Town Office:
Phone: 293-2379
Fax: 293-3507
clerk@mtvernonme.org
Mon: 9 a.m. - 5 p.m.
Tues. Wed. & Thurs. 7 a.m. - 3 p.m.

Deputy Clerk
Amanda Wheeler
depuyclerk@mtvernonme.org

Town Clerk & Tax Collector
Heather Wheeler
293-2379
clerk@mtvernonme.org

Treasurer
Kerry Casey
293-2379
treasurer@mtvernonme.org

Select Board:
selectboard@mtvernonme.org
Mac Hardy, Chair 293-4646
mac@mtvernonme.org
Sherene Gilman 215-9456
Sherene@mtvernonme.org
Paul Crockett 293-3000
paul@mtvernonme.org

Select Board Assistant
Open Position

Select Board Meetings:
Every other Mon. at the Town Office
Warrant 6:30 p.m.
Regular Business 7 p.m.

Planning Board:
3rd Tues. of the month at Community Center, 7 p.m.

Transfer Station:
Carole O’Connell
458-1425
Sat. & Sun.
8:30 a.m. - Noon
Wed. 3 p.m. - 7 p.m.
(Memorial Day thru Columbus Day)

General Assistance
Paul Crockett
293-2532
mac@mtvernonme.org

Road Commissioner
Lee Dunn
(h) 293-2179
(cell) 242-5828

Animal Control Officer
Trish Davis
491-0410

Fire Chief
Dana Dunn
293-2114
(non-emergencies)

Rescue Director
Pat Rawson
293-2597
(non-emergencies)

Health Officer
Daniel K. Onion
293-2076

Newsletter Editor
mtvnewslette@gmail.com

RSU #38
Supt. Of Schools
Jay Charette
Jay_Charette@maranacook.org

Board Members
Cathy Jacobs
Alex Wright
Melissas Tobin

Local School Comm.
Lucas Rumler
Jonathan Berry

CEO, Plumbing & Health Inspector
Andrew Marble
293-2636
to@mtvernonme.org
Mon. 8am - 4pm

Dr. Shaw Memorial Library
293-2565
Website: drshawlibrary.org
Email: DrShaw@shaw.lib.me.us
Open Saturdays 10am - 3pm

Curbside service Saturdays
10:30am - 2:30pm.
Email or call by Wednesday
10am to place order for curbside.

Library Trustees:
George Smith
Kathleen Kelley
Fred Webber
Dorcas Riley
Sherene Gilman
Head Librarian: Alice Olson

Mt. Vernon Post Office Hours
Retail Window:
Mon- Fri 7 a.m. - 10 a.m.
11:00 a.m.—2 p.m.
Sat: 9 a.m.—11 a.m.

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Paid Business Advertisements

Bus. Card Size $15/mth
1/4 page $25/mth
1/2 page $45/mth
Full page $90/mth

Checks are to be made payable to:
Town of Mt. Vernon.

All ads must be prepaid with ad copy and payment sent to:
Newsletter-1997 North Rd. Mt. Vernon, ME 04352

www.mtvernonme.org November 2020 Edition
Mount Vernon Select Board Meeting:
To view entire meeting minutes visit  
[www.mtvernonme.org](http://www.mtvernonme.org)
The dog licenses are available in October. They will need to bring proof of updated rabies. Female/Male will be $11.00 and the spay/neuter are $6.00. The deadline before late fees apply is December 31, 2020. Election is November 03, 2020—During these uncertain times, you can request an absentee ballot. You can do it electronically through the state, calling the office @ 293-2379 or by stopping by the office!
We are going to be closed
- September 7 for Labor Day
- November 11 for Veterans Day
- November 25-closing at noon for Thanksgiving
- November 26 for Thanksgiving
- December 24 for Christmas

Synopsis of Minutes for October 12, 2020
Dan Onion, Health Officer
Hardy introduced Dan Onion, Onion, presented an idea where he developed a program in Farmington, where a social worker directed by an interlocal organization to encourage individuals would reach out to senior or at health risk individuals. Onion proposes we develop an organization by the town with the usage of grants to develop a similar program of reaching out to health risk individuals in Mt Vernon and support them with a trained social worker or similar position. Crockett, GA perspective many of the applications have mental or physical problems, Crockett mentioned that he asks if they are working with a social worker, if not then he would refer them to work with a social worker. Crockett asked if there was a similar model out there. Onion replied that he has not looked, but there probably is somewhere in Maine. Gilman spoke about her approach is through the comprehensive plan, their reply would generally be “follow the comprehensive plan”. Gilman continues to ask where does Onion's idea fits in the comprehensive plan? Then assigning some of the jobs to the appropriate committees. Onion mentioned his thought would be to explore it with more individuals and concur with Gilman. Hardy mentioned, who would be the coordinator for all the projects and goals? Onion mentioned it could be involving the hospital and work with people that have connections. The Selectboard agrees that it is a good idea and the conversation should continue and see what the options are. Gilman mentioned Aging in Place Committee has a lot of parallels and would be a good starting group to work with.

