

See pages 8-9

HELP  
STOP  
HUMAN TRAFFICKING

# A central location to fight cancer

## Construction begins on Cancer Care Center in Lewiston



An artist's rendering of the new Central Maine Healthcare Cancer Care Center that is being built beside the main entrance to the Central Maine Medical Center on Main Street in Lewiston. With an expected completion in February 2022, the facility will have about 52,000 square feet of space and will be a central location for the treatment of cancer patients from throughout Maine. (Image courtesy of CMH)

**By Nathan Tsukroff**

LEWISTON - Maine has the twelfth-highest rate of cancer deaths in the United States.

Having a central location for patients to find the services they need to fight cancer is vital in achieving the best results.

That's the goal behind Central Maine Healthcare's new Cancer Care Center that is in the early stages of construction on the campus of Central Maine Medical Center

on Main Street in Lewiston.

Cancer was the leading cause of death in Maine in 2018, the latest year for which the U.S. Centers for Disease Control shows national rankings. Maine recorded 3,275 deaths in 2018, or 162.1 deaths per 100,000 people. Heart disease was the next highest cause of death for Mainers that year.

The new Cancer Care Center is planned as a three-story structure that will have 52,000 square feet of space for offices,

operating rooms, and recovery areas. It is designed to fit in with the look of existing buildings.

*See Cancer Care, page 11*

# Additional COVID-19 protocols at CMMC

From CMH

LEWISTON – Central Maine Healthcare has put in place additional coronavirus infection prevention protocols following the outbreak at Russell Park Rehabilitation and Living Center.

“Our top priority is the safety of our patients, staff and the communities we serve,” said CMH Chief Medical Officer John L. Alexander, MD, MHCM, FACEP. “Community spread is driving the increase in COVID-19 cases in Maine and we have adopted additional safeguards to counter that threat.”

Central Maine Medical Center has put in place additional precautions that include the strict use of patient masking in rooms when a caregiver is present; placing all patients admitted from long-term care facilities experiencing COVID-19 infection on droplet and contact precautions, regardless of their initial testing result; and reinforcing strict environmental cleaning and sanitizing of patient care areas.

These precautions are in addition to the multiple layers of protection already in place at CMH facilities, such as screening of all patients, visitors and staff for symptoms; documentation of every person entering buildings, in case contact tracing is needed; controlled entry points to prevent unscreened individuals from coming inside; masking and social distancing required at all times inside; and appropriate personal protective equipment required for all patient-facing staff, with monitoring for proper use.

CMH is tracking possible exposures of CMMC team members who have had close contact with Russell Park employees who tested positive for the virus. CMH is quarantining those CMMC team members

*See Protocols, page 11*

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News

# Newsmakers, Names & Faces

Guest Column

## Your grammar guide to the 2020 election

**By Curtis Honeycutt**

Great job, you voted! You exercised your right as a non-felonious adult American citizen to democratically elect the people who will represent us in our state and federal governments for the next few years. Even if we don't know exactly who won yet in the elderly man popularity contest known as this year's presidential election, you at least want to sound smart when you're talking and/or writing about this year's contest. Here are some tips on how to sound like a regular Doris Kearns Goodwin while chatting about politics.

First of all, do you know where we get the word "candidate" from? Probably Latin, right? Yes! It comes from Latin, and its origins are downright fascinating. In Ancient Rome, togas were the tuxedo of their day, and, as formal Roman attire, people running for the Roman Senate wanted to stand out from the crowd. To become more visible, the political hopefuls would rub shimmering white chalk on their togas, which were known as "toga candidas" (white togas). A person wearing the toga candida became known as a "candidatus." Perhaps Joe Biden's Crest 3D Whitestrips contain this same hidden ingredient: glittery white chalk.

Did you know that the Associated Press Stylebook dictates that the terms "first lady" and "first gentleman" are not to be capitalized? That's not because they don't like Melania; it's for two reasons: they're not official titles and governors' and mayors' spouses are also referred to by the same titles. However, just like Republicans and Democrats, the Chicago Manual of Style disagrees! Since I'm writing for newspaper audiences (whether you're holding a physical paper or reading this on your digital device), I'll subdue my letters and keep it lowercase.

When it comes to the president and vice president, capitalization depends on the context. You should capitalize the titles "president" and "vice president" when used immediately before a name: President Barack Obama has a great jump shot. Lowercase the word "president" when using the word by itself or after a name: She may not have won the race, but she'll always be president of my heart. It is never appropriate to capitalize all of the letters in "president," unless your caps lock is permanently stuck "on" while you furiously thumb-type your tweets. I've heard this happens to some people.

Whether you're voting someone into the capital (of your state) or the capitol (of the United States), it's good to know when to capitalize the titles of the people involved. Oh, and, by the way, only capitalize "capitol" when you're referring to the building in Washington, D.C., or the record label (Capitol Records). And, if neither of the two primary parties suits your interests, perhaps you should let your hair down and throw a party. That's a capital idea!

*Curtis Honeycutt is a syndicated humor columnist. He is the author of Good Grammar is the Life of the Party: Tips for a Wildly Successful Life. Find more at curtishoneycutt.co*

**Guest Column**

## How To Survive A Panic Attack

**By Stan Popovich**

Do you experience panic attacks and do not know what to do? A person can experience a panic attack when they least expect it.

As a result, here are six easy steps a person can follow when a panic attack strikes unexpectedly.

1. Take a break: A panic attack can be very uncomfortable and can affect a person's thinking. The best thing to do when this happens is to take a break in order to calm down. You don't want to do anything when your not thinking clearly.
2. Take deep breaths: A person should take some deep breaths to help feel better and to get rid of some of the excessive fear and anxiety. There are many kinds of breathing exercises a person can learn to follow with the help of a mental

*See Panic, page 12*

## Spanish masses at Catholic churches

**From Portland Diocese**

**SANFORD** - The Diocese of Portland's Office of Hispanic Ministry recently announced that Spanish Masses will be offered in Sanford on the first and fourth Sunday of each month at 5 p.m.

The Masses will be offered at Holy Family Church, 66 North Avenue.

The new Masses in Sanford add to an already impressive list of Spanish Masses regularly offered in person throughout the Diocese of Portland at:

**Portland** - Sacred Heart Church, 65 Mellen Street. Every Sunday 12:30 p.m.

**Lewiston** - Basilica of Ss. Peter & Paul, 122 Ash Street. Every Saturday 6 p.m.. Livestream of Masses available at [www.facebook.com/PrinceOfPeaceME](http://www.facebook.com/PrinceOfPeaceME) and [www.princeofpeace.me](http://www.princeofpeace.me)

**Bangor** - St. John Church, 217 York Street. First and Third Sundays of the Month. 1 p.m. Livestream of Masses also available at [www.stpaulbangor.me](http://www.stpaulbangor.me) or [www.facebook.com/stpaulbangor](http://www.facebook.com/stpaulbangor).

