minimize their symptoms that they’re getting from their cancer treatment.” The Center is looking to address the body

pain or neuropathy (numbness or tingling of hands or feet) clients experience as a result of cancer.

The Center staff teaches the virtual classes, transitioning from the traditional in-person classes they conducted before the pandemic. “Our staff is doing everything, all of our classes,” Tardif said.

As the pandemic restrictions have continued, “we are starting to do some educational programs bringing in outside presenters,” she said. “We have a financial panel program that’s coming up that is community people helping folks to understand the financial implications of a cancer diagnosis” and ways for them to deal with the issues around loss of income and increased medical bills.

The Center’s virtual classes are presented live through the Zoom platform, and include fitness and movement classes, like yoga and tai-chi, and cooking classes. Some one-on-one services, provided on a different platform, include individual fitness consultations, individual nutrition consultations, and individual counseling for Maine residents impacted by a cancer diagnosis.

Support groups now meet through Zoom, Tardif said.

Addressing the loss of personal contact under the pandemic restrictions was important to the Center, and “we’re providing a very, very high-touch service” to clients by making one-on-one caring calls to clients to learn about their needs and how the Center can help them, Tardif said. “We’re walking them through step-by-step how they can get connected to any of our service that we are offering virtually . . . so we’re doing everything we can to really support people that have been impacted by

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cancer.”

Tardif said that, as the pandemic restrictions took effect, the Center’s staff “just really dug in and just really figured out how to make this work for the people we serve . . . you’re not going to find a more passionate group!”

Staff members are always looking for new ways

to provide services for clients, including finding new topics to offer online. “It’s so interesting to me to see just how resourceful they are, and just committed to making sure that we are still providing very much needed services to people impacted by cancer, to help them make their lives better,” she said.

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

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Letters to the Editor

A brighter future with Sara Gideon

I met Sara Gideon as a fellow parent of our school-age children. We spoke at their school about our mutual interest in seeing our children participate in fewer video games and more outdoor activities. With Sara's encouragement and partnership, I launched with Old Mast Landing Outdoor Club, which engaged kids in outings where we cleared trails, fished, picked up trash along roads, had search and rescue training with dogs, studied the night sky with an astronomer, hauled lobsters traps and dug clams with local fisherman. I was impressed on these outings by the ease with which Sara spoke with clambers about issues like green crabs and their impact on the clam-

bers' livelihoods, and the insight she brought to her conversations with lobsterman about the impact of warming on the Maine Gulf.

Maine is my home and that of my ancestors going back ten generations. We have an enormous investment in the ecology of our state and are gravely concerned about the disturbing changes that climate change is bringing about.

But we are proud that our town of Freeport has put forward a candidate who can challenge the uninspiring tenure of Susan Collins. We have witnessed with enthusiasm her commitment to safeguarding the timber and lobster industries, and to protecting

the public lands we know so intimately. My family's long and proud history in Maine has forged a strong connection to the land and the sea, and our endorsement of a Senate candidate is deeply personal.

Sara has demonstrated her commitment to environmental issues and, based on what we have learned about her over the years, we are confident that she has the skills, drive, and determination to have a strong, positive impact on the Federal government's role in protecting Maine's ecosystems.

I look forward to a brighter, safer future for all Mainers with Sara representing us in the Senate.

Joseph P. Coleman
Freeport

Letter to the Editor

Mainers grappling with hardships

With a month before the November 3rd elections, many Mainers find themselves grappling with unexpected hardships brought on by the coronavirus. We've heard from Mainers who are deferring retirement or coming to grips with unexpected unemployment. Some struggle to afford their health care and medications. Many family caregivers find that providing care, whether at home or long-distance, is now even more challenging.

Suffice it to say that the 2020 election will be like no other, but voters can count on AARP Maine to advocate on the issues our members and their families

care about. Through our non-partisan voter engagement campaign, Protect Voters 50+, we are providing information on how to cast your vote safely whether by absentee ballot or in person. We're also tracking key races and candidates' positions on issues that matter to voters 50+. Visit AARP Maine's election page www.aarp.org/mainevotes for details.

Additionally, as part of Protect Voters 50+, AARP is providing polling results, sponsoring debates and hosting tele-town halls. We know that Mainers want to hear how the candidates will address key issues like protecting Social Security and Medicare, bringing

down healthcare costs including prescription drug prices, and strengthening the economy.

I hope you, too, will ask the candidates where they stand on issues of concern to you and your family. Especially during this pandemic, it is essential for politicians to protect the health and financial security of older voters. Let's work together to demand action and ensure that Mainers 50+, whether they are working parents, grandparents or family caregivers, can vote safely and make their voices heard.

