



Donna Harris, a Sosai (“founder”) at Phoenix Academy of Martial Arts on Center Street in Auburn, practices an elbow strike with Tetsudai (“helper”) Tim Doyon as part of her continuing education in karate. Harris has been learning karate for 23 years, and now shares her knowledge with students at her school. (Tsukroff photo)

Gorham considers master plan with Windham

From Town of Gorham

GORHAM - The Gorham Town Council recently approved a decision to apply for Community Development Block Grant money to allow the town to work with Windham on a master plan for Little Falls and South Windham village.

The town council intends for the master planning process to create a unified vision for the future of the village with the intention of improving the livability and economic vibrancy, and enhancing the character of the area.

The preliminary goals are to examine current conditions including the previous study area; determine what may still have value or relevance for implementation from the previous plan; assess the attributes that contribute to the walkable village “feel” such as streetscape, sidewalks, pedestrian scale lighting, transportation, business/employment, recreation, parks, trails, historic resources, architecture, and housing.

The town council hopes to conduct focus groups that include local residents, to update the land use regulations, to determine coordinated land use strategies, to review parking requirements, and to determine historic building numbers with assessment from the Main Historic Preservation Commission.

All of this will need to be finalized in a working document between the two towns, which would be created after Gorham receives the grant.

Teaching “Peaceful Way” makes dojo the Best of Best Phoenix Academy earns title for third year in a row

By Nathan Tsukroff

AUBURN - For the third year in a row, Phoenix Academy of Martial Arts has been voted Best of the Best for providing the Best Martial Arts Instruction in the Lewiston-Auburn area.

The voting was conducted online by Marketing Surveys of America from Dover, NH, and Phoenix Academy received a substantially higher vote count than last year, said Donna Harris, who owns the school with her husband, Harry. She believes this strong rating is a result of the school’s approach to teaching karate as a way of life, not just a sport.

The school, referred to as a “dojo” – a place for immersive learning or meditation – is located on Center Street in Auburn, and teaches a style of karate called Pinan-Do, which translates to Peaceful Way.

Donna Harris said this style was created by a group of karate practitioners in 2009 who agreed that they felt the need to return to a style of martial arts that goes back to the original roots of karate. Members of the group included the Harrises along with Tony Bennett, Mark Fryover,

Randy Martin, and Bill Parquette. They are referred to as “Sosai”, which roughly translates to “founder”.

The martial art we know as karate was developed in the Ryukyu Kingdom (1429-1879) under the influence of Kung Fu, particularly the Fujian White Crane style. The kingdom was located on the Ryukyu islands and was ruled as a tributary state of imperial China before being invaded by Japan in 1609. It was dissolved in 1879 to form the present-day Okinawa Prefecture.

Gichin Funakoshi (1868-1957) was an Okinawan who brought karate to Japan in 1922 and is accepted as the father of modern karate. He changed the art’s name to mean “way of the empty hand”, and taught karate as a path to self-knowledge, not just a study of the technical aspects of fighting.

The Pinan kata are a series of five empty hand forms taught in many karate styles. A kata is a detailed choreographed pattern of martial arts movements made to be practiced alone.

While modern karate is now considered a striking art using punching, kicking, knee strikes, elbow strikes and open-

hand techniques, the Harrises and their group wanted to steer students back to the philosophy of self-development. Adding the suffix “-do” (pronounced “daw”), which means “the way/path”, implies that karate-do is a total way of life that goes well beyond self-defense. Pinan-do teaches students to compete and strive to excel against themselves.

Students at Phoenix Academy range from two-year-olds to fifty-year-olds, with many families involved, Donna Harris said. “We are a very family-oriented school.”

She said she thinks the reason her school was voted Best of the Best “is based overall on people’s reflection of what we do here, and the quality of instruction that we give, and the fact that our instruction goes beyond just the martial arts. It’s more about building the entire person - helping you discover who you are, from the inside out.”

Harris said she thinks the success of the teaching at the dogo is due in part to “the variety of instructors that we have, that offer skills and a mindset that is unmeasurable.”

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\$2 million to food banks and pantries

From State of Maine

AUGUSTA – Governor Janet Mills and Maine Department of Agriculture, Conservation and Forestry (DACF) Commissioner Amanda Beal recently announced that the Administration is committing \$2 million in federal CARES Act Coronavirus Relief Funding (CRF) to DACF’s Food Security Network Reimbursement Program.

The program, which will be administered by Catholic Charities Maine on behalf of DACF, offers up to \$10,000 in reimbursements to food banks and pan-

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Out and About

First snowstorm of winter



The snowy landscape in the woods behind the main building at Schooner Estates in Auburn. (Morin photo)

By Rachel Morin

Our first snowstorm of winter started Saturday afternoon, Dec. 5, with big snowflakes melting immediately upon hitting the ground.

I watched diligently between checking off items on my To Do List. We had periodic TV announcements of an anticipated snow drop of 10 inches.

As the afternoon wore on, a wind picked up and snow started accumulating. Towards 8 p.m. or so, we lost power. Looking out my backyard window, with the aid of a flashlight, I could make out my tall

scarlet flowered rhododendron bush swaying back and forth under a strong wind.

The wind increased and I went to bed and was lulled to sleep by the wind whipping around. I slept all night. Waking the next morning, I looked out the window to check on the rhododendron. Yes, it was there standing, tall and straight, as usual. And a beautiful thick carpet of white snow covered the back yard and draped the beautiful trees in the thick woods beyond.

The accumulation did fall short of the 10 inch prediction, but I don't know

the actual amount that fell.

Seeing the neighbors walking by later, they advised me that the power came on at 1 am. And I thought of the dedicated CMP workers, always there in times like these, working on the lines to restore power to as many customers as possible, in numbing cold weather.

I am a Mainer and love the four seasons of Maine. My least favorite season is Winter. It starts the year in January and ends the year in December.



Here are trees up close, covered in snowy cloaks. (Morin photo)



Wild Turkeys come and go at Schooner and are always welcomed by the tenants. It is quite thrilling to see them arrive, marching in single file along the back road near the woods. Here, the turkeys are now heading back into the woods. (Morin photo)

It seems to be the longest season! My favorite season is Autumn. The fall flowers last in my garden through mid-November many times.

