

## Youth are homeless in Maine for variety of reasons New Beginnings provides outreach and support



Outreach staff from New Beginnings provide guidance and support for homeless youth in Androscoggin, Kennebec and Franklin counties. Adolescents and young adults can find temporary shelter, food and hygiene supplies, along with advice and referrals at the agency's drop-in center on College Street in Lewiston. (Photo courtesy of New Beginnings)

By Nathan Tsukroff

LEWISTON - While there is not a specific reason youth in Maine are homeless, a survey in late 2017 indicated that some 40% of homeless youth are LGBTQ+, compared to just 15% of their in-school peers.

Although sexual orientation may be a factor in leaving their homes for some of the homeless youth, others may be trying to escape a dangerous or abusive family situation, according to Kris Pitts, Community Services Director for New Beginnings, an agency based in Lewiston that serves adolescents and young adults from across Maine at its program sites in Androscoggin, Kennebec and Franklin counties. The decision to leave a home is often not due to a single factor, she said, but is usually the result of a combination of factors.

New Beginnings began with an emergency shelter in Greene, ME, in 1980, which was moved to its current location in Lewiston in 1986. The agency began its street outreach program in 1990, and connected with just over 4,500 youth in 2019, the latest year for which it has statistics.

Some 758 youth were helped at the Lewiston drop-in center in 2019, and 911 youth and families were served by New Beginnings that year.

Being homeless leads to higher lev-



The entrance to the New Beginnings Outreach Drop-In Center at 134 College Street in Lewiston. About 758 youths were helped at this facility in 2019. (Photo courtesy of New Beginnings)

els of interpersonal violence, suicide and trauma for adolescents and young adults, compared to their in-school peers, New Beginnings learned in its 2017 survey.



Members of the New Beginnings outreach staff speak with a homeless youth about options for resolving his situation. The agency provides an emergency shelter, transitional housing, and counseling and referrals for homeless adolescents and young adults throughout central and southern Maine. (Photo courtesy of New Beginnings)

Some 46% of the homeless survey respondents reported three or more adverse childhood experiences while living in their homes, which is twice as much as reported by their in-school peers and more than four times the national average of 10%.

Nearly 1 in 5 homeless youth reported being physically hurt by a boyfriend or girlfriend the previous year, with 30% reporting they were physically forced to have sexual intercourse against their will, compared to 8.4% of high school seniors. Overall, Maine ranks in the lower third of states, with some 4% of males and 10.4% of females reporting forced intercourse at some point in their lives, according to a national survey, also from 2017.

New Beginnings helps youth who don't have stable family support by providing a safety net of food, clothing, shelter, housing and referrals.

Besides the drop-in center at 134 College Street in Lewiston, adolescents and young adults can be guided to an emergency shelter and to a transitional living program run by the agency. The Lewiston facility provides help with finding housing, emergency food and hygiene supplies, and meals. More than 11,000 meals were served at New Beginnings' shelter and drop-in center in 2019.

The emergency shelter serves as a safe place for youth to stay temporarily if they need to escape a dangerous situation at home, Pitts said. Other youth may be asked to leave or are locked out of their home by a caregiver. "We obviously want to work for reunification if we can, for young people," Pitts said. About 80% of youth served by the agency in 2019 reunified with family or acquired safe housing.

New Beginnings has transitional living programs in Lewiston, Augusta and Farmington that provide housing for up to 18 months as youth are taught the skills they need to live on their own. Services include case management, independent living skills instruction, referrals, and follow-up support. More than 8,980 nights of housing were provided by the agency in 2019.

The need for help for homeless youth "is much larger than I think a lot of people would either anticipate, or are comfortable recognizing sometimes," Pitts said.

More information about New Beginnings and its programs may be found at: [newbeginmaine.org](http://newbeginmaine.org).

## Gingerbread House Gallery

From Baxter Library

GORHAM - Calling all Holiday Bakers!

Show us your creative baking skills! Make a gingerbread house to display on the Baxter Memorial Library website's holiday photo gallery for all to admire. Each entry will receive a small gift for taking part in our community gingerbread display. Take a photo of your creation and submit it on or before December 20th to [baxterlibraryvideos@gmail.com](mailto:baxterlibraryvideos@gmail.com) to be included in our gallery of awesomeness.

## Winter Sand for Gorham

From Town of Gorham

GORHAM - Winter sand that is mixed with road salt is now available at Gorham Public Works, and is located beside the silver bullet recycling units on the left as you enter through the front entrance. Each resident is allowed two, 5-gallon buckets per winter event, and residents must bring their own buckets and shovels.

## Pre-Order Bean Supper

From White Rock

GORHAM - A pre-order bean supper will be served at the White Rock Community Clubhouse at 34 Wilson Road in Gorham from 4:30-5:30 p.m. on Saturday, Dec. 5.

Pre-order dinner to go, \$20 for double or \$10 for single orders. Meal includes kidney & pea beans, cole slaw, potato salad, macaroni & cheese, biscuits, hot dogs and a dessert bar.

Please call 892-9521 by December 3 to reserve your order. Limited to the first 100 meals!

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

Beat The Heat  
This Summer  
With A  
**MEDCo**  
**LEMON-AID**  
FOUR THIRST QUENCHING FLAVORS  
MANGO - BLUEBERRY - BLOOD ORANGE - CLASSIC  
TWO CONVENIENT SIZES  
100MG - \$8 OR 200MG - \$15  
THIS PRODUCT CONTAINS THC

# Newsmakers, Names & Faces

Seniors Not Acting Their Age

## A Special Day on Stormy South Moat



Freeport residents Shweta and Ryan Galway stop at Dry Brook Bridge on South Moat Mountain. (Photo courtesy of Ron Chase)

By Ron Chase

When I announced a Penobscot Paddle and Chowder Society mountain hike on either Mount Chocorua or South Moat Mountain in New Hampshire, my friends Shweta and Ryan Galway immediately agreed to join me. Frequent outdoor companions and young enough to be my daughter and son; they're testament to the fact that not all my friends are old geezers like me. An added benefit of having young people around, they often look out for me. Rapidly faltering, I'll take any help I can get. Unknown to me, the hike was on a special day for them.

Since the weather forecast was a good one, the initial plan was Chocorua, a longer more spectacular hike. The night before, the prognostication suffered a reversal with snow showers predicted. Evaluating our options, including cancelling the trip, the consensus was South Moat, a shorter lower ele-

vation trek.

Located a short distance southwest of North Conway, the 2,749 foot open summit overlooks Mount Washington Valley and offers exceptional views of the surrounding White Mountains. The 5.5 mile roundtrip outing with over two thousand feet of elevation gain is one of my favorites and included in my mountain guidebook, *Mountains for Mortals – New England*. The guidebook features the 30 most scenic mountain hikes in New England. South Moat certainly qualifies.

Snowing when we met at the Passaconaway Road trailhead a little west of Conway, several cars in the parking lot seemed to validate our otherwise dubious decision to hike. Situated in White Mountain National Forest, a parking fee or a National Park Pass is required. A benefit of old age, I have a senior park pass acquired for a pittance and good for the remainder of my life. I've been paying federal taxes

for almost sixty years and was conscripted into the Army at age nineteen, so this arrangement seems a reasonable exchange.

Despite steady light snow, the lower elevation trail conditions were good. Wet fallen leaves cluttered much of the trail while proceeding in a mixed deciduous and conifer forest. Initially advancing through a narrow hilly section, the path then widened and rose gradually. After declining to cross a tiny freshet, we climbed more steadily to a remarkably durable wooden bridge spanning Dry Brook. That's when I learned my friends were observing their 20th wedding anniversary. Multiple photos of the handsome happy couple were taken at the scenic location.

At 1.5 miles, the trail turned abruptly left and steepened. Falling snow persisted while maneuvering precipitous ledges. Negotiating one particularly confusing escarpment, two descending older hikers informed us slippery conditions had turned them back below the summit. Since they were skeptically perusing me, I reassured them I'd be safe with my young friends.

Soon after, a series of long sloping ledges were encountered. On a clear day, this vantage point provides exceptional views southwest. Not on that stormy occasion. Carefully following cairns and sporadic yellow blazes in sparse stunted vegetation, the wet slippery ledges were guardedly traversed.

Emerging above tree line, a patchy blanket of snow covered the rugged terrain. Scrambling over and around large boulders

and slick oblique ledges in thick clouds on the southern shoulder of the mountain, Team Stormy arrived at the summit. Instead of the usual panoramic vistas, visibility was limited to about one hundred feet. Regardless, the mountain-top enveloped in clouds had a unique funereal allure.