**Waterville** - Notre Dame Church, 116 Silver Street. Second and Fourth Sundays of the Month 12:15 p.m.

**Sanford** - Holy Family Church, 66 North Avenue. First and Fourth Sundays of the Month at 5 p.m.. Livestream of Masses also available at [www.facebook.com/StThereseMaine](http://www.facebook.com/StThereseMaine).

Funded largely by the annual Catholic Appeal, the Office of Hispanic Ministry assists the Hispanic community living and working in Maine by offering sacramental preparation, including marriage and baptismal preparation; faith formation for adults and children; education on social service support in the state; and help to individuals and families in becoming more involved in parish life.

For more information, contact Sister Patricia Pora at (207) 615-2522; Fr. Michael Sevigny, OFM Cap., at (207) 777-1200; or José Pérez López at (207) 653-5609. The office's Facebook page is at: <https://bit.ly/3kaMzdR>



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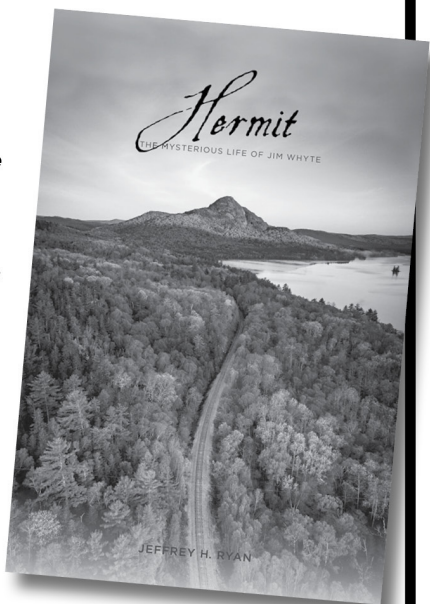
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News

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# Newsmakers, Names & Faces

## Lin-Mott joins Androscoggin

**From Androscoggin**  
  
LEWISTON – An-  
droscoggin Home Health-  
care & Hospice recently  
welcomed Tina Lin-Mott,  
FNP-C, LCSW as a pallia-  
tive care nurse practitioner  
on their growing palliative  
care team.  
  
Lin-Mott most re-  
cently served as a nurse  
practitioner at the St.  
Mary’s Center for Cancer  
and Blood Disorders where  
she provided clinical care  
in hematology and oncol-  
ogy, along with providing  
patients and their families  
with education on the im-  
portance of advance care  
planning.  
  
“Growth in areas like  
palliative care are vital to  
improving the quality of  
life for our patients and  
their families,” said Ken-  
neth Albert, R.N., Esq.,  
President and CEO. “Ti-

na’s clinical and social  
work skills will be instru-  
mental in helping to ex-  
pand our offerings to pro-  
vide the communities we  
serve with truly excellent  
patient care.”  
  
Lin-Mott earned a  
Bachelor of Arts in Gov-  
ernment and Sociology  
from Bowdoin College,  
where she was named stu-  
dent employee of the year  
in 2005. In 2007 Lin-Mott  
earned her Master’s in So-  
cial Work from the Univer-  
sity of New England. From  
there, Lin-Mott worked in  
the community as a dial-  
ysis social worker before  
returning to school at the  
University of Southern  
Maine where she graduat-  
ed in 2014 with a Masters  
of Nursing, with a focus on  
Family Nurse Practitioner  
work.  
  
Lin-Mott was a Nurse  
Practitioner at the St.

Mary’s Center for Cancer  
and Blood Disorders, and  
at Central Maine Medical  
Center’s Bariatric Surgery  
and Emergency Depart-  
ment. “I was drawn imme-  
diately to the mission of  
Androscoggin, specifically  
an organization dedicated  
to living and improving  
quality of life. I am so  
excited to be partnering  
with an organization that  
is so invested in improving  
quality of life for its com-  
munities and people,” she  
said.

Send all  
items for  
Names & Faces  
to the editor.  
Deadline is  
Friday by five pm.



Tina Lin-Mott, FNP-C, LCSW recently joined Androscoggin Home Healthcare & Hospice as a palliative care nurse practitioner. (Photo courtesy of Androscoggin)

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# Avoiding COVID-19 tax consequences

**From State of Maine**

AUGUSTA – The Department of Administrative and Financial Services (DAFS) recently provided guidance for individuals and businesses to avoid adverse tax consequences caused by COVID-19.

The Department also announced it will introduce legislation in January to help Maine residents avoid burdensome and/or double tax payments as a result of COVID-19.

“Maine people who have been able to work remotely, along with the businesses that have encouraged and supported teleworking efforts, are doing their part to protect

us from the spread of this dangerous virus,” said Governor Mills. “It is my hope that my Administration’s actions will provide a measure of certainty and relief for now, and I look forward to working with the Legislature in January to ensure Mainers avoid unintended tax burdens caused by COVID-19.”

“Today Governor Mills has removed many unknowns for those who have found themselves up against tax policy that was not developed with a pandemic in mind,” said Kirsten Figueroa, Commissioner of the Department of Administrative and Financial Services. “Governor Mills’ actions support those

who have helped wage our battle against COVID-19 and provide certainty amid these uncertain times.”

**Tax Certainty for Individuals**

In the case of a Maine resident who worked from home during COVID-19 but who otherwise works out-of-state for an out-of-state employer:

The Mills Administration will introduce legislation in January to ensure Maine residents avoid double taxation as a result of COVID-19 related telework by allowing the tax credit for income tax paid to other jurisdictions if another jurisdiction is asserting an income tax obligation for the same income

despite the employee no longer physically working in that jurisdiction due to COVID-19.

In the meantime, Governor Mills has instructed Maine Revenue Services to use its administrative authority to allow these Mainers to maintain the same withholding and estimated tax payment status used prior to the state of emergency.

Governor Mills has also instructed Maine Revenue Services to use its existing administrative authority to abate penalties, upon request, for any Maine resident taxpayer who owes an estimated income tax payment as a result of suddenly working in Maine as

a result of the COVID-19 state of emergency.

In the case of a Maine resident who is making payments on their student loans amid COVID-19 and would like to take advantage of the Educational Opportunity Tax Credit (“Opportunity Maine”):

Governor Mills has instructed Maine Revenue Services to use its administrative authority to allow taxpayers to claim the Opportunity Maine tax credit for completed student loan payments even if their student loans were subject to deferment or forbearance, including those federal student loans placed into automatic forbearance by the federal CARES Act, as long

as all other eligibility criteria are met.

For Maine people who were employed in Maine prior to, or during, the pandemic and who became unemployed as a result of COVID-19 but who are still making student loan payments, the Mills Administration will introduce legislation in January to allow them the Opportunity Maine tax credit.

