



TWIN CITY TIMES

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Auburn Winter Festival 2021

From City of Auburn

Auburn's 2021 Winter Festival will take place Jan. 29-31.

WinterFest will look a little different this year, with COVID restrictions and crowd size limitations. But winter in Auburn is still AMAZING!

The City of Auburn urges you and your family to GET OUTSIDE and enjoy the magic of winter.

Sledding, hiking, skating, snowshoeing, skiing, ice fishing.... The City of Auburn will soon publish a list and map featuring lots of ways to get out and enjoy winter in Auburn.

In the meantime, if an organization or business is planning to offer a fun, safe winter activity, let the City of Auburn know, and they will help promote it!

Visit <https://arcg.is/PfSOK> to register a WinterFest event.

Auburn Farmers Market Cancelled

From City of Auburn

AUBURN – The City of Auburn recently made the decision to cancel the remainder of the Auburn Farmers' Market dates for the winter.

The city will share details for the spring/summer market as soon as they are finalized.

Auburn extended thanks to everyone who has supported the winter market... especially the vendors. Residents are encouraged to continue to *buy local* by supporting the Lewiston Farmers' Market, which is offering online ordering.

Anyone with unused CDBG coupons should throw them out. Auburn will issue a new round of coupons for the summer 2021 market.

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

Fresh food, hard work for authentic Mexican cuisine



German Hernandez, the manager of the Azul Tequila restaurant on School Street in Gorham, delivers meals to Ralph Hernandez. The restaurant serves food made only from fresh products and offers a menu of genuine Mexican foods. (Tsukroff photo)

GORHAM – Giving customers their choice of only fresh ingredients, coupled with hard work, brought authentic Mexican food to Gorham almost a year ago.

Juan Sanchez and his wife, Ilse Fernandez, opened Azul Tequila at 29 School Street in Gorham in February, 2020, just a couple of blocks from the center of town and across the street from the Gorham campus of the University of Southern Maine.

"My husband had always wanted to open kind of like a Chipotle-style restaurant, where people can choose the ingredients. So that was kind of the idea behind this restaurant," Fernandez said. "We have always worked with fresh ingredients, nothing is frozen. Everything is made fresh!"

They had to lock the front doors in mid-March as the COVID-19 pandemic hit the United States. And reopened just a few weeks later for personal take-out service or direct delivery by DoorDash. Now, customers can come into the restaurant to pickup an order at the counter, have their order brought to their car at the curb, or get orders delivered to them at home.

Sanchez opened El Rodeo on Western Avenue in South Portland in 2013 with

help from silent partners. That restaurant is running strong, and the couple opened a second El Rodeo in Brunswick last November.

Sanchez is "kind of the soul of the restaurants, both El Rodeo and Azul Tequila," Fernandez said. "All of the recipes are his."

He started working in the restaurant business as a teenager in Virginia, Fernandez said. "He started from the bottom, from being the dishwasher, then learning the kitchen and learning how to cook."

Sanchez moved with his family to Ohio and eventually the two met in Columbus, Ohio, where he had "just taken over a restaurant" as the manager, Fernandez said. By the time Sanchez left that restaurant, he had doubled the income with his hard work and because "he always tries to bring something new to people. He tries to make the food better, always!"

Much like an artist works on a canvas, Sanchez works on the offerings at their restaurants. "We go to Mexico and we try different restaurants and he goes and he tries different foods, and he'll say, 'This one has these spices and this sauce has this'," she said. "His palette is very sensitive!"

The father-in-law of Sanchez's brother wanted to open a restaurant in South Portland, and invited Sanchez to run the restaurant.

"South Portland has kept us really busy, because the restaurant is pretty big and we always try to make things better," Fernandez said. Along with the restaurant, they soon opened a food truck. "At first, me and my husband were waking up at six o'clock in the morning to get a spot in South Portland in downtown to park the truck. And it was little bit crazy at first, but once people got to know the food truck, it was a more simplified menu of burritos, tacos, quesadillas and salad bowls."

People started calling them for private events, but they have not had a lot of business this past year, due to the pandemic, Fernandez said. They were able to get a spot at the Rock Row music venue on Westbrook Arterial in Westbrook for concerts and other live events, although those events also disappeared due to the pandemic.

Like restaurants throughout the area, moving to online ordering and delivery by DoorDash has helped them to retain business at Azul Tequila and El Rodeo, Fernandez said.

Azul Tequila had limited outdoor seating on the front patio area during the warmer months, and can seat guests indoors with appropriate social-distancing. "We have been trying to do everything by the rules," to keep their guests safe, she said. They placed UV air filter machines in the seating areas to help purify the air indoors.

The pandemic has led to a redistribution of staff members in order to keep them busy, Fernandez said. "We have a lot of families that depend on us" for work. Staff were given work in the kitchens or taking phone orders. German Hernandez had been a waiter at El Rodeo in South Portland before the pandemic, and is now the manager in Gorham.

Fernandez said she met her husband when she went to work at his restaurant for a month before her classes started at Ohio State. She eventually graduated with a degree in chemical engineering, but said she

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Newsmakers, Names & Faces

Guest Column

Honoring Dr. King

by Saskia Lippy, MD

PORTLAND, OR - Today our American family dysfunction is on display for all the world to see. As a keeper of secrets, my work as a psychiatrist and healer told me that our culture was sick long ago.

The stories I have heard of grandfathers, brothers, fathers, lovers, priests who rape and abuse and then manage to coerce into keeping it secret have long ago ceased to shock me. I help my patients, both women and men, come to terms with the families that were not able to protect them, who actually harmed them, and then in some cases even told them that they were the "crazy ones." The same thing is happening to us now.

But we are not crazy, our eyes do not deceive us. What the white supremacists now threatening the national security of our nation have in common with the ghosts in my office is toxic masculinity. This hyper-aggressive, violent version of manhood will be countered in the coming days with an even more aggressive show of force. There is likely to be armed conflict in our streets. We must stand by and watch, fearful and afraid. Or is

there another alternative?

If we are to teach our children, and their children and the children of the 7th generation to love, we must teach them how to stop the cycle of secrets.