Completing an exploration of the murky summit area, our descent began. Two more intrepid hikers were encountered in the boulder garden just below the top. Cautiously navigating down treacherous ledges, a momentary view of nearby Eagle Ledge materialized. Swirling clouds quickly eclipsed the welcomed scene.

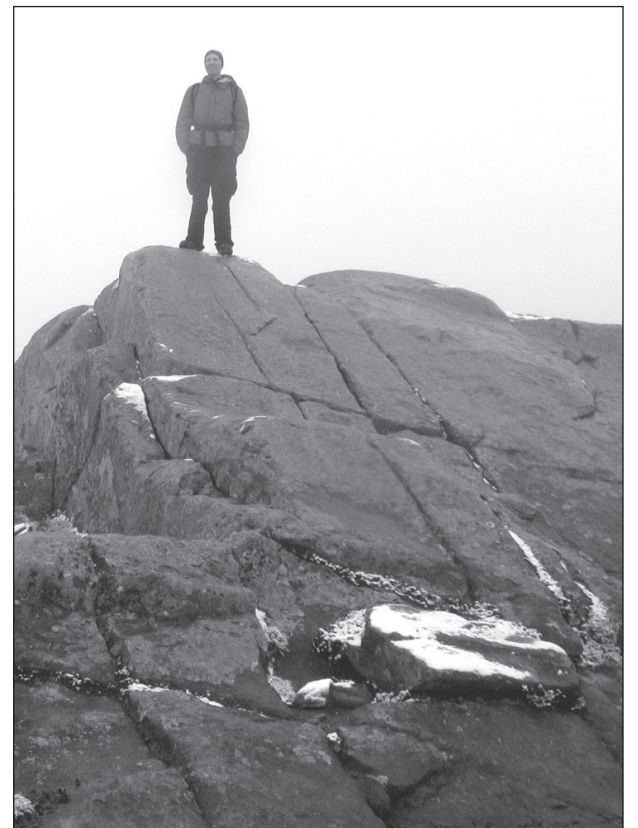
An area sheltered from the snow under a thick canopy of conifer trees was chosen for a lunch site. A pastry junkie, my reward for organizing the tempestuous excursion was a package of delicious Swiss Chocolate Rolls. The snow unrelentingly continued. Just before reaching the parking area, snow turned to light rain.

Notwithstanding the lack of views and inclement weather, all of us agreed our trek had been an exhilarating adventure-some escapade. Selecting the shorter outing was definitely the wiser choice. Their first ascent of South Moat, my companions resolved to return on a clear day. Had we known the actual conditions in advance, would we have chosen to hike? It's doubtful.

Ryan and Shweta remained in the North Conway area to continue celebrating their special day. I returned home to find the weather had been partly



A Blanket of Snow Covers the Summit of South Moat Mountain. (Photo courtesy of Ron Chase)



Ryan Galway Reaches the Very Top of South Moat Mountain (Photo courtesy of Ron Chase)

sunny in Topsham.

Author of *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England,"* Ron Chase resides in Topsham. His latest book, *"The Fifty Finest Outdoor Adventures*

*in Maine"* is scheduled to be released by North Country Press in 2021. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

### WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Nicole Lajoie  
Licensed Agent

*"Protecting your assets, by finding the right products and pricing, is how I deliver on the promise."*



**CHAMPOUX INSURANCE**  
DELIVERING ON THE PROMISE

150 East Avenue ~ Lewiston, ME 04240  
(207) 783-2246  
[www.MaineInsuranceOnline.com](http://www.MaineInsuranceOnline.com)

Voted by Market Study as Best Insurance Agency in Greater L/A for the 7th year running!

### Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

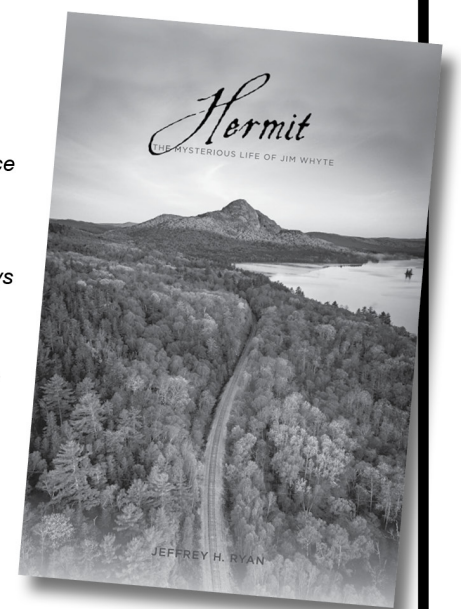
*"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."*

— Bill Bushnell, *Bushnell on Books*

*"I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio."*

— George Smith, *Bangor Daily News*

Shop Local! Available at The Bookworm and other Maine bookstores or at [JeffRyanAuthor.com](http://JeffRyanAuthor.com).



# Newsmakers, Names & Faces

## Social media gift exchange is illegal

From Boston BBB

BOSTON - A "Secret Santa" around the office, friends and family can be fun.

A gift exchange among online friends you haven't met, well, that's a little different and carries a heftier consequence. These gift exchanges, while they look like innocent fun, are really pyramid schemes – and are considered illegal.

The "Secret Sister" gift exchange campaign quickly became popular in 2015 through Facebook posts promising participants would receive up to 36 gifts, in exchange for sending one gift. Each holiday season the scheme pops back up. A newer version of this scam revolves around exchanging bottles of wine; another

suggests purchasing \$10 gifts online. You might see references to receiving "happy mail" or doing the exchange "for the good of the sisterhood."

The scheme starts with a convincing invitation, either by email or social media to sign up for what seems like a great, fun program. All you must do is provide your name and address and personal information of a few additional friends, and tack this information on to a list that's already started of people you've never met on the Internet. Next, it's your turn to send an email or social media invitation to send a modest gift or bottle of wine to a stranger along with their friends, family and contacts.

The cycle continues and you're left with buy-

ing and shipping gifts for unknown individuals, in hopes that the favor is reciprocated by receiving the promised number of gifts in return. Unfortunately, it doesn't happen. Just like any other pyramid scheme, it relies on the recruitment of individuals to keep the scam afloat. Once people stop participating in the gift exchange, the gift supply stops as well, and leaves hundreds of disappointed people without their promised gifts.

It should be noted that pyramid schemes are illegal in the US and Canada. The U.S. Postal Inspection Services explains that these gift exchanges are considered a form of gambling and that participants could be subject to penalties such as jail time, fines or a lawsuit for mail fraud.

There is another layer of danger to participating in these schemes. When signing up, the alleged campaign organizer is asking for personal information such as a mailing address or an email. With just a few pieces of information, cyber thieves could expose you to future scams or commit identity theft.

The next time someone promises a bounty of gifts or cash by mail, email, or social media, BBB recommends you ignore it! Keep in mind that pyramid schemes are international. Chain letters involving money or valuable items and promise big returns are illegal. Stop and ask, is it worth breaking the law? Report it instead to Canadian agencies or to the U.S. Postal Inspection Services.

Report social media posts. If you receive an invitation to join a pyramid scheme on social media, report it. You can report these Facebook posts by clicking in the upper righthand corner and selecting "Report post" or "report photo."

Never give your personal information to strangers. This will open you up to identity theft and other scams.

Be wary of false claims. Some pyramid schemes try to win your confidence by claiming they're legal and endorsed by the government. These imposter schemes are false as the government will never endorse illegal activity. No matter what they claim, pyramid schemes will not make you rich. You will receive little to no money back on your "investment"

or gift exchange.

More information on scams is available by visiting BBB Scam Tips and become an advocate by reporting scams to BBB Scam Tracker.





