



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)

## Christmas Eve Turkey Dinner

From Living Waters Church

BUXTON - Living Waters Church on Parker Farm Road in Buxton is hosting a free Christmas Eve Turkey Dinner, starting at 5 p.m. on Christmas Eve.

The church will offer the option of takeout containers for those who do not wish to come indoors for seating.

Social distancing guidelines must be followed, including the wearing of face masks and the use of hand sanitizer.

## MaineHealth administers first doses of vaccine

PORTLAND - MaineHealth, the region's largest integrated health system, administered the first vaccinations for COVID-19 to its front-line caregivers last week.

Kayla Mitchell, RN, BSN, became the first care team member at MaineHealth to receive the vaccine. Mitchell is a nurse who treats COVID-19 patients in the intensive care unit at Maine Medical Center.

"I'm excited to be able to be a part of the solution and make the community a safer place at this critical moment," said Mitchell after receiving the vaccine. "I've watched people suffer with this illness. I trust the science, and I trust that this is a solution."

Mitchell was one of 150 MaineHealth caregivers scheduled to be vaccinated at Maine Medical Center in Portland and Southern Maine Health Care in Biddeford. Vaccinations were started at a third MaineHealth hospital, Mid Coast-Parkview Health in Brunswick, later in the week. Those three southern Maine hospitals have treated the most COVID-19 patients during the pandemic within MaineHealth and were prioritized for the first doses for that reason.

MaineHealth is set to receive an initial allotment of 1,900 doses of the vaccine made by Pfizer during the first week of distribution. Initially, distribution will focus on Intensive Care Unit teams, front-line Emergency Department caregivers, those providing care in dedicated COVID-19

See Vaccine, page 11

## 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)

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# 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 hy-

brid 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.wreathsacrossamerica.org](http://www.wreathsacrossamerica.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.

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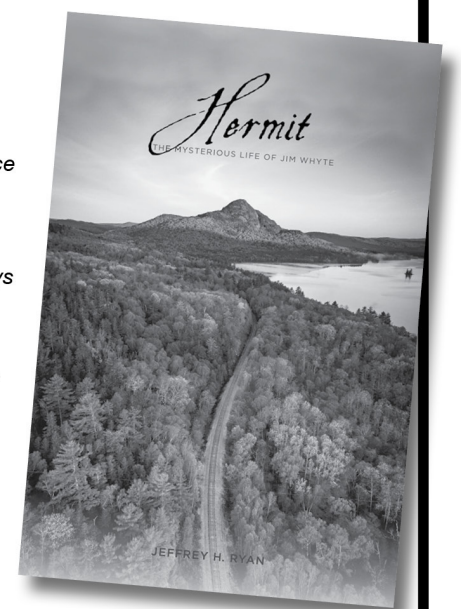
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— Bill Bushnell, *Bushnell on Books*

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— George Smith, *Bangor Daily News*

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# Newsmakers, Names & Faces

## Hunting & fishing licenses available

From MDIFW

AUGUSTA - Maine 2021 hunting and fishing licenses are now available for purchase online from the Maine Department of Inland Fisheries and Wildlife, or at any of the more than 800 licensing agents statewide.

The state of Maine offers a wide range of hunting and fishing opportunities. Maine is nearly as large as all the other New England states combined, with over 17 million acres of forested land, 6,000 lakes and ponds and 32,000 miles of rivers and streams.

By purchasing a license each year, you are supporting Maine's fish and wildlife management efforts and we thank you for that!

To make your annual license purchase even



Hunting and fishing licenses for 2021 are now available from the Maine Department of Inland Fisheries and Wildlife, or the more than 800 licensing agents statewide. (Photo courtesy of MDIFW)

easier, you can opt into EZ Renew when you purchase your 2021 license online. You will be able to select a convenient date to receive an email reminder, which will contain a link that will allow you to quickly verify the license to be

purchased, your personal info, and your payment details. Opting into EZ Renew will allow you to complete your annual license purchase in less than a minute!

To get started, go to: [mefishwildlife.com](http://mefishwildlife.com)

## Gideon donates to Maine charities

From Sara Gideon for Maine

SOUTH FREEPORT - Sara Gideon recently announced donations to Full Plates, Full Potential and Keep ME Warm – two Maine-based charities doing crucial work to support Maine families through the coronavirus pandemic and beyond. Sara Gideon for Maine will be making a \$250,000 donation to Full Plates, Full Potential and a \$100,000 donation to Keep ME Warm.

