

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 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 tech-

See *Cancer Care*, page 11

Baxter Memorial Library events

From Baxter Library

THURSDAY, NOV. 19

9:30 a.m.

Toddler Discovery Time. Join Ms. Dani for a Virtual Discovery Time on Facebook. (18months-3 yrs)

6 p.m.

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 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.

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

10 a.m.

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.

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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 candida" (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

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 and 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 or 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/StTherese

Maine.

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 Seigny, OFM Cap., at (207) 777-1200; or José Pérez Lopéz at (207) 653-5609. The office's Facebook page is at: <https://bit.ly/3kaMzdR>

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

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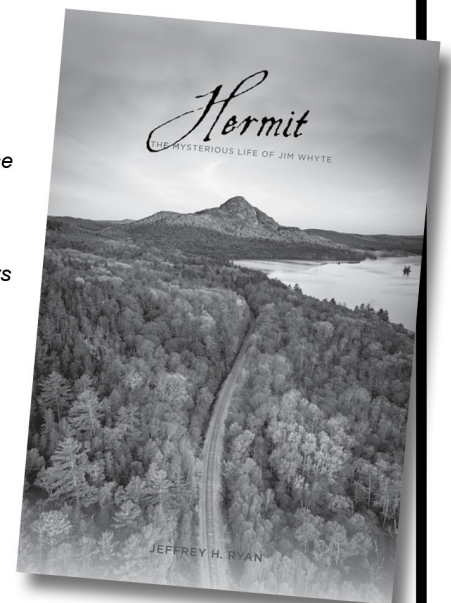
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News

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Newsmakers, Names & Faces

Local dentist certified as a specialist

From Maine Sleep Dentistry

FALMOUTH – Local dentist Kyra Chadbourne DDS, is helping residents of the Greater Portland area get a more restful night's sleep.

A dentist at Maine Sleep Dentistry, Chadbourne was recently designated as a Diplomate of the American Board of Dental Sleep Medicine (ABDSM), certifying her as a specialist in her field.

The ABDSM is the leading national testing organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine.

While CPAP is the standard treatment for sleep apnea, the American Academy of Dental Sleep Medicine (AADSM) estimates up

to 50 percent of sleep apnea patients do not comply with or tolerate CPAP. In contrast to a CPAP machine, oral appliances are a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Patients like oral appliance therapy because it is comfortable, easy to wear, quiet, portable and easy to care for.

“Oral appliance therapy is an effective treatment option that offers a higher rate of patient compliance than CPAP,” Chadbourne said. “I work with my patients and their physicians, to identify the right oral appliance design, then custom fit appliances to each patient and make any needed adjustments to ensure an open airway and a more restful and restorative sleep.”

Chadbourne is located at 78 Leighton Rd in Falmouth, ME. Patients with loud snoring and diagnosed

sleep apnea sufferers with difficulty tolerating CPAP should contact Dr. Chadbourne at 207-878-8600 to schedule a consultation appointment. She collaborates with physicians to treat snoring and obstructive sleep apnea.

Chadbourne was born and raised in Maine and graduated from Gorham High School. While at Yale University she received her Bachelor of Science degree in Molecular, Cellular and Developmental Biology. She went on to receive her Doctorate of Dental Surgery from the State University of New York at Buffalo. After graduation, Chadbourne completed a residency at the State University of New York at Buffalo in Advanced Education for General Dentistry.

She has done extensive studies on sleep disordered breathing and its treatment with oral appliance therapy.



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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,

Cole’s has you covered. Using the Science of Taste Aversion, Cole’s offers patented “hot and spicy” feed options infused with an exclusive Habanero chili pepper and Safflower oil, like Cole’s “Hot Meats” and “Hot Meats” Suet cakes that birds find delicious but squirrels dislike. Another option, “Blazing Hot Blend” is a traditional mix of highly desired seeds enhanced with super-hot and spicy food

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.



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Arts & Entertainment

Letter to the Editor

Two-person train crew mandate dropped

The White House has dropped an Obama-era proposal that would have mandated two crew members in most locomotives, a certified conductor and certified engineer, and it has banned states from requiring railroads to do so.

