

## CMCC Nursing Program Reaccredited



Nursing students at work in the patient simulation lab at Central Maine Community College. The nursing program at the college recently earned reaccreditation from the Accreditation Commission for Education in Nursing. (Photo courtesy of CMCC)

### From CMCC

The Accreditation Commission for Education in Nursing (ACEN) in September granted continuing accreditation through 2028 to the associate degree in nursing program at Central Maine Community College (CMCC).

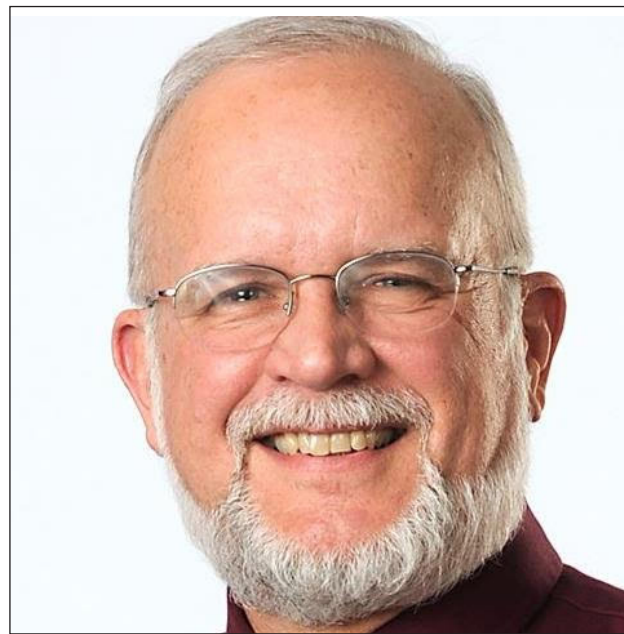
The purpose of the ACEN is to provide specialized accreditation for all levels of nursing education and transition-to-practice programs located in the United States, U.S. Territories, and internationally. The monitoring of certificate, diploma, and degree offerings is tied closely

to state examination and licensing rules and to the oversight of preparation for work in the profession.

Approximately 100 students are enrolled in the Nursing program at CMCC, which is also approved by the Maine State Board of Nursing. The program blends

general education and nursing courses, hands-on instruction in simulation labs, and faculty-led clinical rotations at local healthcare affiliates. Graduates are eligible to sit for the National Council Licensing Exam (NCLEX) for licensure as a registered nurse.

## Guest Column Veterans lead by example



Sen. Ned Claxton (D-Androscoggin), Maine District 20, Auburn, Mechanic Falls, Minot, New Gloucester, and Poland (Photo courtesy of Sen. Claxton)

### By Senator Ned Claxton

On Nov. 11, the nation paused to honor Veterans Day.

Originally known as Armistice Day, this holiday marked the end of World War I, which caused the deaths of more than 116,000 American service members.

When President Woodrow Wilson designated the first remembrance of Armistice Day in 1919, he said: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism

of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

Today, we recognize Nov. 11 as a day to honor the sacrifices and contributions of all veterans, while they serve in our military and when they come home to our communities.

The L-A area is  
*See Claxton, page 11*

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# Newsmakers, Names & Faces

## New art exhibit at CMCC



Guardians of the New, a watercolor on water color paper by Anita Poulin, on display at Central Maine Medical Center as part of the rotating art gallery presented by the Women's Hospital Association. (Image courtesy of WHA)

### From WHA

LEWISTON - The Woman's Hospital Association (WHA) Rotating Art Gallery at

Central Maine Medical Center in Lewiston is proud to display the paintings of Maine artists Anita F Poulin and

Wendy Pelletier for the month of November. Poulin has been painting since child-



Image of Waves, a painting by Wendy Pelletier, on display at Central Maine Medical Center during November as part of the rotating art gallery presented by the Women's Hospital Association. (Image courtesy of WHA)

## Ross wins Holocaust Center award

### From HHRC

AUGUSTA - The Holocaust and Human Rights Center of Maine announced that Rep. Rachel Talbot Ross is the 2020 winner of the Gerda Haas Award for Excellence in Human Rights and Leadership.

The award, named for Holocaust survivor and founder of the HHRC, Gerda Haas, recognizes significant achievement as a human rights leader or educator.

"Rep. Talbot Ross has been a trailblazer for human rights, leading significant reforms in the Maine Legislature over the last four years," said Shenna Bellows, HHRC Executive Director. "She is a powerful voice for people who are marginalized and under-served, and she has made Maine a safer and more just place for all."