“Full Plates, Full Potential and Keep ME Warm work every day to help

Maine families through this difficult time, and I'm proud to support them,” said Sara Gideon. “I've always believed that public service is about making a difference and improving the lives of people in your community. Helping Maine people is what inspired me to run for office and it's what continues to guide me today.”

Full Plates, Full Potential works to end childhood hunger in Maine by increasing access to nutritious food, breaking down barriers to food access and investing in schools.

Throughout the coronavirus pandemic, Full

Plates, Full Potential has been working to ensure that Maine children who rely on school-provided meals still have safe and easy access to nutritious food. The campaign raised money for Full Plates, Full Potential as part of a charity drive this spring.

Keep ME Warm is a statewide partnership between Maine's United Ways and Community Action Programs that provides direct heating assistance to Maine families.

Keep ME Warm is the only statewide donation-based heating assistance effort in Maine.

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# 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.

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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](mailto: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](mailto:nrcm@nrcm.org).

See Polar Dip, page 12

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# Arts & Entertainment

## Guest Column

### Be more like Santa

#### The unexpected benefits of being a giver



From Psychtests.com

There's a reason why Santa is always jolly, and why he has the confidence to pull off a bulky and unflattering red coat: because

giving makes people feel good...and happy people can accomplish amazing things. According to research conducted by PsychTests' elves, being kind and generous offers a

number of psychological, social, and personal benefits.

Analyzing data from 9,568 people who took the Big Five Personality, PsychTests' researchers compared the personality, attitude, and strengths of people who make it a point to do nice things on a regular basis (Santas) and those who don't (Scrooges). Here's where they differed: (Note: Scores range on a scale from 0 to 100)

#### Obvious benefits of being a giver

- Santas are more...
  - Likeable (score of 69 vs. 48 for Scrooges)
  - Trusting - but not blindly so (score of 56 vs. 40 for Scrooges)
  - Optimistic - but with a healthy dose of common sense (score of 61 vs. 48 for Scrooges)

Dependable (score of 82 vs. 68 for Scrooges)

Genuine, and comfortable being themselves (score of 69 vs. 57 for Scrooges)

Patient, and better at controlling their tempers (score of 65 vs. 53 for Scrooges)

Open-minded (score of 67 vs. 57 for Scrooges)

#### Unexpected benefits of being a giver

- Santas are more...
  - Hard-working (score of 71 vs. 57 for Scrooges)
  - Likely to have leadership potential (score of 61 vs. 43 for Scrooges)
  - Creative (score of 73 vs. 58 for Scrooges)
  - Curious (score of 76 vs. 65 for Scrooges)
  - Interested in expanding their knowledge (score of 70 vs. 61 for Scrooges)
  - Self-confident (score of 68 vs. 54 for Scrooges)
  - Resilient (score of 68 vs. 58 for Scrooges)
  - Diligent (score of 66 vs. 55 for Scrooges)

Efficient (score of 67 vs. 55 for Scrooges)

"It goes without saying that being kind to people, rather than mean and selfish, will get you places," explains Dr. Jerabek, president of PsychTests. "People who are kind have more friends, which means better social support, they bring out the best in others, which makes them great leaders, and being around them just makes you feel good. As a result, you're more likely to be kind to others, so the 'paying it forward' propagates. It's important to understand, however, that we're not talking about the 'bending over backwards,' 'give until it hurts' kind of generosity. That's more likely to result in resentment. We're talking about people who will offer a helping hand when they see a person in need, without being overly self-sacrificing."

"Given the need for social distancing this year

as a result of COVID-19, make it a point to be extra kind and patient with people. It's been a difficult time for everyone. We know people are fed up, but don't give in to that impulse to snap at someone who is annoying you. Be generous with your words and actions, and wish people the best in 2021. As our study has revealed, being kind reaps so many more benefits than being selfish. So ho-ho-hold your tongue this year, and be a Santa this year, not a Scrooge."

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# 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](http://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](http://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](mailto: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](http://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 60<sup>th</sup> 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.




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**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)

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# Businesses promote Maine seafood



Oysters & seaweed dinner from Atlantic Sea Farms (Photo courtesy of Maine Aqua Assoc.)

**From Maine Aqua Assoc.**

**HALLOWELL** – This holiday season, four local organizations and businesses are partnering to promote Maine seafood.

The Maine Aquaculture Association, Downeast Dayboat, Maine Coast Fishermen’s Association, and Aragosta Mama have partnered to create GiveMaineSeafood.com, a gift-giving guide that helps shoppers find and ship Maine seafood and related gifts for loved ones.