Pat Pinto
AARP Maine Volunteer State President
Portland, ME

Letter to the Editor

Support for Ned Claxton

Maine Youth for Climate Justice is a statewide coalition of youth organizations with a mission of fighting to advance our future, and we have formally endorsed Ned Claxton for reelection in the State Senate, District 20. We believe that Ned is the best candidate to represent District

20 because he upholds our values and has fought for our mission. Receiving a 100% rating in the Maine Conservation Voters' 2020 Scorecard, he has passed major legislation supporting fishing rights, higher water quality standards, and more. Ned's successful collaboration with margin-

alized groups proves that he will continue being an effective leader in the Senate. To have Ned Claxton in the Maine State Legislature again would be a win for the people, civil integrity, and the efforts to mitigate climate change in our communities.

Signed, Maine Youth for Climate Justice

4-H virtual science cafés

From U. of Maine

ORONO — University of Maine Cooperative Extension 4-H will offer virtual science cafés for teens in grades 7-12 every Thursday, from 3:30-4:15 p.m., beginning Oct. 1.

Online sessions will include University of Maine scientists discussing their research, how they became involved in their work

and what brought them to Maine. Participants will learn about science in action in an informal discussion format.

The series begins with Sonia Naderi, UMaine electrical engineering Ph.D. candidate, whose research focuses on utilizing artificial intelligence in wireless networks to enable widespread environmental monitoring.

Registration is required for each session and is available on the event webpage at: <http://bit.ly/ws/9R6h>.

For more information or to request a reasonable accommodation, contact Jessy Brainerd, 207.581.3877; jessica.brainerd@maine.edu. More information on additional educational resources is on UMaine Extension 4-H Learn at Home.

\$1 million in Infection Prevention

In respond to COVID-19 pandemic

From Maine DHHS

AUGUSTA— The Maine Department of Health and Human Services (DHHS) announced last week that it will invest nearly \$1 million from the federal Coronavirus Relief Fund to support infection prevention and control practices in congregate care settings in response to the COVID-19 pandemic.

The funding will support free expert consultation for congregate care settings, including but not limited to group homes, assisted living facilities, adult family care homes, memory care homes, and private nonmedical institutions. It does not include nursing facilities, which are subject to separate state and federal infection prevention and control requirements and have received additional payments through MaineCare to support their pandemic preparedness and response efforts.

More than 10,000 Maine people, including older adults and adults with disabilities, live in non-nursing home congregate settings, many with underlying conditions that place them at greater risk from COVID-19. These settings range widely in size, from 2 to 170 residents, and in services provided, from room and board to comprehensive personal and medical care.

DHHS is contracting with home health organi-

zations that will dispatch a cadre of nurses and other health care professionals to congregate care settings across the state to help them tailor infection prevention and control plans for COVID-19 and other communicable diseases that meet the specific needs of their setting.

"Congregate care settings, including the many Maine people who call them home, are particularly vulnerable to the spread of COVID-19," said Governor Mills. "This investment will enable us to support these homes so that that staff can have the training and resources they need to keep their residents healthy amid this ongoing pandemic."

"In Maine and across the country, COVID-19 has struck residents and staff at congregate care settings particularly hard," said DHHS Commissioner Jeanne Lambrew. "This tailored clinical consultation will reduce the risk of infections among Maine people who are highly susceptible to the virus and improve consistency in infection prevention and control in these settings."

Through September 30, 63% of the 105 COVID-19 outbreaks closed in Maine were in non-nursing home congregate settings. From the start of the pandemic, DHHS has conducted outreach to more than 600 congregate settings about their infection

control policies. It found a wide range of knowledge, practices and resources. Many settings lack a nurse or other clinical professional trained in infection control. Few have plans since federal and state rules currently do not require them.

The free clinical consultation announced today helps address this need. The consultation includes onsite reviews of policies, procedures and practices, interviews with staff and residents, clinical recommendations, development of an infection prevention and control plan, and follow up support. This will help facilities prepare for new infection control regulations that DHHS intends to adopt by early 2021 to help reduce outbreaks in congregate care settings over the long-term.

The expert consultation builds on the Mills Administration's support for nursing facilities and other congregate care settings in response to the pandemic. This includes more than \$32 million in state and federal financial support, such as \$10.1 million for facilities that provide long-term services and support to children, older Mainers, and people with behavioral health disorders. Governor Mills and Commissioner Lambrew also announced on March 30 that the Administration would accelerate pay increases for personal care workers.

Successful Aging Expos Go Virtual

From Maine Senior Guide

FREEPORT - Maine Senior Guide has announced that the annual Successful Aging Expos that bring resources and information to older Mainers and their families will be found online this fall.