**Tax Guidance for Businesses**

Maine Revenue Services is reassuring out-of-state businesses not otherwise subject to tax in Maine, but whose employees commenced telework from Maine as a re-

*See Tax, page 12*

# Outsmart squirrels at the birdfeeder with spicy feed options

**From Coles Wild Bird Products**

KENNSAW, GA - COVID-19 has caused us all to spend much more time at home, reconnecting with a welcomed resurgence of simple pleasures and fundamental pursuits, which were nearly lost in our frenzied day-to-day lives, prior to the pandemic.

Board games, puzzles and baking bread became the new norm and an interest in bird watching suddenly soared. Being homebound brought us outside and opened our eyes to a whole world of fascinating, beautiful birds. Sales of bird feed, feeders, nesting boxes and bird houses spiked as interest in backyard birds soared.

In addition to new

birders, more than 52 million Americans already feed the birds-and watch them. Studies show that more than 80 percent of people feed birds to bring nature and its beauty to their own backyard.

The good news is birds don’t know we’re in the midst of a global pandemic, they’re doing what they’ve always done; building nests, migrating, laying eggs and searching food sources- the primary difference is more of us are watching them. The human world got quieter; and birds got heard!

Feeding the birds is not only enjoyable for any age group, it provides much needed stress relief for all who partake. A fascinating 2017 University of Exeter study, focused on nature’s

impact on humans in suburban/urban areas, found that lower levels of depression, anxiety and stress were associated with the number of birds people see in an afternoon, at home. Turns out, the benefits of birdwatching come from seeing lots and lots of birds. Quantity not ‘quality’ is what soothes our souls. For millions working and schooling from home, this stress reduction was an unintended bonus to the basic delight of feeding our feathered friends.

To enjoy the many benefits of birding, attracting birds through bird feeding is essential. Birds, like people, are selective – even picky – when it comes to food. To attract the most birds to your feeder, buy the best seed. Many commercial feed mix-

es contain cheap filler seeds that most birds just don’t like. Birds sort through the undesirable mix to get to the “good stuff” – and leave the rest behind.

Opt for high quality feed that offer birds select, natural seed choices, specifically formulated just for them. Avoid brands that wash or coat seeds with chemicals and mineral oil to make seed look more appealing to humans.

Yes, squirrels are an

incessant problem at bird feeders. Newbies to bird feeding soon discovered what long-time birders know all too well: squirrels love bird feed too. Plus, squirrels are bigger and more aggressive than birds giving them an unfair advantage at the feeder.

Love them or loathe them, most birders agree they don’t want squirrels damaging feeders and devouring seed meant for the birds. But, not to worry,

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*See Squirrels, page 7*

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# Program replaces high polluting wood stoves

**From ALA**

PORTLAND - The American Lung Association recently announced the launch of the Cumberland County Wood Stove Changeout Program.

The program is intended to improve outdoor and indoor air quality by removing old, high polluting, low-efficiency wood stoves and replacing them with cleaner-burning, more efficient EPA-certified wood, pellet or gas stoves. The program covers residents of Cumberland County.

“Replacing older high polluting stoves with new ones is an important way for communities to reduce harmful particle pollution and improve air quality,” said Michelle Edwards, Cumberland County Wood Stove Changeout Program Coordinator, for the American Lung Association in Maine. “The American Lung Association has long been committed to reducing resident’s exposure to wood smoke and we are proud to continue these efforts in Cumberland County.”

Particle pollution is made of soot or tiny particles that come from coal-fired power plants, diesel engines, wildfires and wood-burning devices. These particles are so small that they can lodge deep in the lungs and trigger asthma attacks, heart attacks

and strokes. They can even cause lung cancer, and early death.

Charlie Hews of South Portland is one of the people who will benefit from the program this year. He said, “I’d been thinking about replacing my wood stove for some time and the voucher helped offset the costs of the new stove.”

Since 2010, the Lung Association successfully implemented 11 woodstove changeout programs throughout the Northeast, resulting in over 1,000 changeouts to EPA certified heating sources. The program lowers particle pollution emissions in the area and supports local retail stove businesses who are working with the American Lung Association. In Cumberland County, participating retailers are: Embers Stoves and Fireplaces, South Portland; Frost and Flame, Gorham; Goggins Energy, Portland; and McVety’s Hearth and Home, Yarmouth. The American Lung Association is collaborating with the Northeast Hearth, Patio and Barbeque Association on this effort.

Homeowners who live in Cumberland County and own a non-EPA certified woodstove can apply for a voucher. Vouchers are for \$1000 toward a new EPA certified woodstove; \$1500 if changing from a hydronic heater to an EPA

certified woodstove; \$2000 for an EPA certified pellet, gas stoves or heat pump, if changing from woodstove or hydronic heater and \$3000 for income-qualified participants (income-qualified vouchers may use the voucher for EPA certified wood, pellet, gas stoves or heat pump). A \$4000 voucher is available toward the replacement of an old hydronic heater with a new EPA Phase II hydronic heater or ENERGY STAR gas furnace or \$5000 for hydronic heater replacement if income qualified; \$300 for the retrofit of an existing wood-

stove with a new catalyst.

Applications for the vouchers are available in store or online. Once people receive their voucher, they will have 30 days to enter into a purchase agreement with one of the participating retailers. The retailer then installs the new stove and recycles and makes the old stove inoperable. The number of vouchers is limited.

For more program details, go to Lung.org/woodstove or call 1-800-548-8252.

For more about the American Lung Association, go to: [www.lung.org](http://www.lung.org).



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# Arts & Entertainment



Members of the Maine Chapter of the American Culinary Federation (ACF) donated over \$10,000 to the CM Education Foundation to establish an endowed scholarship fund for Culinary and Restaurant Management students at CMCC. Left to right are Dan Caron, LRTC instructor and past president of the Maine ACF Chapter; Roger Philippon, dean of planning and public affairs at CMCC; Don Rossignol, retired culinary chair at CMCC; Austin Perreault, chair of the CMCC Culinary and Restaurant Management programs; Charles Izzi, past president of the Maine ACF Chapter and chef instructor at the Capitol Area Technical Center in Augusta; and Fern Langlois, food service manager at CMCC. (Photo courtesy of CMCC)

## Culinary scholarship fund at CMCC

**From CMCC**

AUBURN - The Maine Chapter of the American Culinary Federation (ACF) recently presented a check for over \$10,000 to the CM Education Foundation to establish an endowed scholarship fund for Culinary and Restaurant Management students at Central Maine Community College.

The presentation was made at The Green Ladle, home of the culinary arts program at the Lewiston Regional Technical Center. Comprised of Maine-based professional chefs and culinary educators, the ACF Chapter promotes the growth of the food service industry through culinary competitions and events, certification, publications, and an apprenticeship program. Now the largest professional chefs' organization in North America, the organization promotes the professional image of American chefs worldwide through education of culinarians at all levels.

