



TWIN CITY TIMES

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Thursday, October 29, 2020 • FREE

Free Halloween events in Auburn

From City of Auburn

AUBURN – The City of Auburn is cooking up some spooky, fun, and safe ways for families to celebrate Halloween this year.

On Saturday, Oct. 31, the United New Auburn Association will be hosting their annual “Hello-ween” event in Anniversary Park from 1-3 p.m.. This event has been modified to comply with Maine CDC guidelines.

The Auburn Recreation Department is preparing for a “howling” good time at the “Fright Fest Drive-Thru Carnival,” which will take place from 3-5 p.m.. Pre-registration is REQUIRED for each vehicle participating, and there is an option for those walking.

After they are all stocked up on candy at Fright Fest, Auburn residents can join us at the City’s first ever “Spooky Drive-In Movie” event taking place in Great Falls Plaza. Pre-registration is REQUIRED for each vehicle and for each showing. The family friendly movie, “Casper” will be screened at 6 p.m. (gates open at 5:30 p.m.), followed by the 17-and older super scary film, “IT” at 9 p.m. (gates open at 8:30 p.m.).

To register for Spooky Drive-In Movie Night or for Fright Fest, please visit www.auburnrecreation.com or call 333-6611.

All events are free and will follow Maine CDC guidelines.

All but the UNAA event require pre-registration.

Please wear a mask and practice adequate physical distancing when attending these events.

If you have any questions, please contact the Auburn Recreation Department.



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 going 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

See Store, page 9

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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

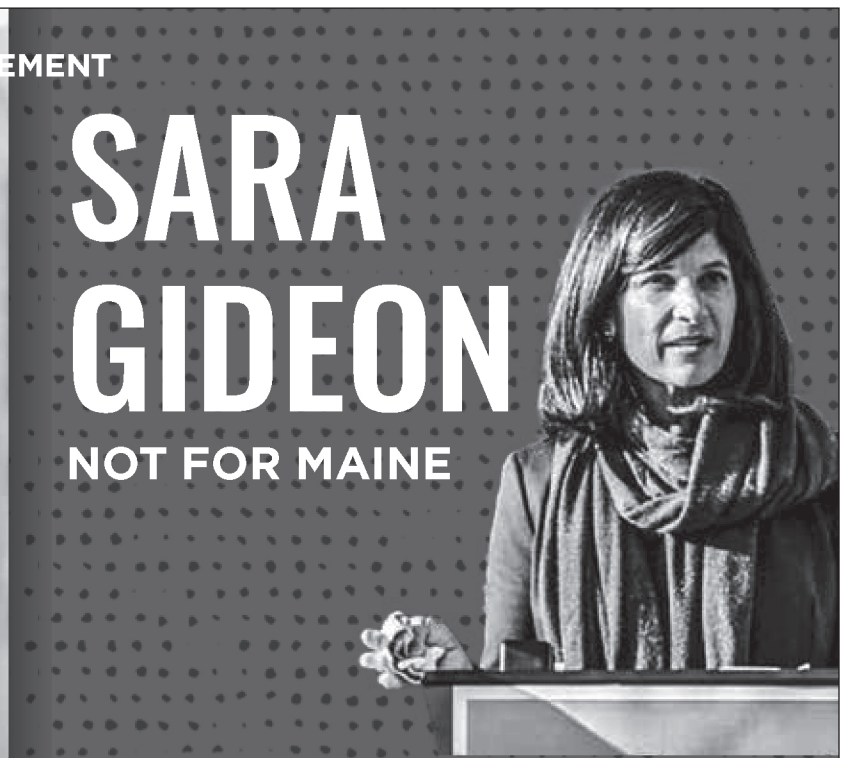
for the bombing. We sued Libya in 1994 but could not proceed because foreign states have immunity. We have been fighting for recognition ever since.