This past week I had the honor of being a mental health advocate for the girlfriend of a young man shot in our community by police while in mental health crisis. She was able to do something remarkable. At his vigil, she was able to forgive the officer who shot him, to have empathy for him, to see that he too was hurting. It was a feat of incredible humanity; one we do not often glimpse.

As we face the flood of darkness coming our way, I am reminded that sometimes the ways of our world are inexplicable. Take this small miracle, a true story.

Our friend, the late Rabbi Harold White, esteemed Professor of Judaic studies at Georgetown University, had come to visit my husband and me while we were on the East Coast at a family reunion. As we were introducing him to our extended family, my daughter was tugging at me, poking, insistent that she be introduced first. I was annoyed. Nevertheless, she persisted.

"Rabbi", I said, "I am so sorry, but she has something to ask you", as I pointed to a very impatient little girl.

To my horror, my then seven-year-old daughter said, "Rabbi, are you a wise man?" There was nervous laughter.

"Yes, I believe that I am", he replied.

"Then how do you know that God exists?" she asked.

Harold was delighted at the question. His eyes crinkled with joy as he held forth about the story of Noah, the ark, the storm that destroyed the earth, the saving of the animals, and finally of the rainbow telling Noah that the danger had passed.

Precisely as he finished saying, "And that is how you know that God exists. Whenever you see a rainbow, it is God's promise to you that He will never destroy the earth again," someone yelled "Rainbow!"

A rainbow had appeared - not just one rainbow, but two. As we all piled outside, shrieking and howling with awe, I stood back with the Rabbi.

I said, "Does this happen to you often?"

He smiled and said knowingly, "Oh, yes."

I tell you this story today because the rainbow may or may not be a sign from God, depending on your belief, but on this dark day for us as a society it is also aspirational, a



Saskia Hostetler Lippy, MD, is a psychiatrist and community activist in practice in downtown Portland, OR. (Photo courtesy of PeaceVoice)

symbol of the society we have yet to build. A society in which all have a place, a society in which hate does not win over love.

As we honor the late Dr. King this year, I urge you to do so in your actions. Together, we must finish the work that Dr. King started to rebuild our society more equitably, so that all can flourish and so that the hate that has rooted within our American family can find some peace.

As we face the flood of darkness together in the coming days, hold out your light. Hurry--our time

on Earth is short--but the blink of an eye. This truth cannot come fast enough for those suffering with COVID, for the Native elders being lost. I am so sorry aunties that we have failed you so.

It is as the great Gandhi observed, "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity

to do it, even if I may not have at the beginning."

I know we can finish the work of Dr. King, together. We must if we are to survive this terrible hate. The choice lies within each of our hearts.

Saskia Hostetler Lippy, MD, is a psychiatrist and community activist in practice in downtown Portland, OR, and has been volunteering to provide psychological first aid to those involved in the Portland protest movement and is a field monitor for the TRUST network.

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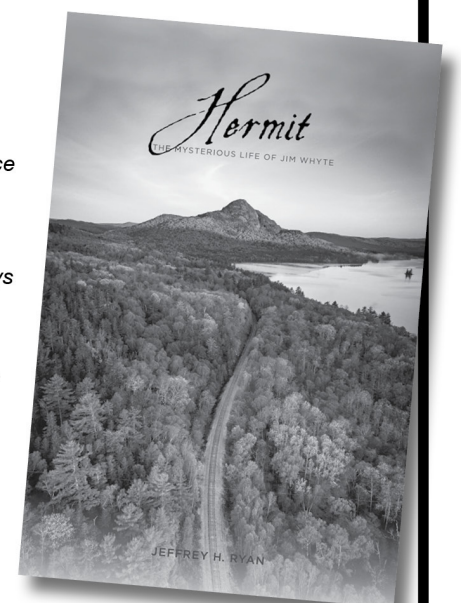
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News

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Newsmakers, Names & Faces

Guest Column

Lies and intolerance root of D.C. attack



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

By Sen. Nate Libby

The events of Wednesday, Jan. 6, during which a mob of people violently stormed the Capitol Building in Washington, D.C., have rattled our country. Watching footage

and reading accounts of what happened evokes a variety of emotions in people: Anger, frustration, sadness, and even fear. It has also led to a lot of questions, the biggest one being: How did all this happen?

The events of that day are unsettling and ugly. As investigations continue, we're getting a more complete picture of exactly what happened in the Capitol. Details from the attack are revealing a more disturbing reality than what we initially saw from live footage.

The people who stormed the Capitol Building did so because they were convinced a fair and open election was fraudulent. They were told this,

over and over, despite multiple recounts and dozens of failed court cases. These people were so convinced of this lie, they decided their only course of action was to commit an act of insurrection. In the process, they destroyed property, terrorized everyday staff, and assaulted police. Five people have died as a result of this attack, including a Capitol Police officer.

Our country was built on the promise of free speech, fair elections and open government. The right to protest does not include smashing windows or beating police officers. The right to petition the government for change does not include forcefully taking over Senate and House chambers to halt the

process of democracy. The right to question information does not include carving "murder the media" into the door of a federal building.

As we all try to process our own thoughts and feelings, various leaders have spoken up to offer words of wisdom and comfort. As strange as it might sound, the words of former California Gov. Arnold Schwarzenegger have stuck with me. He shared a story of growing up in Austria after the end of World War II. His father and neighbors suffered greatly knowing what terrible things they'd been led into doing, one step at a time. Their guilt and shame pained them just as much as their shrapnel wounds. The former

governor explained, "It all started with lies, and lies, and lies, and intolerance."

Five families are now in mourning. Countless others are grappling with the fact that their spouse, parent, child, cousin, aunt or uncle is facing felony charges and the likelihood of years in prison. The foundations of our democracy were shaken and lives have been ruined – all because of lies and intolerance.

There is a way forward. Healing the deep divisions in our country will take time and serious effort. It will involve both holding accountable those who are responsible for the Capitol attack, and taking stock of our own lives to make sure we're really listening to and respecting

each other. I love Maine and I love our country. I know we are equal to this task, and that we can live up to the high ideals this nation was founded on.

Senator Nate Libby
Sen. Libby may be reached at nathan.libby@legislature.maine.gov or 207-713-8449.