First elected to the Maine Legislature in 2016, Rep. Talbot Ross has shaped critical conversations about equity in the areas of criminal justice, education, health and human services and housing. Rep. Talbot Ross sponsored successful legislation to create Maine's Permanent Commission on the Status of Racial, Indigenous and Maine Tribal Populations and secured passage of a landmark bill expanding tribal authority over domestic violence against women.

Prior to her time in the Legislature, she led the NAACP

in Maine through the Portland branch and one located in the Maine State Prison. She has founded several nonprofit organizations, including Maine Black Community Development, Inc., Maine Freedom Trails, and the Martin Luther King, Jr. Fellows program. She chaired the Maine State Advisory Committee to the U.S. Commission on Civil Rights for several years, and serves on several boards that advance civil and human rights.

"The urgency of now demands that we confront the hard truths of our shared history," said Rep. Talbot Ross. "I am humbled and honored to carry forth Gerda Haas' legacy of human rights education and leadership."

Rep. Talbot Ross will receive the Gerda Haas Award at the online virtual annual meeting of the Holocaust and Human Rights Center of Maine, which will start at 7 p.m. Dec. 9. Tickets are free and available online at [www.hhrcmaine.org](http://www.hhrcmaine.org).

Previous award winners include Richard Blanco, Christopher Myers Asch, Pious Ali, ILAP, Tim Wilson and the late Betsy Parsons.

Gerda Haas, a founder of the Holocaust and Human Rights Center of Maine, has inspired many with her passion for human rights education. A Holocaust survivor originally from Germany, Ger-

See Holocaust, page 10

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— George Smith, Bangor Daily News

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# Newsmakers, Names & Faces

## New Backup Generators at CMCC



Newly-installed backup generators on the campus of Central Maine Community College enable the facility to become a disaster safety shelter for the local community. (Photo courtesy of CMCC)

From CMCC

AUBURN - Powerful generators are now in service on the campus of Central Maine Community College in Auburn. Manufactured by

Generac of Waukesha, Wisconsin, the generators ensure continuous power to the campus at all times, even during major power outages. The power generated by the units also means that online

course delivery can continue uninterrupted in the event of a power outage. The College can utilize the generators during peak consumption periods or to power the lights on the

new athletic complex, which will result in significant savings. The generators also enable CMCC to become a fulling functioning disaster safety shelter for the local community.

## COVID-19 found at Russell Park Rehab

From Maine DHHS

LEWISTON – At the end of last week, Maine CDC became aware of additional COVID-19 cases associated with an outbreak investigation at Russell Park Rehabilitation and Living Center in Lewiston. The facility’s case count now included 44 residents and 20 staff. Testing was ongoing,

so additional cases may have been identified over the week-end. Maine CDC’s outbreak response team is working closely with Russell Park staff to arrange further testing, provide adequate personal protective equipment, and to ensure that appropriate infection protocols are in place.

### What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know! Email all submissions, including name, address and phone number, to the editor.

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# Book to feature Maine artists

### From CCAC

BATH - The Chocolate Church Arts Center is publishing a book containing over one hundred submissions of work from professional and amateur creators from across Maine and beyond.

*From Home in Bunny Slippers: Creations from a Community in the Weirdest Year Ever* reflects the ways in which people

in the region responded to the COVID-19 pandemic and other challenges of 2020, and found catharsis through the act of creation.

The book contains submissions of various art styles from professional artists and musicians, including Lady Lamb, Schooner Fare, Renuka O'Connell, Denis Boudreau, comedian Johnny Ater, as well as amateur creators, community



'Black Lives Matter, Black Arts Matter' is a sculpture by Wren Pearson Davis that is included in the book *From Home in Bunny Slippers* from the Chocolate Church Arts Center in Bath. (Photo courtesy of CCAC)



Live from the Hive by Lady Lamb, an artist featured in the book *From Home in Bunny Slippers*, available through the Chocolate Church Arts Center in Bath. (Aimsel Pointi photo)

groups, high school students, higher education programs, and more. Throughout its pages, readers will find paintings, poetry, essays, short stories, photography, and puppet shows. QR codes direct purchasers to view multimedia content on a dedicated webpage, which includes original songs, music videos, comedy skits, and more.

Work featured in the book will be displayed at an accompanying show in the CCAC gallery at 804 Washington Street in Bath, opening on Saturday, Nov. 21. There will be a gallery open-

ing event at 1 p.m. that day, which will take place outside, with four people allowed into the gallery at a time to view the work. Masks or other face coverings will be required. Copies of *From Home in Bunny Slippers*, as well as many of the pieces featured in the book, will be available for purchase. Light refreshments will be served outside.