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,
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Paid for by Collins for Senator, P.O. Box 1096, Bangor, ME, 04402

Newsmakers, Names & Faces

Guest Column

Raising awareness of domestic violence



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

By Senator Nate Libby

The COVID-19 pandemic has created both public health and economic crises. It has impacted nearly every facet of our lives, from how we do our jobs

and how children learn, to how we run errands. Unfortunately, experts say that the pandemic has also led to an increase in reports of domestic violence. In recognition of October being Domestic Violence Aware-

ness Month, I want to share some resources that are available, and encourage all of us to continue to look out for our neighbors and loved ones.

We want to believe that everyone we know is always safe and welcomed in their own home; we also want to believe that we ourselves would never fall into an abusive situation. But the sad truth is domestic violence victims can be any age, gender, race, or religion, and come from any economic background. Safe Voices, based in Auburn, reports that one in four women and one in seven men in the U.S. experience some form of violence at the hands of a partner at some point in their lives. Domestic abuse can involve physical and sexual violence, but also emotional, psychological and financial abuse. Victims are often manipulated into doubting their own experiences and blaming themselves, and can have a hard time recognizing and admitting that what they're experiencing is abuse.

The good news is that

there are many organizations and individuals available to help. For example, Safe Voices operates shelters and other support services for people in Androscoggin, Franklin, and Oxford counties. They run a 24-hour hotline, available at 1-800-559-2927, as well as an online chat available 8 a.m. - 4 p.m. Monday through Friday. You can find these and other vital resources on their website: www.SafeVoices.org. You can also find information about Safe Voices' Feed-a-Family and Adopt-A-Family programs, which help families affected by domestic violence by making sure they have a complete turkey dinner for Thanksgiving and gifts for the holidays. If you'd like to contribute to either program, please sign up by Nov. 1.

There are other ways we can help those in need, too. Abusers often try to isolate their victims from their support network, such as friends and family, which means staying connected with loved ones who might be at-risk can

literally be life-saving. Now, when it's so easy to feel isolated, please stay in touch with and check in on your neighbors, friends and family. If someone you know is experiencing abuse, support them by listening and by reassuring them that you believe them and that they're not responsible for their abuser's actions. However, don't pressure them to make a move, such as leaving or reporting violence to the police, before they're ready. Domestic violence experts tell us that leaving can be the most dangerous time for a victim, so having a safe plan in place is critical.

In the meantime, we should all be doing our part to raise awareness of domestic violence. A big part of that is making sure we're having open and honest conversations about what healthy relationships look like. Young people are at an especially high risk for domestic violence — women age 18-24 are most likely to be the victims of domestic abuse — and knowing what a respectful, equitable, loving relationship looks like

can help people avoid abusive situations or reach out for help if they find themselves in an unsafe situation.

It's on all of us to look out for our neighbors and loved ones, especially now. If you or someone you know needs help connecting with resources, I urge you to contact Save Voices. You can also contact me at Nathan.Libby@legislature.maine.gov or call me at (207) 713-8449.

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

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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:

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>

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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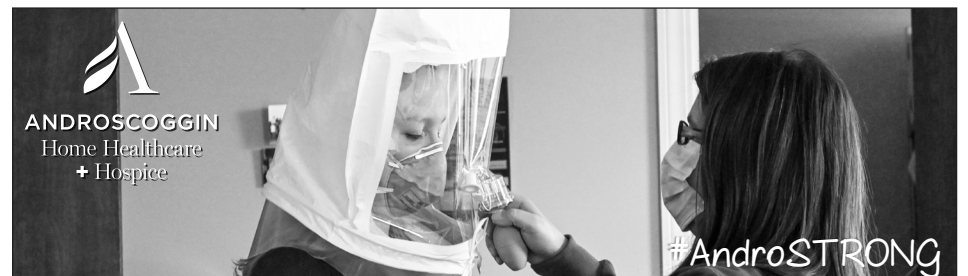
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Letter to the editor

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. 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.

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

Food for Thought quilts on November 10

From LAC Senior College

LEWISTON - The USM, LAC Senior College, will present fiber artist Sheryl Whitmore at 2 p.m. on Nov. 10 as part of the Food for Thought program, now exclusively on Zoom.

