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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.

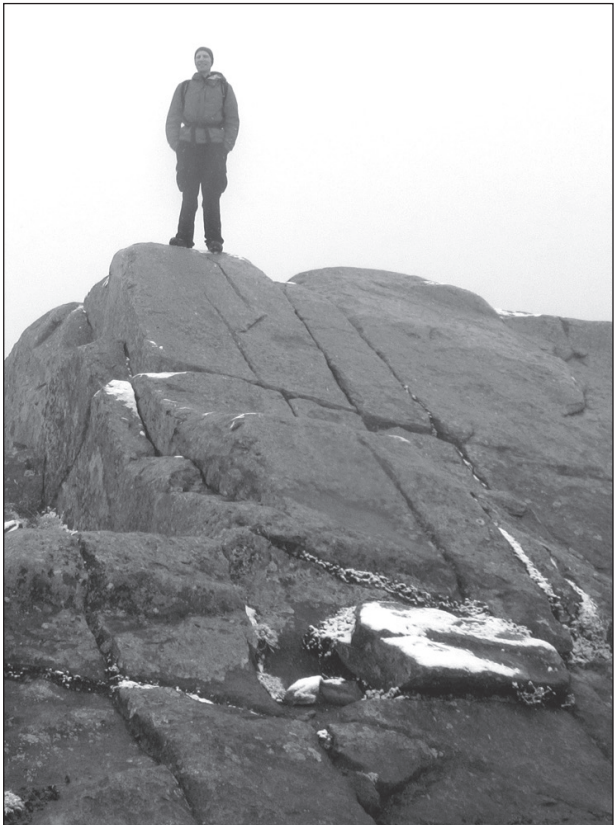
An area sheltered from the snow under a thick canopy of conifer trees was chosen for a lunch site. A pastry junkie, my reward for organizing the tempestuous excursion was a package of delicious Swiss Chocolate Rolls. The snow unrelentingly continued. Just before reaching the parking area, snow turned 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 or he can be reached at ronchaseoutdoors@comcast.net.

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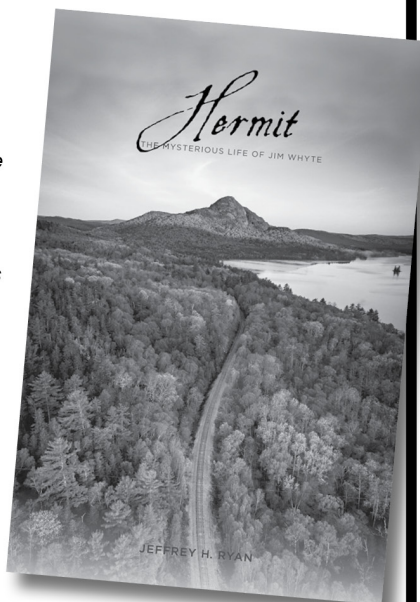
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Newsmakers, Names & Faces

Guest Column

Support our small businesses

By Sen. Nate Libby

Every day, we see news about how the pandemic has impacted our economy and workers. I've helped countless constituents get access to unemployment and other benefits so they and their families can keep putting food on the table and paying their bills. Businesses, especially local businesses, are hurting too. The shops, restaurants and salons that make up our downtowns are struggling to keep their employees on payroll and their doors open. For years now, we've celebrated Small Business Saturday as the Saturday after Thanksgiving, right at the start of the holiday shopping season. As you start planning

your gift giving and celebrations, it's more important than ever to make sure our dollars stay local. By making the decision to spend money at small, local businesses instead of big box stores and online retailers, we're supporting our community. One study has shown that for every \$100 spent at local businesses, \$68 of those dollars go right back into the community, compared with just \$43 of that \$100 if it's spent at a national chain. Additionally, the biggest companies have seen record profits from online orders. This summer, Amazon reported its profits had doubled to \$5.2 billion during the pandemic. At the same time, many small businesses have done real yeoman's work, adjusting how they operate in order to keep their customers and workers safe. Many are offering online orders and curbside pick-up. Gift certificates are also great options to support local businesses, including restaurants, bars, breweries, salons and spas. For some great suggestions right here in Lewiston-Auburn, check out <https://discoverlamaine.com/>. Gift certificates support local businesses now, when they need it the most, and give people who may be hesitant to go out as they normally would something to look forward to when the pandemic is more under control. You can also go to www.giftguidemaine.com/ for some great made-in-Maine gift ideas.