*From Home in Bunny Slippers* is a testament to the resilience and creativity of a community coming to terms with a bizarre time, and speaks to the ways in which arts of all sorts provide an

outlet during difficult times. All proceeds from purchases of the book go to supporting the mission of the Chocolate Church Arts Center – supporting and fostering the arts in its community, and preserving and protecting its home, the former Central Church, built in 1847.

Preorders of the book, which will be in print by mid-November are available at <https://bit.ly/35b-pnYx> or by calling the CCAC office at 207-442-8455.

More information on the project is available at the CCAC website.

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U.S. DHHS sends BinaxNOW Tests to Maine

Lawsuit filed over CMP corridor

From the White House

WASHINGTON, D.C. – As part of the Trump Administration’s comprehensive national effort to fight the COVID-19 pandemic and to assist the nation’s Governors in doing so, the U.S. Department of Health and Human Services (DHHS) is sending 400,000 state-of-the-art Abbott BinaxNOW COVID-19 point of care antigen tests to the State of Maine.

The rapid point of care tests, which can diagnose coronavirus infection in as little as fifteen minutes, will be distributed at the discretion of Governor Janet Mills to support testing K-12 students, teachers, nursing home patients and staff, higher education, critical infrastructure, first responders, and other priorities as she deems fit.

DHHS has shipped over 26,000 COVID-19 rapid tests directly to congregate care settings such as Maine nursing homes and assisted living facilities in the state. As of Oct. 26, over 108,000 BinaxNOW tests had been shipped

to Maine.

“To facilitate the continued re-opening of Maine schools, businesses and economy, the Trump Administration has prioritized scaling up the state’s point of care testing capacity by making this \$760 million national investment in BinaxNOW tests,” said Assistant Secretary for Health Admiral Brett Giroir, MD. “Distributing these rapid tests directly to states is consistent with the Trump Administration’s successful, ongoing approach of testing the right person, with the right test at the right time, is working and the effort will continue until the pandemic is under control.”

Giroir pointed out that testing does not substitute for avoiding crowded indoor spaces, washing one’s hands, or wearing a mask when not able to physically distance. “Combining personal responsibility with smart testing is a foundational pillar of the Administration’s national testing strategy.”

The Federal government purchased Abbott BinaxNOW diagnostic tests on

Aug. 27 to ensure equitable distribution of the first 150 million units – one day after an Emergency Use Authorization (EUA) was issued by the Food and Drug Administration (FDA) – to ensure they would be expeditiously distributed to vulnerable populations as quickly as possible.

Initial distribution of these tests to all 50 states and the District of Columbia is well underway, it ensures the nation’s governors will not have to compete for the initial BinaxNOW shipments, or waste precious time to set up individual purchasing contracts with the manufacturer.

DHHS has also provided all CLIA-certified nursing homes over 11 million rapid point of care tests, which includes Abbott BinaxNOW FDA-authorized antigen diagnostic tests and either a Quidel Sofia 2 or a Becton, Dickinson and Company (BD) Veritor™ Plus System instrument with associated tests.

From NRCM

AUGUSTA - A trio of Maine’s leading environmental groups, who oppose the CMP transmission corridor, have filed a federal lawsuit in the U.S. District Court of Maine.

The lawsuit challenges the U.S. Army Corp of Engineers’ for its failure to rigorously assess the significant environmental impacts with an Environmental Assessment (EA) and “Finding of No Significant Impact,” which was completed on July 7, 2020, but not released to the public. The assessment reviewed the environmental impacts of the Central Maine Power Company’s plans to bring major power transmission lines from Canada down through Maine. The power from those lines will eventually be transferred to Massachusetts. Similar impact assessments for projects in Vermont and New Hampshire

See CMP, page 7

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# Arts & Entertainment

## Blankets for Humane Society



Seventh-grade students at St. Dominic's Academy in Auburn show off some of the blankets they created to be donated to the Greater Androscoggin Humane Society in Lewiston for animals in the shelter. (Photo courtesy of Portland Diocese)

### From Portland Diocese

AUBURN---“Every year, these activities are part of the reason I love working at St. Dom’s and some of my fondest memories with my students.”

The words of Jamie Ouellette, a seventh-grade teacher at Saint Dominic Academy in Auburn, are shared by many in the school community.

“We discussed how we can be kind to ourselves, to our family, our school community, and our local community,” said Ouellette. “The students generated a list of ideas for each category and then we voted on which one they would like to do first.”

The winner? Making blankets for the Greater Androscoggin Humane Society in Lewiston.

“I was given measurements for a typical cat and a typical dog at the shelter,” said Ouellette.

Parents quickly stepped in to support the initiative, donating enough fleece for the students to make over 40 blankets for the shelter. The blankets will be delivered in mid-October.