Whitmore describes quilts as “beautiful expressions of color and warmth”. Memories of quilts at her grandmother’s home continue to bring her joy and inspiration. Her interest in landscape quilting as a new artistic outlet began with a class with Jo Diggs; her first piece was a 4 inch quilt.

Whitmore’s current designs are of “varying subjects, designs and sizes, and include flowers, birds, trees, mountains and boats.” She said she is “ex-



Fiber artists Sheryl Whitmore describes quilts as “beautiful expressions of color and warmth.” She will present a program on quilting as part of the USM, LAC Senior College Food for Thought program on Nov. 10. (Photo courtesy of LAC Senior College)

cited by the use of color and harmony “which will be seen in the examples she will share during the Zoom presentation. Her quilts are constructed with the traditional batting and backing material used in full-size bed quilts.

To attend, email lase-

niorcollege@gmail.com, by 12 noon on November 9. Please include your name and the name of the program for which you are registering. We will send you an email with the link on the morning of the event. Just click it and you are there.

Pine Street Banners Installed

From CCU

LEWISTON - Healthy Neighborhoods, a coalition of community stakeholders, has been working for several years to improve housing, stewardship, safety and access to food and medical services for the downtown Lewiston area.

Periodically, Healthy Neighborhoods offers grants to local businesses and organizations for specific projects; in 2019 there was a Downtown Beautification grant initiative. Community Credit Union partnered with the City of Lewiston and received a grant for \$5,000 to design, create and install banners welcoming people to the Pine Street neighborhood.

The Banners were printed and installed by Neokraft Signs in late August of this year.

There are 12 banners located along Pine Street in Lewiston from Kennedy Park through to the



Banners on Pine Street in Lewiston welcome drivers to the neighborhood as part of a Downtown Beautification grant initiative. (Photo courtesy of CCU)

intersection with Webster Street. Despite some challenges, the team at Community Credit Union felt it was important to keep moving this project ahead as these banners are another beautification effort that inspire pride within our neighborhood.

Community Credit Union is a member-owned, full service financial insti-

tution that has been serving its members and all of Androscoggin County for 75 years. Community Credit Union has branches located at 144 Pine Street, Lewiston, 40 Stanley Street, Auburn and 1025 Auburn Road in Turner serving approximately 10,000 members. For more information, log onto www.communitycreditunion.com.

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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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ELECTION 2020



LEWISTON VOTERS:

*How are you planning to cast your ballot
in the Presidential Election?*

You can choose one of the following options:

Absentee Voting at Home

Ordering: You can have a ballot mailed to your home or you or a member of your immediate family can pick one up at City Hall, second floor, City Clerk's Office. To have one mailed to you, please call the City Clerk's Office or order online. Office hours are Monday – Friday, 8:30am – 4:00pm. Statewide deadline to request an absentee ballot is 4pm, Thursday, Oct. 29. However, to allow enough time to receive and return the ballot by mail, please order by Oct. 19.

Returning: To return your absentee ballot, you can mail to City Hall, deposit in the outside secure ballot drop box, or hand deliver to the City Clerk's Office. If mailing your ballot, please mail by Oct. 26 to ensure enough delivery time.

Absentee Voting in Person

A polling place with voting booths is set up in the City Council Chambers, first floor of City Hall. Please use the Park St. entrance. The handicapped accessible entrance with ramp and elevator is available at the Pine St. entrance.

COVID-19 safety precautions are in place – election workers are wearing masks and working behind plexiglass screens, voters receive their own pen and glue stick, booths are spaced 6 ft apart and disinfected regularly, social distancing tape marks are on the floor, hand sanitizer stands are available at the entrance and exit and voters are requested to wear a mask.

Hours are Monday – Friday, 8:30am – 4pm until Oct. 30. Evening hours until 7pm on Oct. 14, 22 and 27 and until 5pm on Oct. 30. Saturday hours on Oct. 24, 9am – 12noon.

