



Jamie Caouette of The Store Next Door Project at Lewiston High School is helped by John Morrison of Lewiston as they collect donations on a street corner in downtown Lewiston. The project assists homeless students in the Lewiston/Auburn area. (Photo courtesy of The Store Next Door Project)

## Helping others without judgement

By Nathan Tsukroff

LEWISTON - Helping local groups to support the needy and homeless doesn't involve judging those who ask for help.

That's a lesson that John Morrison of Lewiston said he learned years ago from Suzanne Grover, who was a founder of Grover Gundrilling, Inc., The Oxford Casino, and The Boxberry School.

Grover helped gather food supplies for the Oxford Food Pantry, and provided help and donations to the Oxford County Fair, 4-H Youth Development, the University of Maine system, and Friends of the Blaine House.

Morrison was working on one of Grover's buildings and saw her unloading food from her vehicle into another building near her house. He asked what she was doing, and Grover explained that she used the building as her warehouse for collecting items for the local food pantry.

"Like most people, I said, how do you feel when a young strapping man . . . takes advantage of the situation?" Morrison said he asked Grover. "And her reply to me was, 'If I worry about that, if I have to pick and choose who I help, I'm not go-

ing to help anybody.'"

Grover explained that we don't know the situation people are in, or what circumstances are impacting their lives. Morrison said she told him there are some people who take advantage, but she "was not going to waste time worrying about that, I'm worried about people."

"And that really flipped a switch in my brain, and I said, 'You're right, you've gotta help people,'" Morrison said.

Morrison recently spent part of a weekend standing on a street corner in downtown Lewiston with a donation bucket to collect money for The Store Next Door Project at Lewiston High School. That project supports homeless students in Lewiston and Auburn, assisted by grant monies from Lewiston schools and donations. Families in need are also helped through clothes closets and food pantries.

And at his store in Auburn, Cure Cannabis Co., a medical cannabis dispensary, Morrison is raffling off a Louis Vuitton bag filled with \$1,000 of product in the hopes of raising \$5,000 by the end of the month to donate to The Store Next Door Project. He plans to sell 50 raffle tickets at \$100 each.

He said he is starting a conversation with his sister about finding a building to be used for housing for homeless students. Morrison's sister, Diane Jackson, worked for U.S. Senator Olympia Snowe for 17 years, and now works with U.S. Senator Susan Collins.

Morrison said he and his sister may look at grant money to help with the purchase of an apartment building. He said that Jamie Caouette, the director of The Store Next Door Project, told him, "Somebody has to step up" and get a building. He said he understands that while the City of Lewiston may be considering a plan to use the Longley School building for housing, "we've gotta start somewhere. I'd just as soon start small and work our way up."

Another community concern for Morrison is . . .  
*See Store, page 9*

## Have fun on Halloween

From Town of Gorham

GORHAM - Residents can stay safe and still have fun on Halloween in Gorham this year. CDC guidance for Trick or Treating and other Halloween activities can be viewed at <http://bitly.ws/amNy>.

Two local churches are hosting drive-thru events on Saturday, Oct. 31.

LifeChurch Trick or Trunk: Will take place outside from 4-6 p.m. at the Gorham Library Parking Lot, 75 South Street. To register to attend and learn important drive-thru entrance/exit and more details, visit <http://bitly.ws/amNI>.

Summit Church Trunk or Treat: Will take place outside from 4-6 p.m. at Gorham Middle School, 106 Weeks Road. To register to attend, visit <http://bitly.ws/amNJ>.

## Remote lunch home delivery in Gorham



From Gorham Schools

GORHAM - Beginning Monday, Nov. 2, school meals will be available for home delivery on days when a student is remote-learning from home.

Remote Sites will no longer be available.  
*See Lunch, page 14*

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# Newsmakers, Names & Faces

## CTE Teacher of the Year



Amanda Peterson, the Business Leadership Instructor at United Technologies Center (UTC) in Bangor, with members of her family after she was named Maine CTE Teacher of the Year at the beginning of October. (Photo courtesy of Maine DOE)

**From Maine DOE**

AUGUSTA - Amanda Peterson, the Business Leadership Instructor at United Technologies Center (UTC) in Bangor has been named the 2020 Maine Career and Technical Education (CTE) Teacher of the Year by the Maine Administrators of Career

and Technical Education (MACTE).

Mrs. P, as her students call her, was honored by Maine Department of Education (DOE) Commissioner Pender Makin and Maine Community College System President David Daigler at the annual MACTE conference which was held virtually at the be-

ginning of October.

“This is a period in our history where educators of exceptional character are extra important,” said Commissioner Makin in her remarks honoring Peterson. “Students all crave stability and hope, a reason to believe in their own future. Having your teacher demonstrate clearly and consistently that they care and believe in you is priceless.”

Known for her ability to blend an extraordinary set of abilities in an effort to cater to each and every student, Mrs. P thoughtfully taps into each student’s uniqueness, talents, and dreams by celebrating and helping them to confidently grow into their best selves. She transforms individuals often filled with self-doubt and uncertainty, to individuals who demonstrate self-confidence and direction.

During his remarks, MCCS President Daigler spoke about Mrs. P’s efforts to develop a robust CTE Business program for UTC that helps students

earn college credit. “Currently Ms. Peterson offers 12 EMCC Business courses and additional courses from 2 other Maine higher education institutions, bringing her total course offerings to 14 college courses or 42 college credits. Delivering a demanding college level curriculum to high school students is challenging. Having over 90% complete with A’s and B’s based on locked 3rd party and college summative assessments is phenomenal. This level of learning, with students widely becoming able to reach and function in Bloom’s Quadrant D, occurs because of her dedication, belief system, and understanding of experiential education.”

Maine Administrators of Career and Technical Education (MACTE) administers the Career and Technical Education (CTE) Teacher of the Year Award, which recognizes teachers who are providing outstanding career and technical education programs for youth and/or adults in their

*See Teacher, page 10*

## Letter to the editor

### Collins represents individual citizens

Dear Fellow Maine Residents,

Senator Susan Collins has never forgotten who she represents: the individual citizens of Maine, above corporate interests. She and her staff keep in close touch with her constituents and are willing to devote time and energy to help. They do not forget the “little guy.”

I am a veteran, a senior citizen and a victim of aviation terrorism. I am a member of a group of 50 senior Pan American World Airways pilots. We lost our jobs and livelihoods when Pan Am closed after the bombing of Pan Am flight 103 over Lockerbie, Scotland. We were too close to the then mandatory retirement age of 60 for pilots. Most of us are veterans and our average tenure with Pan Am was 23 years. Our group has been seeking recognition for our lost careers and compensation from a victims’ fund paid by Libya, who took responsibility

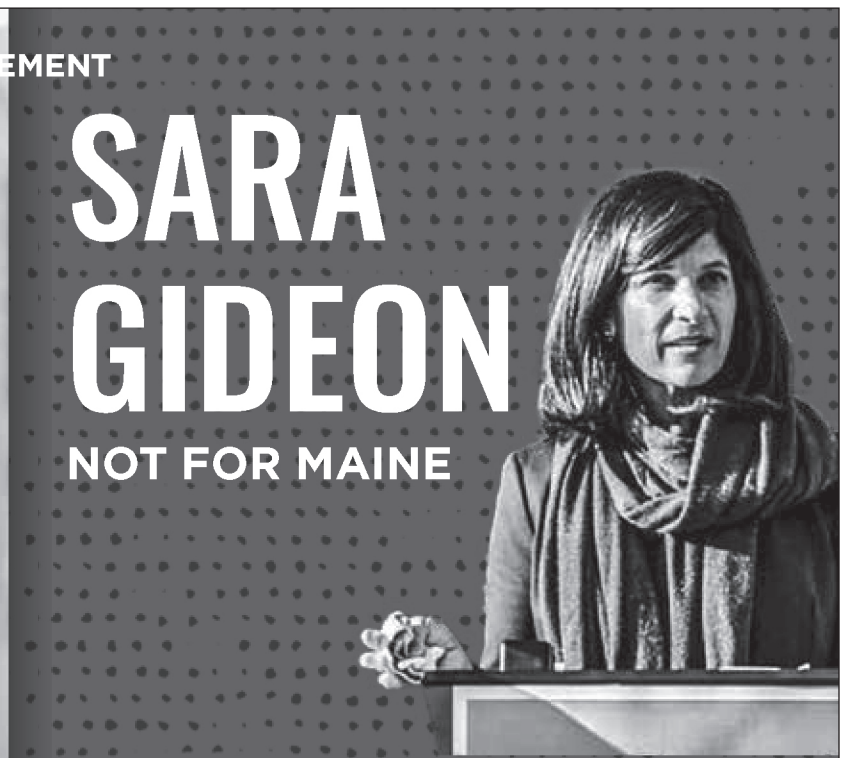
for the bombing. We sued Libya in 1994 but could not proceed because foreign states have immunity. We have been fighting for recognition ever since.