“The students used a pattern to cut out the corners and

all the ties themselves. They helped each other to finish all the tying,” said Ouellette.

Now, dogs and kitties will rest comfortably in the present as they await forever homes.

It is one of many ambitious and heartwarming service projects the students at St. Dom’s will complete this year.

“I have learned that the successful projects are ones that the students have had some say in the planning and can take on ownership,” said Ouellette.

The seventh graders will soon tackle their next benevolent project: creating instructional videos to help parents and younger children navigate through Google Classroom.

Staff and students

alike renew a commitment each day to celebrating faith, academic excellence, and kindness. This tradition has provided a special pride for current and past students, including this year’s seventh graders.



Students in the seventh grade of St. Dominic's Academy in Auburn working on blankets to be donated to the Greater Androscoggin Humane Society in Lewiston. (Photo courtesy of Portland Diocese)

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to conduct an EIS for a project of this magnitude sets a terrible precedent. Maine deserves better.”

The documents contained in the EA for the CMP corridor appear to detail how the Corps communicated and coordinated directly with CMP on its findings behind closed doors and away from public scrutiny.

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# Democrats and Republicans appoint leaders to legislature

## From Maine Legislature

AUGUSTA — On Thursday, the Maine Senate Democratic Caucus unanimously re-elected Sen. Troy Jackson, D-Allagash, Sen. Nate Libby, D-Lewiston, and Sen. Eloise Vitelli, D-Arrowsic, to serve in leadership roles for the 130th Maine Legislature.

Although Sen. Jackson's candidacy for Senate President received unanimous support from the Senate Democratic Caucus, an official vote will be taken by the entire Senate on Dec. 2 when the Legislature convenes for swearing-in day.

"Now, more than ever, Maine people are counting on us to help them survive this pandemic, rebuild our economy and rebuild their lives. It's a daunting task but I've never been known to back down from a challenge or give up fighting for what's right whether it's standing up for the basic dignity of Maine workers, taking on 'Big Pharma' or delivering on property tax relief," said Sen. Jackson. "I know Mainers are worried right now but the one thing they shouldn't worry about or whether or not their elected officials have their backs. It's time

to put the partisan rancor and ugliness of the election behind us, heal old wounds and come together not as Democrats, Republicans and Independents but as members of the 130th Maine Legislature to rebuild our state."

Sen. Jackson is a fifth-generation logger from Allagash, who entered the Legislature as a champion for Maine workers and families. He has sponsored legislation to give loggers and wood haulers a fair shake and to create good-paying jobs in Aroostook County. Throughout his tenure, he has emerged as a fierce advocate for health care, spearheading legislation to protect Mainers with preexisting conditions, rein in the cost of prescription drug prices, fund rural hospital and ambulance services, and hold "Big Pharma" accountable. He was named a 2019 Rx Price Fighter by AARP and has been recognized by the Maine Ambulance Association for his steadfast support of rural ambulance services.

"Mainers are putting their faith and trust in us during an unprecedented time, and we must do all we can to rise to this challenge," said Sen. Libby. "Maine's legislators have our work cut out

for us, but I know my colleagues and I are up to the task. Mainers have never been afraid of hard work, and they expect the same from their elected leaders. I'm dedicated to working collaboratively to help Maine face our current crises head-on and chart a path to economic recovery."

Sen. Libby has represented Maine's second-largest city for eight years in the Maine Legislature, for two years in the House of Representatives and six years in the Maine Senate. Throughout his tenure in the Legislature, he has focused his efforts on improving public education, investing in career and technical education, supporting community redevelopment, and advocating for student debt relief. He also has pushed for policies that promote responsible spending and good government. Previously, Sen. Libby has served on the Legislature's Government Oversight Committee and Taxation Committee.

"Maine is facing extraordinary challenges, and the legislative session ahead of us will be unlike any other. But I have no doubt that our core values of respect, hard work and frugality will continue to see us through," said Sen.

Vitelli. "Mainers are looking to their newly elected leaders to do the hard work that will get our state back on its feet. The policies and investments Maine lawmakers set up in the last two years have positioned us to weather this storm better than many other states. I have every confidence that Maine will continue to lead the way."

Sen. Vitelli has dedicated her life to supporting Maine workers and small businesses, promoting entrepreneurship and connecting Mainers with quality, good-paying jobs. She recently retired after 38 years with New Ventures Maine, a statewide organization that helps Maine people achieve their career, financial, and small business goals. In 2006, the Maine Small Business Administration presented Sen. Vitelli with the McGillicuddy Award for Entrepreneurial Excellence for her work with New Ventures. She is also a 1995 inductee into the Maine Women's Hall of Fame and a 1986 co-recipient of the Maine Small Business

Administrations' Women's Business Advocate of the Year Award. In the Maine Legislature, she has become a staunch advocate for prescription drug price transparency, workforce training, reliable high-speed internet access, energy independence, and retirement savings accounts.