At the Polls on Election Day, Tuesday, Nov. 3

All city polling places will be open 7:00am – 8:00pm:

- **Ward 1:** Lewiston Armory gym, 65 Central Avenue
- **Ward 2:** Montello Elementary School gym, 407 East Avenue
- **Ward 3:** Lewiston Armory gym, 65 Central Avenue
- **Ward 4:** Longley School cafeteria, 145 Birch Street
- **Ward 5:** Longley School gym, 145 Birch Street
- **Ward 6:** The Green Ladle, Lewiston High School campus, 156 East Avenue
- **Ward 7:** Longley School gym, 145 Birch Street

Please be familiar with the polling place for your ward. Voters must vote at the polling place for their residence address. To search your polling location, visit the election website and type in your street address or call the City Clerk's Office.

IMPORTANT: Due to state health and safety requirements, there is a limit of only 35 voters at a time allowed in each polling place. Other voters will wait outside in line and be allowed into the building as others leave. Voters are encouraged to be prepared to wait outside if necessary.

All CDC safety precautions will be in place as listed above and voters are strongly encouraged to wear masks.

Voters are also encouraged to study the sample ballot on the election website in advance of election day to be familiar with the ranked choice voting process.

The City is working hard to keep our election workers, voters and community safe and healthy this election and we appreciate the support of the voters to help make this happen.

Questions – Lewiston City Clerk's Office 513-3124
www.lewistonmaine.gov/elections



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).

ings, 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.

Leeds Community Food Pantry Donation



Rev. Steve Allman accepts a \$1,000 donation to the Leeds Community Church Food Pantry from Michael Schoff on behalf of CMP, as Joyce Pratt, Sandy Nutting, Claire Parker look on. The donation will help with the pantry's COVID-19 response efforts. (Photo courtesy of Leeds Community Church)

Store Continued from page 1

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 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 build-

Winter Clothing Donations Needed

From Auburn UMC

The Auburn United Methodist Church is asking for donations of clean, warm winter coats, jackets, boots, mittens, hats, and

blankets. Our community has many needy families and homeless who depend on us to help where we can.

Please drop off any donations you can spare to the Church, at 439 Park Av-

enue, Auburn.. Donations may be left in the Parking lot entry way any morning, Monday through Friday.

For additional information, please call the Church office at 782-3972.

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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2020 Autumn Night In Auction Sponsor



2020 Autumn Night In Host Sponsor

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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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.

Seniors Plus classes for November

From Seniors Plus

LEWISTON — SeniorsPlus has announced their Online Education Center classes for November. All classes are currently conducted over Zoom or telephonically. Classes are free, unless noted. Please register for classes by emailing edcenter@seniorsplus.org or calling 795-4010. For more information, visit seniorsplus.org/education-center.

ONLINE CLASSES

Zoom 101: Using Video Technology to Stay Connected

Date: Tuesday, November 3
Time: 10:00-11:00AM
Instructor: SeniorsPlus Staff

Location: Zoom
Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies
Instructor: Cyber-Senior
Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers standing by to answer your

tech questions and also to help you sign up for online training sessions.

Medicare Made Simple

Date & time: At your convenience
Instructor: SeniorsPlus Staff
Location: Online video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Virtual Veteran's Day Ceremony

Date: Wednesday, November 11
Start time: 10:45AM
Presenter: Androscoggin Home Health Care + Hospice
Location: Zoom

Join Androscoggin Home Health Care + Hospice for their virtual Veteran's Day ceremony. Their Veteran volunteers will take turns leading the ceremony and reading poems before coming together for a group salute.

This virtual ceremony is open to anyone who would like to tune in, however, for any Veterans that will be joining, we would love to learn your branch and ranking to include in a slideshow as part of our ceremony if you are comfortable providing that information.

AT&T Cyber Aware Webinar Tech Training

Date: Thursday, November 12
Start time: 11:00AM
Instructor: Ryan Clark, Regional Director of VT External Affairs & Michael Hartigan, Director

of Public Affairs - New England

Location: Zoom
AT&T experts host an interactive training session about how older adults can stay safe in a digital world while taking full advantage of the latest connected technology and devices. This will be a 20-30 minute presentation with time for a Question and Answer session to answer any and all device related questions.