Senator Collins introduced the Justice for the Living Victims of Lockerbie Act in September, which will set in motion a process to compensate our group for some of our losses out of the Libya money left over, all other claims having been paid. At a time when many members of Congress forget the individual constituent, we appreciate her willingness to fight for COVID relief and for our group with this legislation. It is crucial that we remember Susan Collins efforts on the individual’s behalf when we vote in the upcoming election. We can’t afford to lose her representation in Congress.

Sincerely,  
**Ronald G Fitch,  
Poland Spring**



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# Newsmakers, Names & Faces

## RTT's virtual Triple B fundraiser raises over \$140,000



Ross Holmstrom, Triple B Auctioneer, Cookie, an RTT miniature horse, RTT Executive Director Sarah Bronson, and Becca Platz, an RTT volunteer, at the virtual version of the center's annual Triple B fundraising auction on Oct. 17. (Photo courtesy of Riding To The Top)

**From RTT**

WINDHAM - An increase in lesson costs and the

loss of program and event revenue drove a decision to take Riding to The Top's most important fundraiser of the

year virtual.

Sarah Bronson, Riding To The Top's Executive Director, said the decision was a leap of faith. "Honestly, at first I was somewhat concerned because I know how much people love coming to our "Party with a Purpose!"

Still, that did not mean she was expecting the outpouring of support the organization received during the Oct. 17 virtual event. "It was a new Triple B experience for all of us and thanks to the generous support of so many, we raised over \$140,000 in support of our clients, horses and programs!" she said.

Last year over 350 people attended the Annual Triple B ~ Boots, Band & BBQ at the RTT farm in Windham.

Bronson said she real-

ized that this event was more than a party to RTT supporters when sponsors, donations and registrations started to pour in for this year's Virtual Triple B.

She was especially pleased to welcome back Reserve Grand Champion sponsors, IDEXX, Norway Savings Bank and Portland Volvo.

"This year due to COVID, community support is more important than ever," Bronson explained, "While RTT's cost to deliver lessons has gone up, we have not passed these costs along to our clients and we remain committed to serving as many clients as possible while keeping everyone safe."

A recording of the event can be found by visiting the

RTT website: [ridingtothetop.org/triple-b](http://ridingtothetop.org/triple-b) and clicking on the View LiveStream Recording button.

Wonderful videos capture all that has been happening at RTT during 2020.

In addition, check out the DIY demos for cocktails (thanks to the Falmouth Lions Club) and DennyMike's special mouthwatering BBQ.

Donations may still be made at [ridingtothetop.org](http://ridingtothetop.org)! All Triple B proceeds support the programs and horses of RTT.

Founded in 1993, Riding To The Top Therapeutic Riding Center's mission is enhancing health and wellness through equine assisted activities and therapies.

Over 250 clients participate annually and are assisted

by certified instructors and/or therapists, volunteers and horses, all specially trained to assist with therapeutic riding, carriage driving, equine assisted learning and hippotherapy.

RTT is a PATH Intl. Premier Accredited Center (Professional Association of Therapeutic Horsemanship International).

The center is located on a 50 acre farm in Windham, just five miles from Portland, and is the state's only year round PATH Intl. accredited program solely dedicated to equine assisted activities and therapies.

For more information about client services, volunteering, making a referral or a gift, visit at [www.ridingtothetop.org](http://www.ridingtothetop.org) or call 892-2813.

## New mental illness crisis app helps individuals guide their treatment

**From SAMHSA**

ROCKVILLE, MD - The Substance Abuse and Mental Health Services Administration (SAMHSA) recently released a new mobile app, My Mental Health Crisis Plan, which allows individuals who have serious mental illness (SMI) to create a plan to guide their treatment during a mental health crisis.

The app was developed through SMI Adviser, a project funded by SAMHSA and administered by the American Psychiatric Association.

The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive (PAD). A PAD is a legal document that includes a list of instructions and preferences that the individual wishes to be fol-

lowed in case of a mental health crisis, should they not be able to make their own decisions.

My Mental Health Crisis Plan allows individuals with serious mental illness to clearly state treatment preferences, including treatments to use and those not to use; medications to use and those not to use; preferences for hospitals; and preferences for doctors and other mental health professionals.

Individuals can decide who can act on their behalf, by designating a trusted person (sometimes referred to as "healthcare agent," "proxy," or "health care power of attorney") as a decision-maker on their behalf. Some states require appointment of a decision-maker to carry out the PAD instructions.

Individuals can iden-

tify whom to notify in the event of a mental health crisis.

And individuals can share the plan with others, including doctors, other members of the care team, and family and friends.

The app includes state-specific requirements for completing the PAD (such as signatures, witnesses, notary public), and allows it to be shared via PDF or QR code with whomever an individual chooses.

"Individuals living

with serious mental illness have been a priority focus of SAMHSA and the Trump Administration," said Assistant Secretary for Mental Health and Substance Use Elinore F. McCance-Katz, MD, Ph.D. "This app is a great step toward empowering individuals with serious mental illness to make decisions about their care."

"The My Mental Health Crisis Plan app provides a simple, convenient and effective way to create and share a psychiatric

advance directive," said APA CEO and Medical Director Saul Levin, MD, MPA. "We are pleased to partner with SAMHSA in creating this important technological tool for people with serious mental illness."

My Mental Health Crisis Plan is available in the Apple App Store and Google Play. View videos on What is a PAD? and How to Use the App. More

information at: [www.smiadviser.org/mymhpc](http://www.smiadviser.org/mymhpc).

SMI Adviser is funded by SAMHSA and administered by the American Psychiatric Association (APA). The APA works closely on this project with a team of experts and 30 other mental health organizations. This team includes individuals, families, clinical experts, peers, and policy makers. For information, visit [www.smiadviser.org](http://www.smiadviser.org).

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# What's Going On

## Colby College ranked best in Maine

From WalletHub

WASHINGTON, D.C. - With the first "early decision" college-application deadline looming on Nov. 1 and colleges adapting to the COVID-19 pandemic, the personal-finance website WalletHub last week released its 2021's Best College & University Rankings report, as well as accompanying videos, in addition to separate rankings for colleges and for universities.

To help college-bound seniors choose the best schools within their states, WalletHub compared over 1,000 higher-education institutions in the U.S. based on 30 key measures grouped into seven categories, such as Student Selectivity, Cost & Financing and Career Outcomes. The data set ranges from stu-

dent-faculty ratio to graduation rate to post-attendance median salary.

The top 7 colleges and universities in Maine were ranked, with Colby College at number one, followed by St. Joseph's College, Husson University, University of New England, University of Maine, University of Southern Maine, and University of Maine-Fort Kent.

Here are the metrics for the top three schools:

**School Snapshot: Colby College (1 = Best):**

1st - Admission Rate  
7th - Net Cost  
1st - Student-Faculty Ratio

7th - On-Campus Crime

1st - Gender & Racial Diversity

1st - Graduation Rate

1st - Post-Attendance Median Salary

**School Snapshot:**

**St. Joseph's College (1 = Best):**

5th - Admission Rate  
5th - Net Cost  
2nd - Student-Faculty Ratio

6th - On-Campus Crime

2nd - Gender & Racial Diversity

3rd - Graduation Rate

3rd - Post-Attendance Median Salary

**School Snapshot: Husson University (1 = Best):**

4th - Admission Rate  
4th - Net Cost  
3rd - Student-Faculty Ratio

1st - On-Campus Crime

7th - Gender & Racial Diversity

4th - Graduation Rate

A full listing of colleges ranked across the country can be found at: <http://bitly.ws/amAi>

## Watch for insurance enrollment scams

From BBB

MARLBOROUGH, MA - Every year during health insurance open enrollment season, scammers try to dupe unsuspecting consumers into sharing their personal information. This year is no exception.

According to new BBB.org/ScamTracker reports from the Better Business Bureau, Americans are getting scam calls phishing for their Medicare numbers and other personal information. This year, open enrollment runs Oct. 15-Dec. 7, 2020, for Medicare and Nov. 1-Dec. 15, 2020, for the Affordable Care Act.