**Best  
Source  
for Arts,  
Music and  
Theater!  
Your  
Hometown Paper.**

**THE DUMP GUY** Basement, Attic, Garage & Apartment Cleanouts  
JUNK REMOVAL Boat, Vehicle & Camper  
f t  
BBB ACCREDITED BUSINESS Angie's list  
Reviews you can trust.  
(207) 450-5858 • www.thedumpguy.com Fully Insured

**Jason Hodsdon Masonry**  
Chimneys • Chimney Cleanings  
Repointing & Repairs • Culture Stones  
Restorations • Stainless Steel Liners  
We install professional chimney caps!  
215-3557  
North Monmouth  
Jasonhodsdonmasonry@gmail.com

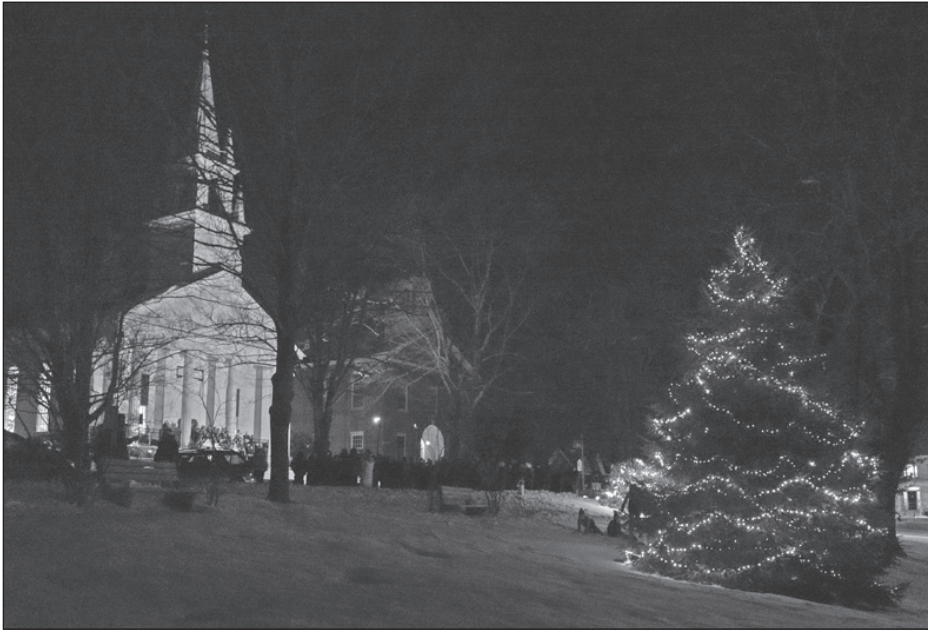
**Blanchard's Cash Fuel**  
#2 Heating Oil and K-1  
Off Road Diesel (Dyed)  
On Road Diesel (Clear)  
Propane  
225-3588  
3 Conant Road, Turner  
(on the Auburn/Turner Line)  
Don't Shiver...We Deliver!  
www.blanchardscashfuel.com

**TWIN CITY TIMES**  
TWIN CITY PUBLISHING, INC  
Twin City Times • 9 North River Road, Suite 232 • Auburn, ME 04210  
Gorham Weekly • 28 State Street • Gorham, ME 04038  
Info@TwinCityTimes.com  
(207) 795-5017  
TWIN CITY PUBLISHING, INC. 2020®  
All materials found in Twin City TIMES are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

 <b>Laurie A. Steele</b> Publisher/CEO Laurie@TwinCityTimes.com	 <b>Lillian Baker</b> Office Manager Lillian@TwinCityTimes.com	 <b>Nathan Tsukroff</b> Managing Editor Editor@TwinCityTimes.com	 <b>Lacey Rollins</b> Outside Rep Info@TwinCityTimes.com
<b>ADVERTISING</b> For advertising information email ads@TwinCityTimes.com or call 207-795-5017.	<b>DEADLINE</b> Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday.	<b>PRESS RELEASES</b> All submissions, including photos must be emailed to the editor, Editor@TwinCityTimes.com.	<b>PROOFS</b> Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

**FREE e-subscriptions at www.TwinCityTimes.com**

# Wiscasset Marketfest Dec. 4-6



As part of Wiscasset Holiday Marketfest, the community is invited to sing carols on the Wiscasset Common, masked and distanced, for the lighting of the town's Christmas tree at 4 p.m. on Saturday, Dec. 5. (Bob Bond photo)

### From Wiscasset Holiday Marketfest

WISCASSET – The Christmas season is more than just gifts, and Wiscasset Holiday Marketfest is more than just shopping.

Marketfest offers a hearty dose of holiday good cheer from Friday, Dec. 4 through Sunday, Dec. 6. Community events dot the calendar, all safe with masks and distancing.

On Friday afternoon, Dec. 4, from 1-2 p.m., rendezvous on the Wiscasset Common and be part of an impromptu choir for the singing of traditional carols and festive seasonal tunes. With Terry Heller on keyboard, the make-shift choir will be directed by James Crowley of Sheepscot Valley Chorus. Following state mandates, participants are expected

to wear masks and socially distance across the Common's broad expanse.

Friday also marks the 'opening' of the Wreaths Around the Holidays' display, a collection of highly decorated wreaths presented by members of the Wiscasset Area Chamber of Commerce. A friendly competition, the People's Choice, invites shoppers to vote for their favorite. The wreaths will be on display outdoors on Village railings through Sunday afternoon.

On Saturday, from noon-3 p.m., watch a live ice carving demonstration outdoors on Village sidewalks. An experienced ice carver, working with his chain saw, will turn a boring block of ice into an artful 3-dimensional sculpture. Masks, of course, and distancing are

required to avoid flying ice chips. The carving will be lit from within and on display through the weekend.

Part two of Carols on the Common takes place on Saturday at 4 p.m. with keyboard and choir master. Enjoy hearing – and singing – your favorite Christmas carols and songs live in a choir of community voices, all muffled by masks and socially distanced. Look for the luminaries across the Common, indicating safe distancing. Sing Alleluia with friends and neighbors!

Also on Saturday, the town's long tradition of lighting the Christmas tree on the Common continues in 2020. At 4:30 p.m., the switch is flipped to ooohs and aahs as the darkness is broached with the colorful lights of the season.

For Village visitors fond of shopping, each participating shop (look for the candy cane at the doorway) will be offering a free raffle for a local dining gift certificate to Little Village Bistro, Water St. Kitchen, or Monstweag Restaurant, compliments of the Wiscasset Area Chamber of Commerce. Another raffle, Wiscasset in a Basket, offers a choice selection of items from local businesses including an overnight stay at Cod Cove Inn, a takeout dinner for four from Sarah's Café, a family pass to Monkey C Monkey Do, a gift certificate to Lincoln Theater, and tickets to Maine State Music Theater with a current merchandise total of more than \$800. Tickets can be purchased at the Holiday Gift Shop, 75 Main St.

For more event details, raffle locations, and other information: [www.wiscassetholidaymarketfest.com](http://www.wiscassetholidaymarketfest.com) and browse the Calendar. Wiscasset Holiday Marketfest is a partnership event of Wiscasset Creative Alliance and Wiscasset Area Chamber of Commerce.

Major Sponsors for Wiscasset Holiday Marketfest are Carl M.P. Larrabee Agency, Carriage House Gardens, First Federal



Wreaths Around the Holidays, a collection of wreaths decorated by Wiscasset Area Chamber of Commerce members like this one from Ames True Value in 2019, will be on display outdoors on Village railings during Wiscasset Holiday Marketfest, Dec. 4-6. Shoppers are invited to vote for People's Choice. (Wiscasset Holiday Marketfest photo)

Savings and Loan, First National Bank, Red's Eats, and Wiscasset Ford with additional support from BIRCH and Rock Paper and Scissors.

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

Get younger looking skin today



The newest technology in skin rejuvenation

Microdermabrasion & Pure Oxygen Blast  
Ultrasound & Microcurrent Lift with Light Therapy  
Peptide & Stem Cell Infusion

- Anti-Aging
- Fine Lines
- Wrinkles
- Acne & Rosacea
- Pigmentation
- Sagging Skin
- Tightening
- Muscle Toning

Healthy Beauty  
Wellness Spa

Schedule your OxyLight Therapy session TODAY. (207) 333-3235

## SNOWMOBILE GEAR

Helmets, Jackets, Bibs, Gloves, Boots and Thermal Layers from all of the top brands.



Sizes Youth to 7XL.  
Light weight to SUPER Warm.  
Flotation Gear Available.



271 Maine Street  
Route 26, Poland

Hours: Monday – Friday 8am to 5pm  
Saturday 8am to 4pm • Closed Sundays

998-5390 Parts & Accessories

# Shop Small This Holiday Season



a little fun as we shop this holiday season without the necessary crush of a crowd. There are more options to shop online with local small businesses, many are offering curbside services, and several chambers and downtown groups have modified their normal early bird or late night shopping events to continue throughout the entire holiday season.