With retail seafood sales on the rise, and increased interest among consumers to shop local and support small businesses, this holiday season is the perfect opportunity for consumers to buy and eat

more Maine seafood.

Many of our loved ones, friends, and visitors were not able to travel to Maine for their regular vacation or getaway this year. Giving Maine seafood is a great way to share Maine with them while supporting fishermen, sea farmers, and coastal communities.

Ben Martens, Maine Coast Fishermen’s Association said, “We are so excited to work with such great partners on this effort. Working for all our various industries, we do not always get to collaborate in such a positive and creative way, but we each share the goal of encouraging more people to eat Maine seafood. We are also thrilled to demonstrate how wild-caught fisheries and aqua-

culture communities can work together to achieve this common goal.”

Sebastian Belle, Maine Aquaculture Association said, “Maine seafood is the best in the world. By taking advantage of this unique opportunity, consumers can share locally harvested, delicious, healthy seafood with their loved ones while helping to strengthen Maine’s working waterfront communities.”

Togue Brawn, Downeast Dayboat said, “This past April I was really touched by how many of my customers sent seafood care packages to friends and family across the country. One buyer told me it made him feel good to help fishermen and family in one transaction. I think we’ll see a lot of that type of purchase this Christmas

and I’m really honored for Downeast Dayboat to be a part of the GiveMaineSeafood campaign.”

Monique Coombs, Aragosta Mama said, “As a fishing family and someone who works for the fishing industry, I am always so excited to share with people how great Maine fishermen and Maine seafood are. GiveMaineSeafood.com is inclusive of all of the great seafood Maine has to offer, from scallops to lobsters to kelp to oysters. Campaigns such as this will help consumers find and love Maine seafood, and support Maine’s working waterfront and fishing families like mine.”

The Give Maine Seafood website was created by Might & Main, a local boutique branding and design agency located in Portland with financial support



Lobster rolls from Luke’s Lobster (Photo courtesy of Maine Aqua Assoc.)

from the Maine Sea Grant Buoy Maine initiative. It was important to the partners involved to work with a local business to support the economy, but also to work with people that are also connected to Maine’s coastal communities.

Might & Main has worked on the Maine Gift Guide with Knack Factory for many years, and their experience, reputation, and passion made them the perfect fit for this project.

A spokesperson for Might + Main said, “We enjoy any opportunity to work on projects that impact the wellbeing of our home state, and supporting fishermen and the working waterfront is especially near and dear to us. We know that people all over

the world love the authenticity of the Maine brand, so we really appreciate that this partnership made the choice to work with a Maine-based creative agency. There is a lot of great talent here in Maine, so it’s always nice to see local organizations collaborate with local creatives rather than look out of state. Together, we can tell a truly authentic Maine story.”

GiveMaineSeafood.com will be continuously populated and promoted throughout the year for every gift-giving occasion. Happy Valentine’s Day? Give Maine seafood. Happy birthday? Give Maine seafood. Happy Mother’s Day? Give. Maine. Seafood. Visit GiveMaineSeafood.com.



Salmon filet from True North Seafood (Photo courtesy of Maine Aqua Assoc.)

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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.

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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

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# Hannaford expands “Fuel Kids at School” initiative

**From Hannaford**

SCARBOROUGH - Hannaford Supermarkets recently announced an expansion of its ‘Fuel Kids at School’ pantry initiative to Maine’s community colleges with a donation of \$35,000 to establish and expand pantries at all seven community college campuses.

The donation will be used for startup and build-out of pantry and storage spaces as well as food costs.

Based on research conducted with Preble Street in Portland, system

officials estimate that at least 40% of students enrolled at the colleges are food insecure.

“This generous donation not only helps keep these food pantries stocked, it provides for freezers and refrigerators that will allow these food pantries to provide a range of food options for years to come,” said Maine Community College System President David Daigler. “Our students can’t learn if they’re hungry. These food pantries, many of them student-run, are a critical resource for our students and their families.”

More than \$15,000 of the donation will be used to stock food with the remaining funds going toward refrigerators, freezers, and renovations at five of the campuses. (Editor’s note: For a breakdown by campus, please refer to the graph at the end of the release.) The Colleges will work directly with Good Shepherd Food Bank on preparatory and operational logistics, including food safety training and inspections and food purchases.

“By removing barriers and bringing food right to where people al-

ready are and through folks they already trust is such a win-win,” said Shannon Coffin, Vice President of Community Partnerships at Good Shepherd Food Bank.