A sign that you speaking to a scammer is when you receive a call (or a recorded message) from someone who claims to be helping you navigate your Medicare options. They may call themselves a "health care benefits advocate" or a similar title. The caller says they can enroll you in a better Medicare program than what you currently have. This new plan is cheaper, and you can keep all the same services. To get started, all you need to do is provide some personal information, such as your Medicare ID number. Of course, the call is a scam, and sharing personal information will open you up to identity theft.

In another version reported to BBB.org/Scam-

Tracker, the caller is trying to frighten - rather than assist - you. In this case, they claim that your Medicare will be discontinued if you don't re-enroll. Fortunately, this "Medicare advisor" can fix the situation - if only you share your personal information.

Also, BBB.org/ScamTracker is getting reports about callers pushing "free" back or knee braces. This is Medicare fraud, and you can learn more about these scams here.

Tips to avoid open enrollment scams include being on the lookout for common red flags.

Be wary of anyone who contacts you unsolicited. People representing Medicare or ACA plans don't contact you by phone, email, or in person unless you are already enrolled. Be especially cautious of threatening calls that require quick action or immediate payment.

Decline promotional gifts in exchange for personal information. Keep a healthy level of skepticism any time a broker offers you free gifts, health screenings, or other special deals. Never sign up with a broker who offers you an expensive "sign-up gift" in exchange for providing your Medicare ID number or other personally identifiable information.

Beware of dishonest brokers who offer "free health screenings." Some

brokers offer this to weed out people who are less healthy. This is called "cherry picking" and is against the Medicare rules.

Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.

Hang up and go to official websites. You can enroll or re-enroll in Medicare at Medicare.gov or in a marketplace health plan at Healthcare.gov.

Learn more about open enrollment and spotting a Medicare or ACA scam on the Federal Trade Commission website at: <http://bitly.ws/amAD>

If you are unsure whether a call or offer is from Medicare, or you gave your personal information to someone claiming to be with Medicare, call 1-800-MEDICARE to report it. If you suspect fraud when signing up for ACA coverage, go to HealthCare.gov or call the Health Insurance Marketplace call center at 800-318-2596.

For more tips from BBB on avoiding health care scams, check BBB.org/HealthCareScam. If you've been the victim of a charity scam, please report it to BBB.org/ScamTracker. By sharing your experience, you can help others avoid falling victim to similar scams.

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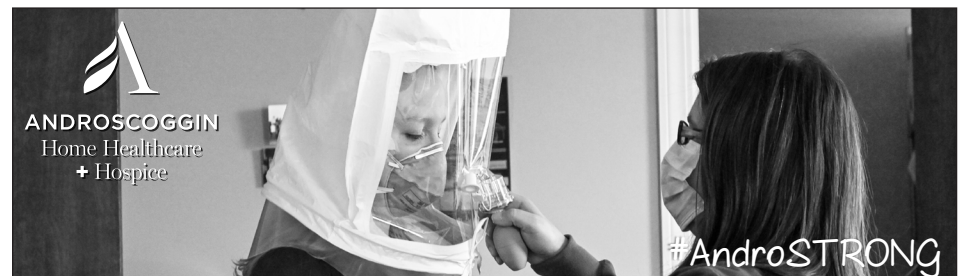
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Letter to the editor

# AARP is nonpartisan

As we get closer to Election Day, the number and intensity of attack ads continues to grow. Unfortunately, I continue to see political ads that mention AARP and imply a candidate's endorsement here in Maine. I want to be clear on this: AARP is entirely nonpartisan. We do NOT endorse or oppose candidates or political parties! We do not give money to candidates and we do not have a Political Action Committee to support any candidate or party. We focus on the issues important to older Americans and encourage all candidates to voice their positions on those issues, so that all voters know exactly what candidates will do if elected.

What issues are those? Social Security for one. It is our bread-and-butter issue, and for many of our members, it is literally their bread and butter. Social Security must be preserved, especially for the almost 25% of Maine beneficiaries 65-plus who depend on Social Security for 90 percent of their income.

What else do we fight for? Protecting and strengthening Medicare, which provides affordable health care for almost 300,000 older Mainers. Hard-working Mainers pay into the program their en-

tire working lives and are guaranteed coverage that help make health care accessible and affordable.

Along with Medicare, we are fighting to lower prescription drug prices. Too many Mainers struggle to afford their life-saving medications while the pharmaceutical companies line their pockets. While we have made progress in Augusta, we need Washington to do more to reduce out of control drug prices.

How do we win on those issues? Through the power of our members' votes. Voting is what counts. We stand by our members and fight for issues important to those ages 50+ and their families.

We are not just bipartisan. We are nonpartisan. We fight for issues, not candidates. We make sure candidates know about the issues that our members passionately care about and we will work with any elected official who will fight for these issues, too.

And our members vote. In 2016, over 80 percent of Mainers 65+ voted compared to the national average of 71 percent. As you can see, our members are serious about making their voices heard. We're a fierce defender of age 50-plus voters in Maine.

We work hard at the Maine State House on oth-

er issues, too. We push for things such as long-term care services and supports so we can age in our own homes; increased affordable housing; fair utility rates; improving access to retirement options for those without any, to name just a few.

And did I mention fighting for improved high-speed internet affordability and access? As part of a broad coalition we, with the help of our close to 230,000 members, pushed for support of a broadband referendum during the July primary and 75% of Maine voters supported the measure. Because of the impact of our many members, we make a positive difference.

About the ads I mentioned above? We issued news releases and contacted the candidate's campaigns' to let everyone know that the ad was produced without the knowledge or consent of AARP.

If you see a political ad showing the AARP logo or implying our endorsement of a candidate, contact us at [me@aarp.org](mailto:me@aarp.org). We need to know so we can preserve our independence as a nonpartisan, nonprofit organization that fights for age 50-plus Mainers.

**Lori Parham**  
AARP Maine State  
Director  
Portland

# Touching Base Trump or Biden? Cast your ballot!

By Nathan Tsukroff  
Managing Editor

Are you a Trump supporter? A fan of the Biden/Harris team?

Either way, it's important that you get out and vote.

That's the wonderful thing about this great experiment that we call "democracy" – every one of our votes is actually counted. And every vote is important.

Many years ago, that point was well made when a local community attempted to recall one of its town councilors. Our of more than 3,100 votes, the councilor retained his seat by just

15 votes. Had eight people voted differently, the councilor would have lost his seat.

So every vote does count!

And our down-ballot votes are just as important as our vote for the president.

Although we see ads mostly in support of Susan Collins or Sara Gideon, there are two other candidates for the U.S. Senate seat currently held by Collins – independents Lisa Savage and Max Linn. Do you support a candidate other than Collins or Gideon? Get out and vote!

If you don't vote, then my vote almost counts twice. How? Because you

may favor the candidate opposite of the one that I choose. If that's the case, then your vote negates my vote, and your candidate has that much better a chance of winning election or re-election.

There are also funding questions on many ballots, along with questions about minimum wages.

All these questions deserve your vote, whether in favor or against.

Get and vote! And may the best man or woman win!

Make America Great Again with Trump. Or Battle for the Soul of the Nation with Biden.

It's your choice.

## Guest Column

# Home Country

By Slim Randles

It's a rare treat to have old Jasper Blankenship come down from the diggin's to stock up on supplies. And he favored us with stories at the Mule Barn this bright morning over coffee, too.

"Well, Doc," Jasper said, "you're right. I wasn't always a miner. Back during The War I had a job in the city at one of the big war plants, you know. I was a security guard and watched the gate. In those days, there was this one carpenter who just gave me the fits. He'd come out the gate at the end of the day with a wheelbarrow

full of sawdust. I always stopped him and poked around in the sawdust and never found anything, but I just knew he was stealing something."

Jasper took a sip of coffee. "Well sir, four five years ago I was wetting my whistle up north a ways and this guy walked in and I knew him from somewhere so I struck up a conversation with him. Turns out he was this same carpenter guy who was wheeling that dang sawdust out the gate every afternoon. I knew this was my chance, as so many years had gone by since we both worked there.

"I told him I always

knew he was stealing from the plant but could never find it in all that sawdust. I said it was a long time ago, so would he mind 'fessing up to it, just to satisfy my mind?"

"He just grinned at me. So I got another round for us, and he seemed friendlier then. So I tried again. 'Come on, pardner,' I said, 'I know you were stealing something there. What was it?'"

Jasper grinned. "He smiled at me and said, 'Wheelbarrows.'"

Pick up "Home Country: Drama, dreams and laughter from the American heartland" [www.lpdpress.com](http://www.lpdpress.com).