Our Town Belfast has coordinated a Downtown Belfast Holiday Passport Program as an alternative to their annual Early Bird sale. The Penobscot Bay

Chamber of Commerce has a Keep the Cheer Here page on their website for small businesses to list their holiday specials and information. Downtown Bangor Partnership is making every Saturday Small Business Saturday this holiday season to encourage people to shop downtown. No matter where you are there is probably something special going on with a locally owned small business near you, so before you hit that big box store check out the local Chamber of Commerce or Downtown group to see

what special event is happening near you and support a small business and your community by shopping small.

In Maine there are almost 14,000 small retail establishments employing almost 37,000 people. These are the businesses that support your local sports teams, donate to your local fundraisers, and employ your family and friends, so this holiday season let's all do our part and offer them our support by shopping small and shopping locally whenever possible.



Deputy District Director Diane Sturgeon of the U.S. Small Business Administration takes a coffee break during a recent visit to stores in Belfast, ME. (Photo courtesy of U.S. SBA)

U.S. Small Business Administration's Maine Deputy District Director Diane Sturgeon at the Loyal Biscuit Co., a pet store, with her dog, Decker, during a recent visit to small businesses in Belfast, ME. (Photo courtesy of U.S. SBA)

### From U.S. SBA

AUGUSTA – Although this holiday season may look a little different for many of us, there is something we can all do to help our local economy - shop small and shop local.

Normally, the Maine District Office of the US Small Business Administration would coordinate a large Small Business Saturday pre-game event with members of the Congressional Delegation's offices, Chambers of Commerce, Downtown groups, and more visiting a host of

small businesses, but this year we've had to dial the in-person event down a bit and instead District Director Amy Bassett will be shopping Southern Maine, Deputy District Director Diane Sturgeon will be in the mid-coast hitting some stores, and Economic Development Specialist Bill Card will be in Waterville participating in the Mid-Maine Chamber of Commerce's Shop Small Saturday event.

Many small businesses are also coming up with different, innovative ways to still let us all have

**Urban Edge Hair Studio**  
**(207) 212-9440**  
 1117 Center Street  
 Auburn, ME 04210  
 WED - FRI 10-6 • SAT 9-3  
 Evenings by Appt. Only  
 Like us on Facebook!




**ANDROSCOGGIN**  
Home Healthcare  
+ Hospice

**#AndroSTRONG**

**Help us keep Maine people healthy and safe.**

This is a time like no other in our lives as we navigate the most disruptive challenge to our health and welfare. To support expert patient care from our frontline clinical staff, we've established the AndroSTRONG Emergency Response Fund.

Donations will help to provide the equipment, supplies and specialized training necessary for our staff to continue to address the home health care and hospice needs of the communities we serve.

**Give today: [androscoggin.org/androstrong](http://androscoggin.org/androstrong) or contact the Development Office at 207-795-9404**

# Arts & Entertainment

## 50th anniversary of Clean Air Act

### From American Lung Assoc.

AUGUSTA – As Americans reflect on 2020, one thing is clear: the critical importance of lung health.

While our nation embraces public health measures to protect against COVID-19, the American Lung Association spotlights how for 50 years public health has benefited from the Clean Air Act, which has dramatically improved air quality and continues to save hundreds of thousands of lives each year.

To celebrate this life-saving law, the American Lung Association is highlighting 10 ways in which the Clean Air Act has transformed our lives and world.

“We have so much to appreciate about the Clean Air Act, and its 50th anniversary is the perfect opportunity to reflect on its lifesaving legacy,” said American Lung Association President and CEO

Harold Wimmer. “This bipartisan law has reduced air pollution and saved lives for generations. We’re calling on everyone to come together again to recommit to the next 50 years of air pollution clean-up under this landmark public health law.”

Top 10 Clean Air Act Successes include:

**Cutting lethal particulate matter:** Particulate matter is made of microscopic specks of soot and other particles from emissions from gasoline- and diesel-powered vehicles, coal-fired power plants, other industrial sources and fires. These tiny particles penetrate deep in the lungs and can even pass into the bloodstream, triggering asthma attacks, stroke and heart attacks, and have been linked to lung cancer. The Clean Air Act has dramatically reduced particle pollution, and since health standards were set for fine particles in 1997 pollution levels are down more than 40%. And that’s good news

in light of the pandemic: one recently published study found evidence that small increases in exposure to particle pollution over the long term increased the death rate from COVID-19 by 11%.

**Getting the lead out:** Lead permanently damages kids’ brains. Can you imagine breathing it in our air? Getting the lead out of gasoline dramatically reduced levels of this dangerous pollutant in the air. Levels of lead in the air were reduced by nearly 98% from 1977 to 2016.

**Driving new technology:** The Clean Air Act has driven major innovations like dramatically cleaner vehicles. Emissions from new vehicles are up to 99% cleaner for most tailpipe pollutants. And the need for greater emissions reductions is driving the transition to electric vehicles. These technologies reduce pollution, create jobs and save everyone money.

**Reining in acid rain:** In the 1980s, acid rain

was a threat caused by air pollutants from coal-fired power plants. The emissions would react in the atmosphere to form acids and rain down, damaging plants, animals and buildings. And the emissions that caused acid rain are also dangerous for humans to breathe. The Clean Air Act’s Acid Rain Program and other pollution clean-up requirements cut these emissions and dramatically reduced acid rain.

**Scrubbing out mercury:** Mercury is a potent neurotoxin that causes birth defects and developmental delays in children. The Clean Air Act’s Mercury and Air Toxics Standards have done double duty in protecting health: not only have they reduced mercury emissions from coal-fired power plants by nearly 90%, but they’ve also cleaned up dangerous particle pollution at the same time.

**Reducing sick days:** Air pollution can cause asthma attacks and send

people to the doctor or even the emergency room. By reducing some of the most common, widespread air pollutants, the Clean Air Act was projected to prevent 13 million lost workdays and 3.2 million lost school days in 2020.

**Cleaner Air and a Growing Economy:** Cleaning up the air is cost-effective for our nation. EPA estimates that the benefits of the law’s clean-up measures outweigh the costs 30 to 1. Since 1970, the six most common pollutants have been cut 77% while at the same time the Gross Domestic Product (GDP) has grown 285%.

**Cleaning Up Ozone:** Ground-level ozone, a widespread type of air pollution, is dangerous to human health. It causes a chemical reaction in the lungs that’s like a sunburn. Beyond human health, ozone air pollution also damages crops. Emissions cleanup under the Clean Air Act has reduced ozone levels by 25% since 1990.

**Laying the groundwork for a safe climate:** Climate change is a health emergency, and the Clean Air Act gives EPA the responsibility to protect the public health from the impacts of climate change. The law’s tools provide a pathway for dramatically reducing the greenhouse gases that cause climate change.

**Saving lives:** Above all, the greatest success of the Clean Air Act is the lives it has saved. EPA projected that in 2020, the Clean Air Act would prevent more than 230,000 early deaths every single year by ensuring cleaner air quality.

Learn more about the Clean Air Act and the importance of clean air at Lung.org. To join the movement to Stand Up For Clean Air, everyone can take the pledge at Lung.org/air and the Lung Association will send easy, actionable steps to address climate change and protect air quality.



Treat your staff to a Holiday Luncheon.

Gridiron can put together individual boxed meals for your whole team.

*Give us a call today and we can discuss a menu plan!!*

1567 Lisbon Street Lewiston, ME  
207-777-6353 -- 207-777-6354  
INDOOR SEATING - TAKE OUT  
open daily 11am - 9pm

Dine in, Dine out  
or Take out



*Chick-a-Dee of Lewiston*

Where Good Times Happen

Seafood ♦ Steak ♦ Sandwiches ♦ Spirits

1472 Lisbon St. Lewiston, ME

Chickadeelewiston.com

376-3870

Open 11am to 8pm Every day!

## Letter to the Editor Thank you to Gov. Mills

Maine Governor, Janet Mills, kept Maine's COVID infection and death rates the lowest in the nation. That was before President Trump brought his super-spreader campaign events to Maine. Governor Mills personally asked Trump not to come. He came. The virus is now spreading rapidly!!

Governor Mills resisted when Republicans

in the Legislature irresponsibly attacked her for not opening up too soon, like many of the Republican states who opened too early and who are now exceeding their medical capabilities. These Republicans in the Legislature who refused to stand against Trump bringing his killer events to Maine should be disqualified from any further public service.

Governor Mills is a hero and has earned a big "Thank You!" from all of us. She saved more small business owners' lives, and their customers' lives, than Republican Governors. And most of us, who watched Paul LePage, believe he would have had the highest death rates in the country.