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

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

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Guest Column

Opening up Pandora's can of worms

By Grammar Guy

When it comes to streaming radio services, I prefer Pandora over Amazon Music. You see, Pandora offers deep cuts while Amazon plays mostly predictable hits. Even though I'm an Amazon Prime member and benefit from no commercials, I opt for the advertisement-laden Pandora radio. What can I say? I like Pandora's algorithm (or is it Al Gore Rhythm) better.

I didn't mean to open

up a can of worms about streaming radio services. Or is it opening up Pandora's box? Let's get to the bottom of this, shall we?

According to Merriam-Webster's Dictionary, Pandora's box is "a source of many troubles" or "something that will lead to many problems." According to the Ancient Greek tale, some evil wedding guest gave a character called Pandora a box as a wedding gift, but Pandora was not to open it. Curiosity got the better of poor

Pandora, and she opened the box, the result of which unleashed sickness, death and all sorts of evil into the world. This is why we can't have nice things.

Although the origin of the phrase "open up a can of worms" is uncertain, imagine you're going fishing in the 1950's. You'll need some bait, so you head over to the neighborhood bait and tackle shop, where you purchase a can of worms. This can of worms is nothing to worry about—that is—until you

open it. Once you open the can of worms, all the wiggly, slimy, tangled-up mess of worms try to get out of the can. It's like trying to put already-squeezed toothpaste back into a tube.

Both "taking the lid off Pandora's box" and "opening up a can of worms" are precarious situations, but there is a difference between the two. When you open up a can of worms, you attempt to solve one difficult problem which leads to even more difficult problems. When

you take the lid off, or open, Pandora's box, you unleash an evil that can't be undone. There is no "CTRL + Z" for Pandora's box.

"The legislature's proposed budget cuts really opened up a can of worms." This example is a complicated situation, but can (in theory) be resolved.

"When I asked my uncle about his opinions on the current Congress, I didn't realize that I had opened up Pandora's box."

In this example, once your uncle starts sharing his views on the government, he will never stop.

I think the lesson here is never to buy fishing bait from a lady named Pandora. If you do, make sure you're the one that gets away.

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.

Guest Column

Triumph of the Vaccine - No Shape-Shifting Enemy

by Dr. Glenn Marsch

In a previous article, I noted that while the COVID-19 vaccines were developed quickly, they weren't unduly rushed. This article digs deeper into another common concern.

Here's a thought experiment. What if our experience with COVID-19 turns out to be a warm-up for responding to a worse plague in the future? COVID-19 is devastating for a significant number of older people but relatively innocuous for the young. I am thankful that this is not like the Justinian plague, nor the Athenian one, nor like smallpox. What if—God forbid—we find ourselves hosting a plague like one of these? Something as

deadly as Ebola but as infectious as SARS-CoV-2?

If we face that kind of foe in the future, the kind of fast vaccine technology demonstrated so beautifully in 2020 will help save the day.

In the face of an even more devastating threat than COVID, we aren't going to care that the vaccine was brought to market quickly. An apocalyptic scenario like the plague in Stephen King's *The Stand* could be avoided. We will never eliminate this horseman of the Apocalypse, but perhaps we can vitiate his threat.

Some have asserted that the COVID-19 vaccine should be rejected because it makes a person a chimeric organism. Some fear the mRNA virus will

be incorporated into the genome, rendering a person a transgenic organism, with genes altering the person's genetic code. But this is not the way the vaccine works. The genes in this vaccine cannot become part of your genetic reality.

Why is this? Because the COVID-19 vaccine, which is a single strand of RNA, works similarly to the virus itself.

The SARS-CoV-2 virus's genetic code is not DNA, but RNA. The RNA strand of both the coronavirus and of the vaccine does not have the twisted double helix shape of the DNA in your body, but is a single strand that folds into a specific shape.

This kind of RNA virus doesn't become part of

your genetic code.

In biochemistry, the Central Dogma says that genetic information flows from DNA to RNA to protein. The RNA (specifically, a molecule called messenger RNA) is the set of instructions copied from the DNA and sent to the part of the cell which makes proteins. There, a huge assembly called the ribosome recruits transfer RNA to copy the mRNA instructions to make the proteins, the structural ma-

terial of the body and the enzymes that catalyze all our biochemistry.

The SARS-CoV-2 genetic code looks like a standard messenger RNA. The body thinks so too, and when faced with the virus material, the body's own ribosomes start cranking out viral proteins. Simply explained, one of the first things the virus does when it infects your cells is to make an enzyme that makes lots of copies of the virus genetic code, and the

virus particles (virions) are assembled in the host cell until they are expelled. The virus gives the body an alternate set of instructions so that your cells will make the proteins the virus wants, not the proteins you want to make.

The manufacturing details of both the Moderna and Pfizer/BioNTech vaccines are proprietary, but we know they are both mRNA vaccines, formulated with a synthetic

See Vaccine, page 12

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Local counties still designated ‘yellow’

From Maine DOE

AUGUSTA — Androscoggin, Cumberland, Oxford, and York counties continue to see increases in both 14-day new case rates per 10,000 people and in positivity rates, exceeding the statewide averages, the Maine Department of Education announced last Friday.

This means those four counties will continue with a “yellow” designation, under guidelines from the Maine Center for Disease Control. After-school activities have been cancelled at schools in those counties, and those activities, such as sports, will only be allowed when the counties return to a “green” designation.

The Mills Administration releases updates every two weeks to its 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 27 per 10,000 staff and students, compared to 113 per 10,000 people statewide. This rate of new cases in schools is 24% of the statewide rate for the general population.

DHHS and Maine CDC assessed COVID-19 data and trends for all counties and determined that Aroostook and Penobscot Counties remain “green” with removed asterisks. Aroostook County’s positivity rate continues to be above the state average, but its new case rate per 10,000 people has remained steady and is now below the statewide average. Penobscot County’s positivity rate and 14-day new case rate per 10,000 people have fallen below the statewide averages.

All other counties remain in the “green” designation.

Under the “yellow” designation, which indi-

cates 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 cohorting, 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.

Local students on President’s List

From SNHU

MANCHESTER, NH - Southern New Hampshire University recently named several local students to the fall 2020 President’s List.