## Ham and bean supper Nov. 21

**From Holy Family** 4-6 p.m.

Supper will be served in front of the Holy Family Rectory on Sabattus Street in Lewiston.

For more information call Ray 241-0639 or Brian 576-6288

LEWISTON - Holy Family Council 10019 is sponsoring a take-out ham and bean supper on Nov. 21 from 4-6 p.m. The supper includes ham, beans, coleslaw, a dinner roll, and dessert. \$8 for adults, \$4 for children under 10.

## Temporary homeless shelter opens

**From Community Concepts**

LEWISTON - Community Concepts, Inc., in partnership with Maine-Housing, opened a temporary 28-bed low barrier Winter Wellness Shelter on Sunday to serve unsheltered individuals in the Lewiston-Auburn area and surrounding communities. The temporary shelter will be staffed 24 hours a day at a local hotel and will provide 28 homeless adults with a warm, safe sleeping space during the winter months, as well as access to basic needs such as bathrooms, showers, and food. The program design also integrates known shelter best practices with recommendations from medical professionals to reduce the risk that guests will contract and transmit the COVID-19 virus.

The shelter will accept guests by referral, and will remain open through April 30, 2021. Guests must complete the intake process with shelter staff over the phone prior to arriving at the hotel.

To learn more about the referral and intake process, please call (207) 751-5398.

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# Celebrate the holidays with brunch!

By Belinda Smith-Sullivan

TRENTON, SC - No matter how you get together this holiday season a new cookbook says let's celebrate with brunch!

The holidays are a time of year when family and friends get together usually over a prepared meal. This year holiday celebrations may look totally different but however we celebrate one thing is clear: we can still sit down to a delicious brunch, be it brunch à deux, a brunch buffet, or a group of friends hanging out on the patio via Zoom eating frittatas and drinking Bellini's, brunch is here to stay!

In LET'S BRUNCH: 100 Recipes for the Best Meal of the Week, Chef Belinda Smith-Sullivan brings all these flavors and feelings together and lends a little Southern hospitality to your holiday brunch menu with delicious, flavor-packed recipes for breakfast and brunch, including front porch-worthy libations.

"Brunch is a meal designed for leisure and good times spent with family and friends," Chef Belinda says. "In my opinion, brunch is the most creative meal because there are no rules— menus can range from a full array of breakfast items to steak and potatoes and everything in between."

In LET'S BRUNCH Chef Belinda offers up some of her tastiest dishes yet. With 100 enjoyable recipes, LET'S BRUNCH

provides full menu ideas, focusing on starters, soups, and salads; egg dishes; casseroles; meats; pastas; grits; sandwiches; breads; jams and syrups; desserts; and brunch cocktails.

Some of the book's recipes include:

- Ramp Buttermilk Biscuits
- Panettone Grand Marnier French Toast
- Croque Madame
- Smoked Salmon Blinis
- Spinach and Goat Cheese Eggs Florentine with Hollandaise Sauce
- Roasted Butternut Squash Soup with Scallops
- Southern-Style Succotash
- Blackened Catfish on Herb Grits with Pineapple Relish
- Red Velvet and Pecan Waffles with Fried Chicken
- Black Walnut-Cardamom Pound Cake
- Rum-Chocolate Chip Pecan Pie
- Mint Julep
- Chef Belinda's Creole Mary

**Grapefruit, Champagne, and Vodka Spritz.**  
MAKES 1 COCKTAIL

A spritz is a cocktail made with Champagne or Prosecco, a bitter liqueur, and soda water. Aperol is an Italian bitter aperitif, though sweeter and fruitier than its elder sibling Campari. Aperol gets its name from the Italian slang word apero, which means aperitif.

- 1 ounce Aperol
- 4 ounces Champagne
- 1 1/2 ounces grapefruit juice

- 1/2 ounce vodka
- Ice
- Club soda
- 1/2 grapefruit wheel, for garnish

Into a tall wine glass pour Aperol, Champagne, grapefruit juice, and vodka. Add ice and a splash of club soda. Stir gently, garnish with grapefruit wheel.



**Grapefruit, Champagne, and Vodka Spritz (Susan Barnson Hayward photo)**

**Breakfast Macaroni and Cheese**  
SERVES 6 TO 8.

Mac and cheese is an "anytime of the day" meal or treat. But served for breakfast or brunch, on the same plate next to eggs, biscuits, and gravy, elevates this most beloved 'side' to center plate.

- 1 pound cavatappi or elbow pasta
- 6 tablespoons unsalted butter, divided
- 4 cups whole milk
- 1 large clove garlic, smashed
- 1/2 teaspoon dried thyme
- 1 bay leaf
- 1/2 onion, studded with 1 whole clove
- 1 teaspoon dry mustard
- 1 pound thick-sliced bacon, cut crosswise into 1/2-inch pieces
- 1 jalapeño pepper, seeded and small diced

- 1 red bell pepper, seeded and diced
- 6 tablespoons all-purpose flour
- Kosher salt, to taste
- White pepper, to taste
- Pinch of freshly grated nutmeg
- 3 cups grated sharp cheddar cheese
- 3 cups grated aged Gouda cheese
- 1 tablespoon chopped basil, divided
- 1/2 cup Parmesan cheese
- 1/4 cup breadcrumbs

Preheat oven to 375 degrees F. In a large pot of salted water, cook pasta until al dente, 5–7 minutes. Drain and toss with 2 tablespoons butter. Set aside.

In a large saucepan, add milk, garlic, thyme, bay leaf, onion with clove, and mustard. Warm over medium-low heat until milk starts to steam, about 10 minutes. Remove from

heat, set aside, and let the flavors infuse.

To a medium skillet over medium heat, cook bacon until crispy. Remove with a slotted spoon and drain on a paper towel-lined plate. Sauté jalapeño and bell pepper until soft. Remove and transfer to another paper towel-lined plate. Strain the milk, discarding the solids. To a 10-inch ovenproof skillet over medium heat, add remaining butter and flour. Whisk for 3–4 minutes. Do not let brown.

Whisk the milk into the roux to avoid lumps. Continue to cook, whisking constantly, until thickened, 3–4 minutes. Remove from heat and season with salt, white pepper, and nutmeg. Add the cheddar and Gouda and stir until melted then add the cooked pasta, peppers, half of the bacon, and half of the basil, stirring to thoroughly com-

bine. You can bake this in the skillet, or transfer mixture to a casserole dish.

In a small bowl, combine Parmesan, breadcrumbs, and remaining basil and sprinkle over the top along with remaining bacon. Bake for 25–30 minutes until golden brown and bubbly. Let rest 15 minutes before serving.



**Breakfast macaroni and cheese. (Susan Barnson Hayward photo)**

*Recipes and photos reprinted from let's brunch by Belinda Smith-Sullivan. Photograph by Susan Barnson Hayward. Gibbs Smith/September 2020.*

## Squirrels

Continued from page 4

grade habanero chilies, designed to attract a maximum variety of birds.