Swap Shop discussion, Carol O’Connell
Hardy discussed his conversation with Atlantic Recycling, the guided island needs to be move before the next pickup. The oil in the system needs to be changed. O’Connell mentioned this year there was an oil change was done. O’Connell mentioned changing the fluids should be put regularly. Crockett mentioned there MMA insurance who came in to inspect the Transfer Station and made suggestions. Hardy mentioned it would be prudent to have someone come in and make suggestions, instead of OSHA tacking on penalties. Also, there is a quartz heater for the electric panel. The intention is for the Swap Shop to be closed, and have outdoor stuff removed before winter. O’Connell makes the suggestion open earlier in May and closes earlier in October, possibly adding another tub. Gilman mentioned the Transfer Station committee could look into this further. Hardy will work and coordinate the fixing of the guided island for the recycling tub.

Town Goals Discussion
Hardy presented a summarized main point of all the committee and department goals. Hardy asked the Selectboard how to prioritize the goals for the Selectboard to accomplish. Crockett likes short, medium- and long-term goals. Find some goals that are on the list and delineate some goals to do some. Gilman mentioned that the Selectboard should support and communicate clearly with the committees some of the goals and what they need. Focused on the short terms Gilman mentioned, having the basement cleaned out and assembling the LED sign.
- Cleaning out the basement, Short Term, Hardy spoke about the clearing out the basement, mentioned someone including himself could help clean it out but needs a bin.
- Triano would provide one and the dumpster is needed as soon as possible. Gilman will order.
- Generator goal, Short Term, Crockett spoke about getting it going. Crockett said he will do it.

Trails Committee, Casey mentioned some local non-profit committees have been and continue to maintenance trials. Have the Economic Development committee work with the local non-profit with trials. Gilman mentioned she would need to ask the Economic Development committee if they can take it on.
Let’s think about upcoming Thanksgiving, Christmas/Hannukah, and New Year’s Eve, keeping corona virus pandemic arrangement choices in mind.

**Current circumstances:** Covid infections are surging nationally and internationally, with the US topping all other countries, ahead of even India and Brazil, in both absolute and population-adjusted cases and deaths, this last week in October at 8,550,000 cases, and 225,000 deaths, and now on October 25, reporting over 80,000 new cases a day, the most since the epidemic started. Mid-Western and Mountain states are suffering the highest rates per capita. Meanwhile, Maine is among the least affected states right now, ranking in the best 2 to 5 states among various measures, adjusted for its population. But even here, we’re seeing daily infection rates rising from the 15-25/day range in late August, now consistently at 30-50/day. Granted, death rates per capita are lower than in the spring and summer, probably because more cases are being identified with more available testing, more younger people with lower mortality are catching the disease, and a few medical interventions have been discovered to be effective (like the use of dexamethasone and remdisivir in hospitalized patients). However, all those numbers by all estimates are probably undercounts by 30-50% because cases and deaths are identified as Covid-related only 50-70% of the time. Those estimates are made from comparing this year’s morbidity (“influenza-like illness”, is the epidemiologic term) and mortality with those of previous years. Because the virus is spread mostly from respiratory droplets and aerosols (very tiny droplets) person to person, the disease attack rates will be worse as Northern Hemisphere people move indoors for winter and attend more and more bar room, family, holiday, church, funeral, and wedding gatherings, often unmasked, closely packed and with loud shouting or singing. Finally, although vaccines will be coming this spring, it will certainly be a year or more before they will begin to have an effect, maybe longer if, as polling suggests, over 20% of people will decline to be vaccinated. So, Maine is in relatively good shape now, but it’s going to get worse here and elsewhere. We know more about the science now, for instance that contagion is most common from inhalation of those respiratory droplets, big and small, from infected people, many of whom don’t have or ignore the characteristic “cold” symptoms. At least half disease transmission is from “super spreaders”, people who emit higher virus particle numbers and infect great numbers of victims. Unprotected contact with an infected by such an individual after only 15 minutes, as a single block of time or multiple shorter contacts over 24 hr is enough to do the damage. You can never know, except in retrospect, who is a silent spreader. And finally, severe illness and mortality increase with viral dose, the older individuals are, and the victim’s chronic disease burden.

