

Pfizer vaccine arrives at CMMC



A hospital worker receives the box containing the first doses of the Pfizer vaccine that arrived at Central Maine Medical Center last week. (Photo courtesy of CMH)

From CMH

Central Maine Medical Center in Lewiston received the first doses of the Pfizer vaccine last week, sharing half with the St. Mary's Health System.

Central Maine Healthcare's Chief Medical Officer John Alexander said, "Today, we reached an important point in our fight against the coronavirus pandemic," with the arrival of 975 doses.

The box containing the vaccine in dry ice was small, "but represents so much hope for patients, team members and community," he said.

Across Central Maine Healthcare, a dedicated team of nurses, pharmacists, clinicians and support team members were prepared to administer frontline team members in line with the principles laid out by the Advisory Committee on Immunization Practices.

CMMC shared 500 doses with St. Mary's, and Alexander said CMH has been coordinating with the leadership at St. Mary's to ensure that frontline caregivers at both organizations are protected so they maintain the continuity of care for the communities they serve, including residents who are most affected by the pandemic, underserved, experiencing homelessness or are people of color.



Decorated trees highlight the yard in front of the Smirles family home at 17 Monroe St in Auburn as part of the Reverse Parade of Lights. (Tsukroff photo)

Auburn Reverse Parade of Lights

From City of Auburn

AUBURN - Instead of the traditional Twin Cities Parade for the Christmas Holiday, Auburn hosted a "Reverse Parade of Lights" this year.

Families and businesses decorated their homes and buildings to celebrate the season.

The City of Auburn published a map on its Home for the Holidays website page at <http://bitly.ws/aQSo> and invited everyone to drive by and view the decorations.

See **Lights**, page 8 for more photos



The Levasseur family decorations for Auburn's Reverse Parade of Lights, at 50 Poland Rd in Auburn. (Tsukroff photo)



Santa, a snowman, and a polar bear in the front yard of the Giorgetti family house at 49 Towle St in Auburn as part of the Reverse Parade of Lights for Christmas 2020. (Tsukroff photo)

Snowmobile Helmets

FXR - HJC - CKX - GMAX - SCORPION

U-Clear Helmet Communicators

Sizes Youth to 5XL

998-5390

STAY SAFE AND ENJOY YOUR RIDE!

SHAKER HILL

Open Every Day! Outdoors

“Well worth the short drive from Lewiston”

271 Maine Street, Route 26, Poland

www.shakerhilloutdoors.com

We're Dreaming Of A Green Christmas

The Healing Community

MEDCo

741 MAIN ST - 40 LISBON ST

CRAFT CANNABIS | ARTISANAL EXTRACTS | INCREDIBLE EDIBLES

thcMEDCo.com | 1-866-42-MEDCo | Open Everyday 9am - 9pm

Newsmakers, Names & Faces

Cumberland County designated ‘yellow’

From Maine DOE

AUGUSTA – The Maine Department of Education announced last week that the Mills Administration designated Cumberland County as “yellow” due to increased case rates and positivity rates.

This was done in the weekly update to the administration’s color-coded Health Advisory System that classifies counties’ relative risk of COVID-19 transmission to assist schools as they continue with their plans to deliver instruction and support to students safely.

The Maine Department of Health and Human Services (DHHS) and Maine Center for Disease

Control and Prevention (Maine CDC) continue to review evidence that indicates lower transmission of COVID-19 in schools compared to the general population. Over the last 30 days, the rate of new cases is 25.2 per 100,000 staff and students, compared to 62.5 per 100,000 people statewide. This lower rate of new cases in schools is consistent with previous weeks.

DHHS and Maine CDC assessed COVID-19 data and trends for all counties. Based on this assessment, the following designations have been determined:

REMAIN YELLOW: Androscoggin, Oxford and York counties have rising

positivity rates, exceeding the statewide average.

NOW YELLOW: Cumberland County experienced an increase in both the new case rate per 10,000 people and positivity rate.

All other counties remain in the green designation.

Under the “yellow” designation, which indicates an increased (moderate) level of community risk, schools may consider additional precautions, such as limiting numbers of people in school buildings at the same time, suspending extracurricular or co-curricular activities including competitions between schools, limiting interaction through co-

horting, or other measures based on the unique needs of each school community.

These designations are made out of an abundance of caution and for the consideration of school administrative units in their decisions to deliver instruction.

It is essential that school districts across the State of Maine continue to implement plans that adhere to the six requirements for returning to in-person instruction, regardless of their county’s designation.

The Health Advisory System categorizations are defined as follows:

RED: Categorization as “red” suggests that the county has a high risk of COVID-19 spread and that

in-person instruction is not advisable.

YELLOW: Categorization as “yellow” suggests that the county has an elevated risk of COVID-19 spread and that schools may consider additional precautions and/or hybrid instructional models to reduce the number of people in schools and classrooms at any one time.

GREEN: Categorization as “green” suggests that the county has a relatively low risk of COVID-19 spread and that schools may consider in-person instruction, as long as they are able to implement the required health and safety measures. Schools in a “green” county may need to use hybrid instruction models if there is insufficient capacity or other factors (facilities, staffing, geography/transportation, etc.) that may prevent full implementation of the health and safety requirements.

The county-level assessments are based on both quantitative and qualitative data, including but not limited to recent case rates, positivity rates, and syndromic data (e.g., symptoms of influenza or COVID-19). Those data are publicly posted every week on the Maine CDC website. DHHS and Maine CDC also consider qualitative factors, such as the presence of outbreaks that may potentially affect school-age children.

Wreaths Across America places 1.7 million veterans’ wreaths



A girl says a brief prayer after placing a wreath at the grave of a military veteran as part of National Wreaths Across America Day last Saturday. (Photo courtesy of WAA)

From WAA

COLUMBIA FALLS, Maine – Last Saturday, on National Wreaths Across America Day at 2,557 participating locations, dedi-

cated Americans in every state honored our nation’s heroes by safely placing a total of 1.7 million veterans’ wreaths on their headstones and remembering them, by saying each name out loud.

“The 2020 theme for Wreaths Across America has been ‘Be an American worth fighting for,’ and this year I have been blessed to see my fair share,” said Karen Worcester, executive director of Wreaths Across America. “The determination of the American people and their commitment to the mission to Remember, Honor, Teach, made it possible for us to move forward this year, safely. We are humbled, and forever grateful for the outpouring of support from all across the country.”

Wreaths Across America would like to thank the dedicated volunteers in every state for overcoming the many obstacles presented and remaining focused on the mission over the last year. From the individual Location Coordinators working with local officials on modified wreath placement plans, to the professional truck driv-

ers who have been keeping this country moving but found time to help deliver these truckloads of respect, each person has played an important part in the mission to Remember the fallen, Honor those that serve and their families, and Teach the next generation the value of freedom.

Each live, balsam veteran’s wreath is a gift of respect and appreciation, donated by a private citizen or organization and it is placed on graves by volunteers as a small gesture of gratitude for the freedoms Americans enjoy. For centuries, fresh evergreens have been used as a symbol of honor and have served as a living tribute renewed annually.

Wreaths Across America believes the tradition represents a living memorial that honors veterans, active duty military and their families and when volunteers say the



A Maine state police trooper takes a moment to honor a veteran after placing a wreath as part of National Wreaths Across America Day last Saturday. About 1.7 million wreaths were placed at 2,557 locations across the United States. (Photo courtesy of WAA)

name of a veteran out loud, when placing a wreath, it ensures they live on in our memory.

For more information, visit www.wreathsassamerica.org.