Finally, if you just can't stand bushy-tailed pests at your feeder, consider a solution that sends them packing safely and effectively. Cole's Flaming Squirrel Sauce is a nutritional birdseed supplement that contains all natural, 100% food grade ingredients with a super-hot and spicy flavor, that squir-

rels dislike. It tastes hot to mammals, (squirrels!) but birds' taste receptors don't detect the heat and they love the spicy taste.

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Cole's hot and spicy products are safe, effective and a humane, natural way to feed the birds, not the squirrels. As a matter of fact, Cornell University scientists tested the technology and found it highly

effective in reducing the number of squirrel visits at the feeder.

While we're navigating through these uncertain times, look to the birds for delight, solace, and stress relief. Once you start feeding the birds, you'll find it's hard to stop- Plus with the right feed and fewer squirrels, there'll be a bounty of birds in your backyard for your benefit and enjoyment.

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# Safe Voices helps victims escape domestic violence, sexual trafficking

200 to 300 youths and adults are exploited each year in Maine

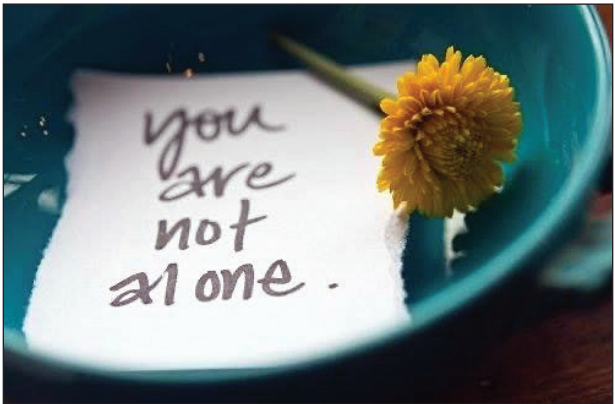
**By Nathan Tsukroff**

“Human Trafficking”

When someone is forced to work, or to perform sexual acts, in exchange for the basic necessities of life, they are being trafficked.

This labor or abuse is often accompanied by physical violence, and similar tactics are used in personal relationships, leading to what we know as sexual or domestic violence.

“Often what we’re seeing is people who have been living in Maine – perhaps lived here their whole lives – are being trafficked, right here in our state,” said Elise Johansen from Safe Voices, a non-profit group whose mission is to support and empower



A message of hope from Sexual Assault Prevent and Response Services, which works to prevent and eliminate sexual violence and to promote healing and empowerment for people of all genders and ages affected by rape, sexual assault and sexual exploitation in Androscoggin, Franklin, and Oxford counties. (Photo courtesy of SAPARS)

those affected by domestic violence in Androscoggin, Franklin, and Oxford counties. The group also works to engage communities in creating social change.

Maine’s first human trafficking needs assessment was conducted in 2015 by Hornby Zeller Associates, Inc., using known statistics, surveys with members of law enforcement, and interviews with service providers, stakeholders and survivors.

The majority of information for the assessment related to sex trafficking,

which occurs when someone benefits from the sale of another person for sex acts through force, fraud, coercion, threats, or manipulation, or when the person is a minor.

Johansen said there are about 200-300 victims of sex trafficking in Maine per year. The vast majority of these crimes in Maine go unreported, and researchers estimate that only 14 percent of trafficking victims report the crimes committed against them, according to a February 2017 report by a Maine Advisory Committee to the U.S. Commission on Civil

Rights.

Sexual exploitation is the exchange of sex acts for anything of value where the individual is manipulated into the agreement as a result of addiction or desperation. This exploitation may then lead the victim into being trafficked.

The 2015 assessment did not have enough information to determine the level of labor trafficking in Maine at that time. Labor trafficking occurs when a person is forced to work or provide services through the use of force, fraud, or coercion. Most of the focus on labor trafficking in Maine concentrates on agriculture, according to the assessment.

Victims of sex trafficking in Maine are typically girls and women 14 to 30 years old, from both rural and urban communities, with a history of sexual or physical abuse, and lacking basic needs and an emotional support system, according to the assessment.

Survival sex and trafficking are often interchangeable. Victims and survivors said they would rather do things they didn’t want to do in exchange for meeting basic needs. For many, they were led into sex trafficking with the belief they were in a personal, intimate relationship with the trafficker.

One of the ways traffickers control their victims is through drug addiction. And some victims turn to drugs as a way to escape the pain and self-loathing from being trafficked.

“There is a federal definition of (sex) trafficking, and we do see that in Maine,” Johansen said. “And we also see a lot of sexual exploitation, where someone might say, ‘Hey,

you can come sleep on my couch and live with me because I know you have nowhere to go, but in order for you to do that, you need to have sex with me.’”

Or a victim may be told, “I’ll give you some drugs, but you need to do this with my friend over there,” Johansen said. “Or, ‘If you want to live here, then you need to go and start doing this with a bunch of other people, and all the cash needs to come home to me’.”

Recognizing they are being exploited or trafficked is a first step for a victim to start their escape from their situation, and Safe Voices provides resources for victims of sex trafficking and sexual exploitation.

Safe Voices provides the only safe house in the area for these victims, Johansen said. “So we do allow and have people live there, but most of what we do is provide advocacy, legal support in the criminal and civil courtrooms, and we provide support groups.”

The group also assists people in safety planning and learning about community resources. “So all of the same scope of services that we provide to victims of sexual abuse and violence, we also provide to victims of sexual trafficking and exploitation,” Johansen said.

Escaping from the trafficker can be difficult for the victim. “A lot of times, victims will interact with law enforcement, and law enforcement is really committed to ending human trafficking in Maine and seeing people being affected by it as victims and not as perpetrators of crime,” Johansen said. Instead of charging sex trafficking victims with the crime of prostitution, police officers are now connecting the people they are finding on the streets with Safe Voices and other community resources.

“And so we get referrals that way. We get referrals from other community service organizations, human service organizations, case managers, churches,

See Safe Voices, page 11



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# SAPARS listens to and helps sexual abuse victims



Victims of sexual abuse and violence in Androscoggin, Franklin, and Oxford counties can get help from Sexual Assault Prevention and Response Services at 800-871-7741 to report their abuse or deal with issues surrounding their abuse. (Photograph courtesy of SAPARS)

By Nathan Tsukroff

Where do you turn for help if you are a victim of rape, child sexual abuse or other forms of sexual violence?

In Androscoggin, Franklin and Oxford counties, you can get help from Sexual Assault Prevention and Response Services.

Advocates from SA-

PARS will help victims by traveling with them to a hospital for treatment, helping them to decide if they want to report the sexual assault or abuse to police, help them make the police report, and refer them to professionals in the community.