As life shifts online and we take advantage of connected technology like smart phones, tablets, and other devices to virtually engage with colleagues and loved ones, we all need to be aware of potential risks. The good news is we are here to provide simple, fast steps that we can all use to protect against scams, fraud, robocalling and more.

Zoom 101: Using Video Technology to Stay Connected

Date: Wednesday, October 19
Time: 10:00-11:00AM
Instructor: SeniorsPlus Staff
Location: Zoom

In November, we will be running our second Zoom 101 class on Wednesday the 17th. If the typical Tuesday schedule has not worked for you, we welcome you to join us for this 1-hour class to become more familiar on how to use Zoom. Whether you'd like to participate in other SeniorsPlus online offerings, need to connect with providers through telehealth, or are interested in seeing family/friends - this is the class for you!

Crafting with Corinne

Date: Wednesday, November 25
Time: At your convenience
Instructor: Corinne Saindon
Location: Pre-re-

corded video/instructions
Cost: \$5.00 for 2 project kit

Let's create a festive Christmas card and fun 2021 calendar. All materials provided for each project. Class size is limited to 10.

GROUPS & EXERCISE

Coffee & Comfort - Bereavement Support Group

Date: Monday, November 2
Time: 3:00-4:30PM
Instructor: Beacon Hospice Staff
Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

Virtual Knitting Group

Dates: Every other Wednesday - November 11 & 25
Time: 5:00-6:00PM
Group Lead: SeniorsPlus Staff
Location: Zoom

Join our knitting group to work on your own project while socializing!

Caregiver Support Groups

Dates & Times: Monday, November 9 from 5:30-7:30PM

No Thursday morning group in November and December due to the holidays

Location: Zoom or Telephonic

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can

be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

Chair Yoga on Zoom

Date: Fridays
Time: 8:45-9:45AM
Instructor: Mary Bishop, Certified Yoga Instructor

Location: Zoom
Cost: no fee at this time

Must-haves: computer, laptop, or tablet; sturdy chair on non-slip surface

Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability. Class limited to 10 participants.

HEALTHY LIVING FOR ME

HL4ME has launched multiple virtual programs, including Tai Chi for Health & Balance, Better Health NOW, Better Health with Diabetes toolkit, Better Health with Chronic Pain toolkit, and our Living Well workshops!

Tai Chi for Health & Balance

Date: workshop series will meet twice weekly for 8 weeks
Time: 1 hour per session/class

Location: Zoom
Cost: \$20.00 effective October 1, 2020

Tai Chi is an enjoyable exercise that can improve balance, relieve pain,

and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Workshops are limited to 10 participants.

Better Health NOW!

Date: workshop series will meet once weekly for 6 weeks

Time: will vary
Location: 1-1 Telephonic or Zoom

Cost: FREE

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

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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; (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; (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 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; (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 Holiday observed.
Town Offices closed.

Grant supports local soup kitchen

From Trinity Jubilee Center

LEWISTON - The Trinity Jubilee Center at 247 Bates St. has received a \$20,000 grant from the Avangrid Foundation in partnership with Central Maine Power to support the Center's Soup Kitchen and Food Pantry.

These programs are seeing increased need during the Covid-19 pandemic with more than 25,000 meals, 4,000 bags of groceries, and 28,000 diapers being distributed since the pandemic began.

Funding will allow

the Center to cover costs including lunch bags, to-go containers, sandwich supplies, and staffing to keep these critically important programs running.

Each week the Center serves more than 1,000 people through these programs as well as providing shelter, toiletries and winter gear, and assistance with unemployment applications, resume-writing, and job applications.

The Avangrid Foundation is an independent, nonprofit organization that funds philanthropic investments that primarily impact communities where AVAN-

GRID, Inc. and its subsidiaries operate. Since 2002, the Avangrid Foundation and its predecessors have invested more than \$24 million in partnerships that focus on building sustainable, vital and healthy communities; preserving cultural and artistic heritage; advancing education; and improving people's lives. The Avangrid Foundation is committed to advancing the United Nations Sustainable Development Goals in the United States.