Programs including the Paycheck Protection Program and state Economic Recovery Grants have helped some businesses stay afloat, but even those programs have limits on what the funds can be used for. Without another economic recovery package from Congress, many of the programs that aimed to support struggling businesses are likely to dry up. I have hope that we'll see some helpful action in Washington in the coming months, but until then, supporting local businesses through the holiday shopping season will be more critical than ever before. Our small businesses are a big part of what gives our communities their character. They provide

See Libby, page 9



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

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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 oohs 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 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)

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Shop Small This Holiday Season



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

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 curb side 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)

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Events at Lewiston Public Library

From Lewiston Public Library

LEWISTON - November is National Novel Writing Month!

NaNoWriMo is a writing event that happens every November, where you are challenged to write a book in one month. Are you ready?

There's still time to get your free writing kit for NaNoWriMo! Our writing kits feature the NaNoWriMo book for young writers, Brave the Page, and writing swag to help motivate you through the month of November!

We'll also be doing virtual write-ins every Tuesday in November from 3-3:30 p.m. Join us for prompts, word sprints, writing camaraderie, and fun!

You can get a writing kit and the link for the write-ins by calling 207-513-3133 or emailing LPLKIDS@LewistonMaine.gov.

See the Lewiston Public Library website for information about how to register

for your LPL team on the NaNoWriMo website.

EXPLORING MENTAL HEALTH

Read Your Mind: Exploring Mental Health in Teen Books.

Read Your Mind is a monthly, virtual series focusing on teen mental health & wellness. Featuring YA authors and community health experts, we hope to explore complex and common health concerns through the vehicle of Teen books. All Read Your Mind sessions will take place live on Zoom, the last Wednesday of the month @ noon.

They will focus on a particular and unique youth mental health topic, and feature authors of fiction and nonfiction books for teens. The sessions will feature a community support partner with expertise in the mental health topics covered in each book and will leave time for anonymous audience Q&A.

Sessions are intended for teenagers and adults

who work with teens, and will be recorded and made available for future viewing.

For information on individual events, please see the library website, or email Harper at hchance@lewistonmaine.gov.

KIDS BOOK BOXES

The November LPL Kids' Book Boxes are almost ready!

For the months of September through December LPL Kids will be offering the opportunity to sign up for and receive a special package in the mail that includes FREE books and activities surrounding a monthly theme.

There are a limited number of boxes available each month, so be sure to sign up ASAP if you want to be on the list. The boxes are best suited for children ages 7-12.

Sign up now if you'd like to have the November LPL Kids' Book Box delivered to your home -- with books and activities -- all of which you get to keep!

Annual A-L Rotary Golf Tournament

From A-L Rotary

AUBURN - The Auburn-Lewiston Rotary Breakfast Club conducted their 26th Annual Golf Tournament in early October at Fox Ridge Golf Course in Auburn.

Their annual golf tournament typically happens in June each year. This year, due to COVID-19, it was rescheduled to October. Taking place outside, following all CDC protocols, the tournament saw 130 golfers in attendance for an enjoyable day of golfing.

This golf tournament is the A-L Rotary's largest fundraiser each year.

Some of this Rotary's largest recipients are the High Street Food Pantry, the Family Thanksgiving and Christmas Projects at United Methodist Church in Auburn, and the Rotary Scholarships, where graduates from five local high schools - Edward Little, Lewiston, Poland Regional, Leavitt, and St. Dom-

inic Academy - each receive a \$500 scholarship.