When December comes, I think of my favorite winter poem by Oliver Herford—

*I heard a bird sing
In the dark of December.*

*We are nearer to spring
Than we were in September!*

I like the beauty of the first snowfall and appreciate the finality of the last snowfall.

The very next day after our storm, I dressed appropriately and toured the grounds of Schooner Estates Retirement Community, camera in hand, to enjoy the beauty of the grounds, and the quietness and solitude everywhere. No one was about. The Maintenance Crew had long completed clearing away the snow from the roads and were busy inside the buildings on other chores.

A lone shoveler, Bob Lindahl, was touching up the parking lot and walkways at the Memory Care Building. He was the only person about that morning and said he took care of



The Schooner Estates Main Entrance in winter dress. (Morin photo)



A truck plows the main entrance road to Schooner Estates. (Morin photo)

what needed to be done at The Memory Care Building.

I took a few more days to take more pictures and was pleased to notice the return of the wild turkeys in back of the buildings. We hadn't seen them around in ever so long. It was like seeing old friends as they paraded out back next to the thick woods. I think you will like seeing their pictures.

I also returned at night to capture a few night scenes and the Christmas lights on campus.



Bob Lindahl, a maintenance worker at Memory Care Building, does a touch up on the parking lot and walkways. (Morin photo)



The Courtyard has Christmas Lights every year. (Morin photo)

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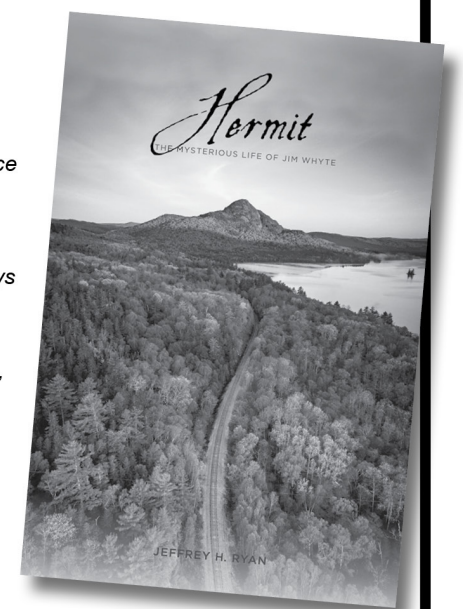
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— George Smith, Bangor Daily News

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Newsmakers, Names & Faces

Collins, King seek tax relief for Maine brewers

From US Sen. Collins
WASHINGTON, D.C. – U.S. Senators Susan Collins and Angus King recently joined a bipartisan group of 55 of their colleagues in urging Senate leadership to include the *Craft Beverage Modernization and Tax Reform Act* in the next legislative package.

Making permanent a temporary measure in the 2017 tax reform law, the legislation provides excise tax relief to the growing craft beverage industry, helping these entrepreneurs reinvest more in their businesses and our communities.

“It is imperative that the *Craft Beverage Modernization and Tax Reform Act* be included

in the next appropriate legislative package and acted upon before the end of the year,” the Senators wrote. “As businesses struggle to retain workers and stay open, allowing the current rates to lapse would force many businesses across the country to lay off workers or close their doors permanently. With the support of 77 Senators and 351 Representatives, this bill is a bipartisan priority and an important economic lifeline to thousands of businesses across the country.”

The letter reads: “Dear Majority Leader McConnell and Minority Leader Schumer:

We are writing today to ask you to pass the *Craft Beverage Modernization*

and *Tax Reform Act* (S. 362/H.R. 1175) and make the existing federal excise tax rates for beverage alcohol producers permanent.

Every state in our nation is proudly home to craft distillers, brewers, wineries, cideries, and meaderies who without Congressional action, face a significant increase in their federal excise taxes on January 1, 2021.

In addition to creating jobs in every state and Congressional district, beverage alcohol producers are critical partners to our farmers and agriculture producers, the tourism industry, the manufacturing sector, and the hospitality industry, including restaurants, bars, and other

See Brewers, page 11

CARES Act funds for food and agriculture businesses

From Maine DACF

AUGUSTA – Governor Janet Mills and Commissioner of Economic and Community Development Heather Johnson announced last week that the Administration is committing \$10 million in federal CARES Act Coronavirus Relief Funding (CRF) to a newly-created Agriculture and Food Processing Infrastructure Reimbursement Program.

The program, which was created in collaboration with the Department of Agriculture, Conservation and Forestry and is being administered by Coastal Enterprises, Inc (CEI), is offering up to \$100,000 to reimburse Maine food and agriculture businesses for infrastructure purchases

or projects they invested in to address supply chain disruptions resulting from the COVID-19 pandemic. Maine food and agriculture businesses include farms, food and beverage processors, value-added food and beverage producers, distributors, aggregators, and co-packers.

“Maine farms, producers, processors, and businesses have worked tirelessly to maintain our food supply chain during the pandemic, which, for many, has involved significant and unexpected investments in new infrastructure to meet demand while keeping people safe. This funding aims to help cover some of those unanticipated costs and sustain businesses across the food production and distribution

landscape,” said Governor Mills.

“As one of the sectors that is vital to our state’s economic recovery, we are pleased to support the farm and food businesses that responded swiftly to the needs of Maine people and worked to maintain access to the high-quality products that they grow and produce,” noted DECD Commissioner Heather Johnson.

“This program represents an important step toward helping Maine food and agriculture businesses manage some of the financial impacts associated with COVID-19, and we are hopeful that this funding will provide a timely and impactful injection of economic relief,” add-

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Seniors Not Acting Their Age Wintry Surprise on Little Jackson



Climbers celebrate at the top of Little Jackson Mountain. (Ron Chase Photo)

By Ron Chase

It was a beautiful late fall day on my drive to the mountainous community of Weld in western Maine. The forecast was sunny with seasonal temperatures and light winds. My rosy weather prediction had helped convince retired New Hampshire friends Laurie Wunder and Tom Meredith to join me for a hike on Little Jackson Mountain. Their first climb of the impressive peak, they were looking forward to spectacular views on the barren summit.