Eligibility for the President’s List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Among those named to the list were Kendall Mathieu of Auburn, Emily Murray of Gorham, Kayla Stickney of Gorham, Sophie Bilodeau of Auburn, and Samuel

Payne of Lewiston.

Southern New Hampshire University (SNHU) is a private, non-profit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH.

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Arts & Entertainment

Grant to fund Dempsey Center telehealth

From Dempsey Center

PORTLAND & LEWISTON – Dempsey Center, a renowned provider of cancer support services in Lewiston and South Portland Maine, has received a \$100,000 grant award from Jane’s Trust, a charitable foundation located in Boston, MA.

The funding will make possible Dempsey Center’s Maine Cancer Support Telehealth Program, a new initiative to bring holistic cancer support to rural populations in Maine.

“I’m pleased to announce that our first part-

nering organization will be the Beth C. Wright Cancer Resource Center in Ellsworth, which has been serving people affected by a cancer diagnosis since 2004,” said Wendy Tardif, Executive Director of the Dempsey Center.

“Through this partnership, residents of Hancock and Washington counties will have access to expanded educational programming and specialized cancer support services to complement what is already offered at the Beth C. Wright Cancer Resource Center,” she said.

Michael Reisman, Executive Director of the

Beth C. Wright Center, said, “Especially during a pandemic, telehealth programming is the best way to serve our clients. They will have real-time access to Dempsey Center professionals who deliver nutrition classes, fitness and movement workshops, and other complementary therapies.”

As with all Dempsey Center and Beth C. Wright services, the Maine Cancer Support Telehealth Program will provide the services at no cost to clients.

Dempsey Center telehealth services address the most common negative side effects of cancer

and its treatment: fatigue, pain, depression, sleep issues, isolation, and loss of appetite. Cancer wellness and support services are increasingly included in medical treatment protocols.

According to the CDC, a sense of well-being is associated with decreased risk of disease, illness, and injury; better immune functioning, speedier recovery, and increased longevity.

Telecommunications equipment purchased under this program will allow for full, two-way communication between cancer support professionals in Lewiston and clients at rural cancer support sites and

vice versa, beginning with the Beth C. Wright Center in Ellsworth. Long-term plans include an additional three cancer support sites in Maine.

The Dempsey Center makes helps people manage the impact of cancer. With locations in South Portland, Lewiston, and now through a third, virtual center, Dempsey Connects, Dempsey Center services help individuals and families maintain physical and emotional wellness as they deal with a cancer diagnosis. Understanding that cancer impacts the whole family, the Dempsey Center provides specialized

services for children, teens and their families. All services are provided at no cost.

Since September of 2004, the Beth C. Wright Cancer Resource Center has been serving Hancock and Washington Counties by offering hope, knowledge, compassion and support to cancer patients, their families, caregivers and friends through all stages of the cancer journey. The Center engages and connects members of the community while providing a source of information, educational programs and social services. All services are provided at no cost.

Auburn’s Riverwalk Storywalk for January: ‘Memories’



From City of Auburn

AUBURN – The City of Auburn recently announced the Riverwalk Storywalk for January 2021, “Memories”, which

embraces the new year by featuring a collection of photos that celebrate and depict “A Fresh Start” and a “Blank Canvas.”

Residents and visi-

tors are encouraged to take a stroll along Auburn’s beautiful Riverwalk to enjoy the scenery along the Androscoggin, as well as the Storywalk presentation.

Ideas for future Storywalk displays should be submitted to Sabrina Best, Auburn Recreation Director at SBest@auburnmaine.gov or 333-6611.

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

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Paycheck Protection Program reopens

From U.S. Sen. Collins

WASHINGTON, D.C.—Following a successful effort led by U.S. Senator Susan Collins (R-ME), the Paycheck Protection Program (PPP) fully reopened on Tuesday with qualifying hard-hit small businesses eligible to receive a second forgivable loan.

Financial institutions with \$1 billion or less in

assets could begin submitting PPP applications as early as last Friday. Senator Collins, a co-author of the PPP, secured an additional \$284.45 billion in the COVID-19 relief package to extend and expand the Paycheck Protection Program.

Small businesses that employ 300 or fewer people and that experienced a 25 percent or greater gross revenue loss between com-

parable periods in 2019 and 2020 due to COVID-19 are eligible to apply for a second PPP loan. In addition, forgivable overhead expenses are expanded to include supplier costs and investments in facility modifications and personal protective equipment needed to operate safely. In recognition of the severe impact that COVID-19 mitigation measures have had on the hospitality

sector, in particular, the formula used to calculate the maximum forgivable loan amounts for second draw loans is enhanced for restaurants and hotels to equal 3.5x average monthly payroll. Further, small business owners that did not receive a PPP loan in the first round are also eligible to apply.

“Small businesses and their employees have had to cope with unpre-

cedented challenges caused by COVID-19,” said Senator Collins. “The hospitality industry in particular has been severely affected, and restaurant owners have told me of having to lay off valued staff as cold weather made outdoor dining impractical and restrictions made it impossible for them to serve their usual number of customers inside.”

“The PPP I co-au-

thored has been a lifeline, but many small businesses need more help to stay afloat this winter and continue to pay their workers,” Senator Collins continued. “I strongly advocated for providing small businesses with additional relief that they need to survive, and I am delighted that, following a sustained bipartisan effort, Congress passed my legislation to extend the

See **Paycheck**, page 12

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Mémère's Notebook with Robert Sylvain

A Zoom event on Acadian folksongs



Robert Sylvain, an Acadian-Mainer musician, will present music and a talk about his grandmother's collection of Acadian folksongs, in a Zoom event on Jan. 25 from The Franco-American Collection at USM's Lewiston-Auburn College (Photo courtesy of USM)

From USM

LEWISTON - The Franco-American Collection at the University of Southern Maine's Lewiston-Auburn College in Lewiston invites the public to join them from 4-5 p.m. on Monday, Jan. 25, for the opening event of their Spring 2021 Zoom series.

Musician Robert Sylvain will be playing and

singing selections from his anthology, *Mémère's Notebook: Acadian Folksongs from Maine*, in both the original French and his English translations. He will also discuss his process of unearthing the autochthonous melodies, their origin and evolution through the generations, and his method of researching these traditional laments and broadsides.