The leadership team was selected by the incoming Maine Senate Democratic Caucus. Lawmakers will be sworn in for the 130th Maine Legislature on Dec. 2.

### HOUSE REPUBLICAN LEADERS

The Maine House Republican caucus re-elected Rep. Kathleen Dillingham (R-Oxford) to serve as their leader during a meeting last week in Augusta. Rep. Joel Stetkis (R-Canaan) was elected Assistant Republican Leader.

Dillingham's re-election comes after a strong showing by Maine House Republicans in a difficult election year. Maine House Republicans gained 11 seats, and defeated 7 incumbents

without losing a single incumbent.

"I am grateful to receive the support of House Republicans following our strong showing on election day," said House Republican Leader Kathleen Dillingham. "By sending eleven more Republicans to Augusta, voters sent a strong message that they expect House Republicans to be included in decisions that affect their lives. The infusion of new energy and expertise they bring to our caucus will be particularly helpful as we try to address the \$1.4 billion revenue shortfall projected over the next three years."

Newly elected Assistant Republican Leader Joel Stetkis praised the team effort that led to last week's election results. "House Republicans are unified in their desire to play a larger role in the policies and decisions governing Mainers," said Stetkis. "Mainers from all walks of life and occupations can expect us to fight for them and to have their voices heard."





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# A virtual history of Cobbessee waterway



Steve Brooke of Upstream will present a virtual history of the Cobbossee waterway on Nov. 17. (Photo courtesy of Bailey Library)

## From Bailey Library

WINTHROP – The Bailey Library in Winthrop will virtually host environmentalist Steve Brooke of Upstream, a Gardiner nonprofit working to return river herring to the Cobbossee watershed, at 6:30 p.m. on Tuesday, Nov. 17.

The event is the final part of a year-

long series celebrating Maine’s bicentennial that explores outdoor recreation in Maine.

Attend via Zoom by visiting [baileylibrary.org/athome](http://baileylibrary.org/athome) and navigating to the “Virtual Events” tab.

For help attending, email director Richard Fortin at [rfortin@baileylibrary.org](mailto:rfortin@baileylibrary.org).

Those who attend will take part in an interactive slideshow presentation to learn the history of the Cobbossee waterway and what is happening today to secure fish passage for its watershed.

Dammed at its head-of-tide in 1761, Cobbossee Stream is one of the largest coastal watersheds in Maine that is still impassable to native migratory fish.

A tributary of the

Kennebec River and upper Merrymeeting Bay, the Cobbossee watershed includes the communities of Gardiner, West Gardiner, Litchfield, Richmond, Winthrop, Manchester, Monmouth, Readfield and Hallowell.

It contains 20 square miles of lakes and ponds.

Brooke served as project coordinator of the Kennebec Coalition during the decommissioning and removal of the Edwards Dam in Augusta on Maine’s Kennebec River. After retiring from the Maine State Planning Office, he began work with Upstream, an organization that works to save Cobbossee Stream’s environment and the fish that live and travel there.

## Holocaust

Continued from page 2

da worked for many years as the librarian at Bates College. In the late 1970s, Governor Longley appointed Gerda to the State School Board of Education. While serving on the board, she learned that students weren’t being taught about the Holocaust in Maine schools. Gerda not only identified a critical educational void, she took action to rectify it. The Holocaust and Human Rights Center welcomes the opportunity to annually recognize and honor individuals who, like Gerda Haas, have demonstrated excellence and initiative in human rights education and leadership.

Send all items for  
Names & Faces  
to the editor.  
Deadline is  
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# Guest Column Deer Season in Home Country

By Slim Randles

Old Jasper Blankenship went out to hunt deer the other day, the same way he’s done for decades now. Deer season has changed a lot for Jasper over the many years he’s been at it. As a kid, he couldn’t wait until he was old enough to get a license, because he wanted to bring a buck home to show his family. Not just any buck, either, but a big one.

As a young man, he wanted to see how many hunting seasons he could have in one year: duck, goose, quail, pheasant, deer, about anything that moved.

As a middle-aged

man, he turned to the technology of hunting and wanted to learn about the newest gizmo that would make you quiet, make you invisible, make you irresistible to deer.