Motoring north on Route 156 a few miles south of Weld, I eagerly awaited my first glimpse

of Little Jackson and its alpine sidekicks, Jackson and Tumbledown Mountains. When I crested the pass between Bald and Crockett Mountains, instead of the usual impressive vista, I was confronted with sinister storm clouds enveloping the entire range. To add insult to my injured psyche, it began to snow. I didn't want to think about conditions at 3500 feet. Worse than the weather, I had some serious explaining to do with what might be my former friends when we met. I started practicing my alibi.

When I arrived at our meeting place at the beginning of Byron Road in Weld, a rainbow appeared but snow continued and

winds began to gust. My friends immediately pulled up behind me. Relieved they hadn't turned back; I was heartened to hear the weather had been worse in the mountains of northern New Hampshire. They were optimistic conditions would improve; it appeared I'd been exonerated.

After a short drive on Byron Road, a right turn on Morgan Road led us on a one mile bumpy ride to the trailhead for Little Jackson and Tumbledown Mountains. A full parking area was a clear indication I wasn't the only victim of the capricious weather forecast. The snow subsided but harsh blustery winds swirled down from the mountains. Team Stormy

packed for winter.

The Little Jackson and Tumbledown Mountain Trails began together at the far end of the parking area. After about a half mile of easy hiking, Tumbledown Mountain's Parker Ridge Trail departed left and Little Jackson Trail began climbing steadily in a predominantly deciduous forest. After about a mile, the junction for Pond Link Trail was located on the left. A possible loop trek encompassing Tumbledown Mountain and Pond was contemplated. The consensus was to continue to the top of Little Jackson before considering additional options.

Soon after, heavily bundled descending hikers were encountered. Our inquiries about above tree line conditions resulted in disappointing news. They reported the bitter wintry summit cone was completely enshrouded in clouds. I scrupulously avoided eye contact with my companions.

Angling westerly, the path steepened and narrowed in conifer growth. Sporadic ice and some snow accumulation complicated footing. Following a diligent climb through a continuum of slippery precipitous ledges, we emerged above tree line. The hikers' dire predictions proved par-

tially correct. It was very cold and windy and the top of Jackson Mountain was completely obscured. But the cloud cover had risen above Little Jackson. We had views! I could sense increasing Team Stormy harmony.

Preparing for winter had been a judicious decision. I emptied my pack of most clothing, donning a balaclava, stocking cap, winter mittens and inserts, and a down parka. My counterparts did similarly. Laurie had wisely carried stabilicers, providing improved traction on the ice and snow.

From the junction of Jackson Mountain Trail, about a mile of almost continuous exposure to the elements on slick surfaces ensued to the summit. Gales approximating

forty miles per hour were endured while conscientiously ascending extended oblique ledges and scrambling over huge boulder formations. Other hikers could be observed high above. Despite the inclement circumstances, the final ascent was invigorating and the views splendid.

Arriving at the rounded barren mountaintop, powerful gusts and frigid wind chills limited our stay. Brief consideration was given to descending steeply to Tumbledown Pond. The risk of confronting more significant ice on the vertiginous decline was too great. A return on Little Jackson Trail was our conservative choice.

Guardedly maneuvering down the rugged icy terrain, maintaining our

See Seniors, next page



Hikers emerge above tree line on blustery Little Jackson Mountain (Ron Chase photo)

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Seniors

Continued from previous page

balance in the gusty winds was challenging. Refuge was located in a narrow ravine for a much needed respite and snack. By the time we reached Pond Link Trail junction, the sun was out and winds diminished. My original forecast was five hours late.

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.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



Splendid views could be observed as a climber begins the final ascent of Little Jackson Mountain. (Ron Chase photo)

Letter To The Editor

“Get Up to Speed” Initiative

Tired of complaining about your internet? It’s time to do something about it! The Maine Broadband Coalition, in partnership with AARP Maine and others, has launched the “Get Up to Speed” initiative to aid broadband expansion efforts in Maine.

Did you know that Maine is ranked as the 43rd state in the U.S for broadband access? Thousands of Mainers currently do not have access to high-speed

internet and, as a result, are left with little or no connection to family and friends. Just one reason why AARP Maine cares so much about this issue is because, in Maine, over 135,000 people 50-plus live alone and are already at a higher risk of experiencing social isolation. The pandemic has only magnified the need to expand high-speed internet access statewide.

The “Get Up to Speed” initiative provides

an opportunity for us to do something about this! We are seeking to map out what’s really happening in Maine in terms of internet speed. To this end, the Coalition has launched a statewide, crowdsourced internet speed test.

This summer, you voted for better internet in the July 14th Maine State Primary by passing Question 1 to expand broadband access. Test your speed to help Maine take another

step towards bridging the digital divide! Visit maine-broadband.org to get started and spread the word. The more tests that are completed, the more useful it will be for our efforts to expand high-speed internet access statewide.

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Arts & Entertainment

Holiday compilation features regional talent



Actor and musician Scott Moreau performs traditional songs for the Chocolate Church Arts Center holiday compilation available online for streaming or for download. (Photo courtesy of CCAC)

From CCAC

BATH - The Chocolate Church Arts Center has released a compilation of traditional and original Christmas songs performed by Maine-based artists, including Schooner Fare and Lauren Crosby, among many others.

A link to the compilation is available at the

CCAC website, and it may be streamed for free, or downloaded for \$10.

The compilation includes submissions from eleven Maine artists. Folk heroes Schooner Fare contributed their original track "What Christmas Means to Me", while rising songwriter Lauren Crosby recorded a version of a Billie Todd song titled "One

Christmas Eve".

Veteran songwriter and producer Peter Galloway, who has been called "a master of free verse" in the Boston Globe shared his song "Christmas Roses." And Jud Caswell, a multi-instrumentalist and winner of the prestigious Kerrville New Folk competition adds his own "The Long Walk Home."