Robert's grand-

mother, Elisa Sylvain née Thibodeau, grew up in the St. John River Valley, in the heart of Maine's Acadian region. As the keeper of songs in his generation, Robert inherited his mémère's cherished notebook of old Acadian ballads, which he has painstakingly researched for historical sources, found the original melodies, translated and arranged the songs to present to new audiences as proof that Acadian culture still lives in Maine. Thanks in part to a grant from the Maine Arts Commission, a songbook and CD set of the music is now available for purchase.

An Acadian-Mainer, Robert Sylvain, Jr., is committed to bringing the extensive musical heritage of his ancestors forward to a new generation of listeners, exploring the depths of traditional culture and the edges of modern culture to present heritage music that is both relevant and timeless.

With over 30 years of professional experience in performance and recording arts, Robert has earned accolades for innovation and inspiration among trad-music aficionados and critics worldwide. Learn more on his website: [http://](http://robertsylvain.com/)

robertsylvain.com/

Viewers are invited to join the Franco-American Collection in a warm welcome to the first of our presenters this 2021 season. There is no fee for the programs, which are made possible by a generous grant from the Québec Delegation in Boston.

All programs are archived at <https://bityl.co/58rs> and can be viewed at your leisure. A full listing of The Franco-American Collection's 2020-2021 programs is also available there.

The second in our series will be a book launch with Doug Rooks, author of the new book, *First Franco: Albert Beliveau in Law, Politics and Love*. Rooks' Zoom talk will be Feb. 17 at 4 p.m.

For more information or to register, contact Denis Ledoux, the FAC board's Program Chair at Denis@thememoirnetwork.com or the FAC's archivist, Anna Faherty at anna.faherty@maine.edu or by phone (207) 753-6545.

You can also register at <https://bityl.co/58ru>

Ten Tips Nutrition Workshop

From Auburn Library

AUBURN - The Auburn Public Library announces Ten Tips Nutrition Workshop: Eating Better on a Budget, presented by Missy North-Drain of Healthy Androscoggin.

Want to learn how to prepare healthy foods on a limited budget? This free, two-class series, presented by Healthy Androscoggin, will give you the skills to shop, cook and eat healthier foods while staying within your food budget.

The first class, on Jan. 20, will include nutrition tips and a recipe video demonstration. Those who sign up will be able to pick up a kit at the library the morning of the program. The kit will contain all of the ingredients to make the recipe at home following the class, along with a colorful cookbook with 24 healthy, low-cost recipes and nutrition tips.

On Jan. 27, participants will learn additional nutrition tips and discuss their culinary creation from the previous class.

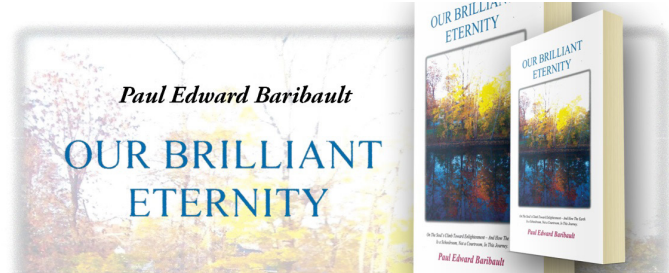
These classes will take place virtually via Zoom.

To register or ask any questions, contact the Auburn Public Library Reference Desk at 207-333-6640, ext. 4. When registering, be sure to give your email address; those who register will be sent a Zoom link on the day of the event to join the program.

This session is part of our "New Year, New You!" series which also features "Slow Flow Yoga" with Tisha Bremner of Inner Light Yoga on Tuesdays through Feb 9. This program is also virtual via Zoom.

For more information on these or other upcoming, virtual programs, visit our auburnpubliclibrary.org, call the Reference Desk, or email dwallace@auburnpubliclibrary.org.

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Fresh
Continued from page 1

has not worked in that field because “when we opened South Portland, we were just so busy!”

“Some of the skills I learned at engineering have been put to use” with work on the online menus and with company book-keeping, she said.

Fernandez was born in the Mexican state of Jalisco, and came to the U.S. with her parents about 20 years ago. She and Sanchez visit family there yearly, and feature ceramic dishes from Jalisco on the walls of their restaurants. The ceramics of Jalisco

have a history that extends far back to the pre-Hispanic period.

Because the restaurants use only fresh products for their food, they don’t have the large freezers often found in other restaurants. In fact, the large freezer at the South Portland location was turned into a storage room, Fernandez said.

At Azul Tequila, Hernandez has created a haddock taco dish for Lent, with Chipotle spices that add flavor but don’t overpower the delicate taste of the fish.

Online orders can be placed at orderazultequila.com.



A Burrito Jalisco at Azul Tequila. This is one of the most popular items that co-owner Juan Sanchez brought to Gorham from his El Rodeo restaurant in South Portland. (Tsukroff photo)



Luis “Lalo” Edwards Galvan prepares steak fajitas in the kitchen of Azul Tequila, a restaurant on School Street in Gorham that serves authentic Mexican food for pick-up, delivery, or sit-down service. (Tsukroff photo)



German Hernandez, manager of Azul Tequila, prepares a chicken fajita meal. (Tsukroff photo)



Azul Tequila manager German Hernandez shows off a freshly-made Margarita. The restaurant offers several variations of the popular drink to go along with its authentic Mexican cuisine. (Tsukroff photo)



Isle Fernandez shows off ceramic plates from the Mexican state of Jalisco at the Azul Tequila restaurant on School Street in Gorham. Besides the Gorham restaurant, Fernandez and her husband, Juan Sanchez, run the El Rodeo restaurants in South Portland and Brunswick, and a food truck in South Portland, all servicing authentic Mexican cuisine. (Tsukroff photo)



Fish and chips tacos from Azul Tequila on School Street in Gorham. Three beer batter haddock tacos tapped with roasted corn salsa and drizzled with chipotle aioli, served with corn tortilla chips and a medium-spice coleslaw. (Tsukroff photo)




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Correction to 'life-changing weight loss' article

By Nathan Tsukroff, Editor

We incorrectly identified the people in the photograph of the couple that accompanied the article in our Jan 14, 2021, edition about "A life-changing weight loss for Steep Falls woman."