Most importantly, SAPARS advocates will “listen, listen, listen, any time of day or night”, according

to Meagan Davis, Executive Director of the group.

The group works to prevent and eliminate sexual violence and promote healing and empowerment for people of all genders and ages who are affected by rape, sexual assault, child sexual abuse, sexual exploitation, stalking and sexual harassment, according to their mission statement.

Victims of sexual trafficking and exploitation receive help from SAPARS with crisis intervention and ongoing support services, such as accompaniment and support during forensic medical procedures, police interviews and civil or criminal court proceedings.

Advocates from the group help assess the needs

See SAPARS, page 11

## Sexual assault and human trafficking resources

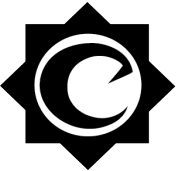
The Maine Sex Trafficking and Exploitation Network is the central source of information and resources about trafficking awareness and response efforts in Maine. The group provides training and technical assistance to direct service providers engaged in anti-trafficking efforts in Maine. Website: [www.mainesten.org](http://www.mainesten.org). Maine STEN is a program of the Maine Coalition Against Sexual Assault.

found on the web at: [www.mecasa.org](http://www.mecasa.org)

Trafficking-specific service providers in southern Maine include Courage Lives (formerly Hope Rising), a program of Saint Andre Home, on the web at [couragelivesme.org](http://couragelivesme.org); and Preble Street Anti-Trafficking Services, a multi-agency group that provides services to victims of sex and labor trafficking in York and Cumberland counties, [www.preblestreet.org](http://www.preblestreet.org)

The Maine Coalition Against Sexual Assault works to end sexual violence in Maine, and supports sexual violence prevention and response within Maine communities. A victim of sexual assault or violence can contact the sexual assault hotline 24/7 at 800-871-7741. MECASA can be

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.



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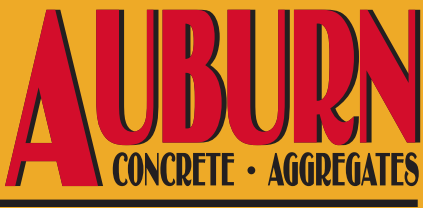
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Out and About

Lively banjo concert at Schooner Estates



Close-up of Peter Mezoian playing his banjo. (Photo courtesy of Rachel Morin)

By Rachel Morin

AUBURN - Peter Mezoian of South Portland, returned to Schooner Estates Retirement Community, Auburn, to greet his many friends with a lively Banjo Concert on November 10 in the spacious expanse of still green lawn in the Courtyard between the residents’ apartment buildings.

Tenants were joyful with the warm, summer-like day and filled the seats in anticipation of the music they had enjoyed with banjo-playing Peter Mezoian many times before.

This concert took many weeks to prepare for presentation due to weather changes. Rainy days, cold weather with gusty wind, all had to be cancelled and rearranged. Several calls between Mark Prevost, Schooner’s Resident Services Director and Peter Mezoian were made to reschedule a date many times.

Finally the perfect day arrived. Both men were happy and so pleased they had been persistent in arranging a date to close the season. And most likely, this is the final date for

any outdoor event for the residents.

And indeed it was a perfect day, balmy and warm, not even a breeze in November! A large group of Peter Mezoian’s fans, garbed in their facial masks, filled the “socially distanced” chairs, and were looking forward to hearing their favorite banjo tunes they had heard many times before, for a relaxing afternoon.

Mezoian, is personable and kept up a commentary with the audience announcing what piece he was about to play, its origin, dates and details about the piece, who composed it, who sung it, or who had performed it and the musical style the artist used when performing.

Many times, the audience contributed to the commentary as well. Mezoian was a master of the banjo. He played non-stop and played the different styles of music as he spoke about different artists he mentioned.. Mezoian can make his banjo “sing or talk” as he described different styles of music.

At the end of the concert, many stayed behind to talk with Mezoian and catch up with when he will return in the spring. It was clear the banjo player enjoyed the conversations with his longtime friends.



Mac Brackett and Doris Ham are loyal followers of Mezoian banjo music. (Photo courtesy of Rachel Morin)



Another portion of the audience at the Peter Mezoian Banjo Concert. (Mark Prevost Photo)



The Peter Mezoian Banjo Concert audience in the large Courtyard between residents’ buildings at Schooner Estates Retirement Community. (Mark Prevost Photo)



These friends compared notes on the different styles of music Mezoian demonstrated on his banjo. Front, L to r, Therese Vaillancourt, Cecile Jennings, Eileen Paine, Irene Delorme; Back, Omerine and Leo Desjardins. (Photo courtesy of Rachel Morin)



Beverley Heath and Nancy Greenleaf are among the early arrivals. (Photo courtesy of Rachel Morin)



Joyce and Rene Poulin never miss a Peter Mezoian Banjo Concert. (Photo courtesy of Rachel Morin)

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# Cancer Care

Continued from page 1

ing buildings in the neighborhood.

Groundbreaking took place at the end of October, and construction vehicles were on the campus at Central Maine Medical Center the first week of November, removing the asphalt surface of the parking lot at the main entrance to the hospital facilities to make way for the new building.

“We needed this facility to make sure that we are keeping with current technology and demand,” said Jeffrey Brickman, FACHE, the President and CEO of Central Maine Health, which is an integrated healthcare delivery system serving 400,000 people living in central, western, and mid-coast Maine. CMH’s hospital facilities include Central Maine Medical Center, Bridgton Hospital, and Rumford Hospital. In Topsham, CMH’s Topsham Care Center provides centralized care outside of a hospital setting.

Planning for the new cancer center began after Brickman’s arrival with CMH about four years ago.

Doctors from throughout the area have joined the Oncology Institute at CMMC to provide services to patients from throughout the southern and central Maine area.

Dr. Hector Tarraza, who joined CMH at the end of April as its new Chief of the Oncology Institute and Associate Chief of Surgery, said it’s estimated that over 8,000 people in Maine will be diagnosed with cancer this year alone. “Over time, one in four Mainers will be faced with the diagnosis of cancer, so the numbers are staggering.”

“It requires an extensive amount of resources to take care of so many people,” he said. The approach to treatment has changed over the years, and “The way we treat cancer now is no longer just one doctor, or two doctors. It’s a

multi-disciplinary team of individuals with numerous expertise to be able to come together and provide a health plan that will best match the disease so that most can survive and live a healthy and fruitful life.”

“What we’re doing here at Central Maine Medical Center is to put together that multi-disciplinary team under one house,” Tarraza said. When the building is completed in February, 2022, patients will have one location for services that include surgery, chemotherapy, immunotherapy, precision medicine, targeted therapy, radiation therapy, hormone therapy, and stem cell transplants.