# Watch for COVID-19 scams

From U.S. Senator Collins

WASHINGTON, D.C.—U.S. Senator Susan Collins is warning Mainers to be on alert for criminals impersonating public health officials in an effort to gain access to their credit card information.

This scam starts with a phone call alleging that

the recipient has come into contact with someone who has tested positive for COVID-19. The message recommends that the person self-isolate and get tested. The scammer then seeks to gain the individual's credit card number, claiming that this information is needed to send a COVID-19 test kit. The scammer may also insist that the individual

will be penalized if they do not agree to provide this information immediately.

This scam is the latest iteration of coronavirus-related phone, text, and email scams seeking to trick or frighten consumers into sharing personally identifiable information and financial details in exchange for a stimulus check,

See Scams, page 10

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# Arts & Entertainment

## Nonesuch mug club membership for restaurant workers



**From Nonesuch River Brewing**

SCARBOROUGH - Nonesuch River Brewing is offering all restaurant industry workers free membership in the Nonesuch Mug Club through the end of the year.

The club renewal at the beginning of next year will be \$75 for the year, a savings of \$25 from the regular price. Membership benefits include a FREE Nonesuch Mug Club Shirt & more.

Sign up at: <http://bit.ly.ws/amGE>

The Nonesuch River is a body of water that runs through the seaside town of Scarborough connecting the town's eight villages to one another. Nonesuch is a brewery, restaurant and event venue, offering food, fun and beer.

## MSSM grad part of rocket team

**From MSSM**

LIMESTONE— Seth Lockman, a graduate of Maine School of Science and Mathematics (MSSM), the state's first tuition-free, public, residential high school, is part of the team launching "Stardust," a 20'-tall, 14"-diameter prototype rocket from Loring Commerce Centre in Limestone in late October.

The rocket will have a 540-pound liftoff mass and reach 4,000 feet. The purpose of the launch is to show the bio-derived, carbon-neutral rocket fuel in flight, and to demonstrate commercial demand for suborbital launches by carrying commercial payloads. Lockman noted one benefit of the non-toxic fuel is that it could be ingested without causing notable harm.

Lockman believes Maine could be an affordable alternative to exist-

ing suborbital and orbital launch sites for small rockets, and noted the growth pipeline company Frost & Sullivan "projects small-satellite launch service revenues will pass \$69 billion by 2030."

Lockman graduated MSSM in 2011 and received a Bachelor's Degree in Psychology summa cum laude from the University of Maine in 2015. Lockman said he enjoyed the psychology program because it has "a great focus on statistics, data sampling, and skeptical interpretation of data."

After college, he volunteered at Southworth planetarium at the University of Southern Maine under the tutelage of Edward Gleason, Planetarium Manager. While there, Lockman founded a radio program in collaboration with WMPG in Portland, Maine. The program, Radio Astronomy, now called Scientifically Speaking, brought

astronomy to the general public and included field recordings from events, live shows, as well as guest interviews with industry experts.

One such interview was with Sascha Deri, Founder and CEO of Blu-Shift Aerospace, Inc. in Brunswick, Maine. That connection led to Lockman's employment with the company in October, 2018.

Maine School of Science and Mathematics (MSSM) is a tuition-free, public, residential high school that enrolls students from across the state and serves over 600 students each year through its academic and summer offerings. Opened in 1995, the school provides high school students a rigorous, student-centered curriculum that emphasizes the connections between math, science, and humanities, and culminates in opportunities for authentic research.

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Out and About

# Braver Angels unites Americans

By Rachel Morin

Chip Morrison, well known in the Lewiston-Auburn area for his active work in many non-profit charities and active membership in many clubs and organizations, addressed the residents of Schooner Estates Retirement Community last week via a ZOOM presentation.

His topic was titled Braver Angels and Civility Amongst Us!

Braver Angels is a citizens' organization uniting red and blue Americans in a working alliance to depolarize America.

Addressing the small group due to the pandemic guidelines on restricting the number of people assembled, Morrison described the Braver Angels and what they are



Del and Betty Hayes, Romeo Labbe, Dick Doiron, and Gail Quigley watch Chip Morrison's address on Braver Angels and Civility Among Us! in a ZOOM presentation at Schooner Estates, Auburn, last week. (Photo courtesy of Rachel Morin)

working to achieve: "We engage those we disagree with, looking for common ground and ways to work together. We support principles that bring us together rather than divide us."

He concluded with, "Braver Angels is the solution to the divisiveness and rancor threatening our nation."

The assembled group agreed the nation is divided, is troubled and they are concerned what will happen after the election, no matter who wins. They are bothered by the lack of manners and appropriate language among our politicians.

They see chaos across our land from sea to sea.

They even see it within their own families and have taken a position to not talk politics at family events.

Morrison invited the group to join the movement if they wished after reading more about it online. The pledge to join is from Abraham Lincoln's second Inaugural Address With Malice Toward None

The Pledge: "Regardless of how the election turns out, I will not hold hate, disdain, or ridicule for those who voted differently from me. Whether I am pleased or upset about the outcome, I will seek to understand the concerns and aspirations of those who voted differently and will look for opportunities to work with people with whom I didn't agree."

At the end of Morrison's presentation, there were questions or comments about the session, with most agreeing this election is the most serious of all times and could evoke even more trouble and chaos, no matter who the winner is.

Braver Angels is indeed something serious to consider for the good of our country...and for the world as well, the group decided.



Mark Prevost, Director of Resident Services at Schooner Estates, and Lindsay Remington, Marketing Associate, arranged for the ZOOM presentation. (Photo courtesy of Rachel Morin)

# A Macaroni Kid Pumpkin Smoothie

By Macaroni Kid

POTOMAC, MD - It's fall in the United States and that means it is officially pumpkin spice season. I am a sucker for everything pumpkin spice. The warm coffees, chewy cookies, and cold treats. Any drink, cereal, cookie, cake, snack, and treat you can imagine can be found with this seasonal flavoring.

But while many of these fall treats taste great, I don't always want my family to have things that are loaded with sugar, so what's a mom to do? Well, if you're like me, you gather up your kids, put on some aprons and make your own fall treat with quality ingredients, like the recipe below for Pumpkin Smoothies! It's creamy and pumpkiny and has all the flavors of fall. It's also full of healthy fats, pro-

tein and pumpkin, and of course, Hood Milk! Hood Milk is the milk I choose for my family because with 9 essential nutrients and 8 grams of protein, I know I can trust Hood Milk to deliver the nutrition my kids need to grow up healthy and strong.

**Pumpkin Smoothie**  
**Ingredients** - 1 C. Hood Milk; 2/3 C. pumpkin puree; 2 Tbsp coconut butter; 2 Tbsp raw cashews; 3 oz tofu; 2 Tbsp pumpkin pie spice (or to your liking); 1/2 tsp vanilla extract; 1/2 cup ice cubes (optional);  
**Optional bonus:** Add 2 Tbsp cocoa powder for a chocolate punch!

**Directions** - Blend together, top with cinnamon and enjoy! Makes 1 smoothie.

This recipe was sponsored by Hood Milk. The Macaroni Kid advertising partners enable publication to remain free.



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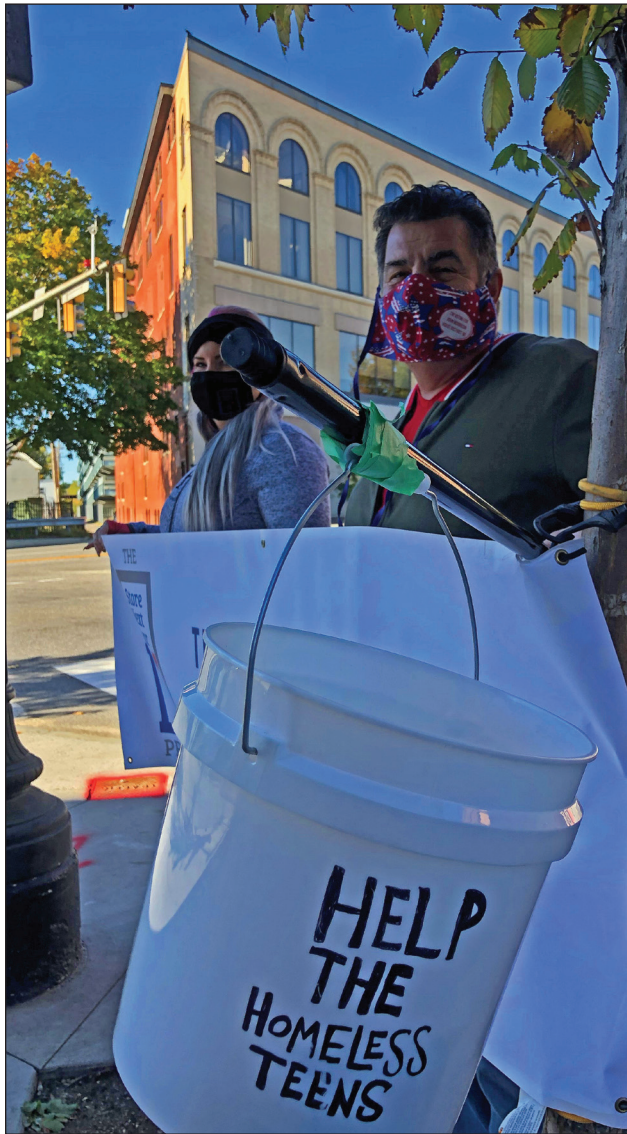
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**John Morrison of Lewiston, owner of Cure Cannabis Co., a medical cannabis extract dispensary in Auburn, helps collect donations for The Store Next Door Project at Lewiston High School. The project provides assistance for local homeless students. Morrison helps with various projects in the Lewiston/Auburn area to provide help for needy residents. (Photo courtesy of The Store Next Door Project).**