"In order to provide lots of resource information while keeping older Mainers and the exhibiting companies safe, Maine Senior Guide has developed a virtual event platform," explained Deborah McLean, Maine Senior Guide principal. "While we really miss our live senior expo events, the new Successful Aging Expos platform features video, live links and connection opportunities. It's a great way to discover information without risk." The platform was developed in collaboration with Leaf9 web developer Ben Kouba.

A virtual Successful Aging Expo featuring resources and companies from the Lewiston and Au-

gusta areas will be online from October 24-30, 2020. An expo featuring businesses along the coast from Bath-Brunswick to Scarborough will be up November 10-16, 2020. Seacoast businesses in southern Maine and New Hampshire will be featured Dec. 1-6, 2020. All the virtual expos can be found at www.SuccessfulAgingExpos.com.

All three of the Successful Aging Expos are sponsored by Salvation Army Planned Giving. MidCoast/Parkview Health is a sponsor of the Southern Maine Successful Aging Expo in November. The expos will feature services from senior living and home health care to estate planning, downsizing and hearing assistance. BoomerTech Adventures will be offering on-line classes as part of the Entertainment Stage. The Speaker's Gallery has talks covering a wide spectrum of topics important to older Mainers, from planned giving to health care planning.

Attendance is free. Each expo will be up online for six days at www.SuccessfulAgingExpos.com. Attendees can register for free to sign up for raffle prizes and drawings, ask for Live Chat with exhibitors, or listen to speakers in the Speaker's Gallery. There will be live on-line presentations via Zoom, with opportunities for questions.

For more information about the Successful Aging Expos, contact Deborah McLean at dmclean@MaineSeniorGuide.com, or visit SuccessfulAgingExpos.com or MaineSeniorGuide.com.

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

Calendar

Send your submissions to the Editor. More online.

**Thursday, Oct. 8
9:30-9:50 a.m.**
GORHAM – Baxter Memorial Library. Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and foster a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

**Saturday, Oct. 10
8 a.m.-noon**
GORHAM - All Gorham Residents are welcome to drop off brush/yard trimmings at the Gorham Public Works garage located at 80 Huston Road.

Monday, Oct. 12
GORHAM - Columbus Day Holiday Observed -Municipal Center, Administrative Offices & Library Closed.

**Tuesday, Oct. 13
9:30-10 a.m.**
GORHAM – Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5 years)

**Wednesday, Oct. 14
9:30-10 a.m.**
GORHAM – Baxter Memorial Library. Babies en Plein Air - Bring your baby and a blanket to join us for an interactive, socially distanced, outdoor lap-sit program. To ensure the comfort and safety of all participants, we ask that caregivers wear masks and leave older siblings at home or with a friend during this

community baby program. Program will be canceled in the event of inclement weather. (birth-18 months)

**Wednesday, Oct. 14
10 a.m.**
GORHAM – Baxter Memorial Library. Mystery Objects in a Bag - Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. Sharpen your scientific reasoning skills to detect mystery items in a bag. We'll be talking size, texture, materials, shapes, sounds, etc. to detect what objects are. You'll attempt to stump a partner, too! (Partner Activity)

**Wednesday, Oct. 14
7 p.m.**
GORHAM – School Committee meeting, via Zoom.

**Thursday, Oct. 15
9:30-9:50 a.m.**
GORHAM – Baxter Memorial Library. Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and foster a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

Thursday, Oct. 15

6:30 p.m.
GORHAM – Zoning Board of Appeals meeting, via Zoom.

**Tuesday, Oct. 20
8 a.m.**
GORHAM – Ordinance Committee meeting, via Zoom

**Tuesday, Oct. 20
9:30-10 a.m.**
GORHAM – Baxter Memorial Library. Virtual Preschool Discovery Time - Join Ms. Heidi on Facebook as she uses stories, music, and movement to enhance early literacy skills and foster a love of reading. (3-5 years)

**Wednesday, Oct. 21
8 a.m.**
GORHAM – Gorham Economic Development Corporation meeting, via Zoom.

**Wednesday, Oct. 21
10 a.m.**
GORHAM – Baxter Memorial Library. Playing with Shadows - Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. In this lesson you will use driveway chalk and your shadow to track the sun in your yard. We'll be thinking of questions ahead of time, coming up with some reasonable hypotheses, and then testing these out over the course of several intervals. There will be opportunities to extend with higher level thinking and/or drawing/photographing our

results. (Partner Activity)

**Thursday, Oct. 22
9:30-9:50 a.m.**
GORHAM – Baxter Memorial Library. Virtual Toddler Discovery Time - Sing along with Ms. Dani on Facebook as she uses songs, rhymes, and books to enhance early literacy skills and foster a love of reading. Each week will feature a new book but use the same songs and fingerplays so the kiddos will be able to learn the words and actions to each month's song choices. (ages 18-36 months)

**Thursday, Oct. 22
6:30 p.m.**
GORHAM – Town Council workshop: Agriculture Events item. Value per Acre presentation and general town updates. Via Zoom.