**Bob Jean  
Lubec, ME**

## Racing ends at Scarborough Downs

### From Scarborough Downs

SCARBOROUGH - Scarborough Downs hosted its final live harness racing card last Saturday after 70 years of operation.

Located on Payne Rd, Scarborough Downs opened as a thoroughbred racetrack in 1950. Both thoroughbred and harness racing cards were hosted from 1969 through 1971,

with harness racing taking over entirely from 1972 onward.

Reasons for the closure include decreases in revenues as a result of opening of the Oxford Casino in 2012; ongoing development of track property following its sale in 2018; operational and financial challenges faced through Covid-19 protocols this season; and the desire of the harness rac-

ing industry to transition toward a more modern facility, a desire which the Downs cannot accommodate at this point in time.

Scarborough Downs will remain open for simulcast wagering through the remainder of the year, and has been granted a license by the Maine Harness Racing Commission to begin operations as an Off Track Betting facility beginning in January.

# We Deliver.



Uber  
Eats

GRUBHUB™

Postmates

DOORDASH

DELIVERY



Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

# Touring Clover has never been easier!



**Call for your own virtual tour and learn how Clover can help you navigate all types of senior living options**

**Call Donna Rousseau (207) 784-3573**

*Senior Living Center offering nursing, rehabilitation, memory care services, assisted and independent Living*



## **Clover Health Care**

**440 Minot Avenue • Auburn, Maine**

**[www.cloverhealthcaremaine.com](http://www.cloverhealthcaremaine.com)**



# Boot camp for veterans, disabled farmers



Corn, strawberries and salad lettuce growing in Maine. (Photos courtesy of Univ. of Maine)



### From Univ. of Maine

ORONO — University of Maine Cooperative Extension will offer training in small-scale farming for market sales to military veterans and family members and farmers with disabilities, starting in January.

“Boots-2-Bushels: Boot Camp for Market Gardeners and Farmers,” features semimonthly online classes that will take place through May 24 via Zoom, then weekly, hands-on fieldwork from May–September at the Kennebec Valley Community College Harold Alfond Campus, 677 Skowhegan Road, Clinton. The first online class will be noon–4 p.m. Jan. 11.

Training topics will include soil health and crop planning, seedling, vegetable and small fruit production; harvest and storage, safe food handling, marketing and farm business planning, integrated pest management, and tool and

equipment maintenance and safety. Experts from UMaine Extension and the Maine Organic Farmers and Gardeners Association will serve as instructors.

The \$50 per person fee includes textbooks and supplies. Registration is required and can be done on the event webpage. Space is limited, and preference will be given to veterans and family members and farmers with disabilities. Participants who attend 85% of classes and field work will earn a certificate of completion and letter of recommendation. Participants may harvest weekly shares of produce grown.

For more information or to request a reasonable accommodation, contact Anne Devin, 207-991-2651; [anne.devin@maine.edu](mailto:anne.devin@maine.edu). More information is also available on the program website.

This program is made possible through the support of UMaine Extension, Maine AgrAbility, MOG-FA and Farm Credit East.

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



Great daily deals  
Veterans get 10% Off everyday  
15% OFF first time patients  
Loyalty program

Like us on facebook • Find us on weedmaps!  
<https://weedmaps.com/dispensaries/crystal-spring-healing-alternatives>

675 Main Street, Lewiston  
207-241-2590 • 207-241-7188  
Mon-Sat 9:30am to 9pm • Sun 10am to 6pm

**Sealcoating • Hot Rubber Crack Filling  
New Installations • Concrete  
Reclaimed Asphalt • Loam**

Our premium grade sealer inexpensively adds years of life!

Protect your investment with our wide range of products!

**Roadmark Industries**  
Mike Willett • 143 Pleasant Street • Auburn  
**(207) 240-5535**

# New Team to Support Contact Tracing

## 21 retired nurses join ranks with DOE

### From Maine DOE

AUGUSTA – Commissioner of Education Pender Makin last week announced the deployment of a team of Department of Education Contact Tracers.

A cadre of nurses, many retired from years of employment in Maine schools, have received training through the Maine Center for Disease Control and Prevention (Maine CDC) and will be immediately called into service for school-specific contact tracing.

“This program will provide Maine schools with specialized supports throughout the contact tracing process,” said Maine Commissioner of Education, Pender Makin, “It will support the work of school nurses and other school staff as they communicate with and monitor close contacts of positive cases. The overarching goal is to support our schools and keep our children actively engaged in learning while mitigat-

ing the spread and effects of this pandemic.”

The new program will complement the ongoing work of Maine CDC’s case investigation and contact tracing team, which now includes approximately 150 staff and volunteers.

With support and training from Maine CDC, and funded through federal emergency relief funds, the first team members have begun to assist in the notification to those who have been deemed a close contact to a staff member or student who has tested positive for COVID-19. This team will enroll “close contacts” into Sara Alert, an online platform that Maine CDC uses to notify and monitor people exposed to the coronavirus. The Maine CDC will continue to investigate confirmed cases and outbreaks associated with schools.

“The partnership between health and education teams will help protect students, teachers, school staff, and school communities,” said Department

of Health and Human Services Commissioner Jeanne Lambrew.

This appears to be a first of its kind effort, and comes as Maine sees a significant increase in the prevalence of COVID-19 in Maine communities recently, increasingly impacting local schools and creating additional demands on those already conducting contact tracing for Maine CDC.

Last week, roughly half of the close contacts identified as connected with new cases of COVID-19 in Maine were associated with schools. Even though there is a lower rate of transmission in school settings than in the general community (13.5 compared to 33.1 new cases per capita in the last 30 days), Maine has taken a comprehensive approach in defining “close contacts” in schools. Out of an abundance of caution and in recognition of the difficulties in tracking the movements of children throughout a day, an ex-

panded definition of close contact at schools includes all students within a classroom or other common setting. Therefore, a positive case within a school can have considerably more close contacts than that of a general community member.

To ease the impacts that schools are having on the system and to continue to provide responsive and timely support to school staff, students and families, Emily Poland, Maine DOE’s School Nurse Consultant, sent an open call for retired nurses to consider being trained to support contact tracing.

In a matter of two days, twenty-one nurses stepped forward, including twenty RNs and one LPN. They bring with them a collective 758 years of nursing experience, with 352 years of service as school nurses. With medical and school-based experience, this team of nurses will be an invaluable resource to families, teachers, and staff alike as they conduct the

contact tracing in Maine schools.

“Nurses are heroes, they step up every day to the ever-changing challenges no matter the situation, even if it means stepping out of retirement,” said Emily Poland, DOE School Nurse Consultant. “School nurses are no different; they are dedicated to keeping their students in school and ready to learn, but this requires a lot of effort in monitoring symptoms that students have, referring to primary care providers, and communicating with families, all while attending to the various health needs of all students in the school on any given day. I am proud to be among the ranks of Maine nurses.”

“As a retired Public Health & School Nurse, with knowledge and skills of communicable disease management, my desire to ‘do something’ has continued,” said Brenda White of Freeport. “I feel selfishly blessed to be retired as I try to imagine the historic

challenge for practicing school nurses during this pandemic. When I received a phone call to work with a team to focus specifically on school contact tracing, of course it was an easy ‘YES’ for me. This is something I can do from home and still stay safe, and do my small part to assist School Nurses and to control the spread of COVID-19 disease in the State of Maine.”

Additional resources are being put into place by the Department of Education in response to the recent increase in COVID-19 cases in Maine, and to assist both schools and Maine CDC. This includes the launch of a single, dedicated phone number for schools to report positive cases, and a dedicated portal through which close contact information for schools can be submitted for follow-up. The Department of Health and Human Services will supplement the team at the Department of Education as needed.

# Lung Cancer leading cause of cancer deaths

### From American Lung Assoc.

AUGUSTA – Lung cancer is the nation’s leading cause of cancer deaths, and it’s estimated that 1,430 Maine residents will be diagnosed with this disease in 2020 alone.

The 2020 “State of Lung Cancer” report examines the toll of lung cancer throughout the nation and outlines steps every state can take to better protect its residents from lung cancer. The report found that more Americans are surviving the disease and that Maine must increase efforts to educate residents about various risk factors that might be contributing to its high

rate of new cases in order to save lives.

For the first time, the annual “State of Lung Cancer” report also explores the lung cancer burden among racial and ethnic groups at the national and state levels.

Although this report did not indicate that Maine had substantial lung cancer health disparities, it did find that nationally people of color are facing poorer health outcomes than white residents.