The proposal had been stalled by the Office of Management and Budget under President Barack Obama and by top Department of Transportation officials, who said there was no evidence that two-member crews made trains safer.

A former senior-level Obama official, who spoke on the condition of anonymity because he did not want to jeopardize his current job, conceded that point. "The challenge that we had was that we had anecdotal evidence" suggesting two-member crews would improve performance, the official said, "but we didn't have empirical evidence

that it would make it safer."

The Federal Railroad Administration's Ronald Batory decided to withdraw the proposed rule because "no regulation of train crew staffing is necessary or appropriate for railroad operations to be conducted safely."

The FRA said it would not allow individual states to regulate staffing of train crews. At least nine states have approved laws that mandate crew size, the agency said.

In an era when autonomous cars are seen on the horizon, advances in railroad technology have increased the prospect of automatically run trains. For example, positive train control, with onboard computers and trackside sensors, is expected to virtually eliminate human error when fully implemented by the end of 2020.

Although far less com-

plex, rail shuttles between airport terminals already operate without crews on board. "The railroads losing their minds over this proposal wasn't about current operations," said the former Obama official. "It was always about the ability to go to fewer [crew members] in the future. What [the proposed rule] was saying is that if you want to go to fewer than two crew members on a train, that the Federal Railroad Administration and the American public should have a seat at the table to verify that all safety measures were being taken."

Most trains run with two crew members: an engineer and a conductor.

On passenger trains, often with more than one conductor, the chief conductor is in the passenger cars, but remains in communication with the engineer.

On freight locomo-

tives, however, the conductor may be in the locomotive unless he or she has more pressing duties.

Labor unions said the FRA decision to pull the rule "placed corporate profits above public safety." In a joint statement, two unions cautioned against autonomous trains. "If the ongoing grounding of the Boeing Max aircraft has taught us nothing else, FRA and the Department of Transportation should be mindful of the danger of transferring the risk of a human-factors accident from [crew members] to [a computer] programmer when autonomous technology is implemented."

Warren Flatau, an FRA spokesman, said pushing a new rule into place was "an unnecessary obstacle to future innovation in the rail industry."

Phillip Stevenson
South Shore, KY

Windham Church Cancels Bazaar

From Our Lady of Perpetual Help

WINDHAM - Our Lady of Perpetual Help Church, 919 Roosevelt Trail, Windham, Me. (Rte. 302) has cancelled the Outdoor European Christmas Bazaar, due to the recent upsurge of COVID19.

The Knights of Columbus Annual Christmas Tree Sale will continue.

Members of the church will be selling freshly cut trees in the church parking lot (entrance from

Rt.302) from 10 a.m.-3 p.m. beginning Saturday Nov. 28 and Sunday Nov 29 for 4 weekends. Saturdays will feature raffle chances for the animated, inflatable "Santa on a Helicopter", as well as beautifully decorated tabletop trees, Gourmet Holiday Gift Baskets, and S'mores kits.

Complimentary hot coffee and hot chocolate will be provided.

All parishioners and all guest are requested to wear masks and stay a safe distance away from others.

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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.

Add this liquid chili pepper formula to bird feed to greatly reduce squirrel visits to the feeder.

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

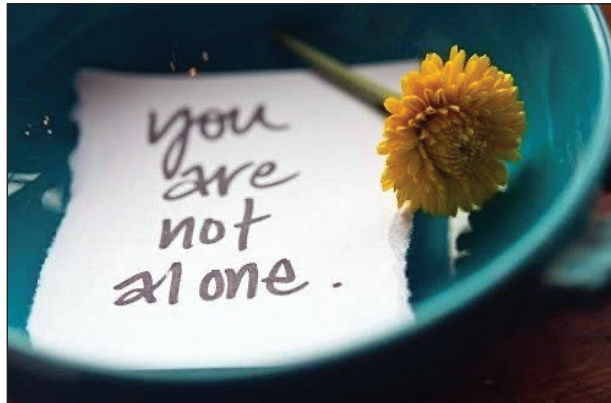
By Nathan Tsukroff

“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 sim-

ilar 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



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)

group whose mission is to support and empower 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 Febru-

ary 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, See *Safe Voices*, page 11

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SAPARS listens to and helps sexual abuse victims

Sexual assault and human trafficking resources



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 SAPARS 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

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. Maine STEN is a program of the Maine Coalition Against Sexual Assault.

found on the web at: 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 courageivesme.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

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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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.

fore.