**Store**

*Continued from page 1*

erison is the situation that impacts many apartment building owners in Lewiston and Auburn when the federal government builds subsidized housing in the area. Renters are inclined to look at the newly constructed buildings, leaving older buildings with vacancies.

Morrison said he believes the state and federal governments should look at ways to help local building owners, especially since the buildings have often been in the hands of local families for generations, or are owned by younger people who maintain the buildings as retirement investments.

He said the building owners “are investing in the community, but they need a level playing field where they have access to

easily accessible financing, not financing where you have to jump through a million hoops.”

Programs and money are available, Morrison said, but it is hard to find those programs and financing. He hopes to find a way to provide information about the programs and financing to the building owners.

Morrison helps the Age-Friendly Senior Community Center at Pettengill Park with donations toward their weekly dinners. He will be donating additional funds for this year’s Thanksgiving Dinner.

The St. Louise Bells restoration project in Auburn was also helped by Morrison. He donated money that was matched by the City of Auburn to help place the bells in a tower in Auburn Anniversary Park.

# What’s Going On

## Half of summer camps stayed closed in 2020

**From American Camp Association**

LEXINGTON, MA – A recent survey by the American Camp Association, New England of 347 youth camps throughout the area showed more than half of camps reporting they did not open in 2020.

Nearly two-thirds of the camps that remained closed reported that state and local government guidelines were one of the top three factors influencing their decision not to open, with a third of them reporting that was the main reason.

Almost nine in ten of the camps reported either cutting hours or salaries, or furloughing or laying off staff. The number of counselors who worked this summer was reported as 20% of the number who worked last year.

The surveyed camps reported a total of \$300-million in lost revenue

Almost 90% of the camps said they plan to open in 2021.

“From the psychological effect on campers, families and staff to the significant economic impact on camps that continues through towns and businesses relying on these camps for their livelihoods, 2020 was a body blow to our industry,” says Michele Rowcliffe, Executive Director of the American Camp Association, New England. “Still, if there’s a silver lining to all of this, it’s that we’re learning. We’re learning a lot. We’re learning from camps that operated and camps that didn’t. We’re learning from our work with state associations, and we’re learning

from the important work put forth by the CDC and other health experts.”

“From this work, we’ve seen that camps CAN run safely, and with help from local and state governments, we’re confident camps can safely welcome campers and staff again in 2021,” Rowcliffe said.

As shown by a study conducted by Maine Summer Camps, “This past summer season was a very challenging and trying time for Maine camps,” says Beigette Gill, MSC President. That study showed that a majority of camps did not open including day camps, overnight camps and trip camps. Camps lost a substantial portion of their operating income, even if they opened.

A Maine CDC study looked at four Maine over-

night camps that operated this summer. It showed that those camps successfully prevented COVID-19 outbreaks among their 1,000 campers and staff members.

Three crucial actions that prevented the outbreaks were limits on the number of potential cases entering camp by delaying arrival of four potentially infectious campers, cohorting campers and staff for the first two weeks, and re-testing campers and staff 5-6 days after arrival. Three campers and staff tested positive and were quarantined.

“We feel that the success story of these Maine camps is one we can all learn from and replicate,” said Gill, who is also the owner and director of Fernwood Cove a residential summer camp in Harrison,

ME. “And we were pleased to see that these camps did not restrict attendance from any part of the country or the world. Many New England camps have campers that come from California, New York, outside of the region and outside of the U.S. It’s important to note that this public health strategy was able to identify and control COVID even with campers and staff from outside New England.”

“They always say it’s darkest before the dawn,” Rowcliffe said. “Well, it’s been dark enough in 2020. We are ready for the sun to come out in 2021. With governmental help and using what we learned this year, camps can deliver a great experience for young people and for their families next year. We are confident that we will see you then!”

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## Teacher

Continued from page 2

respective fields and communities.

Peterson has a Master of Science in Education and a Bachelor of Science in Business from Husson University, and an Associate Degree in Business Administration from Thomas College. She has spent more than 25 years working in a family small business, (farming, restaurants, general stores), in addition to several years in industrial education experience, instructing, banking, IT support, finance, and small business ownership. Peterson is a certified Maine CTE instructor in Business Education, Information Technology and Cooperative Industrial Training

## Scams

Continued from page 5

COVID-19 vaccine, or fake government grant.

“As Chairman of the Aging Committee, one of my top priorities is putting a stop to scams that seek to rob Americans of their personal information and hard-earned money,” said Senator Collins. “It is reprehensible that these criminals are looking to take advantage of this crisis for

their own gain. I urge the public to be wary of phone calls, texts, or emails from unknown sources that demand immediate action.”

“Contact tracing is an essential part of Maine CDC’s work to limit potential spread of the virus that causes COVID-19,” said Dr. Nirav D. Shah, Director of the Maine CDC. “But contact tracers will only ask questions specific to potential exposure and will not seek information about bank accounts, credit cards, Social Security numbers, or anything unrelated to potential virus exposure.”

The Federal Trade Commission offers the following tips to protect yourself from contact tracing scams:

Real contact tracers won’t ask you for money and demand payment by any means, including gift card, money transfer, or cryptocurrency.

Contact tracing does not require your bank account, credit card number, immigration status, or Social Security number.

Do not click any links in a text message. If a friend sends you a text with a suspicious link that seems out of character, call them to make sure they weren’t hacked.

You can also find more information about COVID-19 contact trac-

ing on the Maine CDC’s website at: <http://bitly.ws/amS7>. If you receive a fraudulent call, text message, or email, you can report it to the Aging Committee’s Fraud Hotline at 1-855-303-9470.

Since Senator Collins became a leader of the Aging Committee, first as Ranking Member and then as Chairman, the Aging Committee has held 25 hearings to examine scams affecting older Americans. The Committee also releases an annual Fraud Book outlining the top 10 scams reported to the Committee’s Fraud Hotline.

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Sam Hight (left) of the Hight Auto Group drops off a BBQ to go box at Redington-Fairview General Hospital’s EMS department during the week of the First Responder BBQ to go. (Photo courtesy of Sam Hight)

## Hight Auto Group BBQ to go

From Hight Auto Group

SKOWHEGAN - The Hight Auto Group hosted their Second Annual First Responder Barbecue the second week of October, adapting to meet restrictions under the COVID-19 pandemic.

Last year, the Hights honored local first responders by hosting a barbecue at their dealerships.

This year, “We wanted to find a way to keep the tradition of highlighting the communities’ respect and admiration for our first responders, but because of COVID we had to get creative. We made the decision to do a ‘barbecue to go,’” said Sam Hight.

Instead of hosting the barbecue at the dealerships, the Hight family delivered BBQ supplies to local first responder agencies so they could conduct a BBQ safely at their agency.

Hight said he decided to pitch the idea to a few local first responder agencies and the response was over-

whelmingly supportive.

Chief David Bucknam of the Skowhegan Police Department said, “I cannot thank Sam and the Hight family enough for everything they do for the Town of Skowhegan. There are no limits to their generosity when it comes to giving back to this great community. You are a true friend to the Skowhegan Police Department and all 1st responders in Somerset County. We truly appreciate your support.”

Sheriff Lancaster from the Somerset County Sheriff’s department shared a similar sentiment, “The men and women of the Somerset County Sheriff’s Office appreciate the generosity and continued support shown by Sam Hight, and the Hight Family of Dealerships. We thank Sam for establishing and coordinating the annual barbecue for first responders.”