The caption should

have read:

Tammy Snow of Steep Falls with her husband, Bill. Snow weighed 263 pounds in this photograph. A similar photograph with her father from 2018 was a wakeup call that set her on a journey that has seen her lose over 73 pounds since then. (Photo courtesy of Tammy Snow)

Final visa rule helps farmers

From U.S. Sec'y of Agriculture

WASHINGTON, D.C. - U.S. Secretary of Agriculture Sonny Perdue last week issued a statement applauding the Department of Labor's final rule modernizing the H-2A visa program.

"This final rule streamlining and modernizing the H-2A visa process will go a long way in ensuring American farmers have access to a stable and skilled workforce, all while removing unnecessary bureaucratic processes. USDA's goal is to help farmers navigate the complex H-2A program that is administered by Department of Labor, Department of Homeland Security, and the State Department so hiring a farm worker is an easier process," said Secretary Perdue. "These modernizations make the Federal government more responsive to our customers, ensuring American agriculture continues to lead the world for

years to come."

The final rule will streamline the H-2A application process by mandating electronic filing of job orders and applications. These elements are designed to bring the H-2A application process into the digital era, by harnessing the power of the FLAG electronic filing system to share information with other federal agencies like the Department of Homeland Security while also sharing information with the State Workforce systems and domestic farmworkers.

Additionally, the final rule will provide additional flexibilities to cut down on unnecessary burdens on the agricultural employers that use the program. These flexibilities include the ability to stagger the entry of workers into the country over a 120-day period and allowing agricultural employers the flexibility to file a single application for different dates of need instead of multiple applications.

Bean Supper Feb. 6 in Sabattus

From Post 135

SABATTUS - The Harry J Conway Post 135 in Sabattus will be hosting a curbside Bean Supper on Saturday, Feb. 6, from 4-5pm.

The supper will include two red hot dogs, cole slaw, beans, rolls and dessert for \$8.00.

Suppers must be pre-ordered by calling Tracey Rancourt at (207)

375-3052.

Due to the pandemic, the Post has been unable to host monthly breakfasts, so participation with this Bean Supper will help to continue the work of the legion in and around the Sabattus area.

The American Legion provides help to service members, veterans, local schools and local sports clubs.

SeniorsPlus online classes for January

From SeniorsPlus

LEWISTON - SeniorsPlus has announced its Online Education Center classes for January.

All classes are online, due to the pandemic and current CDC guidelines. Classes and workshops are free, unless noted.

Anyone wishing to attend should register by emailing edcenter@seniorsplus.org or calling 795-4010 or 1-800-427-1241.

For more information, visit seniorsplus.org/education-center.

CLASSES -

Zoom 101: Using Video Technology to Stay Connected

Date: Friday, Jan. 29

Time: 1:00-2:00PM

Instructor: Senior-Plus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

Fraud & Scams

Date: Monday, Jan. 25

Time: 10:00-11:00AM

Instructor: Senior-Plus Staff

Location: Zoom

This class will give you the information needed to determine what is real and what a scam is. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where do you go to report things so others don't become the next victim. Presented by Valerie

Cole.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of Jan. 25 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Just in time for Valentine's Day, Corinne has created two cute projects, perfect for gift giving. The first project is a beautiful Valentine's Day card and the second is a cute treat holder. All supplies provided except adhesive; class limited to 10 participants.

Medicare Made Simple

Date & time: At your convenience

Instructor: Senior-Plus Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

Instructor: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers

standing by to answer your tech questions and also to help you sign up for online training sessions.

CAREGIVER SUPPORT GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, Jan. 11 from 5:30-7:30PM

Thursday, Jan. 28 from 8-10 AM

Location: Zoom or Telephonic

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

CARES Dementia Family Training

CARES® for Families was developed specifically for those caring for a loved one living at home. It includes many practical strategies, tips, and the 5-step CARES® Approach.

This award-winning training and certification program was developed for family members or friends caring for a loved one with memory loss or dementia. Like other CARES® products, this program centers around the CARES® approach and offers many practical and invaluable strategies to common caregiving situations.

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Opportunity includes 4 hours, 4 modules and is compliments of SeniorsPlus. The promotion expires Sept. 25.

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? The goal of the newsletter is to share caregiver specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter,

please reach out. We're happy to add you to our mailing list.

Grieving Between the Lines

Starting in February

Dates: Thursdays for 4-weeks

Time: 11:00-12:30pm

Facilitator: Androscoggin Home Healthcare + Hospice Staff

Location: Zoom or Telephone

We are excited to partner with experts at Androscoggin Home Healthcare + Hospice to host a new and exciting group! In February we will begin to host a book club focused around bereavement and grief support.

We will start with the book Tuesdays with Morrie and meet each Thursday from 11:00-12:30pm beginning February 11th, meeting weekly for 4 weeks. The group will be able to host a maximum of 15 people.

If you or someone you know could benefit from this, please reach out to us as pre-registration is required and those who register will receive the link to join after registering.

Virtual Knitting Group

Dates: Every other Wednesday - Jan. 13 and 27

Time: 5:00-6:00 PM

Group Lead: Senior-Plus Staff

Location: Zoom

Join our knitting group to work on your own project, learn from others, and socialize!

HEALTHY LIVING FOR ME Workshops

Virtual workshops to be held telephonic and through Zoom

SeniorsPlus is partnering with Healthy Living for ME to offer free workshops for adults who are interested in learning how to prevent falls, manage diabetes, pain, and other conditions. Scheduled workshops include Living Well with Diabetes, Living Well with Chronic Pain, Better Health Now with Diabetes, Better Health Now with Chronic Pain, and more! Most workshops are free and open to the public but registration is required.

Healthy Living for ME is a statewide network of organizations delivering evidence-based programs that empower adults to address and better manage their health. All workshops are listed at healthylivingforme.org.

The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

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Proposed Vietnam War memorial

From L/A Veterans Council



A rendering of the proposed Vietnam War memorial that the Lewiston/Auburn Veterans Council would like to erect at the Veterans Memorial Park next to Longley Bridge in Lewiston. (Photo courtesy of L/A Veterans Council)

LEWISTON - Central Maine Detachment 810 Marine Corps League and Lewiston/Auburn Veterans Council would like to erect a Vietnam War memorial at the Veterans Memorial Park next to Longley Bridge in Lewiston.