But things are different these days. Oh, Jasper still enjoys going through all the outdoor magazines and orders catalogs, and each year he buys some new gizmo that guarantees to bring home the meat. But he just chuckles at them, even as he orders them. Hunting, to him, means a reattachment to nature, a return to his roots. It is a time to see if his personal skills are still adequate. It is also a time to sit on a ridge and look around

and appreciate what is there. And if what isn’t there happens to be a deer, well, that’s all right, too.

Venison isn’t getting any easier to pack back to camp after all these many seasons, either. But there is something in the hunt, something in being allowed to silently stalk the nameless essence of fall, something in moving in near invisibility. There is something.

Sometimes it’s just nice to go out there and see what happens.

*This column courtesy of The Backpocket Guide to Hunting Elk, by Slim Randle. Practical advice from a registered guide, at [www.amazon.com](http://www.amazon.com).*

# Guest Column Overcome the cycle of worry

By Stan Popovich

Do you ever get stuck in the vicious cycle of worry and fear in your life? As a published author of a managing fear book, I struggled with fear and anxiety for over 20 years.

Here is a brief summary of what I did to overcome the cycle of worry, fear and anxiety in my life.

1. I got advice from the professionals: The first thing I did was to talk to various counselors, since they know how to deal with fear and anxiety. Whenever I talked to the counselors, I would bring a notebook and take notes so I would not forget the advice that was given to me.

2. I became an expert on dealing with fear and anxiety: I did everything possible to learn as much as I could in how to deal with my fears and anxieties. I talked to professionals, read books, joined support groups, and learned from my experiences.

3. I surrounded myself with helpful people: I made it a

habit of surrounding myself with supportive people who understood what I was going through. This really helped me out when I was really struggling with my anxieties and stresses.

4. I learned how to manage my fearful thoughts: The key in overcoming the cycle of worry and fear is overcoming your fearful thoughts. Whenever I would get a negative and fearful thought, I would challenge that thought with positive statements and realistic thinking. I also made it a habit to focus on the facts of my current situation and not on my negative thoughts.

5. I was persistent: There were times I felt like giving up because my fears and anxieties were so powerful and I didn’t know what to do. I worried about what would happen and that just made my fears that much stronger. During those times, I would consult with a professional and I made it a point to learn from my experiences so that I

would be better able to handle these situations in the future.

6. I did not make excuses: With a lot of practice, I became very good at dealing with my fears and anxieties. I realized that the answers to my problems were out there, however it was up to me to find those techniques that would get rid of my fears and anxieties. Making excuses would not improve on my situation.

7. I made the choice to get better: You have to make the effort to find the answers to overcome your situation. It will not always be easy, but you can overcome the cycle of fear and worry with hard work and a willingness to learn from your every day experiences. The key is not to give up.

*Stan Popovich is the author of the popular managing fear book, “A Layman’s Guide To Managing Fear”. For more information about his book and to get some free mental health advice, visit his website at <https://managingfear.com/blog>*

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**Claxton**  
*Continued from page 1*

fortunate to have several American Legion and VFW posts. These posts serve as vital meeting places for veterans and the community at-large. The VFW and Legion do critical work providing services for veterans, advocating for their needs and making sure they have the support services they need.

In turn, their members also take care of the communities they call home. Members of our local Legion and VFW posts continue to be active in our communities, even during the COVID-19 pandemic. Legion Post 153 has been serving delicious, hot meals to help with fundraising. VFW Post 1603 hosted its seventh annual Rib-Off cooking competition on Saturday, Nov. 7.

Nationally, VFW, Legion and Auxiliary members volunteer millions of hours in their communities, and raise millions of dollars for college scholarships, emergency funds, VA hospitals and more.

I'm constantly inspired by our local veterans. These brave men and women have given so much for our country, and when they return home, they continue to give of themselves to help their neighbors. These everyday acts of selflessness and dedication should serve as an example for all of us.

What can seem like small things —

volunteering a few hours at a food pantry or blood drive, donating some money we'd normally spend on a lunch out to a charity or scholarship fund, taking the time to reach out to someone who might be having a hard time — contribute overall to, as President Wilson put it, peace and justice.

There's an old adage: Think global, but act local. The millions of hours of volunteering and incredible fundraising efforts of veterans groups don't happen all at once. They're the result of the efforts of individuals making small, local decisions to help each other — but look at the incredible good it all builds up to.

On this Veterans Day, and the days to come, I hope you look around for opportunities for small acts of kindness. And if you have the opportunity, remember to thank a veteran for their service to our country and our communities.

As always, if you have any concerns or would like help connecting with resources or ways to give back, I'm here for you. You can reach me by email at [Ned.Claxton@legislature.maine.gov](mailto:Ned.Claxton@legislature.maine.gov), or call me at 207-287-1515.