The Hight’s appreciation for first responders is what drove them to create this annual event. “We are

glad that we have found a way to host this event safely, while still honoring our local first responders,” Hight said. “We as a community are very fortunate to have such a strong group of first responder agencies. And there’s no time like the present, with everything going on, to support, to celebrate, and to thank their efforts in keeping all of us safe. We wish we could reach out to more agencies because our thanks would be endless. We hope others can share our gratitude for our local first responders and do their part in supporting their noble cause.”

Throughout the week, the Hights delivered barbecue to-go coolers to 19 agencies in Somerset and Franklin counties.

Thanks to help from George’s Market and the Bankery in Skowhegan, the Hights purchased 300 hotdogs, 300 hamburgers, snacks and cupcakes, all to be packed in coolers donated by Damon’s Beverage Mart.

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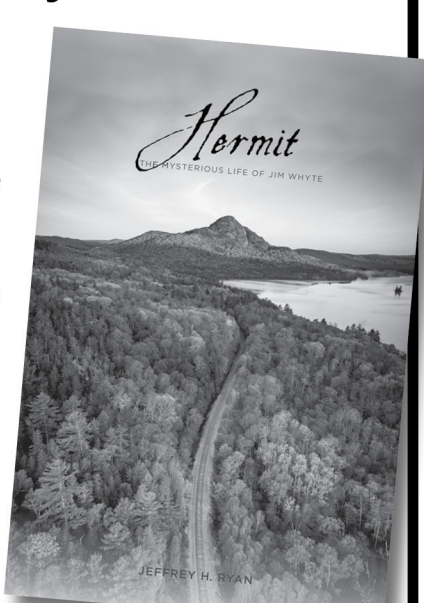
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— George Smith, Bangor Daily News



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## Out-of-State firewood is dangerous

**From Maine DACF**

AUGUSTA - The installation of the Department of Agriculture, Conservation and Forestry (DACF) high-visibility road signage is underway. The sign's message "FIREWOOD ALERT - TRANSPORTING FIREWOOD INTO MAINE IS BANNED" (photos follow) is intended to protect against the incursion of new pests like Asian longhorned beetle, oak wilt or beech leaf disease and the further spread of emerald ash borer (EAB), hemlock woolly adelgid, and other forest pests and diseases. DACF worked with the Maine Department of Transportation (MeDOT) on the signs' production and installation. The project was funded by a Cooperative Agreement with the U.S. Department of Agriculture.

"Invasive threats not yet found in Maine as well as those already in Maine like the emerald ash borer and hemlock woolly adelgid are killing trees in Maine and many nearby states," commented Gary Fish, State Horticulturalist. "DACF's mission with these signs is to educate everyone entering and traveling around Maine, that out of state firewood is banned, and moving firewood within our state threatens to worsen the devastating impact of invasive pests and diseases on our forests."

"We hear it all the time, people pack firewood

thinking theirs is safe," said Allison Kanoti, State Entomologist. "But the truth is, they could be moving destructive pests to new homes in our forests and that should be an unacceptable risk to take."

Unfortunately, the decision to move firewood can wind up costing a whole lot more than a bundle of firewood. It can even jeopardize the very reasons people spend time at a place, such as excellent wildlife habitat, rivers and lakes with clean water, or forested vistas. Maine residents should also heed the message to use local or heat-treated firewood. Pests like browntail moth and emerald ash borer can be spread to new places within the state in and on untreated firewood.

The first of 15 signs went up in Calais in September and installation is continuing in conjunction with MeDOT projects. Travelers entering Maine will encounter new DACF signage at these locations: Berwick and So. Berwick, Calais, Coburn Gore, Eliot, Fort Fairfield, Fryeburg, Gilead, Houlton, Jackman, Kittery, Lebanon, Madawaska, and Porter.

Help DACF protect Maine's forests by using local Maine firewood. If you have already transported firewood into Maine, burn it. Please do not leave it or bring it home. If you can't burn it all within 24 hours, bring it to the nearest drop-off site. Burn local or heat-treated firewood.

# What's Going On

## Summit discusses local control in Maine

**From GrowSmart Maine**

AUGUSTA - GrowSmart Maine, an organization committed to helping the state grow in sustainable and equitable ways, hosted their annual summit in a creatively COVID-compliant format last week, remotely connecting five in-person satellite locations hosted by regional partners to the live Biddeford Summit.

A larger number of participants chose to tune in remotely to the topic: Flexing the Power of Home Rule: A Path Towards Regional Solutions.

The Summit focuses on what is perceived as both a strength and a weakness for Maine: home rule, which gives municipalities unprecedented control over

land use planning, local spending and volunteer access.

Colin Woodard, a New York Times bestselling author, historian, and Portland Press Herald journalist, told how Mainers came to adopt, prize and defend local control in the centuries following its annexation by Massachusetts. He then went on to discuss the legacies — positive and negative — of that history.

Anthony Flint, a senior fellow at the Lincoln Institute of Land Policy, a think tank in Cambridge, Mass., then explored the advantages of home rule, allowing localities to set their own destiny in maintaining municipal fiscal health and implementing environmentally sustainable policies — but will also

survey the many scenarios, from managing COVID to planning for major infrastructure such as high-speed rail, that invite a regional and megaregional approach.

These two keynote presentations were followed by multiple breakout sessions around the state, in which participants dove into the implications of these concepts, exploring potential next steps for evolving local knowledge into regional approaches that make sense for Maine.

"Even during this pandemic we were able to keep two unique components of our event; pairing two keynote speakers and allowing time for discussion between them and with the audience, and the City Experiences of walking

tours, all to explore smart growth across Maine," noted board chair Ethan Boxer-Macomber, who participated in the summit from Machias. "A board member was at each venue to ensure GrowSmart is connected across the state," he noted.

GrowSmart Maine planned to host a follow-up virtual discussion this week to explore potential next steps based on these discussions, open to all Summit attendees.

"This has been such a challenging year for everyone, both personally and professionally, so this opportunity to gather safely and look beyond the pandemic to Maine's future has been welcomed by so many of our members," said GrowSmart Maine Executive Director Nancy Smith.

## York County rejoins all other counties as green

**From Maine DOE**

AUGUSTA - York County's Health Advisory color coding was moved from yellow to green last week, according to the Maine Department of Education.

The Mills Administration last week released an update to its color-coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission by color and that is provided to assist schools as they continue with their plans to deliver instruction and support students safely this fall.

The Maine Department of Health and Human Services (DHHS) and Maine Center for Disease Control and Prevention (Maine CDC) assessed the data and trends for the counties. Based on this as-

essment, York County was moved from yellow to green, while all other counties remain green.

The move was made as York County demonstrates improved metrics, including a falling case rate per 10,000 of 4.67 and a lower positivity rate of 0.9 percent. Maine DHHS and CDC continue to closely monitor Androscoggin County, along with Kennebec and Somerset Counties.

The Health Advisory System categorizations are defined as follows:

RED: Categorization as "red" suggests that the county has a high risk of COVID-19 spread and that in-person instruction is not advisable.

YELLOW: Categorization as "yellow" suggests that that the county has an

elevated risk of COVID-19 spread and that schools may consider additional precautions and/or hybrid instructional models as a way to reduce the number of people in schools and classrooms at any one time.

GREEN: Categorization as "green" 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 county-level assessments are based on both quantitative and qualitative data, including but not limited to recent case rates, positivity rates, and syndromic data (e.g., symptoms of influenza or COVID-19). Those data are publicly posted every week on the Maine CDC website. DHHS and Maine CDC also consider qualitative factors, such as the presence of outbreaks that may potentially affect school-age children.

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## Wreaths Across America Radio Greetings

From WAAR

COLUMBIA FALLS, ME - During a time of year when families have empty seats at their tables, and deployed troops are missing home, Wreaths Across America Radio (WAAR) airs messages from troops from across the country and overseas.

Families are encouraged to send a holiday message to them in the form of an internet radio greeting.

The "Holiday Greetings" program provides American military families and civilians the opportunity to extend holiday greetings and thanks to service members and veterans through our international internet radio station at <https://www.wreathscrossamerica.org/radio> (hashtag #WreathsRadio.)

Last year, messages connected families from all over the globe. Be sure to email your friends and loved ones and let them

know about this program.

"The United States currently has 1.3 million active duty members, reservists and guards serving within our borders and abroad. Additionally, more than 24 million veterans have faithfully served our country in the past," said Karen Worchester, Wreaths Across America Executive Director. "I am honored and thrilled to be able to offer these soldiers and their families the opportunity to share their Holiday greetings on air. It's especially important for sharing love and support for their sacrifices at this special time of the year."