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)



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



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

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Cancer Care

Continued from page 1

nology 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 practice 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.

Safe Voices

Continued from page 8

case managers, churches, 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 un-

derstand 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 Androscoggin, 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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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>

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



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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.

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.

Grant to MaineHealth for telemedicine

From USDA

WASHINGTON, D.C. - U.S. Secretary of Agriculture Sonny Perdue last month announced the United States Department of Agriculture (USDA) is investing \$72 million in grants to help rural residents gain access to health care and educational opportunities. These investments will benefit more than 12 million rural residents nationwide.

In Maine, MaineHealth will receive a grant in the amount of \$999,573.

"Increasing access to telemedicine and distance learning is critical to building healthier and more resilient rural communities," said Secretary Sonny Perdue. "Paired with our monumental effort to expand high-speed broadband access in rural America, these investments will help rural health care centers and education institutions reach more rural residents with essential services and opportunities. Under the leadership of President Trump, USDA is committed to being a strong partner to rural communities because when rural America thrives, all of America thrives."

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USDA Rural Development Maine State Director Timothy P. Hobbs said, "The Trump Administration understands the critical need for access to quality and timely healthcare in rural areas. This USDA Rural Development Distance Learning and Telemedicine grant to MaineHealth will improve patient access to cardiology specialists, reduce wait times for appointments, support patient care, and invest in the quality of life for people in rural Maine and New Hampshire communities."

Anthony Linardos, the USDA Rural Development State Director in New Hampshire added, "This investment in MaineHealth will increase and improve access to crucial medical services for many of our eastern New Hampshire residents, ensuring both their health and quality of life for generations to come."

This Rural Development investment will be used to establish telehealth carts to provide "eConsults" to clinicians across MaineHealth's rural hospitals and practices, especially as they respond to COVID-19. Rural clinicians will use

telehealth carts and peripherals to connect with tertiary care specialists, using a "toolkit" enabling full documentation and ongoing co-management and video-conferencing, all of which will eventually be embedded within the Epic Shared Electronic Health Record.

This project will increase access across MaineHealth's vast rural service area to cardiology specialty care from Maine Medical Center, the state's largest tertiary care teaching hospital. This project will drastically reduce the rural patient's wait for a cardiology appointment and the clinicians travel time. The project will increase the number of cardiology specialist visits available to rural patients located in 10 counties in Maine and Carroll County, in New Hampshire.

The USDA is funding 116 projects through the Distance Learning and Telemedicine (DLT) grant program. The program helps health care and education institutions buy the equipment and software necessary to deploy distance-learning and telemedicine services to rural residents.

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October Food Pantry Drive a Success



Celebrating a successful October food drive at the Gorham Food Pantry. (Photo courtesy of Gorham Food Pantry)

From Gorham Food Pantry

The Gorham Food Pantry drive-through food drive on Oct. 24 collected 1,270 pounds of goods and \$1,745 in cash to support its mission of feeding Gorham residents.

Girl Scout Troop Leader Betsy Nygren and her scouts decorated and donated Thanksgiving boxes complete with everything needed for a wonderful holiday meal.

Donations were sorted and weighed by board members and volunteers to be packed into individual holiday boxes for Thanksgiving and Christmas.

The Gorham Food Pantry is available to any Gorham resident. Residents should visit during pantry hours with proof of residency, such as a utility bill with name and Gorham address on it – not a drivers' license.

The best way to keep up-to-date on Pantry happenings and current needs is to follow them on Facebook - Gorham Food Pantry Friends. Messages via Facebook are responded to quickly.

Current needs during the month of November are: baked beans, canned pasta sauce (small), canned sweet potatoes, jarred turkey or beef gravy.



Inside the Gorham Food Pantry during the successful October drive-through food drive. (Photo courtesy of Gorham Food Pantry).



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