This year’s “State of Lung Cancer” highlights the positive trend of increased lung cancer survival, as the nationwide five-year lung cancer survival rate of 22.6% reflects

a 13% improvement over the past five years. In Maine the numbers tell a slightly different story. While the state’s survival rate is 21.8%, it is also among the states with the highest rate of new cases, and the highest smoking rate (17.8%).

“While we celebrate that more Americans are surviving lung cancer, too many people are being left behind, and the disease still remains the leading cause of cancer deaths,” said Lance Boucher, Senior Division Director of State Public Policy for the American Lung Association in Maine. “Much more can and must be done in Maine to prevent the disease and support those facing the

disease.”

Dr. Paul Han, Principal Investigator for Maine Lung Cancer Coalition and Director of the Center for Outcomes Research & Evaluation at Maine Medical Center Research Institute said, “It’s really disappointing to see Maine among those states with the highest new incidence rate, and it’s even more unfortunate to see we rank as a state with of the worst smoking rates. Anyone with lungs can get lung cancer, but being educated on risk factors such as tobacco use is a vital part of prevention. Radon exposure is also an important environmental risk factor for people in many parts of Maine.”

Part of the reason that lung cancer is so deadly is because most cases are diagnosed at a later stage, after the disease has spread. Lung cancer screening is the key to catching lung cancer early when the disease is most curable, but only 22.9% of lung cancer cases nationally are diagnosed at an early stage. While this simple screening test has been available since 2015, only 9.7% of those eligible in Maine have been screened.

“Lung cancer screening is a powerful tool to save lives,” said Dr. Han. “It’s a relatively new test, and we’re only seeing a fraction of those who qualify actually getting

screened. We’re pushing for greater awareness of this test to save more lives here in Maine.”

More treatment options are available for lung cancer than ever before, yet not everyone is receiving treatment following diagnosis. In Maine 9.6% of those diagnosed did not receive any form of treatment.

“We want to ensure that everyone has access to treatment options and quality and affordable health-care. No one who wants care should have to forgo treatment due to lack of access or cost,” Boucher said.

Learn more about “State of Lung Cancer” at [Lung.org/solc](http://Lung.org/solc).

# Shaker virtual Christmas Fair

### From Shaker Village

NEW GLOUCESTER - The Shaker Virtual Christmas Fair is the same annual tradition in a new format!

Even though onsite, indoor shopping on Dec. 5 has been cancelled this year to ensure the health and safety of all, the Shaker Christmas Fair is now virtual!

Get Shaker fruitcake, biscuits, sugared nuts,

stuffed dates, Shaker-made crafts, and much, much more from the convenience and safety of home. Pay securely online. Your holiday treats can be picked up at Shaker Village in New Gloucester in a safe, no-contact manner and many of the items can also be shipped in plenty of time for your holidays. Surprise your friends and family with a special holiday treat from Shaker Village and remind them of

simpler times and the value of community.

Don’t wait! Our specialty holiday items are still available for a limited time in limited quantities. Shop our online store at [maineshakers.com/shop](http://maineshakers.com/shop) and pick-up from our contactless pick-up tent through Friday, Dec. 4, 9 a.m.-4:30 p.m. with extended hours on Saturday, Dec. 5, from 10 a.m.-3 p.m.

Shipping worldwide is also available.

## Follow us on Facebook!

JRG & Sons  
Roofing & Construction  
Fully Insured

(207) 576-3319

John Grenier  
[JohnnyGrenier917@gmail.com](mailto:JohnnyGrenier917@gmail.com)

# Cannabis sales top \$1.4 Million

**From State of Maine**

AUGUSTA – Preliminary sales data from regulators at the state’s Office of Marijuana Policy indicate Maine’s marijuana retailers grossed approximately \$1.4 million and made 21,194 transactions during the first month of retail sales.

The data, which was extracted from the state’s inventory tracking system, Metrc, shows that smokable marijuana made up 76 percent of sales, while concentrates and infused products accounted for 14 percent and 10 percent, respectively.

Maine’s adult use market launched on October 9 and saw sales from six active licensees that month. An additional three adult use retailers opened their doors during the first week of November. The reporting period covers sales made from Maine’s retail sales launch date of October 9 through the end of the day on November 8, a total of 31 days.

“While it is easy to focus solely on the numbers, it is important to note that the Office of Marijuana

Policy’s primary objective is maintaining the high standard of public health and safety we have set for the adult use program,” said OMP Director Erik Gundersen. “We appreciate the commitment our licensees have demonstrated to enact COVID protocols to ensure a safe launch and their continued commitment to these efforts in light of the recent spike in COVID cases in Maine.”

Adult use monthly sales totals and product types have been added to OMP’s existing transparency dashboard, available at: <https://www.maine.gov/dafs/omp/open-data/adult-use>. The initial data set includes the first month of retail sales. Beginning in December, sales information will be updated monthly with the preceding month’s totals.

Sales data are preliminary in nature, subject to further revision and have not been audited. The Office is responsible for the oversight of all aspects of legalized marijuana, including Maine’s existing Medical Use of Marijuana Program.

# Hammond Lumber buys Tukey Brothers

**From Hammond Lumber**

BELGRADE - Hammond Lumber Company (Hammond) announced today that it has acquired Tukey Brothers, Inc., a sawmill in North Belgrade.

Hammond, a fourth generation, family-owned company since 1953, has more than 800 employees and 21 locations across Maine.

With the acquisition, Hammond plans to operate the sawmill as their second lumber manufacturing lo-

cation.

“We have a tremendous amount of respect for the Tukey Brothers company and their long-history of serving the community. With more than 80 years of family history in the lumber business, the Tukey family is a part of Belgrade’s rich history. We knew the Tukey family had plans to retire and felt the timing was right to add members of their team to the Hammond family,” said Mike Hammond, president & CEO of Hammond.

Tukey Brothers, Inc.

was established in 1935. The company had eight current employees and three co-owners. The company has offered employment to the current employees of Tukey Brothers. The sawmill is located less than seven miles from the Hammond headquarters in Belgrade. Terms of the deal were not disclosed.

Hammond is the largest lumber and building materials retailer in Maine and the 25th largest Pro-Sales dealer in the country. Earlier this year, the company was named 2020 Pro-

Sales Dealer of the Year, a national award.

The company has seen record-setting sales growth in 2020 from a surge in home improvement projects due to the coronavirus pandemic. The company’s locations include, Auburn, Bangor, Bar Harbor, Belfast, Belgrade, Blue Hill, Boothbay Harbor, Brunswick, Bucksport, Calais, Camden, Cherryfield, Ellsworth, Damariscotta, Fairfield, Farmington, Greenville, Machias, Portland, Rockland and Skowhegan.

# Massachusetts No Longer Exempt from Quarantine Requirement

**From State of Maine**

AUGUSTA - The Mills Administration announced that as of Monday, Massachusetts was no longer exempt from Maine’s quarantine or negative test requirement.

People coming here from Massachusetts must either quarantine for 14 days or receive a negative COVID-19 test with a sample taken no longer than 72 hours from arrival in Maine. This protocol applies to Maine residents returning from Massachusetts or another of the non-exempt states.

The decision comes after the Administration reviewed recent public health data in Massachusetts and other states. In reviewing metrics, which include but are not limited to positivity rate and 14-day case rate, Massachusetts demonstrated an alarming increase in prevalence of the virus with a positivity rate of 2.5 percent and 3,384 cases per million over the last fourteen days. By comparison, Maine, which is also seeing an increase in its positivity and case rates, recorded a positivity rate of 1.8 percent and 1,350 new cases per

million, over the last fourteen days.

“Like most people in Maine, I am extremely concerned about the spread of this virus as we head into the holiday season when we customarily gather with friends and family, often in neighboring states,” said Governor Mills. “Some of our New England states, including Massachusetts, have demonstrated a concerning increase in the prevalence of the virus over the last two weeks. To preserve our ability to travel while protecting the health of our loved ones no matter where they live, visitors from Massachusetts and Maine people returning from Massachusetts must now test negative for COVID-19 or quarantine when coming to Maine. I recognize this will be an inconvenience for many, but it is in the interest of public health and can keep people, including our loved ones, healthy and safe this holiday season.”

The states of New Hampshire and Vermont remain exempt from the 14-day quarantine or negative test requirement for now, and Governor Mills strongly recommends that visitors from these two states

and Maine people returning from them, especially during the upcoming holiday season, obtain a test in order to “Know Before You Go.”