Anyone can participate by calling (833) 369-1351 to record a short holiday greeting.

Wreaths Radio will play Holiday Greetings on-air during the holidays to help bring families, loved ones, members of our military, and American's closer together for the holiday

season. These special Messages will be broadcast between Nov. 23 and Dec. 31, 2020.

Wreaths Across America Radio was founded in 2014 as a 24/7 Internet stream. Its unique format offers a mix of country, rock, bluegrass, and Americana music interwoven with informational and inspiring content about members of the U.S. armed forces, their families, military veterans, and volunteers throughout the country and overseas who support the nonprofits' mission to remember, honor and teach.

A wreath can be sponsored for \$15 at <https://www.wreathscrossamerica.org/>. Each sponsorship goes toward a fresh balsam veteran's wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest, on Saturday, Dec. 19, 2020, as part of National Wreaths Across America Day.

## Community Service award for retired educator



Star Pelsue of Portland, a retired educator, was recently awarded the 2020 Andrus Award for community service for her volunteer help at several local charities. (Photo courtesy of AARP)

From AARP Maine

PORTLAND - AARP Maine announced recently that Portland resident, Star Pelsue, is the winner of the 2020 Andrus Award named in honor of AARP's founder Dr. Ethel Percy Andrus. The Andrus Award celebrates and honors individuals who make a difference in the lives of others, and it is the most prestigious and visible award AARP can present to an individual.

Pelsue's extraordinary public service actively embodies Dr. Andrus' motto "To Serve, Not To Be Served."

Pat Pinto, current AARP Maine Volunteer State President, said, "The AARP Maine Andrus Award acts as a symbol to our members and to the public that we can all work together for positive social change. We are deeply proud to be presenting this year's award to Star Pelsue, whose record of achievement, service and commitment provides an excellent example of one person making a significant difference in the lives of others."

After more than two decades as a Developmental Therapist for young chil-

dren, Pelsue left teaching to move in with her brother to help his family during a medical crisis. Upon her return to Maine in 2009, she started to volunteer and hasn't looked back. "I didn't want to go back into the workforce as I wanted the flexibility to go and help my family when needed," she said. "My work as a volunteer truly expanded."

Pelsue currently volunteers for several organizations including Ronald McDonald House, AARP Maine, Wayside Food Programs, Osher Lifelong Learning Institute and Victoria Mansion. "The challenge is to remember not to spread myself too thin!" she says. "There are just so many worthy groups that need support." Pelsue is also a frequent participant in AARP Maine's advocacy work, and serves as part of a group of dedicated activists and volunteers who meet with legislators, attend committee hearings and testify on issues of concern to Mainers 50-plus.

"Star is a tireless and highly-regarded volunteer across a myriad of tasks that she performs on behalf of our state office," said Pinto. "She never hesitates

to offer her time and talents on behalf of others. What a privilege it is to know her and to work with her!"

Pelsue is also a member of Legacy Scholars, 100+ Women Who Care in Southern Maine and the Maine League of Women Voters. She is married to her college sweetheart, Dr. Stephen Pelsue, an immunologist.

AARP Maine staff, volunteers and local members celebrated Pelsue during the annual volunteer recognition celebration, a virtual event this year.

AARP has long valued the spirit of volunteerism and the important contributions AARP volunteers make to their communities, neighbors and the programs they serve. See the AARP website or call 1-866-554-5380 to join the volunteer team.

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

## Guest Column

### Helping with anxiety and depression

By Stan Popovich

Do you know a friend or loved one who suffers from fear, anxiety, and depression and do not know what to do?

It can be frustrating to watch someone you know suffer and not be able to help them.

Here are 6 ways to help the person cope in these kinds of situations and the best way to deal with anxiety.

1. Learn as much as you can in managing anxiety and depression: There are many books and information that will educate you on how to deal with fear and anxiety. Share this information with the person who is struggling with their mental health issues.

2. Be understanding and patient with the person struggling with their fears: Dealing with depression and anxiety can be difficult for the person so do not add more problems than what is already there. Do

not get into arguments with the person who is having a difficult time with their anxieties.

3. Talk to the person instead of talking at them: It is important not to lecture the person who is struggling with anxiety and depression. Talk to the person about their issues without being rude. Most people will listen if you approach them in a proper manner.

4. Get Help: Seek help from a professional who can help your friend or relative with their mental health struggles. A counselor can give you advice and ideas on how to overcome anxiety, fear, and depression. Getting help from a professional is the number one priority in helping your loved one deal with fear and anxiety. Joining a local mental health support group can also be helpful. Talk to your doctor to get more information about potential groups in your area.

5. Talk to the person on what will happen if they

do not get help: Another way to convince the person who is struggling with fear and depression is to tell them what may happen if they don't get some assistance. Anxiety and depression can make things worse and usually it won't go away by itself without some kind of treatment.

6. Find The Reasons The Person Won't Get Help: Address the issues on why the person will not get the necessary help. Many people who are struggling are fearful and frustrated. Try to find out the reasons why he or she won't get the help they need and then try to find ways that will overcome their resistance of seeking assistance.

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide To Managing Fear". For more information about Stan's book and to get some free mental health advice, visit Stan's website at <http://www.managingfear.com>

## Maine most politically engaged

From WalletHub

WASHINGTON, D.C. - With Election Day coming up and only 61.4% of the voting age population having voted in the 2016 presidential election and 53.4% in the 2018 midterm, the personal-finance website WalletHub today released its report on 2020's Most & Least Politically Engaged States, as well as accompanying videos.

In order to determine where Americans are most

involved in politics, WalletHub compared the 50 states across 11 key indicators of political engagement. They range from "percentage of registered voters in the 2016 presidential election" to "total political contributions per adult population."

Maine was determined to be the most politically engaged, ranking 1st - % of Registered Voters in 2016 Presidential Election. (1=Most; 25=Avg.). Other rankings include: 1st - %

of Electorate Who Voted in 2018 Midterm Elections; 1st - % of Electorate Who Voted in 2016 Presidential Election; 7th - Change in % of Electorate Who Actually Voted in 2016 Elections vs. 2012 Elections; 16th - Total Political Contributions per Adult Population; 20th - Civic Education Engagement; and 16th - Voter Accessibility Policies.

The full report may be found at: <http://bitly.ws/amFa>

Follow us on facebook! Don't miss our weekly giveaways!



# Calendar

Send your submissions to the Editor. More online.

### 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](mailto:um.fhc.pd@maine.edu); (207) 338-8002.

### Thursday, Oct. 29

7-8:30 p.m.

Public Theatre PLAY Club presents 'Clybourne Park' by Bruce Norris. Register at: <http://bitly.ws/amPI>

### Friday, Oct. 30

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](mailto:um.fhc.pd@maine.edu); (207) 338-8002.

### Saturday, Oct. 31 to Sunday, Nov. 1

GORHAM - Baxter Memorial Library.

Harry Potter Horcrux Hunt - Attention Harry Potter Fans! The

librarians of Baxter Memorial Library are hiding Horcruxes around the Gorham Village. Read the clues on our website to guess each Horcrux and the location where we have stashed it. Go to that location (anytime from 5 p.m. Oct. 30 through 5 p.m. Nov 1) and find the Horcrux painted on a small flag to confirm your guess. Fill out the Google Form on our website [www.baxterlibrary.org](http://www.baxterlibrary.org) after you find as many as you can. Winners will be chosen from entries that found all 7 Horcruxes. Good luck witches and wizards!!

### Monday, Nov. 2

7 p.m.

GORHAM - Planning Board meeting, via Zoom.

### Tuesday, Nov 3

ELECTION DAY

GORHAM - polls open from 7 a.m.-8 p.m.

### Tuesday, Nov. 10

6:30 p.m.

GORHAM - Town Council meeting via ZOOM.

### Wednesday, Nov. 11

Veteran's Day Holi-

day observed.

Town offices closed.

### Tuesday, Nov. 17

8 a.m.

GORHAM - Ordinance Committee Meeting via ZOOM.

### Tuesday, Nov. 17

6:30 p.m.

GORHAM - Town Council workshop via ZOOM

### Wednesday, Nov. 18

8 a.m.

GORHAM - Gorham Economic Development Corporation meeting via ZOOM.

### 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](mailto:um.fhc.pd@maine.edu); (207) 338-8002.

### Thursday, Nov. 19

6:30 p.m.

GORHAM - Zoning Board of Appeals meeting via ZOOM.