Wreaths Across America is a 501(c)(3) non-profit organization founded to continue and expand the annual wreath-laying ceremony at Arlington Na-

tional Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization’s mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans’ cemeteries and other locations in all 50 states and beyond.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Nicole Lajoie
Licensed Agent

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



CHAMPOUX INSURANCE
DELIVERING ON THE PROMISE

150 East Avenue ~ Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com

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

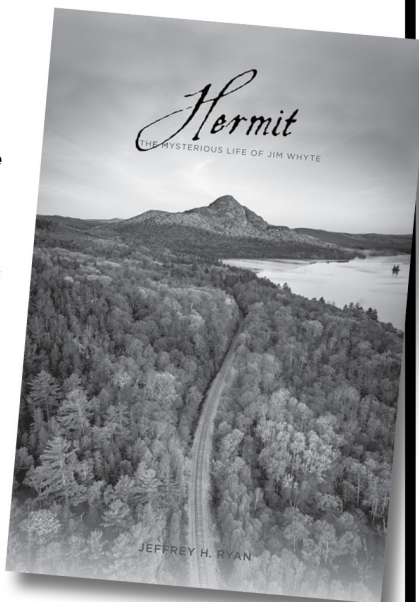
Cabin fever got you down?

Escape with Maine’s most intriguing Hermit.

“Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it’s based on real people and real events.”
— Bill Bushnell, Bushnell on Books

“I can tell you it will not take you many days to read, because you won’t be able to put it down. I wasn’t surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio.”
— George Smith, Bangor Daily News

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



Newsmakers, Names & Faces

Christmas Day lunch available



An MCHPP staff member has a meal ready for the next neighbor in need. (Photo courtesy of MCHPP)

From MCHPP

BRUNSWICK - The Mid Coast Hunger Prevention Program (MCHPP) Soup Kitchen at 12 Tenney Way in Brunswick will be serving a hot lunch to-go on Friday, Dec. 25, from 11 a.m.-12:30 p.m. to any of our neighbors in need.

Volunteers will be serving up Chicken Tetrazzini and Green Beans for the main option, along with a vegetarian Tetrazzini and Green Beans for community members preferring a vegetarian option. A variety of bread items will be available while supply lasts.

MCHPP is operating an outdoor Food Pantry and Soup Kitchen for community members to access food in a safe and distant way during this challenging time. Grab and go meals are provided right outside the front door for any person who needs a freshly prepared meal.

This program is no-questions-asked and open to everyone who wants to

stop by; guests walk up one at a time to pick out their meal, ensuring social distancing between everyone. Masks are required on-site for all guests receiving food.

The usual Friday Food Pantry will not be open due to the Holiday. If anyone is in need of food, the

drive-through pantry will re-open on Saturday, Dec. 26th, from noon-3 p.m.

Mid Coast Hunger Prevention Program is a nonprofit organization based in Brunswick and dedicated to a mission of offering dignity and empowerment by providing all members of the community with access to healthy food.

For more information about MCHPP's services, hours, and volunteer opportunities, or to make a donation, visit mchpp.org.

Auburn holiday closures

From City of Auburn

AUBURN - There will be NO trash/recycling collection in Auburn on Christmas Day or New Year's Day. There will be a special pick-up on Saturday, Dec. 26, to make up for the closure on Christmas Day.

Maine Waste to Energy will be open on the Saturdays following the holidays from 7 a.m.-noon.

Auburn Hall and all administrative offices of the City and its departments will be CLOSED on Dec. 24 and 25 and on Dec. 31 & Jan. 1.

Auburn Recreation and the Auburn Senior Community Center will be CLOSED on Dec. 24 and 25 and on Dec. 31 & Jan. 1.

Norway Savings Bank Arena CLOSED Dec. 24 and 25. OPEN on Dec. 31 and Jan. 1.

Ingersoll Turf Facility CLOSED December 24 and 25 and on Dec. 31 at 1 p.m..

Auburn holiday meal

From City of Auburn

AUBURN - Auburn's Age-Friendly Community Committee, together with the Auburn Recreation Department and Auburn resident Matt Leonard invite Auburn residents to enjoy a "Special Christmas and New Year's Meal."

The free, delicious meal - which will be comprised of three finger rolls (chicken, egg, or ham), chips, a Bismarck pastry, and a water - will be take place from noon-3 p.m. on Wednesday Dec. 30 and will be a "pick-up" only event.

Pre-order is required no later than Dec. 28 and can be done by contacting Jamie Longley at Auburn Recreation at 333-6601 x 2108 or JLongley@auburnmaine.gov.

The meal is free, although donations of any size are welcome.

Follow us on Facebook!
Don't miss our weekly giveaways!

THE DUMP GUY

JUNK REMOVAL

Basement, Attic, Garage & Apartment Cleanouts

Boat, Vehicle & Camper

(207) 450-5858 • www.thedumpguy.com Fully Insured

Jason Hodsdon Masonry

Chimneys • Chimney Cleanings
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners
We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

Blanchard's Cash Fuel

#2 Heating Oil and K-1
Off Road Diesel (Dyed)
On Road Diesel (Clear)
Propane

225-3588
3 Conant Road, Turner
(on the Auburn/Turner Line)

Don't Shiver...We Deliver!
www.blanchardscashfuel.com

TWIN CITY TIMES

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

Laurie A. Steele
Publisher/CEO
Laurie@TwinCityTimes.com

Lillian Baker
Office Manager
Lillian@TwinCityTimes.com

Nathan Tsukroff
Managing Editor
Editor@TwinCityTimes.com

Lacey Rollins
Outside Rep
Info@TwinCityTimes.com

ADVERTISING
For advertising information email
ads@TwinCityTimes.com
or call 207-795-5017.

DEADLINE
Deadline for ads and press releases is
5 p.m. on Friday preceding publication.
Published every Thursday.

PRESS RELEASES
All submissions, including photos
must be emailed to the editor,
Editor@TwinCityTimes.com.

PROOFS
Publisher is not responsible for any
errors in ad copy not inspected by
advertiser prior to publication.

FREE e-subscriptions at www.TwinCityTimes.com

CRF funds for COVID-19 testing

From Maine DAFS

AUGUSTA – Governor Janet Mills and Commissioner for the Department of Administrative and Financial Services Kirsten Figueroa announced recently that the Administration has committed all of Maine’s \$1.25 billion in CARES Act Coronavirus Relief Funds (CRF).

The final commitment of \$6.8 million will fund the public-private partnership with Westbrook-based IDEXX Laboratories for COVID-19 testing. This partnership has more than quadrupled Maine’s capacity for detecting the virus. The final CRF commitment comes ahead of the December 30, 2020 expiration of CRF funding and as Congress considers additional COVID-19 relief for the American people.

“Maine’s response to COVID-19, including our game-changing partnership with IDEXX and our small business recovery, education and housing grants, would not have been possible without Federal relief,” said Governor Janet Mills. “With all of our CRF funding committed and scheduled to sunset at the end of this month, and with the virus spreading dangerously in Maine and across the country, I urge Congress to provide continued pandemic relief for Maine people and to offer flexibility for any exist-

ing funds. I am grateful to Maine’s Congressional Delegation for their advocacy and help and will continue to work closely with them.”

“Amid changing guidance from the U.S. Treasury on CRF-eligible activities, global supply chain backlogs, and expiration of funding later this month well ahead of any clear victory against the virus, we continue to monitor CRF commitments and will readjust and draw-down funds through to the end as necessary,” said Kirsten Figueroa, Commissioner for the Department of Administrative and Financial Services. “Maine’s strong response to this virus would not have been possible if not for Federal funds. As our fight against COVID-19 continues, I join Governor Mills in urging Congress to provide more Federal relief to Maine – and to all states across the nation – and to provide flexibility for funding already awarded.”