Performing traditional Christmas songs are actor and musician Scott Moreau ("God Rest Ye Merry Gentlemen"), who recently performed as Johnny Cash in sold-out shows put on over the summer by CCAC, as well as Gerald Brann ("The Christmas Song"), who performs in the popular Elton John tribute band Yellow Brick Road. Multi-instrumentalist, songwriter, and singer Heather Piereson recorded a jazzy arrangement of "We Wish You A Merry Christmas,"

and CCAC Executive Director and musician William Lederer contributed a country-soul version of "Silent Night."

Other highlights of the compilation are "City By the Sea," an original song from Bath-based musician Peter Macdonald Blachly (who performs as Peter Alexander), a tender original song from Wiscasset singer-songwriter Kat Logan called "Christmas In This Place", and a reading of the classic Christmas poem "A Visit from St. Nicholas," performed by actor and voice-over artist Tamara Lilly.

The Chocolate Church Arts Center hopes that the compilation can be enjoyed by patrons who, if not for the pandemic, may have attended what is usually a busy season of holiday performances. Last year's holiday season at CCAC featured a Christ-



Local artist Lauren Crosby recorded a cover of a Billie Todd song titled "One Christmas Eve" for the Chocolate Church Arts Center holiday compilation that can be streamed online or downloaded. (Photo courtesy of CCAC)

mas theater show, along with concerts from the likes of acclaimed Celtic fiddler Eileen Ivers, guitar great Frank Vignola, and Maine's own Don Campbell Band.

More information and a link to the CCAC Holiday Compilation can be found at the Chocolate Church Arts Center website, or by calling (207) 442-8455.



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Coronavirus Relief Funds for Meals on Wheels

From Maine DHHS

AUGUSTA— The Mills Administration announced recently that it will dedicate more than half a million dollars in Coronavirus Relief Funds (CRF) to extend home-delivered meals to older Mainers and caregivers, ensuring food and nutrition for Maine people staying home during the pandemic.

The Maine Department of Health and Human Services' (DHHS) investment of \$536,000 in federal funding will maintain greatly increased deliveries through Meals on Wheels and similar programs since the spring, when Maine received separate CARES Act funding for these programs. The number of older adults and caregivers receiving home-delivered meals and the number of home-delivered meals has since doubled, to more than 5,500 people and 102,000 meals in the month of October alone.

Maine's Area Agencies on Aging (AAAs) have rapidly expanded these programs both through direct delivery themselves and community partnerships. They will use the CRF funding announced today to stretch the initial federal award, allowing them

to maintain current levels and extend meal deliveries further into 2021, according to varying schedules based on the need.

AAAs pre-delivered Thanksgiving meals to recipients throughout Maine ahead of the holiday.

"Meals on Wheels has long been a lifeline for Maine seniors, but especially now when so many Maine people are staying home as much as possible to stay

safe during the COVID-19 pandemic," said Governor Janet Mills. "This investment will ensure that meals continue to be safely delivered to their doors by caring neighbors in communities throughout Maine. I wish all involved in this vital work a happy Thanksgiving."

"We extend our gratitude to Maine's Area Agencies on Aging and their volunteers, who help Maine seniors to age

with dignity and nourishment," said DHHS Commissioner Jeanne Lam-brew. "This federal funding will bolster their critical work during the winter as we continue to protect Maine's most vulnerable residents against COVID-19."

In addition to providing nutritious food to recipients, Meals on Wheels and similar programming ensures a so-

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Donna Harris, co-owner of Phoenix Academy of Martial Arts on Center Street in Auburn, shows off the first two awards her school received as Best of the Best for providing the Best Martial Arts Instruction in the Lewiston-Auburn area. Phoenix Academy was recently named Best of the Best for the third consecutive year. (Tsukroff photo)

Phoenix

Continued from page 1

Sosai Mark Fryover is one of the instructors, along with the Harris. And then “we are fortunate enough to have our own instructor (Tetsudai (“helper”) Tim Doyon) in-house who helps us to further our education,” she said. “And he is also donating his talents to help bring the next generation of students up, as well.”

Harris said she has been a martial artist for 23 years, but never stops learning, even from new students. “I have to learn how to teach them,” she said. Harris has been learning moves, techniques and philosophy from Doyon for the past three years.

“As a martial artist, training never ends. There’s always more to learn, there’s always more to discover about the art. Martial arts is an art, and it’s not something that you just read about. It’s something that you discover more and more,” she said. “As you practice it, you discover why the katas were written the way that they were written – what defense techniques were actually anticipated in the writing of the kata.”

With the martial arts moves if the 1960s and 1970s increasing the popularity of martial arts around the world, karate was pursued by some students only for its fighting techniques.

Harris’ school promotes karate as a defensive technique, with a holistic approach that teaches students to look inward to improve themselves.

Harris spent several hours training with Doyon last Friday afternoon. Constant learning is important, Doyon said, because “everything is perishable, everything fades.” To achieve a level of expertise “you have to keep up that constant level of practice all the time to be at that level.”

“My master used to always say, people often feel that when you get to a point where you feel you’re enlightened, that you’re at that place forever. But that’s not the truth,” Doyon said. “It’s just a marker on the road. Really, whatever got you to that point of enlightenment, you have to keep up that practice.”

Harris echoed that sentiment, explaining that this is why she continues to train and learn.

When asked about her level as a black belt, Harris said that in many styles of karate, “it’s all about rank. In our (Pinan-do) style, it’s not about rank. We’re really not worried so much about the rank,” but about the knowledge she and her students have about this martial art. The school is more interested in the growth of students, she said.

“So I’ve been practicing for 23 years, and therefore I have 23 years more experience than a student coming in off the street. So is that a rank? That’s what classifies me as having more experience,” than a new student, she said.

The belt system at Phoenix Academy is intended to recognize a

student having learned a certain number of moves. As they memorize more moves, they move up in the belt system. But the ranking of a belt color should be “more of a personal thing,” Doyon said. Rank “isn’t something to be displayed and held above peoples’ heads.”

Harris and Doyon both emphasized that the importance of their levels of knowledge is not in achieving a title, but in being able to share their knowledge with others. “The reward is in passing on the knowledge,” Doyon said, while the title is only important in that it lets the student know what they have learned.