Nancy Richard, chapter president, said, "I am overwhelmed with gratitude with all the selfless generosity our Rotary membership has. We live, work, and play in a community with many needs and giving back gives our club great joy knowing we are making a difference."

Since 1991, the Auburn-Lewiston Rotary Breakfast Club has donated over \$570,000 to charities in need. Other annual donations are also made to several local charities, which include the Boys & Girls Club, Advocates for Children, Salvation Army, Red Cross, SEARCH, and Big Brothers Big Sisters.

The A-L Rotary has their 27th Annual Golf Tournament scheduled for June 18, 2021.

If readers would like to attend a meeting, visit www.auburn-lewistonrotary.org to contact a fellow Rotarian to learn more.



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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 racing 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.

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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)

Homeless

Continued from page 1

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 agen-

cy 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. More information about New Beginnings and its programs may be found at: newbeginmaine.org.

Libby

Continued from page 3

livelihoods for our friends and neighbors, give us places to gather and celebrate, sponsor youth sports teams, and so much more. I know so many of us are dealing with financial struggles right now. But when you’re looking for where to best spend your money, staying local just makes sense.

Election Thank You

Thank you for electing me to represent you for

my final term in the Maine Senate. I say this often, and it remains true today: Representing all the people of Lewiston in the State Senate is a great honor and an awesome responsibility. I’ll do my best to make you proud. The challenges we face over the next two years are and will be significant. However, I’m ready to roll up my sleeves and get to work. It’s time to rebuild our families, communities and economy and

show the rest of the country how Mainers get things done and bounce back from a crisis. I hope you and your loved ones have a happy, healthy and safe Thanksgiving. As always, I’m here to help you however I can. I’m honored that the voters of Lewiston have once again trusted me to represent them in the Maine Senate; it’s a responsibility I take very seriously. If you have any questions,

concerns or ideas, you can reach me at Nathan.Libby@legislature.maine.gov or (207) 713-8449. *Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21, which comprises the City of Lewiston.*

Jobs

Continued from page 1

conomic situation. This program helps new or existing business with flexible gap financing directly from FAME. “This deal squarely satisfies FAME’s mission, especially during a pandemic, of taking increased risk for public benefit in order to save and grow quality Maine jobs,” stated Bruce Wagner, FAME Chief Executive Officer. “In the absence of this transaction, important Lewiston manufacturing jobs could have been lost and the company shuttered. We are pleased to play a role in supporting Maine’s manufacturing industry and the continuation of a company that is producing high-tech products with growth potential.”

“Poly Labs is grateful for FAME’s support. This financing will enable us to acquire Jones & Vining’s Lewiston facility and keep business operations up and running. We see great potential for retaining existing customers and growing the business, and also for retaining and hopefully expanding the existing workforce that would have been eliminated as a result of the planned closure,” said Peter Anania, President of Anania & Associates. Jones & Vining, a family-owned company headquartered in Brockton, Massachusetts, was estab-

lished in 1930 as a manufacturer of component parts and tooling for the footwear industry. It opened its Lewiston plant in 1985 and added an industrial division to offer foam parts to other industries, including construction/building materials, consumer electronics, medical, furniture and sporting goods. FAME is a quasi-independent state agency that provides innovative financial solutions to help Maine citizens pursue business and educational opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by working at the nexus between economic and workforce development. To learn more about FAME, visit www.fame-maine.com.

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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 mitigating 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 expanded 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 healthcare. 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.

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 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.

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MaineCF grants for area nonprofits



Finalists from the Midcoast Symphony Orchestra’s Judith Elser Concerto Competition, with competition judges in the background, at the Gendron Franco Center in Lewiston. (Heather Linklin photo)

From Maine CF

ELLSWORTH & PORTLAND—The Maine Community Foundation’s Community Building Grant Program is open and accepting applications from nonprofit and public organizations seeking funding for projects that strengthen communities.