### Wednesday, Nov. 25

and Thursday, Nov. 26

Thanksgiving Holi-

day observed. Town Offices closed.

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## Grammar Guy

# Through the ears

By Curtis Honeycutt

Do you ever think you see something but it's really something else?

I'm not talking about mirages, rather, sometimes our eyes just fool us. For instance, I have a beard, and for weeks now it has looked as though I accidentally shaved too closely on this spot under my chin. As a result, it looks like there's a chunk missing from my beard.

Since I've been wearing a face-covering at work and in public, I haven't seen the spot in many mirrors, however, I caught a glance the other day, and what I really saw shocked me. I didn't accidentally give myself a close shave; I have a shock of white beard hairs amongst my red beard! 2020 is draining my youth.

Similarly, your ears can play tricks on you. I have previously written

about mondegreens, which are humorously misheard song lyrics. Today I want to talk about oronyms.

Oronyms are words or phrases that sound similar that you mishear in a sentence. An example is "stuff he knows" and "stuffy nose." There's a big difference between "The stuff he knows could change the course of history" and "The stuffy nose could change the course of history."

You've probably heard this type of phrase before, but I wanted you to know there's an official word for it that you can slip in at your next Zoom staff meeting.

Would you rather have "ice cream" or "I scream"? There's a big difference! I could provide many more egg samples (or examples) for your chuckles and chortles.

What's in "an aim"? That depends on how steady a shot you are.

I doubt she wants you to pinch her ear, but I'm positive she doesn't want you to pinch her rear.

Would you rather have a Toyota or a toy Yoda?

Does "all work and no play" make Jack a dull boy or a doughboy (or maybe a mixture of both)?

I know your life has bigger problems than oronyms. In fact, if oronyms are the biggest turtle you overcome - I mean, biggest "hurdle" you overcome - you're likely to have an ice day. And if you consistently mishear words and phrases, perhaps it's time for you to invest in a new package of cute tips.

Curtis Honeycutt writes as Grammar Guy, and is a syndicated humor columnist. He is the author of Good Grammar is the Life of the Party: Tips for a Wildly Successful Life. Find more at [curtishoneycutt.com](http://curtishoneycutt.com).

## Job Corps offers free training



# CAREERS BEGIN HERE

### From Job Corps

LEWISTON - Job Corps is currently enrolling people 16-24 years old who are interested in free career training in areas such as Automotive, Welding, Healthcare, Electrical, Cu-

linary Arts, and more. Virtual and online learning options are available.

Enrollees will earn HSD/HSE and their driver's license at the same time.

Housing and meals are included at no cost.

There is job placement once the program is completed.

Call or text Amy Bocclair at the Lewiston Job Corps Office today at (207) 458-5369 or email [Amy@jobcorps.org](mailto:Amy@jobcorps.org) for more information.

## Lunch

Continued from page 1

able for pick up.

Meals are available to all students and siblings (under 18).

Parents must fill out an online form to request home delivery at: <http://bitly.ws/amGn>. Only one form per household needs to be completed. (The link can also be found on the Gorham School District

website)

Any questions please contact Raina Lee Cooper at: [raina.lee.cooper@gorhamschools.org](mailto:raina.lee.cooper@gorhamschools.org) or 222-1375

Just a reminder that

meals are free to ALL families through the end of the school year.

Form can be completed AT ANY TIME between now and the end of the school year.

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# Classified Ads

## ALL IN ONE SERVICES

Specializing in:

Senior care, cat sitting, Babysitting and house sitting. [allinoneservices1@yahoo.com](mailto:allinoneservices1@yahoo.com)

Contact by e-mail or phone. 207-253-9762. Tailored to your schedule & flexible. Trained and experienced in all. (10 years)

## AUTOMOBILE STORAGE

Seeking Classic Car Storage

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](http://www.authorcaseybell.com).

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

## CLEANING SERVICES WANTED

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

## ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

## FOR SALE

Cutting Boards

I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

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.

Art Supplies-Vinyl albums-ADV. Mirror Canvas Boards 14x18 (3) at \$5.00 Canvas printed tablets 16x20 (3) @\$10.00 & Canvas stretchers 4 sizes \$20.00 Advertis-

ing mirror Budweiser Girl. 18x24 \$175.00 (1996).-Asst "vinyl" albums. FMI. Ask. Call + leave message about particular item. I will return call. 207-839-2179

## HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

## HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN? If you have insurance, you

may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

## HELP WANTED

Technical Field Manager Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: [recruiting.us@modula.com](mailto:recruiting.us@modula.com).

## HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

## PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

## SENIORS

In Home Care Visiting Angels - non-medical assistance

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

## SOUND SYSTEM FOR SALE

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  - CGM Floor Monitor
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Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

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**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



# Anthem BCBS supports food banks



Associates from Anthem Blue Cross and Blue Shield in Maine spent a day packaging 32,200 pounds of food at the Good Shepherd Food Bank as part of the company's annual Anthem Volunteer Days program. Anthem supported the GSF with a \$50,000 donation this spring to help with COVID-19 relief, and presented another \$1,800 donation yesterday to help them meet ongoing needs in the community. (Photo courtesy of Anthem)

### From Anthem BCBS

**SOUTH PORTLAND** - Anthem Blue Cross and Blue Shield in Maine, in partnership with its philanthropic arm, the Anthem Blue Cross and Blue Shield Foundation, is on a mission to improve access to nutritious food for Maine communities.

Anthem hosted several Anthem Volunteer Day activities over the last month focused on addressing hunger. Earlier this month, Anthem associates packaged 32,200 pounds of food at the Good Shepherd Food Bank in Auburn to be distributed to local food pantries in the state.

Previously, Anthem volunteers helped the South Portland Food Cupboard package and distribute 6,586 pounds of food among 37 families in South Portland, amounting to 178 pounds of food per family. Anthem associates also prepared lunch and dinner for 400 individuals at the Preble Street Kitchen in Portland.

Each organization received a \$1,800 donation from the Anthem Blue Cross and Blue Shield Foundation to assist in meeting ongoing needs in the community.

"Anthem Blue Cross

and Blue Shield is committed to improving the health of Mainers, and ensuring every individual has access to nutritious food is at the foundation of this commitment," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "With the number of Maine families struggling to put food on the table continuing to grow, we remain committed, through financial and volunteer assistance, to helping our neighbors by supporting organizations like the Good Shepherd Food Bank that are working tirelessly to end hunger in our state."

Maine has the highest rate of food-insecure households in New England at nearly 14 percent, and Feeding America projects this number could rise to 18.1 percent this year due to the impact of the COVID-19 pandemic.

As part of Anthem's mission to improve lives and communities, Anthem and its Foundation committed \$352,000 earlier this spring to address emergency response efforts in Maine in the wake of the COVID-19 pandemic. Nearly half of that commitment, \$160,000, was allocated to organizations and



Anthem associates make a group heart during the 2020 service campaign that brought together thousands of Anthem associates for service to their communities at more than 50 projects across the U.S., including three in Maine, with a focus on combatting hunger. In addition to volunteering at the Good Shepherd Food Bank, Anthem associates also volunteered at the South Portland Food Cupboard in South Portland and the Preble Street Kitchen in Portland. (Photo courtesy of Anthem)

programs directly addressing food insecurity, such as the Good Shepherd Food Bank, the South Portland Food Cupboard, and the Southern Maine Agency on Aging, among others.

In partnership with the Lions Club International, this year's Anthem Volunteer Days service campaign brings together thousands of Anthem as-

sociates for service to their communities at more than 50 projects across the U.S., including three in Maine, with a focus on combatting hunger. All projects follow state COVID-19 safety protocols. Overall, Anthem associates in Maine have donated more than 1,500 hours of volunteer time to charitable causes so far this year.

# Autumn Night In

Online Auction to Support Hospice Care in Our Community

**Auction Kickoff Event - October 23 • 6:00PM • Facebook Auction - October 23, 6:15PM through October 31, 8:00PM**

Androscoggin Home Healthcare + Hospice is celebrating seventeen years of Autumn Night Out in 2020. Our organization's largest fundraising event has grown since its creation and has successfully raised nearly a half of million dollars in support for hospice care thanks to the generosity of our community.

While we will not be able to gather in person as we have in years past, we will be holding an online auction to raise funds for hospice care in our community.

Please join us for a special Autumn Night "In" kickoff event streaming on our Facebook page at 6pm on October 23rd. We will have a special paddle raise to benefit the new Hospice House Kitchen!

Visit <https://ani2020.ggo.bid> today to register to bid!



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