**Friday, Oct. 23
3-4 p.m.**
GORHAM – Baxter Memorial Library. Zoom Pet Costume Contest - Show off your costumed critter in this interactive Zoom program. We want to see your funny, scary, or adorably dressed pets! Ribbons will be mailed to all participating pets. Fill out the google form on www.baxterlibrary.org under the "Youth" heading to enter. We look forward to seeing your wonderful furry family members.

**Saturday, Oct. 24
8 a.m.-noon**
GORHAM - All Gorham Residents are welcome to drop off brush/yard trimmings at the Gorham Public Works garage located at 80 Huston Road.

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Oxford, York counties remain yellow

From Maine Dept. of Ed.

AUGUSTA -- The Mills Administration last week released a special update to its color-coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission by color.

Based on the state's assessment, York and Oxford counties remain yellow, and Androscoggin County remains green. The 13 other counties in Maine remain green, and all counties will be reassessed in one week. The color designation is provided to assist schools as they continue with their plans to deliver instruction and support students safely this fall.

While still elevated compared to other counties, both the two-week positivity rates and case rates in York and Oxford counties were slightly lower last week compared to the previous week.

Androscoggin County will continue to be monitored closely. Cases continue to rise but the county's positivity rate is relatively low at 0.9%.

Under the "yellow" designation, which indicates an increased (moderate) level of community risk, schools may consider additional precautions, such as limiting numbers of people in school buildings at the same time, suspending extracurricular or co-curricular activities including competitions between schools, limiting interaction through cohorting, or other measures based on the unique needs of each school community.

The green category suggests that the county has a relatively low risk of COVID-19 spread and that schools may consider in-person instruction, as long as they are able to implement the required health and safety measures. Schools in a "green" county may need to use hybrid instruction models if there is insufficient capacity or other factors (facilities, staffing, geography/transportation, etc.) that may prevent full implementation of the health and safety requirements.

The next update is scheduled for Friday, October 9, 2020.

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Classified Ads

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Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybell.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business.

Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

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Seeking Cleaning Services

Very kind elderly lady looking for a cleaning service. Needed once a week. Vacuuming, dusting, and other household chores. Must wear a mask. Gorham, ME. 207-839-3271

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Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

E-Bike (Pedal Assisted) 2017 Model: Lights, kickstand, fenders, battery charger, new tires & tubes. 40 Mile range. Three levels of power. Paid \$3,000. A steal at \$1,000. And easy to ride uphill. Price firm Lewiston 240-1813. Leave message.

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areas. Providing light housekeeping, meal prep, personal care, errands/ outings. Call for FREE in-home consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRAVEL TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - 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" CANCELLED. VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & 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.

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

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Maine Dairy Farm of the Year



Members of the Lowell family in their barn at the Lowell Family Farm in Buckfield, ME. The farm was recently named as the Maine Dairy Farm of the Year for 2020. The farm is owned by Dana and Seri Lowell (second and third from left). Their sons, Wheeler (far left) and Maren (second from right) work on the farm, along with longtime employee Josh Fournier (far right). (Wheeler Lowell photo)

From ME Dept. of Agriculture

WALDO - The Lowell Family Farm of Buckfield, Maine has won the Dairy Farm of the Year and Green Pastures award for 2020.

The Lowell family has a rich history in Buckfield, but has only been shipping milk since 2007. The farm started in a rented facility before moving to the farm on North Hill in 2010.

Working out of a composted bedded pack barn that was converted from a riding arena, Dana and Seri, their two children Maren and Wheeler, along with longtime employee Josh Fournier, have created a farm business focused on cow comfort, quality milk, and exceptional quality forages.

Milking 50 Jersey cows, many from a herd originally owned by Peter

Young, the Lowell's ship their quality milk to Agrimark with an average somatic cell count of 120,000. The family harvests hay and haylage from about 200 acres, much of which was land that they have leased and improved over time. Additionally, they grow 83 acres of no-till corn, and utilize cover crops to improve soil health and protect the fields from nutrient losses.

The Lowells were one of the first dairy farms to construct a bedded pack barn in Maine. "The facility that they constructed and manage provides exceptional cow comfort," said Rick Kersbergen, from the University of Maine Cooperative Extension.