The 2021 Community Building Grant Program will focus on funding to build community resilience during the COVID-19 pandemic, with changes to program criteria, priorities, and types of funding. Priority will be given to projects or organizations that support people at higher risk to be negatively impacted by COVID-19.

Two informational Zoom sessions for grant seekers will review program changes for community-building grants: Tuesday, Dec. 8, noon-1 p.m., and Thursday, Jan. 14, noon-1 p.m.. Email events@mainecf.org to sign up.

The deadline for applying is Feb. 15. A volunteer committee of Androscoggin County residents

and community leaders reviews grant applications and makes recommendations for funding. Application, guidelines and a list of 2020 grants are available at www.mainecf.org.

In 2020, the Androscoggin County Committee awarded \$44,000 in grants to eight nonprofits, including the Greater Androscoggin Humane Society, to support the Second Chance Medical Fund which helps vulnerable pets at risk of being surrendered because their families are unable to afford necessary, often life-saving, veterinary care.

Midcoast Symphony Orchestra received a grant for the biennial Judy Elser Concerto Competition, which offers Maine-based college students the opportunity publicly to play a concerto with the orchestra.

United Youth Empowerment Services was provided a grant to build a team of 12 students in grades 7-12 dedicated to learning the fundamentals and trade skills associated with video-production and movie-making.

The Androscoggin County Fund is built

through donations from the community. For more information about the fund, contact Program Officer John Ochira at 1-877-700-6800 or jochira@mainecf.org.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, Rockport, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people.

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Students earn Bowdoin honors

From Bowdoin College

BRUNSWICK - Bowdoin College conducted its annual Sarah and James Bowdoin Day ceremony virtually Friday, Oct. 23, to honor those undergraduates who distinguish themselves

with excellence in scholarship.

Jordy Dushime and Robert Shepard, both from Lewiston and both in the Bowdoin College Class of 2023, were designated Sarah and James Bowdoin Scholars with grades in the top (highest GPA) 20 per-

cent of their class for the previous academic year. Neither student has declared a major.

In addition, other students who earned a GPA of 4.0 were designated Sarah and James Bowdoin Book Award winners.

Job Corps offers career training

From Job Corps

LEWISTON - Job Corps is currently enrolling youth 16-24 years old, who are interested in learning career training in areas such as Automotive, Welding, Healthcare, Electrical,

Culinary Arts, among others, through FREE training.

Virtual and online learning options available.

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Call or text Amy Boclair at the Lewiston Job Corps Office today at (207) 458-5369 or email at Boclair.Amy@jobcorps.org for more information.

125th anniversary of local DAR

From MD-BM Chapter DAR

LEWISTON - This year, Mary Dillingham-Burnt Meadow Chapter of the Daughters of the Revolution, as it is now called since their merger with the Burnt Meadow Chapter of Sabattus in 2015, is celebrating their 125th Anniversary.

When the Sons of the American Revolution voted to exclude women, the DAR was chartered in January 1895, galvanizing a force as determined as that which fought for the American Revolution.

“It must become apparent that if women were to accomplish any distinctive patriotic work, it

must be within their own circle, and under their own leadership”, according to co-founder Letitia Green Stevenson. And accomplish they have, from the DAR Hospital Corps (now the Army Nurse Corps) to local achievements such as founding the Androscoggin Historical Society and the Lewiston Public Library.

The Androscoggin Historical and Antiquarian Society was conceived on June 10, 1922, at a meeting of the Mary Dillingham Chapter of the DAR. The meeting was an outing, and the talk turned to preserving historical items owned by the members, as well as needing a place for the valuable collection of Senator William P. Frye

(whose daughters were charter members of the chapter).

This was not idle talk, for at the next meeting, the chapter discussed founding the society and appointed a committee to look into the matter. “Thus it was,” wrote an early president of the society, James Philoon, “that the Daughters of the American Revolution became the Mother of the Society.”