Under the Department of Health and Human Services (DHHS) Standing Order, any person in Maine who feels they need a test, with or without symptoms, can get a test at participating sites without an order from a health care provider. These sites include 27 “swab and send” locations that offer testing to the public at no charge under agreements with DHHS.

“As Maine strives to respond to widespread community spread everywhere in the state, this decision reduces the likelihood of one potential way the virus could be introduced,” said Dr. Nirav D. Shah, Director of the Maine Center for Disease Control and Prevention. “Visitors from Massachusetts can quarantine or take advantage of expanded testing options to help limit potential transmission of the virus and help keep us all safer. And those of us in Maine can do our part by wearing face coverings, staying at least 6 feet apart, and avoiding gatherings.

Before you open the door to leave your home, put on a mask and think hard about whether you really need to make that trip.”

“With the virus spreading all across our state, Maine people must take steps to protect themselves and others,” continued Governor Mills. “Wear a face covering. Stay apart from one another. Do not attend gatherings. Avoid unnecessary travel. Wash your hands. We know these are the best tools we have to prevent the spread of this deadly virus and to keep our economy moving.”

The Mills Administration also recently announced it will distribute 400,000 rapid antigen tests for symptomatic people, including 300,000 provided to up to 65 Walgreens pharmacy locations from Kittery to Madawaska. Testing is now available to people who have symptoms of COVID-19 at no charge as a drive-through service at 10 Walgreens locations, with more than 60 additional locations scheduled to be available by November 23rd. People can find COVID-19 testing sites near them on the Keep Maine Healthy website.

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

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



**If you're using a home based phone for your business it's time to upgrade to a business phone.**



Find out how a business phone can save you money and help your business run smoother. Call today for a demonstration!



**PROFESSIONAL COMPUTER SERVICES INC.**

**207.784.6295**  
buck@pro-pc.us

Buck Buchanan  
A+, MCP Certified Technician

## Snowmobile Helmets

FXR - HJC - CKX - GMAX - SCORPION




**U-Clear Helmet Communicators**

Sizes Youth to 5XL





998-5390 **STAY SAFE AND ENJOY YOUR RIDE!**

**SHAKER HILL**  
Open Every Day! *Outdoors*

“Well worth the short drive from Lewiston”  
271 Maine Street, Route 26, Poland

[www.shakerhilloutdoors.com](http://www.shakerhilloutdoors.com)

# Additional Walgreens COVID-19 Testing Locations

## From Maine DHHS

AUGUSTA— The Maine Department of Health and Human Services (DHHS) recently announced that additional Walgreens pharmacy locations will offer free drive-through rapid COVID-19 antigen testing to people in Maine experiencing symptoms of the virus.

Walgreens will open 52 testing sites across Maine to the public, using Abbott's BinaxNOW rapid antigen point-of-care test. These sites join the 10 previously announced locations that opened in early November. An additional three sites in southern Maine came online with BinaxNOW last week, bringing the total to 65 locations. Appointments at all locations can be made now by following the

steps on [Walgreens.com/COVID19Testing](https://www.walgreens.com/COVID19Testing).

Through an agreement with DHHS, testing is available through Walgreens at no cost to people in Maine who are experiencing symptoms of COVID-19. As a result of increased demand for testing in recent days, appointment availability may vary by location.

"The expansion of free rapid antigen testing through Walgreens allows people experiencing symptoms of COVID-19 to quickly rule out this disease," said DHHS Commissioner Jeanne Lambrew. "The BinaxNOW tests offer one more layer of protection, but continuing to wear a face covering, avoiding large gatherings, and keeping our distance has never been more important."

Rapid antigen COVID-19 testing is available at Walgreens by appointment to adults and children age 3 and older who meet screening criteria to receive a test. Walgreens patrons self-collect a sample with a nasal swab under the supervision of Walgreens staff and submit the sample through the drive-through window, with results available in as little as an hour.

People who test positive for COVID-19 through the BinaxNOW rapid test should immediately quarantine and seek a second standard PCR test to confirm the results.

This testing is available through DHHS' partnership with Walgreens to distribute approximately 300,000 Abbott BinaxNOW COVID-19 antigen tests. The BinaxNOW test

has been authorized by the U.S. Food and Drug Administration for testing symptomatic individuals for COVID-19 within the first 7 days of symptoms.

"Walgreens is pleased to further increase access to COVID-19 testing, and to serve as the first retail pharmacy to administer BinaxNOW COVID-19 tests in the country," said Rick Gates, senior vice president of pharmacy, Walgreens. "The essential role pharmacists and patient care teams play in the health care delivery system has never been more clear. Walgreens has a long history of stepping up to support our customers and communities in times of need, and we're pleased to be working in collaboration with Maine health officials and stand ready to work with additional states on their

efforts to expand access to COVID-19 testing."

In total, Maine is receiving 400,000 BinaxNOW tests from the U.S. Department of Health and Human Services at no charge. DHHS is separately allocating 100,000 tests through an application process and has already distributed more than 35,000 of those tests to federally qualified health centers, shelters, schools, and other settings. Since demand may exceed the available supply, DHHS will prioritize facilities that serve high-risk populations, high risk settings, and other settings where access to testing is otherwise limited.

While the BinaxNOW rapid antigen test is best used for people experiencing symptoms of COVID-19, other types of testing is available in

Maine to people who think they need a test, regardless of symptoms and without the need for a referral from a health provider. This testing is available at more than two dozen "swab and send" testing locations that offer molecular testing at no charge under separate agreements with DHHS. Results from swab and send locations are provided by the State Health and Environmental Testing Laboratory within 48 hours of receipt at the lab (the time from the sample collection to the delivery of the result to the patient may take longer). For more information, visit the Keep Maine Healthy website.

Although demand for testing increased with the Thanksgiving holiday, Maine's testing capacity is among the best in the nation. This capacity is the result of an agreement Governor Mills reached with Maine-based IDEXX Laboratories five months ago. That agreement, as well as partnerships with Maine health care organizations and exceptional work by the State's Health and Environmental Testing Laboratory, allowed Maine to become one of the first states in the nation to eliminate its testing prioritization system and issue a standing order allowing anyone in Maine who thinks they need a test to get one.

Walgreens BinaxNOW COVID-19 Testing Locations in Maine include  
 Auburn: 61 Union St.  
 Auburn: 698 Minot Ave.  
 Falmouth: 33 Depot Road  
 Gorham: 120 Main St.  
 Gray: 62 West Gray Road  
 Lewiston: 430 Sabattus St.  
 Portland: 616 Forest Avenue  
 Saco: 461 Main St.  
 Sanford: 868 Main Street  
 Scarborough: 233 US Route 1  
 Scarborough: 600 U.S. Route 1  
 South Portland: 279 Main Street  
 Westbrook: 465 Main St.  
 Windham: 741 Roosevelt Trail

## AMERICAN PICKERS



MIKE AND FRANK ARE LOOKING FOR LARGE, RARE COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE. TELL US THE INTERESTING STORY BEHIND YOUR STUFF!

**TO BE CONSIDERED, PLEASE CONTACT US AT:**

**AMERICANPICKERS@CINEFLIX.COM**

**or leave a voicemail at 1-855-OLD-RUST**

**or on facebook: @GotAPick**

**PLEASE LET US KNOW:**

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS



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

# Business Directory

## ACCOUNTANT



**AUSTIN ASSOCIATES**  
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777  
AustinPA.com

Your Financial Team

## FLOWER SHOPPE



**Sweet Pea Designs**  
FLOWER SHOPPE

**777-1520**

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

## PHOTOGRAPHY



**portrait<sub>efx</sub> of Maine**  
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME  
(207) 657-6372

maine@portraitefx.com  
www.maine.portraitefx.com

## AUTO CARE

*The Only Full-Service Gas Station in Auburn!*

**Poisson & Sons**  
**Auto Care Center, Inc.**

Computer Diagnostics • Yokohama Tires  
Repairs • Alignments • Inspection Station  
Gas • Clear K1 • Tune-ups • Brakes • Batteries

**Dan & Don Poisson**  
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

## MASONRY



**Jason Hodsdon**  
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones  
Chimneys • Chimney Cleaning  
Repointing & Repairs  
Restoration  
Stainless Steel Liners

Fully Insured  
Free Estimates  
20+ Years of Experience

North Monmouth  
(207) 215-3557

## PRINTING



**evergreen**  
custom printing  
SINCE 1984

Locally Owned

(207) 782-0525 phone  
(207) 782-2327 fax  
63 Broad Street • New Auburn, ME 04210  
e-mail: info@evergreencustomprinting.com  
web: www.evergreencustomprinting.com

- PRINT
- COPY
- FAX SERVICE
- DESIGN SERVICES
- VARIABLE DATA
- BINDERY
- INVITATIONS
- LETTERHEAD
- ENVELOPES
- BUS.CARDS
- LABELS & TAGS
- UPS

## CD'S

*Discover The Truth About CDs!*

CD Interest Rates Are At An All Time Low.  
There IS A Safe, Guaranteed Alternative To  
Increase Your Income.