“Since the beginning of this public health and economic crisis, we have worked closely with Governor Mills to help ensure that the State of Maine has the resources it requires to help respond to COVID-19, including providing more than \$8 billion in federal funding to protect Mainers’ health and jobs,” said Senators Collins and King and Representatives Pingree and Golden. “It is our highest priority to pass an

additional federal relief package to support families, small businesses, employees, students, and health care providers who are continuing to face severe challenges during this persistent pandemic. As cases rise and federal aid programs expire, creating tremendous uncertainty for communities during the holiday season, the need to act now is urgent. We remain united in our efforts to advocate for Maine, and we are continuing to work with our colleagues on both sides of the aisle to provide additional assistance to support the health and safety of Mainers and our economy.”

The Mills Administration committed nearly half of the state’s Federal CRF to support Maine’s small businesses and workers. The administration provided \$294 million to bolster the Unemployment Trust Fund and provided more than \$240 million in economic recovery grants to help sustain business operations. Furthermore, the Administration is providing a one-time payment of \$600 to Maine people who are unemployed as a result of the pandemic as Federal unemployment benefits are poised to expire.

The administration also provided significant funding to Maine’s public school systems to help them provide safe in-person learning opportunities and to adjust to hybrid- or fully remote-learning options, including

purchasing remote learning devices for students and partnering with Internet Service Providers to expand broadband.

Additionally, Maine invested significantly in public health and safety, including the procurement of PPE; health and safety within congregate living settings; grants for healthcare providers and for municipalities to deploy public health and prevention programs; child care for front-line workers; and pandemic assistance for people who are homeless, minorities, food insecure, and otherwise marginalized. While Maine will use other Federal monies to fund the partnership with IDEXX, additional CRF funding is critical to advancing the full set of actions associated with the state’s comprehensive COVID-19 response.

“As has been the case across the nation, COVID-19 has created an unprecedented financial crisis for businesses in Maine – especially in high customer service industries like tourism and the restaurant industry,” said Heather Johnson, Commissioner for the

Department of Economic and Community Development. “DECD is facilitating more than \$240 million in grant programs to Maine’s small businesses, funded completely through CRF, allowing businesses to determine their most urgent needs during these unprecedented times. These hardships will not disappear with the new year and continued funding from Congress will be instrumental in Maine’s economic recovery.”

“As cases rise, hospitalizations increase and medical staff are challenged, the need for continued relief from Congress for testing, contact tracing, other activity cannot be overstated,” said Jeanne Lambrew, Commissioner for the Department of Health and Human Services. “Moreover, while we stand ready to begin distributing COVID-19 vaccine, Federal officials have previously indicated that they will not offer states additional funding. Federal funding is vital to the success of this monumental undertaking in Maine and across the country.”

Federal legislation stipulates that all CRF expenses be in-

curred by December 30, 2020, with a three-month period available beyond that date for the issuance of payments. The Mills Administration committed \$35 million in CRF for the local match required on FEMA Major Disaster Declaration grants, approvals for which are delayed and may not be available prior to the CRF deadline. As is the case in jurisdictions across the nation, the Mills Administration is consistently monitoring the expenditures of these committed funds, which may be impacted by factors such as global supply chain bottlenecks other pandemic-induced availability concerns. Should these issues prevent the incurring of expenses by month’s end, the Mills Administration may have to take steps to recommit CRF to other purposes.

CRF is one component of the CARES Act and part of the \$7.4 billion in Federal COVID-19 support to Maine and Maine families over the last nine months. An accounting of the full \$1.25 billion of CRF commitments made by the Administration can be found here.



Get younger looking skin today



The newest technology in skin rejuvenation

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

- Anti-Aging
- Fine Lines
- Wrinkles
- Acne & Rosacea

- Pigmentation
- Sagging Skin
- Tightening
- Muscle Toning



Healthy Beauty
Wellness Spa

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

SNOWMOBILE GEAR

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



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





271 Maine Street
Route 26, Poland

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

998-5390

Parts & Accessories

Guest Column

Battle of the Clauses

By Grammar Guy

I have an idea for an epic Christmas movie. It would feature a good Santa against an evil South Pole Santa. There would be polar bears battling penguins, reindeer duking it out with more penguins, and North Pole elves fighting off an onslaught of robot penguins. We'd need to have a big penguin budget.

While "Battle of the Clauses" may not be coming to theaters (or HBO Max) soon, today we're going to tackle two opposing types of grammatical clauses: dependent and independent clauses. Yes, one set of clauses is fighting for independence while the other clings on for dear life. Let's learn about each contender.

It makes the dependent clauses feel secure knowing that they get to go first. After all, they are nothing but sentence fragments without the more confident independent clauses. A dependent clause is a group of words containing a subject and a verb, but not a complete thought. Dependent clauses cannot stand on their own as complete sentences. For example, "When he was a young warthog" includes a subject and a verb, but isn't

a sentence on its own.

Many times the key to identifying a dependent clause is by finding a dependent marker word. Some of these dependent marker words include "because," "since," "if," "when," "while" and "after." If dependent clauses are clingy phrases, dependent marker words are the red flags signifying the clauses' desperate, lonely status.

An independent clause, on the other hand, is a group of words that contains a subject and a verb and conveys a complete thought. An independent clause is a complete sentence, although you can certainly connect multiple independent clauses together to form a super sentence. An example of such a super sentence is: Tony won an Oscar and Oscar won a Tony. You see, coordinating conjunctions including "and," "but," "or" and "yet" can tie two independent clauses together like a movie with an equally good sequel (like "Bill and Ted's Excellent Adventure" followed by "Bill and Ted's Bogus Journey").

When it comes to the battle for clausal supremacy, the independent clause prefers to fly solo,

while the dependent clause grips on to its independent neighbor like a baby koala. In the case of the battling Clauses, Christmas spirit ultimately prevails, thanks to the Coca-Cola polar bears showing up to put South Pole Santa on the permanent naughty list. Will there be a sequel to this Santa saga? It depends.

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

Polar Dip and Dash goes virtual

From NRCM

AUGUSTA - Although this year looks a bit different due to the ongoing pandemic, the Natural Resources Council of Maine's chilling and thrilling 5k and polar bear dip which raises funds to combat climate change... is going virtual!

Throughout the event participants will be able to send in photos and videos (costumes encouraged), their run route, their dip location of choice, and have access to a specially curated playlist from NRCM's staff for their run!

The effects of climate

change on Maine's environment are severe. Weather patterns are changing from one extreme to the next, habitat has been lost, and our seas are rising.

Energy efficiency, clean air, and renewable energy sources are a priority for NRCM. Every cent you raise will be used to directly support this work to reduce emissions and realize a clean energy future.

The nonrefundable registration fee to dip, dash, or both is \$50 until December 26. Additionally, friends and family can support your efforts through our secure web pages.

Event 101:

Registration is open until the event starts on December 27. You have from December 27 to January 3 to complete your 5k or your dip!

If you use tracking software, please feel free to email your route to nrcm@nrcm.org! The most creative route will get a fun prize! Looking for route or dip suggestions? See our list of locations around Maine to find one near you – at <http://bitly.ws/aQUa>

Costumes are ENCOURAGED! Please share your photos at nrcm@nrcm.org.

See Polar Dip, page 12

Urban Edge Hair Studio

(207) 212-9440

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!



MICHAEL G.



ANDROSCOGGIN
Home Healthcare
+ Hospice



#AndroSTRONG

Help us keep Maine people healthy and safe.