Today, DAR’s mission of historic preservation, education, and patriotism is alive and well in Androscoggin County. To celebrate this occasion, the DAR Chapter has generously given a donation of 450 dollars to the Androscoggin Historical Society.

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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.

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.

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- A DESCRIPTION OF YOUR ITEMS



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

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**THURSDAY
DEC. 3**
5:30-6:30 p.m.
AUBURN – Au-
burn-Lewiston Airport
Board meeting. Confer-
ence Room, Maine Ter-
minal, 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 - Fi-
nance Committee Meeting
- City Hall Administrator's
Conference Room.
7 p.m.
GORHAM – Plan-
ning Board Meeting via
ZOOM.

**TUESDAY
DEC. 8**
6-8 p.m.
AUBURN – Plan-
ning Board meeting.
Auburn Hall – Council
Chambers.
6 p.m.
LEWISTON - City
Council Workshop - CAN
BE VIEWED REMOTE-
LY VIA ZOOM: Due to
necessary COVID19 pre-
cautions, the December
8th City Council work-
shop will be broadcast via
ZOOM - <http://www.lewistonmaine.gov/2020cc>
Also, public comment will
be possible at publiccomment@lewistonmaine.gov
The meeting will be ar-
chived on the City's You-
Tube channel <http://www.lewistonmaine.gov/YouTube>
by the next day.

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

Calendar

Send your submissions to the Editor. More online.

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 - Plan-
ning Board Meeting – City
Council Chambers. The
Planning Board Agenda
and information for this
meeting will be available
on the website on the Fri-
day before the meeting
date.

**TUESDAY
DEC. 15**
8 a.m.
GORHAM – Ordi-
nance 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 REMOTE-
LY VIA ZOOM: Due to nec-
essary COVID19 precau-
tions, 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 The meet-
ing 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 – Conser-
vation Commission meet-
ing. Community Room,
Auburn Hall (second
floor).

**THURSDAY
DEC. 17**
8-9 a.m.
AUBURN – 9-1-1
Committee meeting. L-A
Communications, 552 Mi-
not 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 – Agricul-
ture Committee meeting.
Auburn Senior Community
Center (Pettingill Park).

**WEDNESDAY
DEC. 23**
6-7:30 p.m.
AUBURN – Com-
plete Streets Committee
meeting. Lewiston City
Hall – Executive Confer-
ence Room.

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

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

on the website on the Fri-
day before the meeting
date.

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

THURSDAY, DEC. 31
2-5 p.m.
GORHAM – New
Year Gorham event. De-
tails to be determined.

FRIDAY, JAN. 1, 2021
New Year's Day holi-
day observed.
Town offices closed.

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Rumford Community Home staff have COVID-19

From CMH

RUMFORD - Three
team members at Rum-
ford 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, pres-
ident of Bridgton Hospi-
tal, Rumford Hospital and
Central Maine Healthcare's
Long-Term Care Division.
"We are taking every pre-
caution possible, including
testing beyond what is re-
quired and increasing the
monitoring of residents to
catch symptoms as soon as
possible. We are commit-
ted to protecting the peo-
ple we serve and the team
members who work hard to
deliver our mission every
day."

The three team mem-
bers who tested positive
are quarantining, as are
two others who were ex-
posed to them outside of
the workplace.

All residents were
tested for COVID-19 on

Thursday night. Moni-
toring 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 regula-
tors.

After the positive re-
sults came in, most team
members on site Thursday
night were tested. All other
team members, including
those who were not sched-
uled 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 res-
idents, their families and
all team members about
the positive test results
and will continue to keep
them up to date on devel-
opments.

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

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integrated healthcare deliv-
ery 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 Hospi-
tal, and Rumford Hospital.
CMH also supports Cen-
tral Maine Medical Group,
a primary and specialty
care practice organization.
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clude the Central Maine
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stitute, a regional trauma
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Maine's southern Maine
base, and the Central
Maine Comprehensive
Cancer Center.

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