“And I think that is one of the reasons that we win this award year after year,” Harris said. Parents will initially come to the school with the mindset that “I want to teach my child discipline, or my kid has watched ‘Teenage Mutant Ninja Turtles’ and wants to learn karate. And then they shortly discover that it’s so much more than that.”

“They see how we’re interacting with the children. It’s not just, ‘Hey, I’m teaching you how to do pushups. I’m teaching you to be fearful of me.’ It’s more, ‘So I have something to share, and I have as much to learn from you as you do from me, and we’re here to learn together.’” Harris said.

“There’s something to learn from everyone,”



Donna Harris, a Sosai (“founder”) at Phoenix Academy of Martial Arts on Center Street in Auburn, practices moves with Tetsudai (“helper”) Tim Doyon as part her continuing learning of karate. (Tsukroff photo)

she said. With new students who are just beginning, “I can learn patience. I can learn kindness. I can learn how to interact, how to pass my knowledge on to somebody.” Every student is different, and she learns what is needed to help each of those students.

Harris said she is excited about 2021 because the school is evaluating how it teaches its students and will be changing its curriculum for a more focused approach to learning karate. “We will be evolving it to reflect what we’ve discovered. We’re actual-

ly going to be taking out a lot of the things that we have that didn’t really have the values that we want to share. And we’d rather have less material, stronger, and have our students have a complete understanding of why they’re learning what they’re learning.”

The school will look at teaching students what the (karate) moves mean, how to execute them, how to use them to defend themselves, and how to use those moves and that knowledge in their everyday life “to move forward and be a better person,” she said.




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GOP weekly radio address

Friday, Dec. 11

From ME House Republicans

“Maine people have a right to be heard.

“This is Rep. Peter Lyford of Eddington with the Republican Weekly Radio Address.

“It’s been nine months since the 129th adjourned.

“Now, a new legislature has been sworn in.

“We have a new Speaker, eleven more Republicans, and no House Republican incumbents lost this past election.

“House Republicans are still far short of the numbers needed to force

Governor Mills, or legislative Democrats, to do anything that they don’t want to.

“That does not mean we will give up trying.

“That is why, on Day 1 of the new legislature, I introduced a Joint Resolution to terminate the state of emergency initially proclaimed by the Governor on March 15, which she has extended nine times.

“That same day, House Republicans AGAIN called for the Legislature to “go to work” on COVID-related matters now, not in 2021.

“These actions are a sincere effort to give the

Maine people a voice by involving the entire legislature in shaping sensible, evidence-based, scientific policies to protect Maine without destroying more lives, our way of life, or our economy.

“This is not an effort to end our response to coronavirus, it is intended to be the beginning.

“The beginning of bipartisan cooperation between two equal branches of government, as provided by the Maine Constitution.

“The beginning of public involvement through their elected officials.

“The beginning of a shared approach.

“It has now been nine months without real consultation between the Governor and the minority members of legislative branch.

“People’s lives are impacted every day, with no ability for their voices to be heard.

“We need to begin legislative committee work now, in December of this year, not January of 2021.

“The situation demands bipartisan action with legislative involvement.

“I want to thank the Speaker of the House and President of the Senate for allowing this Joint Resolu-

tion to be considered.

“It required their consent to move forward.

“I urge my colleagues of both parties to support this, so that we can all work together going forward.

“Several citizens have reached out asking how they can help Maine get back on track.

“I urge people to contact their State Representatives and State Senators.

“Politely ask them to support the Joint Resolution removing the Governor’s state of emergency.

“Ask them to hold public hearings in December to take advice from citizens, small businesses,

health care workers and everyone with a practical idea on how to safely and responsibly move forward.

“Faith in our government’s ability to respond to the challenges of coronavirus cannot be restored, maintained or enhanced without a true bipartisan response and shared decision-making.

“The public must be allowed to participate in decisions that affect their life, health and wellbeing.

“This has been Representative Peter Lyford with the Republican Weekly Radio Address.

“Thank you for listening and sharing.”

UMaine Extension beekeeping classes



Beekeepers check a hive for honey production. (Photo courtesy of UMaine)

From UMaine

FALMOUTH — University of Maine Cooperative Extension is offering separate online beekeeping classes for beginner and experienced beekeepers starting Jan. 14 and Feb. 25.

The five-session beginning class, for beekeepers with less than one year’s experience, meets from 6–7:30 p.m. Jan 14–Feb. 11. With a focus on the basics of honeybee biology and

beekeeping, the class can also act as a refresher for beekeepers going into their first winter. The fee is \$100 per person, with required book; \$70 if required book is purchased elsewhere. Register on the Beginner Beekeeping webpage.

The four-session intermediate class, for beekeepers with a minimum of two years’ experience, meets 6–7:30 p.m. Feb. 25–March 18. Focused on effectively managing

a hobby apiary in Maine, topics include maximizing colony health, honey production and swarm prevention. The fee is \$150 per person, with required books; \$80 if required books are purchased elsewhere. Register on the Intermediate Beekeeping; Apiary Management web-

page.

All classes are taught by Eastern Apiculture Society Certified Master Beekeeper Erin MacGregor-Forbes. For more information or to request a reasonable accommodation, contact 207.781.6099; rebecca.gray@maine.edu.



Two beehives. (Photo courtesy of UMaine)

“Wreaths Across America Day” Dec. 19

From US Sen. Collins

WASHINGTON, D.C. — The Senate unanimously passed a resolution introduced by U.S. Senators Susan Collins and Angus King designating Saturday, Dec. 19 as “Wreaths Across America Day.”

Traditionally, a convoy of volunteers travels from Maine to Arlington National Cemetery to lay Maine-made balsam wreaths at the headstones of American veterans interred there. International Paper, which has a corrugated packaging facility in Auburn, is donating 7,500 boxes and helping to purchase wreaths and transport them to Arlington National Cemetery.