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

# Police seek portable toilet arsonist



A surveillance camera captured images of an arsonist who recently set fire to a portable toilet on Landry Road in Lewiston. Police are asking anyone who may be able to identify the man to contact them. (Photo courtesy of Lewiston PD)

## From Lewiston PD

LEWISTON - Detectives from the Lewiston Police Department along with fire investigators from LFD and the Maine Fire Marshall's Office are investigating an ARSON where the suspect poured gasoline into a portable toilet and lit it on fire.

The incident was reported on 10/29/20 at approx. 6:40 pm at 24 Landry Rd in Lewiston.

Investigators are trying to identify the suspect who was captured on surveillance video (photos included). The suspect was wearing a hooded sweatshirt, carrying a gasoline container and

riding a bicycle at the time the fire was set. Police are seeking assistance from anyone who may have seen this individual in the area prior to the fire or that is familiar with this subject or has any knowledge of the crime.

The suspect may have also been carrying a "Save A

Lot" plastic bag containing two boxes of cereal that was located near the fire. The word "FREE" was written on the plastic grocery bag.

Anyone with information may contact Detective Crystal Lachance at 207-513-3001 x 3310 or the Lewiston Police dispatch at 207-784-6421.

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\$36.3 Million for Heating Assistance for Mainers

Nearly \$250,000 for Maine Nursing Homes

From US Sen. Collins

WASHINGTON, D.C. – U.S. Senators Susan Collins (R-Maine), a senior member of the Appropriations Committee, and Angus King (I-Maine) today announced that the U.S. Department of Health and Human Services (HHS) is releasing a total of \$36,318,970 in funding for Maine through the Low Income Home Energy Assistance Program (LIHEAP), including \$1,328,011 specifically for tribes and tribal organizations.

“As the cold winter months approach, it is vital that we ensure low-income families and seniors in Maine have access to afford-

able home energy to protect their health and safety,” said Senators Collins and King in a joint statement. “This funding is welcome news as these programs remain important lifelines that help prevent vulnerable individuals from having to choose between heating their home, paying their bills, or going without food or medicine.”

Senators Collins and King have long led bipartisan efforts to support federal funding for LIHEAP. In October, Senator Collins wrote a letter with Senator Jack Reed (D-RI) that was cosigned by 38 of their colleagues, including Senator King, urging HHS to release

LIHEAP funds without delay and at as high a level as possible under the continuing resolution.

HHS released a total of \$3.36 billion to states, tribes, and territories.

Funding to be allocated to Maine tribes, which is a portion of the \$36,318,970 in LIHEAP funds awarded to the State of Maine, includes Aroostook Band of Micmac Indians \$158,053, Houlton Band of Maliseet Indians \$158,053, Passamaquoddy Tribe-Indian Township \$301,573, Passamaquoddy Tribe-Pleasant Point \$420,749, and Penobscot Tribe \$289,583.

From US Sen. Collins

WASHINGTON, D.C. – U.S. Senators Susan Collins (R-Maine) and Angus King (I-Maine) announced that 82 Maine nursing homes and nursing facilities have been awarded an additional \$247,577 to support increased testing, staffing, and personal protective equipment (PPE) needs.

This funding adds to the \$10.4 million Senators Collins and King announced in August. This targeted distribution from the Department of Health and Human Services (HHS) Provider Relief Fund is funded through \$175 billion included in the bipar-

tisan CARES Act and the Paycheck Protection Program and Health Care Enhancement Act.

“In the midst of this ongoing public health and economic crisis, it is crucial that the residents and staff of our nursing home communities remain supported and protected,” said Senators Collins and King in a joint statement. “This additional funding will provide nursing homes with resources and training to improve infection and support our health care providers on the front lines.”

Under this distribution, nursing homes that demonstrated a signif-


icant reduction in COVID-19 related infections and deaths between August and September will be eligible to apply for additional funding to improve quality and infection control in their facilities. This performance-based payment structure will reward nursing homes for keeping new COVID-19 infection and mortality rates among residents lower than the communities they serve.

To further support nursing homes, HHS also announced today the Agency for Healthcare Research and Quality (AHRQ) will partner with America’s nursing homes to create the National Nursing Home COVID Action Network. Through the Network, AHRQ will offer training and mentorship to the approximately 15,400 nursing homes across the country to supplement efforts aimed at protecting residents and staff.

In August, Senators Collins and King announced that 93 skilled nursing facilities and nursing homes in Maine had been awarded \$10.4 million to support increased testing, staffing, and personal protective equipment (PPE) needs. In May, following Senator Collins’ advocacy, Maine nursing homes received nearly \$18 million that helped protect the health of residents and staff and support nursing homes struggling with significant expenses or lost revenue due to COVID-19.