**What prevents/slow spread and keeps us safer?** Well it’s all the usual, like distancing from each other by 6 ft or more, outdoor wind or inside better fresh air circulation, cloth masks worn over mouth AND nose, frequent hand washing, and restriction of close contacts with anybody who is not living in our house or a daily contact in our “bubble”.

**Continued**
So, what do you do about a family Christmas or other holiday gathering?

The safest option is to cancel it or go virtual, as both NIH’s Dr. Fauci and Maine CDC’s Dr. Shah, have said they plan for their own families. Thus, no contact with outsiders. Both predict a big worsening of these numbers over the next 6 months, vaccine or no vaccine. Beyond that it gets complicated. I urge you to read the Federal and Maine CDC guidelines (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html). In broad strokes, the general advice is:

1. Both hosts and guests, get a flu shot ahead of time, and most importantly, consider if taking these risks is worth it.
2. Avoid preparatory shopping in crowded stores, attendance at crowded parades or sports events, drinking disinhibiting levels of alcohol or other drug use, and/or large indoor gatherings.
3. Stay home if you have any Covid symptoms, are waiting for a Covid test result, or have been exposed to someone with the disease.
4. When hosting gatherings or cook-outs:
   - Remind guests to stay home if above criteria met.
   - Encourage Covid PCR testing with results within 3 days of attending, especially if coming from higher-risk areas in- or out-of-state.
   - Encourage distancing by being outside or opening windows, arrange distant seating, no handshaking/hugging, etc.
   - Wear masks as much as possible.
   - Wash hands frequently in soap and water or hand sanitizer.
   - Mask during food preparation.
   - Limit number of people handling/serving food. Avoid guests self-serving.
   - Limit contact with highly touched surfaces by cleaning/disinfecting, using gloves and/or hand washing.
5. When attending an event:
   - Consider traveling precautions and risks.
   - Ask what precautions hosts are taking, including ventilation/indoor activities
   - Bring your own Covid supplies.
   - Use social distancing and limit physical contact.
   - Wear masks when interacting.
   - Limit contact with commonly touched surfaces or shared items like garbage cans; use single food servers; use disposable tableware OR substitute frequent handwashing before and after use.

Please notice the low, moderate, vs high-risk holiday-specific activities in the hypertext CDC guidelines above. Agonizing, isn’t it! Makes me feel like an old, crotchety grim reaper to even talk about it. We all know that social interactions with friends and family are terribly important for our happiness and mental health. I don’t know how to sugar coat it. Rather than just being in denial, I suggest that instead, we should be sure all participants have considered how they would feel if some end up getting or even dying from Covid contracted at the gathering. Not a pleasant thought, but better to ponder it up front rather than in retrospect. I think my own family will pre-test, be careful, and hope for the best. Each household needs to decide for themselves if attendance is worth the risks.
Girl Scout Troop 2096

AMERICAN FLAG COLLECTION

Girl Scouts from Mount Vernon and Vienna will be conducting a Flag Retirement Ceremony in early November. We welcome your donation of flags that should be retired from service.

Please place your flags carefully in the collection box at either the Mount Vernon or Vienna Post Office by October 30. Thank you!
The Mt. Vernon - Vienna Giving Tree and the Corona Virus

In spite of the pandemic, there will be a Giving Tree this year and there will be a tree at the Flying Pond Variety store!

However, things will look quite different. In order to ensure the safety of shoppers, Santa’s Elves have decided to request only gift cards for children and other than fuel and grocery cards, there will not be specific gift tags with requests on the tree. This will help to keep shoppers out of stores and give parents control over what their children will receive from Santa. If you prefer, you can donate either by check or cash and the Elves will purchase the cards for you.

In order to give parents time to shop, the timeline will also be different. Santa is requesting that the gift cards/ cash be dropped at Flying Pond Variety by December first.

Checks can be made out to Mt. Vernon Rescue Company and left at Flying Pond Variety or mailed to 970 Pond Road, Mt. Vernon, ME 04352.

If you have any questions, feel free to call an elf at 293-2597 or 293-2783.
Neighbors Driving Neighbors
PO Box 142, Mt. Vernon, ME 04352
Neighborsdrivingneighbors.org

Do you live in Mt. Vernon, Fayette, Vienna, Belgrade or Rome? Are you unable to drive and need a ride to medical appointments, the grocery store or other errands?

Neighbors Driving Neighbors can help!

Volunteer drivers can take you where you need to go. Call to find out more.