For more information, please visit www.trinityjubilee.org and www.avangridfoundation.org.

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Food pantry needs canned items

From High St Food Pantry

AUBURN - The High Street Food Pantry has on-going needs for the following items: Peanut Butter, Canned Vegetables, Soup, Canned Pasta (spaghetti, ravioli, spaghetti-o's, etc.)

Canned meats, Canned Fruit, Dry Cereal, Baking Items (mixes, sugar, flour, etc.), Soup, Crackers, Toilet Paper. Thank you for supporting this mission and helping local people meet their most basic needs.

Please drop off your donations at the Auburn

United Methodist Church, 439 Park Avenue in Auburn.

Items may be left in the Parking Lot entry way, any morning from Monday through Friday. Please call the Church Office at 782-3972 for additional information.

MaineCF 2020 Cardillo Scholarship recipients

From MaineCF

ELLSWORTH & PORTLAND - The Maine Community Foundation announced \$12,510 in awards last week from the Daniel Cardillo Charitable Fund, which supports young people pursuing their artistic, academic, athletic, and vocational or life's passion outside of the traditional school environment.

The eight students from across Maine received support to attend programs with a range of organizations, including Snow Pond Center for the Arts, Gould Academy, Camp Kieve, University of Maine 4-H Camp and Learning Center at Bryant Pond, U.S. Development Ski Team, and the Nashville Ballet.

The recipients include Scott Almquist of Lewiston - Snow Pond Center for the

Arts, Sidney, New England Music Camp; Alexander Baribeau of Bethel - Gould Academy, Gould Academy Competition Program; Ethan Cross of Farmingdale - Kieve/Wavus, Nobleboro, Camp Kieve summer session; River Durant of Rumford - University of Maine 4-H Camp and Learning Center at Bryant Pond, Lake Side Leadership summer camp; Samuel Morse of Carrabassett Valley - U.S. Development Ski Team, U.S. Ski Team, Park City, UT; Calista Pagurko of Whitefield - Elizabeth Drucker's Ballet School, Topsham, Summer Ballet Classes; Lucy Pruett of Augusta - Wright Way Stables, Augusta, Horse Show Sea-

son; and Audrey Welsh of Yarmouth - Nashville Ballet, Nashville Professional Training Division, Nashville, TN

Family, friends and admirers of Daniel Cardillo, a compassionate young man with a love of life and its possibilities, established the fund in 1999. Cardillo was a junior Olympic skier, an avid fisherman, a serious student, and a gifted artist who attacked challenges with passion and encouraged others to do their personal best and reach for their goals.

The deadline for the next round of scholarships is May 1, 2021. Applications are available at www.maine.org.

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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.

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

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

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New Staff Members at CMCC

From CMCC

AUBURN - Central Maine Community College (CMCC) Interim President Betsy Libby has announced several staff appointments.

Michelle Bourne, JMG College Success Specialist. Bourne has joined the Learning and Advising Center team as the JMG (Jobs for Maine Graduates) college success specialist. She is a graduate of Quinnipiac University where she earned a bachelor's degree in English Literature with a minor in Communication. A Portland native who now lives in New Gloucester, Bourne worked previously at the Lewiston Regional Technical Center.

Jennifer Cabral, Director of Learning and Advising. Cabral started in this position in the spring. A member of the CMCC Class of 2004, she went on to earn a bachelor's degree from USM and her MBA from the University of Phoenix. She also graduated from the Kennebec Leadership Institute in 2014. Prior to joining CMCC, Cabral worked at Andover/Kaplan/Purdue for 11 years, working her way from her way from admissions advisor to Center Director. She makes her home in Greene.

Kristen Huntress, Financial Analyst. Huntress recently graduated from CMCC with President's Honors, earning degrees in Accounting and Business Administration and Management. She is now pursuing her a bachelor's in Accounting at USM. The winner of the 2019 CMCC Female Student Athlete of the Year Award, Huntress was a member of the 2019 national championship basketball team and was named a USCAA Academic All-American. She lives in her hometown of Harrison.