To date, Maine health care providers have received more than \$490 million in relief from the HHS Provider Relief Fund.

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**THURSDAY, NOV. 12**  
**6 p.m.**  
Understanding E.N.D.S. - via Zoom  
**GORHAM** - From Baxter Public Library. See library website to register for this event. Once you have registered, a Zoom link for the program will be sent to the email address you provide.

**MONDAY, NOV. 16**  
**AUBURN** - City Council workshop and meeting.  
**5:30-6:30 p.m.**  
**LEWISTON** - Finance Committee meeting, City Hall admin conference room.

**TUESDAY NOV. 17**  
**AUBURN** - Auburn Public Library Board of Trustees meeting; Auburn Sewer District Trustees meeting; Conservation Commission meeting.  
**8 a.m.**  
**GORHAM** - Ordinance Committee Meeting via ZOOM.  
**9:30-10 a.m.**  
Travels with Ms. Heidi  
**GORHAM** - Watch on Facebook as Ms. Heidi takes Preschool Discovery Time on the road. Enjoy guessing her locations as she reads to you and discover different places and people in Gorham. (3-5yrs)  
**5:30 p.m.**  
Starry Night Tour w/ Southworth Planetarium  
**GORHAM** - Join us on the Library Lawn where we will enjoy a starry night tour by Southworth Planetarium. This will be an outdoor, socially

# Calendar

Send your submissions to the Editor. More online.

distant program, with masks required. The rain date is Nov. 18.

The Universe remains readily accessible to all of us, despite whatever travails beset us on Earth. With our powerful green laser pointers, we will explore our wondrous cosmos! See the broad and brilliant Summer Triangle high in the western evening sky. Glide along the band of our home galaxy! Admire the brilliant planets Jupiter and Mars. In fact, Mars is brighter now than it has been within the last year and a half! We'll watch for meteors, satellites, and could even see the International Space Station traversing our skies.

There is so much to see in our small part of the Universe that no night sky tour is ever the same. Bring your families! Ask your questions!

Enjoy a wonderful evening discovering our Universe.

**6 p.m.**  
**LEWISTON** - City Council meeting, via ZOOM.

**6:30 p.m.**  
**GORHAM** - (tentative) Town Council workshop via ZOOM.

**WEDNESDAY, NOV. 18**

**8 a.m.**  
**GORHAM** - Gorham Economic Development Corporation meeting via ZOOM.

**THURSDAY, NOV. 19**  
Restorative prac-

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

**Noon-1 p.m.**

**LEWISTON** - The 2020-2021 season of the Great Falls Forum continues with a discussion between John Baughman, Associate Professor of Politics at Bates College, and Michael Sargent, Associate Professor of Psychology at Bates College, on the topic "Election 2020: What Happened and What Does It All Mean?" The program will take place from 12 noon to 1 PM virtually via Zoom and streamed to the Lewiston Public Library Facebook page. For more information, please contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

**6:30 p.m.**  
**GORHAM** - Zoning Board of Appeals meeting via ZOOM.

**MONDAY, NOV. 23**

**5:30 p.m.**  
**LEWISTON** - Planning Board meeting, City Hall Council Chambers.

**WEDNESDAY, NOV. 25**

**AND THURSDAY, NOV. 26**  
Thanksgiving hol-

iday observed. Town offices closed.

**TUESDAY, DEC. 1**

**6:30 p.m.**  
**GORHAM** - Town Council meeting via ZOOM.

**MONDAY, DEC. 7**

**5:30-8:30 p.m.**  
**AUBURN** - City Council Workshop and Meeting, Auburn Hall, Council Chambers.

**7 p.m.**  
**GORHAM** - Planning Board Meeting via ZOOM.

**WEDNESDAY, DEC. 9**

**7 p.m.**  
**GORHAM** - School Committee meeting via ZOOM.

**TUESDAY, DEC. 15**

**8 a.m.**  
**GORHAM** - Ordinance Committee meeting via ZOOM.  
**WEDNESDAY,**

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**DEC. 16**

**8 a.m.**  
**GORHAM** - Gorham Economic Development Corporation meeting via ZOOM.

**THURSDAY, DEC. 17**

**6:30 p.m.**  
**GORHAM** - Zoning Board of Appeals meeting via ZOOM.

**FRIDAY, DEC. 25**  
Christmas holiday

observed. Town offices closed.

**THURSDAY, DEC. 31**


**2-5 p.m.**  
**GORHAM** - New Year Gorham event. Details to be determined.

**FRIDAY, JAN. 1, 2021**

New Year's Day holiday observed. Town offices closed.



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