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

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

Give today: androscoggin.org/androstrong or contact the Development Office at 207-795-9404

Arts & Entertainment

Christmas music Sunday at the Basilica



The Vaillancourt Family presented a program of Christmas music for strings and organ last Sunday at the Basilica of Saints Peter and Paul in Lewiston. (Photo courtesy of Portland Diocese)

From Portland Diocese

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

Scott Vaillancourt is the music director at the Basilica, where he directs and oversees an active music program. He has taught for the University Maine system and Bowdoin College, was director of the band and chorus at the University of New England, and is the principal tubist and organist for the Norumbega Ensemble.

A native of Van Buren, Maine, Vaillancourt graduated from Bowdoin College in 1992 and received both a Masters in Music Composition and a Masters in Performance from the University of Michigan in 1994.

Some of the many ensembles he has performed

with include the Portland Symphony, the Portland Opera Repertory Theater Orchestra, the Atlantic Chamber Symphony, the Bangor Symphony, the Colby Symphony, and the Portland Brass Quintet.

Vaillancourt and his wife, Linda, have three children, Madeleine, Genevieve and James, and have lived in Lewiston for 15 years.

Linda is a teacher at North Yarmouth Academy, where she teaches instrumental and classroom music to students in grades Toddler-12. She also directs the lower school drama production at NYA, and is the assistant director for the winter musical.

She received her degree in Music Education from the University of Southern Maine, where she studied with Graybert Beacham, and Masters' in Viola Performance from the University of Maine, where she studied with

Anatole Wieck. She is a violist in the Bangor Symphony Orchestra, Maine Music Society Orchestra, and Maine Pro Musica, and also plays for many local high school and community theater productions.

Linda was named "Maine Music Educator of the Year" in May 2018 by the Maine Music Educators' Association.

Madeleine, 14 years old, plays cello and flute and is a veteran stage performer who has appeared in many musicals for the Maine State Music Theater and Community Little Theater. She performs with the Portland Youth Symphony Orchestra and cantors at the Basilica of Saints Peter and Paul.

Genevieve, 11 years old, is a budding violist and hornist who performs not only with her school ensembles but with the Portland Young Persons String Consort. She is no stranger to the stage and

has performed in several Community Little Theater productions.

At 8, James is the youngest member of the Vaillancourt family and plays the violin and piano.

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



Treat your staff to a Holiday Luncheon.
Gridiron can put together individual boxed meals for your whole team.
Give us a call today and we can discuss a menu plan!!

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

Dine in, Dine out
or Take out



Chick-a-Dee of Lewiston
Where Good Times Happen
Seafood ♦ Steak ♦ Sandwiches ♦ Spirits

1472 Lisbon St. Lewiston, ME
Chickadeelewiston.com
376-3870

Open 11am to 8pm Every day!

Senior College Winter Classes

From LA Senior College

LEWISTON - As one of our members said recently, “I was one of those folks not optimistic about Zoom. Really didn’t want to use it! If I were still rejecting this whole concept, I would be missing out on this incredible way to be back socializing with friends and taking part in class instruction and sharing ideas. Zoom has offered the possibility of continuing my weekly sessions with my poetry group, “The Monday Morning Poets” and Art Club. I also just completed a Zoom session with some very talented artists in “It’s All About Birds” with Judy Hierstein, our incredible art guru. I encourage every member, who has the capabilities, to connect to Senior College using Zoom. It’s easy and fun!” - Anita Poulin

So, if you are over 50 come and join us. This year we are doing things a bit differently, since we have fewer constraints on scheduling with everything online. We are offering courses of any length in any of the three semesters. All one-day classes will remain FREE to our members, and we will offer them in the fall, winter, or spring. The longer courses will be \$10/each in all three semesters. Winter semester will begin Jan. 19, but classes have staggered start dates, and varying lengths. Registration begins Jan. 4, 2021. Go to our website: usm.maine.edu/seniorcollege and click on “register”.

In addition, Food For Thought is alive and well and living on Zoom! We have enjoyed eight pro-

grams so far this year, and have several more in the works. Members receive an email notification of each up-coming program with information on how to sign up. On the morning of the event, the link is sent by email to all those who have signed up. Click, and enjoy!

Below is a list of our Winter Courses and presenters. More detailed descriptions with dates and times are on our website: lewiston/auburnseniorcollege. If you are interested and can’t find what you need on the website please send us an email at: laseniorcollege@gmail.com.

Beginning ZOOM - In this FREE course, we will ZOOM in on the basics. You will learn how to log on, join a meeting, and interact with other ZOOMers. This class will take place on Jan. 14 at 10 AM, before the other classes have begun. Instructor: Mary Jane Beardsley.

European Art in the Early Seventeenth Century - As the Renaissance ended, Europe became “modern” and art took on a new realism. This two-hour talk will explore how events and art influenced each other. Instructor: Michael Everett.

Juliet: An Actor Prepares - How does an actor approach a Shakespeare play? And how is that different from the way you learned it in highschool? Instructor: Rey Buono.

Drawing with Light: Part II - This is an unusual writing class, using photography to write. Instructor: Ariela Zucker.

Hamlet: Deep Dive - we will examine one act per week, “deep diving” into

specific scenes, etc. Instructor: Rey Buono.

Executive Order 9066 - In 1942 Japanese Americans who lived on the West Coast were forcibly moved to internment camps far from their homes. This is their story. Instructor: Alan Elze.

Fables Do Come True - Fairy Tales and National Character - We will analyze a variety of folk tales and try to understand the relevance of our past and the past of other cultures to the present world. Instructor: Mark Silber.

You Really ARE What You Eat! (or what you eat eats) - Each week, we’ll tackle 1 or 2 global recipes based on (relative) ease of preparation, availability of ingredients, and fantastic flavor. Instructor: Paul Drowns.

Meet the Romantics - We’ll enjoy reading and talking about the fascinating lives and works of Wordsworth, Coleridge, Keats, Byron and Shelley. Instructor: Jennifer Doughty.

Radical American History - Recently we have had riots, historical monuments destroyed, and countless other acts of desecration we haven’t seen in the recent past along with a general disregard for civil government. Could it be one person wrote an American History textbook to encourage these actions? Instructor: Alan Elze.

Using Familysearch.org - In this class we will be using the website familysearch.org for genealogical research. Instructor: Lin Wright.

Making a Differ-

ence - We’ll explore what it means to ‘make a difference’ and how we might do it while maintaining life balance. Instructor: Kathryn Vezina.

TED Talk Discussion Group - Over six weeks, we will view and discuss six popular TED Talks on a variety of subjects. Instructor: Bill Frayer.

Aging, Health and Happiness - This one-day course will present and explore the surprising research finding that elders are more likely to report being happy than those in any other age group. Instructor: Jean Potuchek.

Living as an Expat in Mexico - In this two-hour presentation, Bill will discuss the experience he and his wife, Pixie, enjoyed when they got rid of their accumulated stuff and drove to Central Mexico where they lived from 2007 until 2012. Instructor: Bill Frayer.

Using RootsMagic - We will look at the software program, RootsMagic, and talk about how to use it as a standalone program and in conjunction with ancestry and familysearch. Instructor: Lin Wright.

Addressing Climate Change - The focus of this course is on what we can do about climate change and its impacts. Instructor: Jean Potuchek.

Hooray for Hollywood Screwball Comedies - During the depression, Hollywood studios turned the world topsy-turvy with a new form of romantic comedy. We will light up our present dark days with a few screwball classics and a
See Senior, page 12

Out and About Married 60 Years Ago



Bob and Nancy Hurd celebrated their 60th wedding anniversary on Dec. 17 at Schooner Estates Retirement Community. (Morin photo)

By Rachel Morin

Bob and Nancy Hurd of Schooner Estates Retirement Community, and former long-time residents of 442 Park Avenue in Auburn, are observing their 60th Wedding Anniversary.