The groups are asking residents to help create a monument to honor courage and commitment, traits that have always been shown by military personnel.

The monument is intended as a lasting tribute to the men and women who served during one of America's most controversial wars. It will welcome home a group of veterans who did their job and received a nation's scorn upon their return.

The monument is planned as a single granite block with the words Vietnam War engraved on the front. The years will be engraved on the front, as well, along with a Vietnam War montage.

The top of the block will flat and polished, with the inscription, "For those who have served and fought for it. Freedom has a taste that the protected will never know."

Residents interested in making a donation to help pay for the mon-

ument should contact the Lewiston/Auburn Veterans Council, PO Box 2316,

Lewiston, ME 04241, or call Charles Paul at 207-393-7667.

St. Dominic students give back to community

From Portland Diocese

LEWISTON - Advent is always a special time at Saint Dominic Academy's Lewiston campus where students look forward to acts of kindness and embracing the spirit of generosity as they prepare for Christmas ahead.

This year is no different. Even during a pandemic and contending with daily protocols, the school community is still driven to complete service projects as a way to get people smiling at a time in which smiles are occasionally at a premium.

For the first graders, that means doing chores!

"They pick tags off of a 'giving tree' with items for local boys and girls their age who are in need at Christmas," said Principal Alanna Stevenson. "The first graders will earn money at home for the chores they do to help around the house. The amount of money they earn is sent into school to help purchase the items on the tag."

The tags also have kind deeds on them with activities the students will complete, such as offering to help someone, washing dishes at home, or cleaning up their rooms.

The service project is such a cool idea that local businesses have taken notice and want to pitch in.

"I got the letter about doing chores around the house for kids to make money and donate to help others have a nice Christmas. What a great idea!" said James Moreau, marketing director at Maine Family Federal Credit Union and the parent of a St. Dom's first grader. "Maine Family Federal Credit Union is donating an additional \$450 to help with this in hopes we can help as many kids as possible."

"This huge gift and the efforts of the students will allow us to support a lot of kids this Christmas," said Stevenson. "The students are inspired and excited."

In addition, students from all grades are connecting with local healthcare workers during December to ensure that these heroes know how much they are loved.

"They will be writing thank you cards and words of encouragement to healthcare workers at St. Mary's in Lewiston," said Stevenson. "Additionally, they will also be writing to patients at St. Mary's d'Youville Pavilion."

And the campus looks the part of Advent, too. Prince of Peace Parish in Lewiston donated an Advent wreath and candles for each classroom, and students have decorated

throughout the school with their own paper hand cut-outs forming Christmas trees and wreaths; class advent calendars; and drawings of the baby Jesus visible on classroom walls.

"We continue to be blessed with the opportunity to work with these children in lessons of learning, love, and kindness, and spreading the word of God," said Stevenson. "It cannot go without saying how lucky and thankful we are to have families who are so supportive of what we do."

The Lewiston campus teaches pre-kindergarten through fifth grade.

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Vaccine

Continued from page 4

messenger RNA molecule placed in specialized soap bubbles called micelles. It seems that mRNA vaccines are cheaper and faster to produce than typical vaccines, which is a godsend both for this pandemic and because of future potential with mRNA vaccines.

The vaccine is a single strand of mRNA that contains some or all of the SARS-CoV-2 spike protein genetic code. The spike proteins on the outer surface of the virus give it a crown-like shape (“corona”) and allow the virus to infect many cells, especially those that express an enzyme called ACE2. But this strand of artificial mRNA is not complete, so it cannot force the cells to make new coronavirus virions. If you get the vaccine, the vaccine mRNA can command the cells to

synthesize pieces of the virus, the spike protein that the immune system will recognize as an enemy. Later, when the virus tries to infect you, the immunoglobulins (antibodies) elicited by the vaccine immediately recognize the virus and prevent it from infecting your cells, and the antibodies recruit cells in your immune system that destroy the virus.

RNA vaccine technology is a streamlined way to introduce a piece of virus protein (the antigen) into your body. The antigen is not synthesized in a laboratory and then injected into the body, as is the case with most vaccines. Rather, the RNA vaccine allows the body to manufacture its own virus antigens—a more “natural” process.

And what of the original strand of mRNA that constitutes the vaccine that you will be injected with? RNA molecules are rela-

tively unstable inside the body and deteriorate rapidly, having a lifetime on the order of hours to a few days. Then they are gone. The genes coded on this vaccine mRNA will not be able to get into your DNA genome. Only retroviruses have an enzyme that allows that, and coronaviruses are not retroviruses.

I predicted to my students in October 2020 that we would beat this bug, and I think I was right. As the vaccines are distributed, the companies are obligated to continue collecting data about the vaccine’s efficacy and side effects, so that we can better refine the administration of this modern miracle. It will be an honor to receive the vaccine that is the product of so much biotechnology genius brought to the service of humanity. Biotechnology can be abused, but so can all of our technology. In the creation of the

COVID-19 vaccines, the better angels of our nature are on display, not the evil ones.

Author’s note: I thank Prof. Devin Stauff (Grove City College Biology Department) for technical suggestions and Cindy Rinnan Marsch for editing assistance. Any errors in the two vaccine articles are my own.

Dr. Glenn A. Marsch is a professor of physics at Grove City College where he teaches physics and an innovative course, Studies in Science, Faith and Technology. He is a contributing scholar with the Institute for Faith and Freedom. During a sabbatical in 2013, he was a visiting research professor in the Department of Biochemistry at Vanderbilt University conducting biophysics research on drug-metabolizing enzymes in the laboratory of F. Peter Guengerich.

Guest Column Home Country

By Slim Randles

“What a great winter morning, guys,” said Doc, seating himself at the philosophy counter and flipping his cup to the upright and fillable position. “Makes a guy glad to be alive.”

We all nodded and sipped.

“Say Doc,” said Herb, “how’s old Chipper getting along these days?”

We all chuckled, because all the locals know Chipper was invented by Doc a few years back to be his very own imaginary squirrel. Yeah, Doc’s like that.