The single building is not the sole place for treatment, however, Tarraza said. “We’re a healthcare system. It involves regional hospitals, such as Rumford and Bridgton. It involves care along the coastline in Topsham. It involves a tremendous amount of primary care facilities of doctors and nurse practitioner professionals who . . . need the resources and back up of cancer specialists when they are confronted with individuals in their practices who are diagnosed with cancer.”

Central Maine Health keys on the three basic elements of cancer treatment – screening for cancer, diagnosing cancer, and treating cancer, Tarraza said. In addition, Central Maine Health works with primary care doctors for preventative care by “promoting good, healthy lifestyles.”

Androscoggin County has the highest rate of cancer in Maine, followed by Aroostook County, then Cumberland County. The primary cancer diagnoses are for lung cancers, followed by pancreatic cancer.

Patients have been traveling from northern Maine to Maine Medical Center for cancer treatment for many years, and CMH

expects to provide care that is more comprehensive and closer to their homes with its new facility.

Patients who are being treated for cancer or recovering after treatment can find help in dealing with effects of the disease and treatment at the Dempsey Center, which has locations in Lewiston and South Portland. The mission of the Dempsey Center is to help cancer survivors.

Central Maine Healthcare and its oncology program have received diagnostic imaging accreditation from the American College of Radiology, along with a national accreditation program for breast centers from the American College of Surgeons, and a Women’s Choice Award as being Among America’s Best Hospitals for Cancer Care. CMH has been ranked as Grade A four times in two years by the Leapfrog Group, which rates hospitals exclusively on hospital safety, providing consumers with critical information on how likely they are to experience accidents, injuries, errors or harm while in the hospital.

## Protocols

Continued from page 1

for 14 days after their exposure and testing CMMC team members who exhibit symptoms.

The CMMC director of infection prevention has been working closely with the Maine Center for Disease Control and Prevention.

## Safe Voices

Continued from page 8

and sometimes people just call our help line,” Johansen said.

Hospitals will provide the help line number to patients that may be victims of exploitation or trafficking. A nurse in an

emergency room may ask a patient, “Hey, something’s going on. What’s going on? Do you want to talk to me a little bit about it?” And then the victim will be able to call the Safe Voices help line where the advocate will ask questions to help determine the victim’s specific situation.

Asking someone if they are being trafficked doesn’t provide real answers, Johansen said. “They’ll say, “Hey, I don’t even have a car. I can’t speed!”” But asking a possible victim if they ever had to trade sex for food, or trade sex just for a place to take a shower, or if they have been told their immigration documentation will be withheld if they don’t have sex, clearly identifies them as a victim.

Often, victims are afraid to reach out for help because of the real possibility of beatings and other abuse if their call for help is discovered by the trafficker. Contacting Safe Voices or other community groups from a phone away from the trafficker, or using a computer at a public place such as a library, are safe options for the victim to use in calling for help.

Johansen said she thinks that youth at risk that are specifically coming out of foster systems, and a lot of LGBTQ youth that are homeless, are at greater risk of being trafficked. However, traffickers will create situations where none existed before in order to lure in victims of any age.

Safe Voices was created in 1977 to help battered women and children who did not have refuge, and opened its first emergency shelter in 1979 with funding help from the federal Comprehensive Education and Training Act. The organization changed its name to Safe Voices in 2010 to recognize that men are victims, too, and to have a name reflecting hope and empowerment,

according to its website.

The 24/7 Helpline for Safe Voices is 1-800-559-2927. Online chat services are available during business hours Monday through Friday by going to the Safe Voices website: safevoices.org and selecting the Get Help tab at the top.

## SAPARS

Continued from page 9

of survivors and assist with developing and implementing a comprehensive safety plan, Davis said. And advocates provide referrals to other social agencies, as appropriate, and will provide help for survivors to file for victim compensation.

“Our outreach and education programs help community members understand how to support survivors of sexual assault and abuse, how sexual violence impacts everyone in the community, and how to be part of the solution to ending sexual violence,” Davis said. “We offer presentations to professionals, service providers and any group interested in learning and helping.”

Through SAPARS’ school-based programs, students can receive on-site support. Face-to-face communication and advocacy helps young survivors cope and heal, David said.

Additionally, school-based prevention education from SAPARS works with all grade levels to help create a safer school environment. Advocates provide both classroom educational presentations to students, as well as specialized training to help teachers and administrators recognize and respond to sexual harassment, acquaintance rape, and child sexual abuse.

In support groups, victims have the chance to share their experiences, identify coping strategies, learn new information and support one another in their healing process.

The Children’s Advocacy Center of Andro-

scoggin, Franklin & Oxford Counties is a safe, comfortable, place for a child to be interviewed about sexual or physical abuse. The CAC is a child-focused, community-oriented facility where professionals from many different disciplines meet to discuss the investigation, treatment and prosecution of child abuse cases.

From October 2019 to September 2020, SAPARS served about 450 people with around 1,500 hours of support. Services are free and confidential to anyone impacted by sexual violence or abuse. Support is provided for survivors and others, regardless of whether the impact is recent or several years ago.

Victims can get help from an advocate by contacting the SAPARS helpline 24 hours a day, 7 days a week at 800-871-7741. The caller can share as much or as little information as they would like, and can keep the call anonymous by not providing their name.

SAPARS does not provide shelter services, but collaborates with community partners to help identify safe locations for people to stay temporarily. They frequently partner with the local domestic violence agency, Safe Voices, to connect individuals to the Safe Voices shelter services.

The group is funded in part by Maine’s Department of Health and Human Services, United Way of Androscoggin County, United Way of Oxford County, United Way of the Tri-Valley Area, and public and private donations.

Community members can volunteer at SAPARS, either through fundraising activities or training to be a volunteer advocate on the 24-hour helpline service.

Information about the group and the services provided can be found at www.sapars.org or on the Facebook page: Sexual Assault Prevention and Response Services, or by calling the helpline at 800-871-7741.



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# 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>

Send all  
items for  
Names & Faces  
to the editor.  
Deadline is  
Friday by five pm.

Tax  
Continued from page 3

sult of COVID-19, that the presence of one or more employees teleworking in this state as a result of COVID-19 is not by itself grounds for establishing corporate income tax and/or sales and use tax nexus.

Additionally, Maine Revenue Services is extending the 2019 Maine filing deadlines for corporate income tax returns (Form 1120-ME) and franchise tax returns (Form 1120B-ME) so that they may now be filed by November 16, 2020, with no late filing penalties.

These actions will be done pursuant to the statutory authority for administrative action by the State Tax Assessor (Maine Revised Statutes, Title 36, sections 112, 5200, 5217-A, 5217-D, 5228, 5231, and 5250 and Part 8 generally).

Panic  
Continued from page 3

health counselor. Taking some deep breaths can help a person relax right away.

3. Distract yourself: A person should try to distract themselves from the panic they are experiencing. A person could get some fresh air, listen to some music, take a brisk walk, read the newspaper, or do something relaxing that will give them a fresh perspective on things.