Forage quality on the farm is truly exceptional, with haylage analysis that provides energy levels that match corn silage samples.

Using multiple

mowers and wide swath techniques, the farm can harvest forages quickly, providing top quality feed for their cows and young stock. "The Lowell's focus on cutting their grass crops every 30 days for optimum quality," said Michele Bennett from Goldstar Feeds. "They focus on feeding the best quality forages possible."

Dana and Seri credit a lot of their success to their children, Maren and Wheeler, who were both home schooled, help with chores and are a key part of the forage harvest crew. Maren recently graduated from UMaine Farmington; Wheeler is working towards a degree in Biology, also from UMaine Farmington.

The Lowell family is also quick to recognize Josh Fournier as a critical part of the operation from the beginning.

More Than \$1.4 Million to Support Communities

From U.S. Senator Collins

WASHINGTON, D.C. - U.S. Senators Susan Collins and Angus King announced that \$1,412,525 has been awarded to support the growth and revitalization of industries in Kennebec and Cumberland counties that have suffered financial harm as a result of the COVID-19 pandemic. This funding was awarded through the Economic Development Administration's (EDA) CARES Act Recovery Assistance Program.

"The COVID-19 pandemic has taken a toll on many industries throughout Maine, including bioscience, technology, and food service," said Senators Collins and King in a joint statement. "This critical investment will support these organizations in their ongoing

efforts to connect individuals, families, and communities with the resources they need to weather this ongoing public health and economic crisis."

Maine Bioscience Cluster Initiative, an initiative by the Maine Center for Enterprise Development, has been awarded \$512,556 to support the growth and success of Maine's bioscience industry.

Dirigo Labs, an initiative by the Central Maine Growth Council, has been awarded \$599,969 to stimulate the establishment and growth of technology-based start-ups in mid-Maine, focusing on high-growth industry sectors including bio-economy, information technology, financial services, and manufacturing.

The Catalyst Fund, an initiative by Coastal

Enterprises, Inc., has been awarded \$300,000 to provide innovative, early stage equity capital to food system businesses to spur job growth, job creation and positive environmental and social impacts.

Through the EDA, Senators Collins and King helped to secure \$1.6 million in July to support Maine's small businesses and communities amid the COVID-19 pandemic. In addition, the Greater Portland Council of Governments and the University of Maine System received \$700,000 to redevelop and revitalize Maine's economy.

The CARES Act, which was signed into law on March 27, 2020, provided EDA with \$1.5 billion for economic development assistance programs to help communities respond to the coronavirus.

New leadership team at Hammond Lumber

From Hammond Lumber

BELGRADE - Hammond Lumber Company recently announced the creation of a new senior leadership team.

Mike Hammond, president and CEO of the fourth-generation, family-owned, Maine company has appointed internal promotions and several new roles within the company. Earlier this year, the company of 800 employees was named 2020 ProSales Dealer of the Year.

"Our senior leadership team will help guide the company's overall mission and strategy. The collective talent of this team enables us to drive long-term growth while continuing to build on the family values that have helped us succeed over the past 67 years," Hammond said.

"Our updated organizational structure is a natural progression of the company's long-term growth strategy that ensures future success for generations to come. We are fortunate to have some of our industry's most experienced veterans on our team, as well as the pipeline of rising leaders in



Mike Hammond, President and CEO of Hammond Lumber.

our future."

Hammond Lumber Company is the largest lumber and building materials retailer in Maine and the 25th largest ProSales dealer in the country. The company has seen record-setting sales growth in 2020 from a surge in home improvement projects due to the coronavirus pandemic.

Hammond has 800 employees and locations across Maine in Auburn, Bangor, Bar Harbor, Belfast, Belgrade, Blue Hill, Boothbay Harbor, Brunswick, Bucksport, Calais, Camden, Cherryfield, Ellsworth, Damariscotta, Fairfield, Farmington, Greenville, Machias, Portland, Rockland and Skowhegan.

Mike Hammond, third generation of the family business, has 37 years of experience with the company. He has served as President and CEO for the past three years.

Don Hammond, second generation of the family business, is the Executive Vice President. Don has been with the company for 53 years and has helped lead the company to where it is today. He started the retail division in 1967.

Rod Bickford is the company's new Chief Operating Officer. During the past 42 years, he has served as the company's controller, guiding development, financial planning and strategy.

Hannah Colson is the Chief Financial Officer. She joined Hammond through the acquisition of Ellsworth Building Supply (EBS), where she served as CFO.

Fred Perkins is now the Senior Vice President of Sales. Mitch Bickford is the Vice President of Business Processes.

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