Call now for a **FREE Guide:**  
"10 Secrets Your Banker Doesn't  
Want You To Know"

Call Our 24 Hour Order Line @782-3800

## MARINE SERVICES

**BOAT REPAIR SHOP**

**PONTES**  
Marine Service

Power by  
**MERCURY** MerCruiser

**VOLVO PENTA**

**YANMAR**  
Velvet Drive

**OMC** **Perkins**

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997  
www.pontesmarine.com

## SELF STORAGE

**AUBURN SELF STORAGE, LLC**



23 Goldthwaite Rd.  
Auburn, ME 04210

PO Box 715  
Lewiston, ME 04243

**PHONE 376-3325**

## CHIROPRACTOR

**Family Chiropractic Center**

Experience Life

1485 Lisbon Street, Lewiston  
207.783.0078  
www.familychirome.com

## PAINTING

Interiors • Exteriors  
Free Estimates

Drywall Repair  
Pressure Washing

**W.J. Libby**  
Painting Co.

**WADE J. LIBBY**  
WJLibbyPainting@gmail.com CELL: 207.210.0605

## SHIPPING



**GOIN' POSTAL**  
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

**UPS** **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

## CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

**AMERICAN BUILDERS**  
Custom Building & Remodeling



Call 207-500-8100  
For **FREE Estimates**

Call Tyler  
500-8100  
Finish Carpenter

Quality Work with References Available

## PHOTOGRAPHY



**Laura Elaines**  
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography

LIKE US ON **facebook** (207) 212-5993  
LauraElainesPhotography@gmail.com

## WEB HOSTING



Web Hosting  
Web Design  
Web Promotion  
One Stop  
207-442-9006

**MAINE HOSTING**  
S O L U T I O N S

# CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

# Calendar

Send your submissions to the Editor. More online.

**THURSDAY  
DEC. 3  
5:30-6:30 p.m.**  
AUBURN – Auburn-Lewiston Airport Board meeting. Conference Room, Maine Terminal, 80 Airport Drive, Auburn.

**FRIDAY  
DEC. 4  
8-9:30 a.m.**  
AUBURN – CDBG Loan Committee meeting. Auburn Hall – Community Room.

**MONDAY  
DEC. 7  
5:30-8:30 p.m.**  
AUBURN – City Council Workshop and Meeting, Auburn Hall – Council Chambers.

**5:30-6:30 p.m.**  
LEWISTON - Finance Committee Meeting - City Hall Administrator's Conference Room.  
**7 p.m.**  
GORHAM – Planning Board Meeting via ZOOM.

**TUESDAY  
DEC. 8  
6-8 p.m.**  
AUBURN – Planning Board meeting. Auburn Hall – Council Chambers.

**6 p.m.**  
LEWISTON - City Council Workshop - CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the December 8th City Council workshop will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2020cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**WEDNESDAY  
DEC. 9  
4:30-4:30 p.m.**  
LEWISTON/AUBURN – Lewiston-Au-

burn Transit Committee meeting. Lewiston City Hall.

**6:30-8:30 p.m.**  
AUBURN – Parks and Rec Advisory Board Meeting. Auburn Hall, Room 204.

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

**MONDAY  
DEC. 14  
5:30 p.m.**  
LEWISTON - Planning Board Meeting – City Council Chambers. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

**TUESDAY  
DEC. 15  
8 a.m.**  
GORHAM – Ordinance Committee meeting via ZOOM.

**4-5 p.m.**  
AUBURN – Auburn Sewer District Trustees meeting. 268 Court St.

**6 p.m.**  
LEWISTON - City Council Meeting - CAN BE VIEWED REMOTELY VIA ZOOM: Due to necessary COVID19 precautions, the December 15th City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2020cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**WEDNESDAY  
DEC. 16  
8 a.m.**  
GORHAM – Gorham

Economic Development Corporation meeting via ZOOM.

**6-8 p.m.**  
AUBURN – Conservation Commission meeting. Community Room, Auburn Hall (second floor).

**THURSDAY  
DEC. 17  
8-9 a.m.**  
AUBURN – 9-1-1 Committee meeting. L-A Communications, 552 Minot Avenue.

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

**MONDAY  
DEC. 21  
5:30-8:30 p.m.**  
AUBURN – City Council workshop and meeting. Auburn Hall – Council Chambers.

**TUESDAY  
DEC. 22  
5:30-7 p.m.**  
AUBURN – Agriculture Committee meeting. Auburn Senior Community Center (Pettingill Park).

**WEDNESDAY  
DEC. 23  
6-7:30 p.m.**  
AUBURN – Complete Streets Committee meeting. Lewiston City Hall – Executive Conference Room.

**FRIDAY  
DEC. 25**  
Christmas holiday observed. Town offices closed.

**MONDAY  
DEC. 28  
5:30 p.m.**  
LEWISTON - Planning Board Meeting – City Council Chambers. The Planning Board Agenda and information for this meeting will be available

on the website on the Friday before the meeting date.

**WEDNESDAY, DEC. 30  
7:30-8:30 a.m.**  
AUBURN – Auburn Housing Authority Board of Commissioners meeting. Main Office, 20 Great Falls Plaza.

**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.

## FLAGSHIP CINEMAS

WWW.FLAGSHIPCINEMAS.COM

DOORS OPEN AT: 12:00pm  
**AUBURN**  
746 Center Street  
Auburn Movie Hotline — 786-8605

VISIT OUR WEBSITE OR  
CALL THE HOTLINE AT  
**786-8605**  
FOR SHOWTIMES

## Rumford Community Home staff have COVID-19

From CMH

RUMFORD - Three team members at Rumford Community Home have tested positive for COVID-19, Central Maine Healthcare officials said last Friday.

“Our top priority is the safety of the residents, team members and the community,” said Peter J. Wright, FACHE, president of Bridgton Hospital, Rumford Hospital and Central Maine Healthcare’s Long-Term Care Division. “We are taking every precaution possible, including testing beyond what is required and increasing the monitoring of residents to catch symptoms as soon as possible. We are committed to protecting the people we serve and the team members who work hard to deliver our mission every day.”

The three team members who tested positive are quarantining, as are two others who were exposed to them outside of the workplace.

All residents were tested for COVID-19 on

Thursday night. Monitoring of residents’ vital signs, such as temperature and oxygen levels, have been increased from once a day to three times a day in order to catch symptoms as soon as possible.

The positive test results were from tests performed Monday, Nov. 23. Rumford Community Home tests team members weekly, which is twice as often as required by state and federal regulators.

After the positive results came in, most team members on site Thursday night were tested. All other team members, including those who were not scheduled to work, were tested Friday.

All team members were to be retested Tuesday for the regularly scheduled weekly universal testing of team members.

Rumford Community Home has informed all residents, their families and all team members about the positive test results and will continue to keep them up to date on developments.

Precautions in place at Rumford Community Home include masking and the use other personal protective equipment as needed, increased disinfecting of the facility, hand hygiene, social distancing and screening of team members and residents. Visitors have not been allowed since last week due to COVID-19 rates in the community.

Central Maine Healthcare (CMH) 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 in Lewiston, Bridgton Hospital, and Rumford Hospital. CMH also supports Central Maine Medical Group, a primary and specialty care practice organization. Other system services include the Central Maine Heart and Vascular Institute, a regional trauma program, LifeFlight of Maine’s southern Maine base, and the Central Maine Comprehensive Cancer Center.

# Dad's Place Catering Division

Weddings • Reunions • Corporate Events & More

*Professional service at an affordable price!*

**No job too big or too small!**  
Call Today for a Free Quote:  
**207-345-9009**

DadsPlaceCatering.com



# A new kitchen for Christmas?



Give a customized Kitchen remodel  
or a gift certificate for any other project.

## No Money Down • Financing Available

Remodel • Kitchens • Bathrooms • Basements  
Roofing • Siding • Windows • Garages • Additions



(207) 500-8100 • [www.AmericanBuildersMaine.com](http://www.AmericanBuildersMaine.com)