207-860-0677
“A library outranks any other one thing a community can do to benefit its people. It is a never failing spring in the desert.” Andrew Carnegie

Coming soon – **Hoopla!** Starting this month, we will be partnering with the digital streaming service, Hoopla (managed by Midwest Tape) to provide access to ebooks, audiobooks, comics, music, movies, and TV for our library patrons! With Hoopla and a valid library card, our patrons will be able to borrow, stream, or download content via Hoopla’s mobile app, or at [www.hoopladigital.com](http://www.hoopladigital.com). The service is simple to access, with no waiting. What you need to get started is: your library card, and a web browser, smart phone, or tablet. The staff will be getting training on it, so we’ll be glad to help.

Here is some information about the service:
1. It is a free service to library patrons, though we may need to restrict the amount of materials borrowed.
2. To sign up, contact the library to register. Make sure you have a valid library card. During registration, Hoopla will ask you for an email address. This will be your username for logging in. You will set a password for your account as well.
3. There are no ads or commercials while you enjoy the content on Hoopla.
4. Hoopla constantly adds new titles from vendors, on a weekly basis. Some titles will be added for just a limited time, so if you see something you like, check it out!
5. Your account information and borrowing history is private. No one can see what you have borrowed but you.
6. Material is available both on your desktop and on your Hoopla mobile app.
7. You can follow Hoopla on social media, on Facebook, Twitter, Instagram, Pinterest, and YouTube, where you can get news of new content additions and library partnerships.

**Ongoing Booksale!** We have a large number of books of all kinds for sale in the old upstairs hall and in the Clayton Dollof Room. We are limiting browsing in the sale area to one person at a time. Hand sanitizer and gloves are at the foot of the stairs. Just tie a ribbon around the banister when you go upstairs, to let people know the sale rooms are occupied. Untie the ribbon when you come back down, so others will know the sale area is available. You can also make an appointment to come and shop on Wednesday mornings, between 9AM and noon. We have bargain prices! All hard cover and trade paperbacks are $1.00, and mass market paperbacks are $.50. Proceeds from the sale of these books will go towards a recently received grant from the Pilcrow Foundation, which will match our funds 3x1. You might find just the right holiday gifts for folks on our shelves! Come take a look.

**An update on our hours:** We are keeping abreast of protocols and guidelines from the Maine CDC and Maine State Library, so we might make various changes throughout the winter. Starting in November, our plans are:
* We are opening our Wednesday afternoon hours to mirror our Saturday procedures. We are moving appointment times to Wednesday mornings and Monday afternoons. Our hours will be:
  - **Saturday 10-3:** (limit 5 people at a time, for 20 minute periods)
  - **Wednesday 3-6:** (limit 5 people at a time, for 20 minute periods)
* **Wednesday morning 9-noon and Monday afternoon 3-6:** we will be open by appointment only, for 30 minute slots. Appointments for computer use can be made for an hour. Call ahead to reserve a spot.
* We are continuing our curbside service for those who want to contact us and ask us for some materials that they have chosen or that they would like us to put together for them. You can call us at

**Continued**
Continued

293-2565, or email DrShaw@shaw.lib.me.us. You can even contact us when we open, and we could put together the order by the end of the shift. Then you can just swing by and grab the bag of materials.

* When entering the building, make sure to always wear a mask, sign in at the table right inside the main door (name and time of arrival), and use hand sanitizer. Touch as few surfaces as possible, and put handled materials inside the bins or baskets placed in each room so we can quarantine them. Families please stay together,
We are thankful to our patrons. People have been so cooperative and understanding as we try to create a safe space for our community.

Some fun and interesting websites to visit:
We have mentioned these in the past, but with winter approaching, it might be fun to spend a bit of time now and then learning about all sorts of odd bits of life:
Atlas Obscura: https://www.atlasobscura.com/ It is sometimes advertised as a travel destination site, but it is so much more. There are articles about historic, geographic, cultural, natural science, and other aspects of so many places on Earth. Some of it is amusing, much of it is intriguing.

How Stuff Works: https://www.howstuffworks.com/ An informal approach to how things fit together (mechanically, and in relation to other things). They even have podcasts, quizzes, and puzzles.

Earth Sky: One more site with geeky, fun information, images, and articles about astronomy and the earth (and its inhabitants). It has lots of great learning opportunities and is just a good site to spark curiosity and wonder. https://earthsky.org/

The above sites generally provide brief, informal articles, and also have Facebook pages, as well as Twitter and Instagram, if you want to see some of their latest postings in your feed. There are some pop-up ads on the sites.