Matthew Poorman, Facilities Maintenance Specialist. On the job at CMCC since June, Poorman is a native of Wauseon, Ohio. He has enjoyed a varied career working as a mechanic, a heavy equipment operator, and a welder, for which he holds a number of certifications. Poorman's skills also extend to pouring and finishing concrete.

Dustin West, Admissions Representative & Esports Coach. West joined the Admissions staff in April. A former student athlete at CMCC, he then transferred to the University of Maine at Augusta where he recently earned his degree in Justice Studies. Dustin is also serving

as coach of the Mustang esports teams. A competitive esports athlete since he was eight, he currently competes professionally in Fortnite.

Amanda York, TRIO Retention and Transfer Advisor. York worked previously as a talent acquisition specialist for the University of Maine System, where she supported the campuses in Orono and Machias. She holds a bachelor's degree in Psychology from the University of Maine, and will be completing a master's degree in Adult and Higher Education from the University of Southern Maine in December. A native of Milford, ME, she currently resides in Lewiston

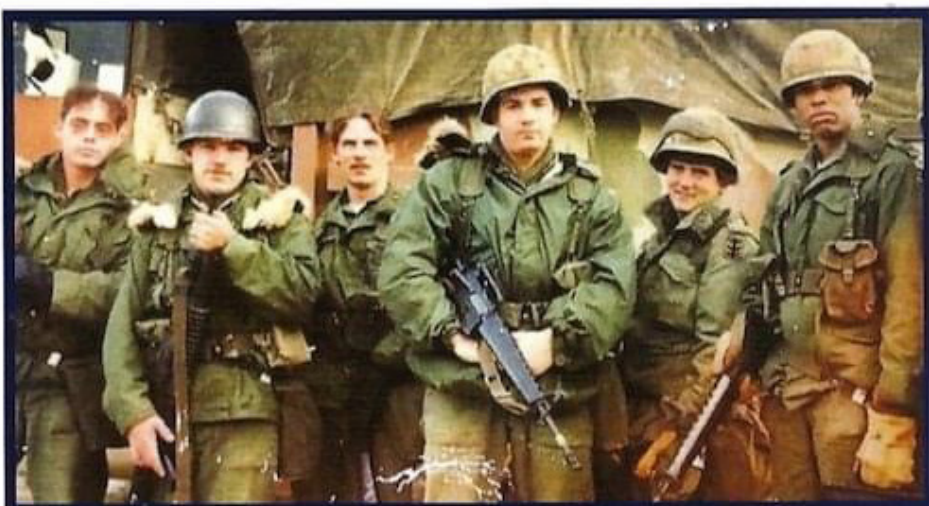
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Maine House District 60



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- Resident of L-A area for over 25 years
- Former Rotary Member
- Former Lewiston-Auburn Chamber of Commerce Member
- Auburn Recreational Department Youth Basketball Coach
- Father of four children and five grandchildren
- Avid hunter, fisherman, snowmobiler, boater and drag racer
- Committed to helping the homeless and at risk teenagers
- Supports training of at risk youth to enter the job market
- Committed to fight the opioid crisis

AS YOUR REPRESENTATIVE, JOHN WILL

RESTORE OUR ECONOMY

To recover from the economic downturn of COVID-19, we must work to rebuild Maine's economy, restore our rainy-day fund, expand business opportunities and get our financial house in order.

INCREASE ACCESS TO AFFORDABLE HEALTHCARE

For far to long, healthcare and prescription drug costs have continued to increase with no checks or balances. We must promote a free-market healthcare system that drives down those costs and incentivize providers who provide access to rural parts of Maine.

PROTECT OUR SENIORS & LESS FORTUNATE

Our community is best when it comes together to support the elderly and less fortunate. We must ensure that those of need receive the resources required.

CREATE OPPORTUNITY FOR OUR KIDS

Our children are our future. We must prepare them for the world they face by providing each child the opportunity and resources necessary to reach their full potential as they emerge into the workforce.



CONTACT

Email: morrisonformaine60@gmail.com

Paid for and authorized by the candidate.