“Wreaths Across America is a powerful demonstration of respect and appreciation for our veterans — both those that we’ve lost and those still with us,” said Senators Collins and King in a joint statement. “We are so proud that this heartfelt expression of gratitude originated in the great State of Maine and has become an enduring symbol of our nation’s gratitude for veterans’ valor and sacrifice. This resolution remembers and honors America’s veterans this holiday season, while also teaching generations to come of the sac-

rifices that have been made to secure our freedoms and to defend our liberty.”

Given the COVID-19 pandemic, precautions will be taken this year to balance health and safety requirements and the desire for families of those interred at Arlington National Cemetery and the Soldier’s and Airmen’s Home Cemetery to participate in this year’s Wreaths Across America event. The event will be closed to the public but a phased schedule has been established to allow for the participation of family pass holders, the Military District of Washington, soldiers from the 3d U.S. Infantry Regiment (The Old Guard) and the Wreaths Across America organization. A full statement from the Arlington National Cemetery can be found here.

In 2019, approximately 2.2 million wreaths were laid at more than 2,200 locations across the U.S. and overseas. This included more than 13,300 wreaths placed at the American Cemeteries in Luxembourg and the Netherlands, in remembrance of those lost during World War II.

Senator Collins’ father was a World War II veteran who was wounded twice during the Battle of the Bulge.

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Collins champions National Defense bill

From US Sen. Collins

Washington, D.C.— U.S. Senator Susan Collins, a senior member of the Defense Appropriations Subcommittee, announced that the fiscal year (FY) 2021 National Defense Authorization Act (NDAA), which would authorize \$731.6 billion for national defense, passed the Senate by an overwhelmingly bipartisan, veto-proof vote of 84-13 on Friday.

Senator Collins urged the President to quickly sign this crucial bill into law.

“The NDAA represents one of Congress’ most important responsibilities. For the past 59 consecutive years, Congress has come together in a bipartisan manner to craft this annual legislation,” said Senator Collins. “The NDAA authorizes funding to support our brave military members serving overseas, including a three percent pay raise for our troops in this year’s bill, and sets policy for our nation’s military and critical national defense priorities. The legislation also contains provisions important to our state, supporting the jobs of the hardworking Mainers who make invaluable contributions to our national security, including at BIW, PNSY, Pratt & Whitney, and DFAS Limestone.”

Senator Collins authored an amendment that was adopted in the final bill:

Strengthening the Navy. An amendment Senator Collins authored and Senator Angus King (I-ME) co-sponsored would prohibit the Navy from reducing its current 104-ship destroyer requirement unless the Secretary of the Navy submits a report to Congress demonstrating that any proposed reduction would not jeopardize our national security. This amendment will help to protect our shipbuilding industrial base, including Bath Iron Works, which will be essential to reach the goal of a 355-ship Navy.

The NDAA also includes a number of provisions Senator Collins strongly advocated for that will benefit Maine:

Support for BIW. The NDAA authorizes the procurement of nine battle force ships, including two Arleigh-Burke destroyers, one of which will be built by the highly skilled men and women at Bath Iron Works.

Support for PNSY Employees. Provisions championed by Senators

Collins and Jeanne Shaheen (D-NH) would help PNSY firefighters develop alternative work schedules and exempt public shipyard workers from DOD’s government lodging program when it would adversely affect their mission.

Infrastructure Improvements at PNSY. The NDAA authorizes \$160 million for the first phase of funding for PNSY’s \$715 million Multi-Mission Dry Dock #1 extension military construction project, which will be authorized and funded over three years due to its large size. This project will ensure PNSY is able to support the Navy’s Virginia-class submarines for decades to come.

Support for Defense Contractors in Maine. The NDAA authorizes 93 fifth-generation Joint Strike Fighter aircraft and seven CH-53K King Stallion helicopters. Pratt & Whitney’s North Berwick factory manufactures the F-35’s top-of-the-line engine, and Hunting Dearborn in Fryberg has been making important contributions to both the F-35 and CH-53K programs for years.

Support for Semiconductor Industry. An amendment co-sponsored by Senator Collins would make critical investments in commercial and defense-related microelectronics projects

to ensure the United States remains a world leader in the industry. This will help keep our national security strong and benefit domestic manufacturers of semiconductors, like On Semiconductor and Texas Instruments that have factories in South Portland.

Navy Station in Cutler. The NDAA authorizes \$26.1 million for the construction of additional perimeter security at the Navy’s detachment in Cutler, an important installation that allows Navy commanders to communicate with U.S. and NATO ships, planes, and submarines operating in the Atlantic. This project was the Navy’s #1 unfunded military construction priority and was included in the NDAA at Senator Collins’ request.

Coronavirus response. The bill includes numerous provisions related to ensuring service-members have adequate diagnostic equipment, testing capabilities, and personal protective equipment, along with resources and authorities to support overall readiness.

Pay Raise. Authorizes a three percent pay raise for members of the Armed Forces and prioritizes support for family readiness, including spouse employment opportunities and child care.

Brewers

Continued from page 3

on-premise establishments. Together, these producers support over four million jobs across the country and contribute immensely to the vibrancy of our economy and communities.

However, with the economic duress brought on by the COVID-19 pandemic, producers’ businesses have been devastated which would be compounded by an increase in their federal excise taxes. Producers have already seen dramatic declines in revenue because of the closures of tasting rooms and restaurants, bars, and other on-premise establishments and cancellations of major sporting events and concerts. These losses ripple throughout the supply chain, affecting farmers, agriculture producers, manufacturers, truck drivers, warehouse workers, and countless others.

It is imperative that the Craft Beverage Modernization and Tax Reform Act be included in the next appropriate legislative package and acted upon before the end of the year. As businesses struggle to retain workers and stay open, allowing the current rates to lapse would force many businesses across the country to lay off workers or close their doors permanently. With the support of 77 Senators and 351 Representatives, this bill is a bipartisan priority and an important economic lifeline to thousands of busi-

nesses across the country.”

CARES

Continued from page 3

ed DACF Commissioner Amanda Beal.

Businesses involved in the food supply chain, which is the process by which food from a farm ends up on our tables, include food processors, wholesalers, retailers and others that have been disrupted by the coronavirus.