The donation is a part of Hannaford’s \$1 million commitment to ‘Fuel Kids at School’ pantry initiative launched in November 2019 to establish 90 school food pantries across the northeast, including 30 in Maine. Since then, all 30 school-based food pantries have been established at Head Start preschools across the state in partnership with Good Shepherd

Food Bank.

“With all the pressures and demands of being a college student, we hope that being hungry or thinking about where their next meal will come from is not one of them. It is our hope that Fuel Kids at School, at our community colleges, will remove a barrier for students who are trying to improve their lives and shore up their future,” said Sherri Stevens who leads Community Relations for Hannaford Supermarkets. “Hannaford has a long tradition of nourishing our communities. And, this donation is one more way we

can be counted on.”

Hannaford has a long tradition of nourishing communities, including donating nearly 25 million pounds of food throughout the Northeast, including 9.7 million pounds in Maine. Earlier this year, Hannaford gave more than \$1.3 million in donations to aid COVID-19 relief efforts to help ensure those in need remain fed and healthy.

Donations included \$5,000 to CMCC, \$6,732 to EMCC, \$4,948 to KVCC, \$4,800 to NMCC, \$4,800 to SMCC, and \$6,850 to YCCC

**Vaccine**

*Continued from page 1*

inpatient units and other critical and essential inpatient services not available elsewhere.

A second vaccine, made by Moderna, was approved for emergency use by the Food and Drug Administration’s expert panel on Thursday. MaineHealth was expecting another 15,775 doses to arrive beginning the week of Dec. 21, including another 975 Pfizer doses with the balance from Moderna. That will be enough vaccine to inoculate all of MaineHealth’s direct caregivers.

“By having our care team protected against COVID-19, we can better assure that we will be ready to treat, not just those suffering with COVID, but everyone who needs care during this time,” said Dr. Dora Mills, MD, MaineHealth’s chief health improvement officer.

Several weeks ago, MaineHealth formed a system-wide task force with clinicians from all nine of its local health systems to oversee distribution of the vaccine among its front-line caregivers. The task force has been working to set up vaccine clinics across the system in an effort to vaccinate care team members as quickly as possible.

It will take several weeks to vaccinate all eligible team members across the system. While the logistics of storing and transporting the vaccines require planning given that the Pfizer product requires ultra-cold storage and the Moderna vaccine also has to be frozen, the biggest hurdle to overcome is finding doctors and nurses to staff the vaccine clinics. MaineHealth has been actively recruiting staff for the clinics for several weeks. Among those recruited to provide vaccinations are retired doctors and nurses who have volunteered to help in the effort.

“It’s a credit to our teams across the system that they were able to come together so quickly and get shots in arms within hours of the arrival of the vaccine,” said Mills. “This effort speaks to how critically important this vaccine is to maintaining our readiness to help our communities through this pandemic.”

Mills noted that vaccinations will not diminish the need to take precautions to slow the spread of the coronavirus. Within MaineHealth, all safety measures will remain in place, including the use of personal protective equipment, extra cleaning of surfaces, segregation of patients known or suspected of having COVID-19 and daily screening for symp-

toms of all employees.

“Now is not the time to let our guard down,” said Mills. “With vaccines not expected to become widely available to the public until spring or early summer, we still have a very dangerous winter to get through.”

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**Guest Column**

**Home Country**

**By Slim Randles**

There’s something about a winter moonlight walk, Doc thought, as he smiled his way through his neighborhood.

He looked at the light coming from the windows of each house. Each house warming its family. It would be about supper time now. Maybe I can sniff just right and see if I can guess what is cooking. But that could be construed as detective work, and this is definitely not the time for work.

Oh no. Not when you can look through the lacy,

filigree patterns of dormant twigs high in the trees and see them play sacred music with that moon in the background. No technology can touch the lighting of the world when it’s dark. Not the geniuses in Hollywood or anywhere else.

Doc stopped and looked up.

This, he thought, is the real thing. The genuine article. Oh, we can make lights so bright they blind people, but this is something completely different. This is a light that enchants people.

Yes, Doc thought, as he turned back toward

his house. It’s true. There’s something about a winter moonlight walk. It’s COLD!

*Brought to you by “River Runs Through Me” by a great salmon fisherman, minister, and author of clean, fun mysteries, Mark Henry Miller. Check it out at [www.markhmiller.wordpress.com](http://www.markhmiller.wordpress.com).*

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**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](mailto: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.



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# 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.

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# 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.

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Names & Faces to the editor.  
Deadline is  
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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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