A special celebration for this milestone occasion will take place at the end of the virus pandemic with their children, grandchildren, great-grandchildren and their many friends.

The couple were married on Dec. 17, 1960, at St. Joseph’s Church in Lewiston by the Rev. Monsignor Paul Gleason.

Bob served in the U.S. Navy as a Petty officer in Japan and Nancy graduated

from Central Maine General Hospital School of Nursing, Lewiston, and worked for years as a Registered Nurse at the hospital.

The couple are prominent members of St. Philip’s Church in Auburn, involved in many fundraising activities benefitting the Church and charitable activities. Bob also served on the Parish Council.

Bob and Nancy have three children, Jill Hurd, Linda Goodman, and David Hurd; six grandchildren, Jon Mercier, Jamie Cormier, Zacharie, Jean-David, Ruthie Hurd and Andrew Goodman and six great-grandchildren, Willa, Audra and Vera Mercier; Calvin, Jessica and Juliette Cormier.



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

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

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



We Deliver.

Uber Eats GRUBHUB Postmates DOORDASH

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

Lights

Continued from page 1



An inflatable Clark Griswold from National Lampoon’s Christmas Vacation on the roof of the Smirles home on 17 Monroe St in Auburn for the Reverse Parade of Lights. (Tsukroff Photo)



Santa and his reindeer appear to have landed on the roof of the garage at the Smirles home at 17 Monroe St in Auburn as part of a display for the Reverse Parade of Lights. (Tsukroff photo)



Decorated windows and lighted trees highlight the Reverse Parade of Lights display at Maine Scale LLC at 4 Washington St. N in Auburn. (Tsukroff photo)



Maine Scale, a business at 4 Washington St. N in Auburn, placed lighted trees in the windows for a display for Auburn’s Reverse Parade of Lights for Christmas 2020. (Tsukroff photo)



A big inflated snowman is the centerpiece of the display in the side yard of the Smirles family house at 17 Monroe St in Auburn for the Reverse Parade of Lights. (Tsukroff photo)

Sealcoating • Hot Rubber Crack Filling

New Installations • Concrete

Reclaimed Asphalt • Loam

Our premium grade sealer inexpensively adds years of life!

Protect your investment with our wide range of products!

Roadmark Industries

Mike Willett • 143 Pleasant Street • Auburn

(207) 240-5535

Central Maine

COMMUNITY COLLEGE

This spring, earn a high-quality, affordable college degree with engaging online instruction, and hands-on training in science and technical labs.

WWW.CMCC.EDU/APPLY

Join us for the spring semester starting January 11, 2021!

ENROLL@CMCC.EDU • (207) 755-5277

CMCC FOLLOWS COMPREHENSIVE COVID-19 SAFETY GUIDELINES TO REDUCE RISK TO OUR CAMPUS AND GREATER COMMUNITY.

Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu.

Auburn Savings Employee Donates \$500 to Stuff The Bus

New program awards employee and local charity of their choice

AUBURN - Auburn Savings bank Branch Supervisor Audrey Patterson recently donated \$500 toward the Lewiston-Auburn Metropolitan Chamber of Commerce annual Stuff the Bus charity event.

She was awarded the money as part of the Auburn Savings Employee Recognition program.

Implemented in July, the Auburn Savings Employee Recognition program awards outstanding employees who exemplify the bank's core values.

When staff witness a coworker going above and beyond in making the customer experience unique and memorable, demonstrating their expertise, and making a positive impact in their community, they are presented with a recognition card.

Each month, an employee is selected at random and receives a small token of appreciation.

Quarterly, all nominees are reviewed by a small committee of fellow staff members and a winner is chosen. Part of that award is receiving \$500 to donate to a local charity of their choice.

"I chose to donate to the Chamber's Stuff the Bus event because 2020 has been a hard year, and I know Christmas can be an uncertain time for many families," said Patterson. "Knowing that a donation of \$500 could provide for many families in our community felt like the right thing to do for the holiday season."

Stuff the Bus is an annual event organized by the Lewiston-Auburn Metropolitan Chamber of Commerce around the holidays that collects new clothes and toys to be distributed to local families in need.

The month-long event concludes by "stuffing" all the donated items in a charter bus.

Annual Christmas Eve Worship



From Auburn UU

AUBURN - The annual Christmas Eve worship service from the First Universalist Church of Auburn will take place on Zoom at 6 p.m. on Thursday, Dec. 24.

The link opens at 5:30pm.

The service will be led by Rev. Dr. Jodi Hayashida, in Auburn UU's historic sanctuary decorated in holiday regalia.

Choir Director Pam Weeks, Organist Phil House and the Auburn UU choir will share traditional holiday music from a safe distance.

The Zoom link is the same one used for Sunday services, and can be found at www.auburn.org. FMI call 783-0461 or office@auburnuu.org.

Shortcut <https://tinyurl.com/y2zsvq2t>

Meeting ID: 952 6830 1718

Password: 165871

\$3.2 Million for Head Start

From US Sen. Collins

Washington, D.C. – U.S. Senators Susan Collins (R-Maine) and Angus King (I-Maine) announced last week that the U.S. Department of Health and Human Services (HHS) has awarded two organizations in Maine a total of \$3,188,676 for their Head Start and Early Head Start Programs.

Androscoggin Head Start and Child Care in Lewiston will receive \$1,641,177 and Midcoast Maine Community Ac-

tion in Bath will receive \$1,547,499.

"Head Start programs are instrumental in ensuring that children cultivate new skills and receive educational opportunities that prepare them for a lifetime of success," said Senators Collins and King in a joint statement. "We welcome this investment for families in Androscoggin, Sagadahoc, Lincoln, and Cumberland counties, which will encourage our children to grow and thrive and support Maine's working families during the current public health and economic crisis."

Head Start was established in 1965 to promote school readiness and provide a comprehensive array of health, nutritional, and social services to eligible four- and five-year-old preschoolers and their families. Early Head Start services are available for eligible children age zero to three and pregnant women. Head Start services include early learning, health, and family well-being.

Follow us on Facebook!
Don't miss our weekly giveaways!



Optometric Associates is proud to announce the addition of Dr. Abigail Heroth, O.D. to our optometric staff. Dr. Heroth is a graduate of the Pennsylvania College of Optometry, where she graduated with honors. She then completed a postdoctoral residency at the Togus VA Medical Centers located in Augusta and Bangor, Maine, where she focused on the study of ocular disease and primary eyecare.

Dr. Heroth is originally from Johnstown, New York. She attended Assumption College in Worcester, Massachusetts where she graduated Summa Cum Laude, earning her Bachelor of Arts degree in Biotechnology and Molecular Biology in 2015.

Dr. Heroth is happy to provide primary eye care to patients of all ages, as well as comprehensive, state of the art ocular disease treatment and management. Call our office to schedule your appointment today.

168 East Avenue
Lewiston, Maine 04240
(207) 784-3564
www.OptometricAssociates.com

Dr. Abigail Heroth, O.D.
joins Optometric Associates



Dr. Abigail Heroth, O.D.

Guests Column

Tips For Taking Your Kids Fishing



By Laurie Wilkins

As a parent, few things bring as much joy as watching your child enjoy the things you enjoy. Sharing a common interest with them makes an already immeasurably special relationship that much more special.

For avid anglers (or even the weekend fisherman), nothing could bring deeper joy to us than to see our kids learning the beautiful art of fishing. However, they're not going to know how to spool or how to properly cast straight off the bat, and teaching them all of this can be daunting.

As with any fishing you do (or anything in life, really), poor preparation equates to poor performance, so if you're looking to truly get the most from your child's first trip, ensuring that you've adequately prepared is essential!