Doc laughed, too. “Hibernation, boys,” he said, “Sacked out ‘til spring. You should all get hibernating pets. They’re

really easy to care for as long as they stay asleep.”

“And he’s all tucked in?” Steve wanted to know.

“Fluffy tail covering his face. The very picture of warm beds and happy dreams.”

“That’s good,” said Dud.

The man in the uniform stood up from his place over in the booth and walked over to the counter. “Excuse me, sir, but are you Doc?”

Doc nodded.

“Doc that has the squirrel?”

“Well, yes,” he said.

“I’m the new game warden here and I’d like to see your squirrel permit, please.”

“Squirrel permit?”

“A civilian can’t keep a wild animal without first obtaining a permit. Otherwise, it’s a \$500 fine.”

We sat in stunned silence, then Dud spoke up. “You boys haven’t met my cousin Jimmy yet, have you? He’s here for the weekend and I put him up to it.”

We made Dud buy the coffee. We all chipped in for Jimmy’s breakfast. Most cafes only serve food.

Brought to you by “Packing the Backyard Horse” by Slim Randles. Available now from Amazon.com.

Paycheck


Continued from page 7

PPP. I encourage eligible small businesses to contact their participating financial institution to apply.”

Since the program began accepting applications in April 2020, more than 28,000 Maine small businesses and self-employed individuals have received nearly \$2.3 billion in forgivable loans, helping to support more than 250,000 jobs throughout the state.

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**THURSDAY
Jan. 21**

1 p.m.
LEWISTON - Lewiston Public Library. Great Falls Forum, a free, monthly series featuring state-wide and regional leaders in public policy, business, academia and the arts. For more information & to register, contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

4-5 p.m.
AUBURN - Auburn Public Library. Environmental Research in the Norwegian Arctic, presented by Professor Mike Retelle, online. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

5:30 p.m.
GORHAM - Historic Preservation Commission Meeting via Zoom.

6:30 p.m.
GORHAM - Board of Appeals meeting. Zoom webinar: <https://us02web.zoom.us/j/83618869640>

**Monday
Jan. 25**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30 p.m.
GORHAM - Finance Committee meeting. Zoom webinar: <https://us02web.zoom.us/j/89288915185>

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's

Calendar

Send your submissions to the Editor. More online.

Conference Room.

**TUESDAY
Jan. 26**

10:30-11:15 a.m.
LEWISTON - Lewiston Public Library. Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

5:30 p.m.
AUBURN - Agriculture Committee meeting at Auburn Senior Community Center in Pettengill Park.

6 p.m.
LEWISTON - City Council Workshop via Zoom at <http://www.lewistonmaine.gov/2021cc>

**WEDNESDAY
Jan. 27**

7:30 a.m.
AUBURN - Auburn Housing Authority Board of Commissioners meeting.

Noon
LEWISTON - Lewiston Public Library. Read Your Mind: Exploring Mental Health in Teen Books - a monthly, virtual series focusing on teen mental health & wellness with YA authors and community health experts. Contact hchance@lewistonmaine.gov or call 207-513-3135 to register.

6 p.m.
AUBURN - Complete Streets Committee meeting.

7 p.m.
GORHAM - Comprehensive Plan Amendment Committee meeting via Zoom.

**THURSDAY
Jan. 28**

4-5 p.m.

AUBURN - Auburn Public Library. Film discussion: Melting Ice - The Future of the Arctic, online. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

**MONDAY
Feb. 1**

7 p.m.
GORHAM - Planning Board meeting via Zoom.

**TUESDAY
Feb. 2**

10:30-11:15 a.m.
LEWISTON - Lewiston Public Library. Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

5:30 p.m.
AUBURN - Age-Friendly Community Committee

6 p.m.
LEWISTON - City Council meeting via Zoom at <http://www.lewistonmaine.gov/2021cc>

6:30 p.m.
GORHAM - Regular Town Council meeting via Zoom

**THURSDAY
Feb. 4**

4 p.m.
AUBURN - Cable TV Advisory Board meeting.

4-5 p.m.
AUBURN - The Auburn Public Library will host a book discussion - "The Hidden Life of Ice: Dispatches from a Disappearing World" by Marco Tedesco with Alberto Flores d'Arcais; translated by Denise Muir; foreword by Elizabeth Kolbert. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

**MONDAY
Feb. 8**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

**TUESDAY
Feb. 9**

6 p.m.
AUBURN - Planning Board Meeting.

6 p.m.
LEWISTON - City Council workshop via Zoom at <http://www.lewistonmaine.gov/2021cc>

7 p.m.
GORHAM - Conservation Commission meeting via Zoom.

**WEDNESDAY
Feb. 10**

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4:30 p.m.

AUBURN - Lewiston-Auburn Transit Committee (LATC) meeting.

6:30 p.m.
AUBURN - Parks & Recreation Advisory Board meeting.

7 p.m.
GORHAM - School Committee meeting via Zoom.

**MONDAY
Feb. 15**

Presidents' Day

**TUESDAY
Feb. 16**

7:30 a.m.
AUBURN - Auburn Public Library Board of Trustees meeting.

8 a.m.
GORHAM - Ordinance Committee meeting via Zoom.

4 p.m.
AUBURN - Auburn Sewer District Trustees meeting.

6 p.m.
AUBURN - Conservation Commission meeting.

6 p.m.
LEWISTON - City Council meeting.

6:30 p.m.
GORHAM - Tentative recurring Town Council workshop via Zoom.

**WEDNESDAY
Feb. 17**

8 a.m.

GORHAM - Gorham Economic Development Corporation meeting via Zoom.

4 p.m.
AUBURN - Auburn Water District Trustees meeting.

**THURSDAY
Feb. 18**

8 a.m.
AUBURN - 9-1-1 Committee meeting.

6:30 p.m.
GORHAM - Board of Appeals meeting via Zoom.

**MONDAY
Feb. 22**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

**TUESDAY
Feb. 23**

5:30 p.m.
AUBURN - Agriculture Committee meeting.

**WEDNESDAY
Feb. 24**

7:30 a.m.
AUBURN - Auburn Housing Authority Board of Commissioners meeting.

6 p.m.
AUBURN - Complete Streets Committee meeting.

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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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