This funding can be used to reimburse equipment purchases, capital projects/improvements, and other eligible costs incurred between Mar. 1 and Dec. 18, 2020.

The program’s application deadline is Dec. 18 and funds are available on a first-come, first-served basis to eligible applicants.

Complete CARES Act Infrastructure Reimbursement Program (CFDA# 21.019) information is available on CEI’s Maine Grant Programs webpage at <http://bitly.ws/aJK9>

Pantries

Continued from page 1

tries that have accrued unanticipated expenses while working to overcome food supply and distribution challenges caused by the COVID-19 public health emergency. The funding will help Maine food security organizations address supply chain disruptions, food storage, distribution infrastructure limitations, and public health and safe-

ty challenges – all in direct response to the pandemic.

“Families across our state are struggling to keep food on the table because of the coronavirus pandemic,” said Governor Mills. “We hope these additional federal funds bolster the efforts of organizations who have worked so hard to keep families fed during these challenging times. I encourage all eligible organizations to access this Food Security Network Reimbursement Program to help them respond to rising demands for food, especially during these holiday months.”

“We recognize that Maine food banks and pantries are responding to unprecedented demand and many have incurred many unexpected costs associated with trying to serve hungry Mainers, while also adhering to public health and volunteer and worker safety practices,” said Commissioner Beal.

“Many of these organizations work with limited resources to provide critical support to their communities. With this important program, the Department is helping these food security organizations recoup unbudgeted expenses caused by the pandemic,” added DACF Bureau of Agriculture Director Nancy McBrady.

Complete CARES Act Food Security Network Reimbursement Program (CFDA# 21.019) information is available on Catholics Charities Maine Grant Programs webpage.



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Maine requests more vaccines

Maine CDC prepares for shipments

From State of Maine

AUGUSTA— The Maine Department of Health and Human Services (DHHS) announced last Friday that the Maine Center for Disease Control and Prevention (Maine CDC) has placed its second order for doses of COVID-19 vaccine for 37,850 people to the U.S. Centers for Disease Control and Operation Warp Speed.

This order represents the second in a series of vaccine requests that Maine CDC will file in the coming weeks and months, as specified by Operation Warp Speed, as part of Maine's accessible, flexible, and equitable distribution plan for the vaccine.

Maine CDC's order reflects the maximum

number of doses that the federal government recently informed Maine would be available in its second allocation. Combined with the December 4 order, Maine will have enough to vaccinate approximately 50,525 people. Maine CDC expects the second allocation to comprise 13,650 doses from Pfizer and 24,200 doses from Moderna.

This week, a U.S. Food and Drug Administration (FDA) advisory committee recommended authorization of the Pfizer vaccine. The Moderna vaccine is scheduled for the same type of review next week. FDA is now reviewing the advisory committee's recommendation and is expected to issue its authorization within

days.

"With FDA authorization of the vaccine days away, we are working with our health care providers to ensure they are ready to vaccinate their workers as soon as these doses arrive," said DHHS Commissioner Jeanne Lambrew. "Today's second order allows Maine to expand vaccine supply for hospitals, assisted living and other residential facilities, and some home health workers."

"Vaccination for front line health care workers could start in Maine as soon as next week," said Dr. Nirav D. Shah, Director of the Maine CDC. "Maine CDC continues its work with health care providers to take the steps needed to receive, administer, and

report vaccinations. We remain committed to efficient and equitable distribution of the vaccine."

Operation Warp Speed has told Maine CDC to expect the initial vaccine order to arrive potentially next week, and today's order to arrive the following week. Materials needed to support vaccine distribution, such as face shields, are beginning to arrive at sites in Maine.

As previously announced, the first allocation will be administered to frontline health care professionals, as well as residents of skilled nursing and long-term care facilities, per guidelines approved by the U.S. CDC's Advisory Committee on Immunization Practices.

In the second

week of distribution, shipments of 25,625 doses of vaccine will be sent to hospitals that have a provider agreement with the U.S. CDC. Higher amounts were allocated to hospitals that have had the most COVID-19 patients in the past 60 days. Three home health agencies that have signed up will receive a total of 900 vaccines. EMS agencies in Maine will also begin receiving allocations of vaccine, with this order reflecting vaccine for 500 responders. And 100 doses will go to the Houlton Band of Maliseets; the other tribal governments will get vaccine directly from the Federal government. In parallel to these allocations, Maine will also dedicate 10,725 doses to the retail pharmacy program to vac-

inate staff and residents of over 680 skilled nursing and other residential facilities.

In addition to the December 4 order and today's order, Maine CDC has been told to expect a third weekly allocation of 13,650 doses of the Pfizer vaccine and second weekly allocation of 10,700 doses of the Moderna vaccine, pending FDA authorization. The Pfizer vaccine requires ultra-cold storage, while the Moderna vaccine can be stored at normal freezing temperature.

While recent developments on potential vaccine approval are promising, questions persist about the federal government's allocation plan and ongoing provision of these lifesaving vaccines. Maine's congressional delegation has asked the Federal government for additional information and greater transparency to help the state plan to vaccinate its residents and contain the pandemic as soon as possible.


Maine's planning for COVID-19 vaccine distribution began in spring 2020, building on the existing network of vaccine providers throughout the state. In October, Maine CDC submitted the first version of its plan to distribute a COVID-19 vaccine. It also has been working with providers to sign up to administer the vaccine. Information can be found on the Maine CDC website. Maine will update the plan as more is learned about vaccine manufacturing, storage, efficacy in different groups, dosing schedules, as well as other factors that will affect the implementation of vaccination on a large scale. The vaccine distribution framework will also evolve with continued input from health care providers and various communities throughout Maine.

Funds

Continued from page 7

cial interaction and wellness visit to vulnerable adults in Maine. Especially during challenging times, this connection to another caring individual can be a lifeline for older Mainers. Also, caregivers qualify to receive meals during the pandemic, providing them with extra support when getting out to grocery shop can be challenging.

To ensure health and safety, meal delivery volunteers knock at the door of each home and then step back to ensure that the meal is received while maintaining physical distancing.