Freshwater is easily accessible (there are over 250 lakes in the US alone!), even in landlocked areas.

Generally, freshwater affords you a variety of fishing experiences, from large lakes to small creeks, and will often provide you the opportunity to fish a variety of bodies, without having to leave a single location.

The species that inhabit freshwater are less tricky to land as well, so

choosing a great freshwater spot for your first trip may be a key factor in ensuring you and your family enjoy the day out.

Surf fishing is just as viable an option, as the beach offers activities for the kids to entertain themselves while waiting for a bite and piers provide all the benefits of being on a boat, without the risk of motion sickness or falling into the water.

Both freshwater and saltwater fishing can be great places to start.

Your determining factors should include the set-up you own, the species you are looking to hook, travel distance (no one wants to go fishing with children who have been cooped up in a car for 5 hours), and kid-friendliness (not too much brush, areas with no drop-offs at the water's edge, and so on).

In my opinion, ditch the baby poles and go for something that will teach your kids to fish properly from day one.

You'll form a basis on which they can grow and become great anglers in their own right, without needing to re-learn habits as they switch to the "big bog rods".

It's not only the rod you'll want to keep in mind - the spinner that you choose will play a huge role in the ease-of-use of

your rig - I'd recommend checking out my roundup of the highest quality reel for surf fishing.

Ask anyone what the "right bait for the job" is, and they'd give you a vastly different answer from the next person that you ask - and that's just for one type of fish.

For beginners or those teaching beginners, I'd recommend fishing for easy to catch species in freshwater, such as sunnies, bass, and trout, and using live bait to do so.

Again, this is completely subjective, but I like to use live bait when taking kids fishing for a few reasons. One, the kids get to collect their bait themselves.

Digging up worms can be just as fun as the fishing itself for aspiring anglers.

The second reason is that it's a great opportunity for kids to learn about the food chain and how each organism, no matter how seemingly insignificant, plays a huge role in its own ecosystem.

I mean, who doesn't love a good biology lesson, right?

It's not only the fish that'll be biting (take snacks)

Take snacks that can be packed and eaten easily, such as crackers, sandwiches (avoid messy fillings), jerky, bags of nuts, and chicken nuggets.

I'd also recommend having plenty of water on hand, as a busy day outside can cause dehydration.

Even the strongest swimmers can suffer from fatigue, and a day on the water is taxing on even the most experienced fisherman among us.

As you likely know, an accidental fall into the water for a child can have devastating consequences.

When fishing with kids, ensure you have life jackets on hand (that fit) and a standard first aid kit.

You've prepared all the gear, now it's time to prepare yourself!

Let's chat about what you can expect on your first (few) fishing trips with the kids.

Expect the unexpected...

There is a great likelihood that things may not go as planned, and that's all part of the fun. As with most things that involve children, there will likely be many encounters that you have not or could not have planned for - make this part of the fun!

Prepare to be flexible in the outcome of your day.

I have a friend whose son was more interested in pulling reeds out of the lake we were fishing in, than the fish themselves, but he had a blast and still learned about essentials like casting, baiting a hook, and having fun while fishing!

Given that the day may not go as planned, you may want to have a backup plan in mind. I always enjoy taking a picnic blanket on trips that I do with kids.

If they lose interest in fishing after a while or the fish aren't biting that day, we sit and enjoy a nice picnic.

If you're fishing at a camping ground, consider switching to a hike or roasting marshmallows, so that even if "Plan A" is not a success, "Plan B" will ensure that you and the family still enjoy the day!

I have a few friends who simply refuse to go fishing with me, no matter how hard I try to convince them to tag along.

Many of them say their early fishing experiences were ruined by an adult who made them sit quietly while they watched



the adult have all the fun.

We want to avoid that, so let's run through a few tips I would recommend for anyone trying to keep it "kid-friendly".

There are few things that I have more fun doing than fishing.

The smells, the sights, the activity itself - it's bliss.

If you're taking your kids fishing, you likely love fishing just as much as I do and want to share that love with your kids.

Show your kids how to enjoy your passion in the same way that drives you to fish in the first place, by making it fun!

Don't worry too much about whether you take home a catch that day or if they're casting perfectly, but rather enjoy the activity that you're doing with them because that's what will make the trip special for them too!

Something that I see a lot of anglers doing at the local hole when teaching their kids to fish, is turning it into a lesson.

Let's be real, that's not what they want from the day.

I suggest setting yourself a list of goals based on what you want them to learn and spread it out over a few trips.

First, this gives you an excuse to turn a single trip into many.

The second reason you'll want to do this is

that you don't center the excursion around learning to fish in one day, but rather small steps that will lead to a great outcome!

Even now, in my early 30's, I make sure that any one-day fishing trips that I take see me enjoying an ice cream from the local shop on the way home.

Strange as it may sound, it's a tradition my granddad started when he first introduced me to fishing.

Making a tradition of your fishing trips will create a positive association with the sport and create memories that your children will carry with them for life.

Winter Fishing

So now you're all keen and ready to take the kids fishing, but the winter months are upon us...

Don't let that get you down!

Winter fishing can be some of the most rewarding fishing you do, as the cold months mean many freshwater fish are grouping, all while the less committed anglers stay home and leave you to fish entire lakes on your own!

More fish, less competition? That sounds like a winning formula to me! Here are some tips for you and the kids to enjoy winter fishing together.

It goes without saying, but winter fishing is,
See Fishing, page 12

JRG & Sons
Roofing & Construction
Fully Insured

(207) 576-3319

John Grenier
JohnnyGrenier917@gmail.com

Guest Column

Chair of Government Oversight Committee



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

By Nate Libby

Dear Friends,

At the end of last week, Maine Senate President Troy Jackson announced committee assignments for the next two years. I'm proud to tell you I've been asked to serve as chair of the Government Oversight Committee. The Government Oversight Committee is the Legislature's watchdog committee charged with independent, objective reviews of State spending, programs and activities.

This session is going to be different from any before because of the pandemic. As a result, Mainers will be able to participate and follow the legislative process from anywhere in the state rather than travel sometimes long distances to the State House. These changes will make this session the most accessible ever. You can submit written testimony for bills online here, and you will be able to call into public hearing to testify live via 1-800 numbers.

If you want to talk about committees, participating in the lawmaking process, bill ideas or anything else, please don't hesitate to reach out to me at nathan.libby@legislature.maine.gov or 207-287-1515.

New Pandemic Relief Program

Last week, the Governor announced the Pandemic Relief Program, a state-based program to provide a one-time \$600 relief payment to eligible individuals who are unemployed or partially unemployed due to COVID-19. To learn if you or a loved one is eligible to receive these funds, visit the FAQs page here.

While this will certainly help some folks, I know it's a bit of a band-aid solution, and a direct response to a failure to act at the federal level. I'm hopeful that Congress will once again send much needed stimulus checks straight to people, or will

at least provide more aid to states so we can help our struggling families, workers and businesses.

The Pandemic Relief Program (PRP) is a one-time \$600 payment authorized by Governor Janet Mills, to those who are unemployed or partially unemployed due to COVID-19. They must have either exhausted PUA or PEUC benefits on or after week ending November 14, or have previously established a COVID-19 related claim, meet the requirements of the program, and have filed certifications for weeks ending December 5, 12, or 19. This emergency Covid-19 disaster relief payment comes as the federal CARES Act unemployment programs, Pandemic Unemployment Assistance (PUA) and Pandemic Emergency Unemployment Compensation (PEUC) are set to end unless Congress acts. Even though it is not an unemployment benefit, the one-time payment is being distributed by the Maine Department of Labor.