4. Get the facts of your situation: Many people feel helpless when they experience a panic attack for the first time. The fact is that you will be ok and that it takes a few minutes for the anxiety to go away. Talk to a counselor and get the facts of what a panic attack is and what you can do when a panic attack occurs.

5. Don't dwell on your thoughts: A person must not dwell or focus on their thoughts during a panic attack. The more a person tries to reason out their thoughts the longer a panic attack will last. Read some positive statements from your favorite self-help book to help overcome your negative thoughts during a panic attack.

6. Get help: It is important to talk to a qualified professional in order to learn how to survive a panic attack. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with any panic attacks that may occur in the future.


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: [managingfear.com/blog](https://managingfear.com/blog)

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**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.

**9:30 a.m.**  
GORHAM – Baxter Memorial Library: Toddler Discovery Time. Join Ms. Dani for a Virtual Discovery Time on Facebook. (18 months-3 years)

**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@lewis-tonmaine.gov](mailto:LPLReference@lewis-tonmaine.gov).

**6 p.m.**  
GORHAM – Baxter Memorial Library - Quitting Conversations: Accessing the Maine QuitLink. Via Zoom. Join us as we discuss tobacco dependence, how to support tobacco users looking to quit, and the free resources that are available to Mainers. With tobacco use continuing to be the leading cause of preventable disease and death in the world, 7 out of 10 smokers report wanting to quit. But what resources do they have? And how do they get connected?  
In this program, attendees will learn about

# Calendar

Send your submissions to the Editor. More online.

tobacco dependence, the Maine QuitLink and how to use it, and how to engage individuals in conversation about their tobacco use.

The Maine QuitLink is free, confidential, and evidence-based. It offers both tobacco counseling and Nicotine Replacement Therapy (NRT) medication at no cost to Maine Residents. Those interested will receive a certificate of participation. This program is presented in partnership with Portland Public Health.

Please register for this event at the Baxter Library website. Once you have registered, a Zoom link for the program will be sent to the email address you provide.

**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.

**TUESDAY, NOV. 24**  
**9:30-10:00 a.m.**  
Travels with Ms Heidi. 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)

**WEDNESDAY, NOV. 25**  
LEWISTON - Thanksgiving holiday observed.  
Town offices closed.  
**10 a.m.**  
GORHAM – Baxter Memorial Library - STEAM - Double-Doodle Drawing. Join Ms. Deb on Facebook for a virtual

STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home. This time, use both your left and right brain with this art activity that involves imagination and symmetry.

**THURSDAY, NOV. 26**  
GORHAM – Baxter Memorial Library closed in observance of Thanksgiving.

**FRIDAY, Nov. 27**  
GORHAM – Baxter Memorial Library closed in observance of Thanksgiving.

**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, 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.

## Androscoggin schools categorized as Yellow

**From State of Maine**

AUGUSTA — The Mills Administration released an update on Friday to its color-coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission by color.

It is provided to assist schools as they continue with their plans to deliver instruction and support students safely this fall. The Maine Department of Health and Human Services (DHHS) and Maine Center for Disease Control and Prevention (Maine CDC) assessed the data and trends for all counties.

Based on this assessment, Androscoggin County has now been categorized as yellow, joining Knox, Franklin, Somerset and Washington counties, which were designated previously. Kennebec County continues to be closely monitored, and current trends suggest that Cumberland, Hancock and York counties should also be closely monitored.

All other counties remain green at this time.

**NOW YELLOW:** In Androscoggin County, the 14-day new case rate as well as the positivity rate tripled in the last week, from 6.6 to 20.7 new cases per 10,000 and 0.8 percent to 2.4 percent.

**REMAIN YELLOW:** Somerset, Washington, Knox and Franklin counties remain yellow. During the past two weeks, the rate of new cases in all four counties has continued to increase, and the positivity rate has increased in all but Somerset County. Somerset County continues to have the highest positivity rate of all Maine counties, at 4.6 percent.

**CLOSELY MONITORING:** Cumberland, Hancock and York counties join Kennebec County in experiencing notable increases in the new case rate. As such, these counties will be closely monitored.

Maine DHHS and Maine CDC continue to review evidence that indi-

cates lower transmission of COVID-19 in schools compared to the general population. Over the last 30 days, the new case rate in Maine schools, including both students and staff, was 8.8 cases per 10,000. That compares to 19.9 cases per 10,000 in Maine overall.

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## Lewiston Public Library events

From Lewiston Public Library

THURSDAY, NOV. 19

Noon-1 p.m.  
Lewiston Public Library (Virtual)

Great Falls Forum, a free, monthly series featuring statewide and regional leaders in public policy, business, academia and the arts. This month's forum features 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 & to register, contact the Lewiston Public Library at 513-3135 or PLReference@lewistonmaine.gov

WEDNESDAY, NOV. 25

Noon  
Lewiston Public Library

Read Your Mind: Exploring Mental Health in Teen Books - a monthly, virtual series focusing on teen mental health & wellness with YA authors and community health experts. November's featured book is The Stepping Off Place by Maine author Cameron Rosenblum. Cameron will be interviewed by fellow Maine YA author Gillian French. Community guests will be The Center for Grieving Children and The Yellow Tulip Project. Contact hchance@lewistonmaine.gov or call 207-513-3135.

## Gingerbread Baskets at Whiting Farm



Gingerbread baskets made by Joanne Giard, Linda LaBrie, Shelley Reno and Paula Spruill, of the First Universalist Church of Auburn, will be sold at Whiting Farm in Auburn on Nov. 8. (Photo courtesy of First Universalist Ch.)

From First Universalist Ch.

AUBURN - Need a themed gift basket for that special someone on your list?

The First Universalist Church of Auburn will be selling its famous Gingerbread Fair themed gift baskets at Whiting Farm on Saturday, Nov. 28, from 10 a.m.-4 p.m., in Greenhouse #5. Cash only, please.

The basket team is wrapping over 50 gift baskets for sale, with themes like "Pamper Me," "For Bakers," and "Gourmet Foods." Several "Kids' stuff" baskets feature games and crafts for boys, girls and pre-teens. Some include music CDs from Phil House, or Color Street nail polish strips.

For more information, email: uugingerbread-fair@gmail.com.

Whiting Farm is located at 876 Summer Street in Auburn. This four-season farm owned by John F. Murphy Homes is dedicated to community enrichment, education and the support of people with disabilities. Whiting is selling poinsettias, Christmas trees and wreaths during the entire holiday season. More information can be found on Whiting Farm's Facebook page.



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### Pie Sale Nov. 24

From Minot UMC

MINOT - There will be a Thanksgiving Drive-Thru "Pie Sale" at Minot United Methodist Church, 142 Minot Ave., Minot, from 9-11 a.m. on Tuesday Nov. 24.

First come, first pick.

Pies are \$12 each.  
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