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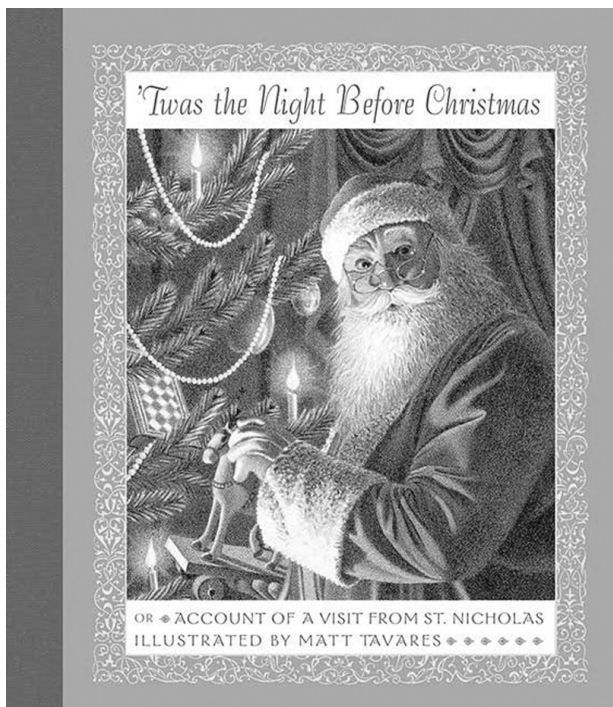
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Virtual edition of 'Twas the Night Before Christmas

From The Public Theatre



LEWISTON - The Public Theatre in Lewiston has partnered with Maine illustrator Matt Tavares to create a delightful video recording of 'Twas The Night Before Christmas that the theatre is offering on their website - thepublictheatre.org - as a free gift for families to enjoy.

"Since we were unable to produce *A Christmas Carol* this year, we

wanted to create a few things to share with our audience for all of their generous support this season," said Artistic Director Christopher Schario. "We're also putting the finishing touches on a 27-year video retrospective of The Public Theatre's history of developing and producing *A Christmas Carol* that includes a delightful Zoom visit with many of our now

grown-up Tiny Tim's that we'll be releasing to the public later this month."

In this version of 'Twas The Night Before Christmas, the words appear exactly as they did when it was published anonymously in 1823 in a New York newspaper under the title, "An Account of a Visit from St. Nicholas." For many American children, this was the first time they had heard of Santa Claus. Wondering what might happen if they hung their stockings by the chimney, many children did, and were greeted the following morning by an array of treats. News of this phenomenon quickly spread, and the poem was reprinted all over the world. Accompanying these words are illustrations created by Bates College Alumnus Matt Tavares and original music performed by Maine fiddler Greg Boardman.

Tavares was born in Boston, and years later, became a studio art major at Bates College and resident of Maine. For his senior project, Matt wrote and illustrated a story that went

on to win a Massachusetts Book Award Honor and was named one of Yankee Magazine's 40 Classic New England Children's Books. Since then, Matt has illustrated nineteen more books. Three titles won Parents' Choice Gold Awards, two were named ALA Notable books, one earned an Orbis Pictus Honor, and eleven have been chosen for the Society of Illustrators' Original Art exhibit.

Being unable to perform live due to the pandemic, The Public Theatre has been busy virtually expanding its educational outreach program to support teachers and students during this time. This video is part of an ongoing partnership between The Public Theatre and local libraries, focusing on bringing children's literature to life for young readers. Free virtual theatre workshops in imagination building and character development are also being offered to teachers and schools throughout Maine at this time.

To view 'Twas the Night Before Christmas, visit: thepublictheatre.org

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Calendar

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THURSDAY, DEC. 17
8-9 a.m.

AUBURN - 9-1-1 Committee meeting. L-A Communications, 552 Minor Avenue.

9:30 a.m.

GORHAM - Baxter Library. Toddler Discovery Time - Join Ms. Dani for a Virtual Discovery Time on Facebook. She will read a story and present an extension activity related to the book. So much fun for this age group! (18 months-3 yrs)

6:30 p.m.

GORHAM - Zoning Board of Appeals meeting via ZOOM.

SUNDAY, DEC. 20
11 a.m.-2 p.m.

AUBURN - Auburn Farmers' Market at the Auburn Senior Community, with lots of fresh, local, seasonal & handmade goods.

1:30 p.m.

LEWISTON - The Vaillancourt Family will present a short program of Christmas music for strings and organ at the Basilica of Saints Peter and Paul in Lewiston.

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.

Livestream Christmas Concert with Còig

From CCAC

BATH - The Chocolate Church Arts Center will present an online Christmas concert featuring the Celtic supergroup, Còig at 7:30 p.m. on Saturday, Dec. 19.

Còig is one of Cape Breton's most captivating musical exports, and has performed at the Chocolate Church Arts Center for the last several years.

Armed with an infectious, energetic sound,

and musicians who play over a dozen instruments, the group is a true musical force. The band moves easily between century-old tunes of past generations to original contemporary compositions featuring fiddles, piano, guitar, bouzouki, whistles, and more.

The online concert will be presented from a theater in Canada. Video is by a professional film crew, and the audio is mixed by trained audio engineers, so watchers can expect a

high-quality experience.

Còig's performance will be an opportunity for lovers of traditional and contemporary Celtic and Cape Breton styles to take in Christmas classics, and music from the group's storied catalogue.

Much of the music of Nova Scotia's Cape Breton region is Celtic in nature, but originates from local traditions and celebrates the sea, as well as fishing and other primary industries. The members of

Còig embrace this heritage in their music, as fiddler Chrissy Crowley joins Rachel Davis on fiddle, viola and vocals, and multi-instrumentalist Darren McMullen takes command of guitar, mandolin, banjo, whistles, vocals, and more.

Tickets for the Còig Online Christmas Concert are \$20 and can be purchased via the link at www.chocolatechurcharts.org. Questions may be directed to info@chocolatechurch.com or (207) 442-8455.

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

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Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy.

VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call:Claire - 207-784-0302 or Cindy- 207-345-9569.

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