If you need any assistance with unemployment related issues, please don't hesitate to reach out. I'm here to help folks navigate the sometimes complicated and frustrating administrative agencies.

Chair of GOC

I'm thrilled to be chairing the Legislature's Government Oversight Committee (GOC). GOC oversees the Legislature's Office of Program Evaluation of Government Accountability, or OPEGA. Put simply, OPEGA reviews state government activity to ensure taxpayer dollars are spent appropriately and the executive branch is operating under the law. It conducts objective, independent performance audits of state government programs and activities to ensure they are achieving intended results and are efficient, effective and economical. GOC and OPEGA also have jurisdiction over non-state entities that receive state funds or are established to perform government functions, such as the Maine Turnpike Authority and the Northern New England Passenger Rail Authority.

GOC is an essential component in ensuring the integrity and efficiency of state government. Mainers should be able to trust that their government is working well and working for them, and that their tax dollars are being spent productively. The Government Oversight Committee will verify that and help correct course when necessary.

Joint Standing Legislative Committees are made up of three senators and ten representatives. These assignments are based on legislators' expertise, experience, district and interest.

Strengthened Face Covering Guidelines

With widespread community transmission and increased COVID-19 cases and hospitalizations in Maine, Governor Janet Mills signed an Executive Order on Friday that simplifies and strengthens the enforcement of the State's face covering rules. Under updated guidelines, anyone not wearing face coverings for any reason will not be allowed in public spaces and businesses of any size. Previous Executive Orders had required enforcement in some but not all public settings. If a person has a medical reason for why they can't wear a face covering, they may be offered a reasonable accommodation, such as curbside pick-up.

Additionally, Governor Mills announced she has dedicated \$100,000 in CARES Act funds to continue the state's public awareness campaign about the importance of taking health and safety precautions seriously. Wearing a face covering is prov-

en to significantly reduce the spread of COVID-19, and the U.S. Centers for Disease Control and Prevention has called on all Americans to wear masks to prevent COVID-19 spread. You can read more about the new order here.

Replacing Lost Food

If you've lost your food due to a power outage and you get SNAP (food assistance) benefits, you can request help to replace the food you lost. Call DHHS at 1-855-797-4357 with any questions. Maine Equal Justice also has more information here: <https://bit.ly/3INiDoF>. Just be sure to call within 10 days of your power being restored!

Also, if you have qualified for SNAP in the past but have lost your benefits because of the time limit, you can apply again. The 3-month limit has been suspended during the COVID-19 pandemic. Because of the ongoing economic crisis, all SNAP recipients will be eligible for the maximum amount of benefits. Find out more here: <https://maineequaljustice.org/people/covid-19-resources/food-security/>

Cold storage for vaccine Getting the

COVID-19 vaccines out to Mainers is a huge logistical challenge, but thankfully, we're surrounded by people who are creative problem-solvers — from professors finding ways to move research samples to lend their cold storage, to electricians running new wiring so hospitals can receive those freezers, to CDC employees connecting the right people around the state — who will make it happen.

As a Bates grad, I'm particularly proud to see the College step up to lend cold storage to CMMC and St. Mary's, which will benefit so many of us in the Lewiston area. You can read more about this effort here, and Tuesday's update about the vaccine's arrival in Lewiston here.

Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21, which comprises the City of Lewiston.

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



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

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



Buck Buchanan
A+, MCP Certified Technician

allworx®



PROFESSIONAL
COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us

Fishing
Continued from page 10

well, cold.

Depending on where you're doing your fishing, the temperature can drop below zero - not exactly shorts and T-shirt weather.

Dress in layers and take spare clothes.

Layers allow you to manage your body temperature while bringing extra clothes can save you if you find yourself wet and in need of dry, warm clothes.

Don't forget your ice cleats either - they'll probably be your most valuable accessory once you're on the ice.

There are a bunch of extras that you can take along to make your trip more comfortable, and then there are some extras that you simply cannot go without. This includes sunscreen, blankets (extra for the kiddos), sleeping bags (take some time to inves-

tigate your options here), floatation device (life jackets, compact PFD, etc), and ice claws (preferably with a strap hang around the neck when not being worn).

Do your research before heading out!

This is especially true for winter fishermen, who will need to know the species they are hunting and the safest way to fish in the areas they are headed to.

Ice that is safe to walk on should be over four inches thick - if you're unsure about ice thickness, contact the park or grounds managers where you plan to fish and enquire.

Keep an eye out for ice near the edge of the water body, as well as ice near debris, such as fallen trees and rocks.

Ice near these is generally thinner and susceptible to breaking.

Carrying a spud bar

on you is a simple way to test the ice and ensure that it is safe to walk on.

When you have kids with you, it is advisable to have at least one other adult with you and to ensure that an adult walks in front and behind the group when walking on ice.

Two things that you'll see a lot of when you search for anything related to ice fishing is "hypothermia" and "frostbite".

Why?

Well, simply because you're going to be facing extreme temperatures and the repercussions of poor preparation can be dire.

Laurie Wilkins is an Englishman who loves the outdoors. His fondness for all things wild started with climbing trees as a kid and over the years has expanded into fishing, hiking, camping, backpacking and survival.

(All photographs courtesy of SIH Media)

FOIA request regarding Rock the Vote

From ME House Republicans

AUGUSTA – Rep. Richard Cebra (R-Naples) is seeking to learn whether Facebook CEO Mark Zuckerberg's Center for Election Innovation and Research and Rock the Vote had access to sensitive data on individual Maine citizens in order to influence Maine's 2020 election.

Rep. Cebra has submitted a request to the Maine Secretary of State's Office under Maine's Freedom of Access law for any communications and/or agreements between the Maine Secretary of State (all bureaus), the Center for Election Innovation and Research, and/or any of its

subsidiary organizations. The request includes communications with "Rock the Vote."

"I am interested in learning whether or not the Maine Secretary of State's Office and/or Rock the Vote received money to generate access to sensitive data on individual Maine citizens," said Rep. Cebra. "I am hopeful that the election issues being raised across the country did not occur in Maine. However, widespread claims of voter fraud in "battle-ground" states, combined with censorship by big tech and the media on any reporting of these allegations, leads me to want to make sure."

Facebook CEO Mark Zuckerberg's contributed \$400 million to the Center for Election Innovation and Research, which actively distributed funds in areas now subject to numerous private, state and federal lawsuits regarding the 2020 Presidential election.

Rock the Vote entered into information-sharing contracts with Pennsylvania and Michigan. Rep. Cebra's Freedom of Information Act request seeks to see if Maine entered into a similar contract to provide front-end access to voter rolls.

United States Attorney General William Barr announced recently the U.S. Justice Department has uncovered no evidence of widespread voter fraud that could change the outcome of the 2020 election.

Polar Dip
Continued from page 5

We want to see you jumping in freezing-cold water! Send us your dip videos at nrcm@nrcm.org.

Prizes:

Most creative running route! (Prize: Gift Card from Lamey-Wellehan Shoes or Coffee By Design)

Best pre- or post-dip photo! (Prize: Pint glass, mask, koozie, sticker from Rising Tide Brewery)

Best pre- or post-run photo! (Prize: Pint glass, mask, koozie, sticker from Rising Tide Brewery)

Best themed outfit! (Prize: Gift Card from Lamey-Wellehan Shoes or from Coffee By Design))

Most money raised by an individual or team (1 complete overnight package for two provided by Back Country Excursions)

Senior
Continued from page 7

couple of comedies closely related to them. Instructor: Rey Buono.

Ageism in Healthcare: Thesis Presentation

- Lila will be presenting her senior thesis on ageism in healthcare. Specifically, she will be describing changes since the COVID-19 pandemic and how healthcare has been impacted. Instructor: Lila Hutchins.


Genetic Genealogy

- Genealogists have found DNA test results extremely valuable in proving their ancestry. We will discuss the uses of DNA, the different tests, etc. Instructor: Lin Wright.

Physics Concepts and Conundrums

- This one-day course will answer ten basic physics questions about phenomena that just don't make sense! Instructor: Hugh Keene.

AMERICAN PICKERS



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

TO BE CONSIDERED, PLEASE CONTACT US AT:


AMERICANPICKERS@CINEFLIX.COM

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


or on facebook: @GotAPick

PLEASE LET US KNOW:

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



HISTORY



cineflix

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

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

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



Executive Portraits • Business photographs • Videos

Gray, ME maine@portraitefx.com
(207) 657-6372 www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

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

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

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

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



Locally Owned

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

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

CD'S

Discover The Truth About CDs!

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

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

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser

VOLVO PENTA

OMC

Perkins

YANMAR
Velvet Drive

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

SELF STORAGE

AUBURN SELF STORAGE, LLC



23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PAINTING

Interiors • Exteriors Drywall Repair
Free Estimates Pressure Washing

W.J. Libby
Painting Co.

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

SHIPPING



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

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

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling



Call 207-500-8100
For FREE Estimates


Call Tyler
500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



LAURA ELAINES
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography

LauraElainesPhotography@gmail.com
(207) 212-5993

WEB HOSTING



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

MAINE HOSTING
SOLUTIONS

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

King Pushes for Study of Mental Health

For children and young adults during pandemic

From Sen. King

WASHINGTON, D.C. – U.S. Senator Angus King (I-Maine) joined 14 of his Senate colleagues in a letter urging the National Institute of Mental Health (NIMH) to prioritize efforts to study and understand the impact of the pandemic on the mental health of children and young adults.

Recent reports have highlighted a substantial increase in anxiety and depression among children and young adults since the beginning of the pandemic—with one study finding that nearly one-third of high school students surveyed reported feeling unhappy or depressed in recent months. Earlier this month, the Centers for Disease Control and Prevention released data showing that the proportion of children’s emergency room visits related to mental

health had increased significantly during the pandemic.

“No one is immune to the stress that has accompanied the pandemic, and many aspects of this public health crisis have been demonstrated to adversely affect the mental health of children and young adults. Over 13 million people have had coronavirus in our country, and studies have shown that children are more likely to report mental health issues if they personally know someone infected with the coronavirus. A record rate of 22 percent of children had an unemployed parent in the early months of the pandemic, and research shows that children are more likely to report mental health problems when a parent or guardian loses a job,” the senators wrote.

In the letter to NIMH, Senator King and his col-

leagues call on Director Joshua Gordon to provide information on current steps the agency is taking to study this issue as well as encourage prioritization of these efforts to better understand both the short-term and long-term consequences of the pandemic on mental health in children and young adults. The letter also asks if the agency has any specific initiatives underway to study whether there is a connection between the increased reliance on and use of social media platforms and mental health among teenagers and young adults.

Senator King is a supportive of providing additional resources to bolster mental health services given the anxiety and uncertainty caused by the coronavirus pandemic. In September, Senator King introduced the Social-Emotional Learning

for Families (SELF) Act to provide additional resources to support the mental health and safety of children and improve educational outcomes for students. In May, Senator King participated in a video teleconference with Maine Alliance for Addiction and Mental Health Services to connect with their staff that work with Maine’s behavioral health organizations and help those coping with substance use disorders and mental health challenges. Near the beginning of the pandemic, Senator King also urged increased investments in mental and behavioral health in future COVID-19 relief legislation. Reports have shown Americans are experiencing negative effects on their mental health due to the coronavirus pandemic – which could pose short- and long-term dangers to their well-being.

Deadline reached for legislation

From Maine Legislature

AUGUSTA – At 4 p.m. last Friday, the deadline closed for Maine lawmakers to file legislation for consideration during the 2021 legislative session.

Any additional bill proposals, known as after-deadline bills, must be approved by the 10-member, bipartisan Legislative Council for consideration during the first regular session. The Legislative Council includes both Presiding Officers and the floor leaders in each chamber.

Senate President Troy Jackson of Allagash said, “This week, we hit

two milestones. Health care workers all across the state began receiving the long-awaited COVID-19 vaccine, while new COVID-19 cases hit an all-time high. As we head into the final stretch of 2020, we still don’t know what 2021 will have in store or all of the new challenges that Maine lawmakers will need to grapple with. However, now that the deadline for bill submissions has passed, Maine lawmakers must come together, buckle down and start passing measures that deliver some relief.

“As I’ve said from the beginning of this session, we need to start by providing relief to Maine

workers and small businesses who have suffered tremendously through no fault of their own. We also need to expand access to high-speed reliable internet to keep Maine kids learning, parents working, businesses running, and seniors connected, while we do our part to reduce the spread of this virus. This session, I’m hopeful we can make serious headway to keep people in their homes, lower the cost of health care and take care of vulnerable Mainers – our seniors, veterans, children and more.”

This deadline, known as cloture, is established by the Maine Legislature through Joint Rule 202,

which states that “all requests for bills and resolves submitted by Legislators for a first regular session must be submitted in complete form, as provided in Joint Rule 208, to the Revisor of Statutes by 4:00 p.m. on the 3rd Friday in December.”

Legislative committees will begin meeting for public hearings and work sessions on these measures in early 2021. A video stream of the committee meetings will be available through the Legislature’s YouTube channel. More information on how members of the public can participate in the public hearings will be announced at a later date.

FLAGSHIP CINEMAS
WWW.FLAGSHIPCINEMAS.COM

DOORS OPEN AT:
12:00pm

AUBURN
746 Center Street
Auburn Movie Hotline — 786-8605

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

Calendar

Send your submissions to the Editor. More online.

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

**THURSDAY
DEC. 24**
1 p.m.
GORHAM – Baxter Memorial Library closes at 1 p.m..

FRIDAY DEC. 25
Christmas holiday observed.
Town offices and libraries closed.

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

on the website on the Friday before the meeting date.

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

**THURSDAY
DEC. 31**
1 p.m.
GORHAM – Baxter Memorial Library closes at 1 p.m..
2-5 p.m.
GORHAM – New Year Gorham event. Details to be determined.

**FRIDAY
JAN. 1, 2021**
New Year’s Day holiday observed.
Town offices and libraries closed.

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

Dad's Place Catering Division

Weddings • Reunions • Corporate Events & More

Professional service at an affordable price!

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

DadsPlaceCatering.com

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage
Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

“To College or Not to College” is the question and this book has the answers. Check it out: www.authorcaseybill.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business.
Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

ESTATE SALE

Estate - Garage
Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Cutting Boards
I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN?
If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

Deadline is 5pm every Friday.

HELP WANTED

Technical Field Manager
Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

Classifieds \$10

HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

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

SENIORS

In Home Care
Visiting Angels – non-medical assistance living. Serving Lewiston/ Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/ outings. Call for FREE in-home consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with a visit to “Michigan's

Little Bavaria”. A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMSBURG & 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.

Classified Ads UP TO 40 WORDS!

\$10 PER WEEK EACH ADDITIONAL WORD 25¢

SEND CHECK OR CREDIT CARD INFO WITH COMPLETED FORM TO:
Send payment with completed form to our bookkeeping office: 9 N. River Road #232 Auburn, ME 04210 or email it to us!

Card # 3 digits # on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____



A new kitchen for Christmas?



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

No Money Down • Financing Available

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

**AMERICAN
BUILDERS** 
Custom Building & Remodeling

(207) 500-8100 • www.AmericanBuildersMaine.com