Crossword puzzles and more: https://www.boston.com/culture/entertainment/2020/03/20/free-crossword-puzzles-sudoku-kenken-quizzes-online This site gives a list of online places you can click on for doing crossword puzzles, Sudoku and KenKen math puzzles, and other puzzles and quizzes (state capitols!). These are great winter activities to boost cognitive skills, mental health, provide entertainment, and remind us to try, try again (and puzzle it out!): One of the sites on the list that is mentioned most often is Boatload Puzzles. You can go directly to it here: https://www.boatloadpuzzles.com/playcrossword

I have been reading some more Louise Erdrich fiction, this time it is one of her older novels, The Master Butchers Singing Club, and I’ve been paging through Mary Oliver’s book of poetry called Evidence at the end of the day. What are you reading/watching/listening to as we prepare for winter?
Changes at the Food Bank

Food Bank Closed July 4

The First Baptist Mt. Vernon Food Bank will be closed on Saturday, July 4. If you are in need of food, please come on June 27 (even if it has been less than 4 weeks since your last visit) or wait until July 11.

We will continue to provide curb-side service for the foreseeable future with pre-packed boxes. If you have any specific needs, please let the volunteer know and we will do our best to serve you. We are currently well stocked with both liquid and powder laundry detergent so be sure to ask for some.

Except for the holiday, our hours remain the same: Saturday from 9:30 to 11:30.

The First Baptist Food Bank is helping to slow the spread of COVID-19 by enacting policies that will continue until the virus is no longer a concern.

Only one person from the household (the driver) should come to the food bank. When you arrive at the food bank, please remain in your vehicle and leave all windows closed. A volunteer will get your name, address and phone number. New customers will not be asked to fill out an application at this time. Pre-packed boxes and bags will be brought up to the vehicle. If you have a specific need, please mention is to the volunteer and we will do our best to accommodate you.

If you are ill and can not get to the food bank, please use your emergency bag before asking for someone to deliver food to you. If you live in Mt. Vernon, Vienna or Fayette, please call Neighbors Driving Neighbors at 860-0677 by Wednesday to see if they can deliver on Saturday. Otherwise, call the food bank (293-2141) on Saturday between 8 and 10 a.m. and we will try to arrange a delivery.

We understand that these changes may be inconvenient and we thank you for your patience. Stay Safe.

Tax Assistance

Haven't paid your 2019 income tax yet? The free AARP Tax-Aide service will not resume before the new July 15 filing deadline, but there are no-cost options you can pursue. If your Adjusted Gross Income is less than $69,000 you can go to this AARP web page to link to one of two free do-it-yourself tax services:

https://signup.aarpfoundation.org/preparing-your-taxes-online/?key=sitelocator_web_taxaide002&utm_source=sitelocator&utm_medium=web&utm_content=taxaide002

Or you can go to the IRS web sit and download Form 4868, the application for an automatic extension of time (to October 15, 2020) to file your return (it covers both the federal and Maine returns). The link: https://www.irs.gov/pub/irs-pdf/f4868.pdf

This is an extension to file, not pay. If you think you will owe taxes, you should pay an estimate of what you owe by July 15. Read the instructions carefully!

AARP Tax-Aide services may restart before October 15, but don’t count on it.
Belgrade
Union Church of Belgrade Lakes
Main St, Belgrade Lakes
(United Methodist)
Church Office: 495-3599
Rev. Bill Meyer
9:30 a.m. Sunday Worship
(nursery care provided)
Children’s Sunday School during Worship
Wednesday – Adult Bible Study

Mt. Vernon
Dunn’s Corner Baptist Church
Wings Mills Road, Mt. Vernon
Church Office: 320-5902
Pastor Daniel Johnston
9:30 a.m. Sunday School classes toddler to adult
10:30 a.m. Worship service, Nursery is available
Jr. Church for children up to age 10 during worship service.

Wednesday, 7 p.m. Prayer meeting - the HOUR OF POWER
Youth group Young Adults 4 Christ both Jr. & Sr. groups meet 2 p.m. every Sun. at the church, Sept. to June
Jr. ages 8-12; Sr. ages 13-18

First Baptist Church
Route 41, Mount Vernon Village
Church Office: 293-2141
Rev. Jay Wilson
10 a.m. Sunday worship service
Coffee and Refreshments follow

North Vienna
United Methodist Church
572 Tower Road, North Vienna
Laura Church, Pastor
Church Office: 293-3710
9:00 a.m. Sunday Worship
Sunday School
Creation Station, an after-school, faith-based, arts-intensive program for any children in grades K-6. Meets on Wed. afternoons from 3:30-5:00 following the MSAD #9 school calendar.
Youth Group for any youth grades 6 & up meets the 1st & 3rd Sundays of each month.

North Wayne
North Wayne Church (non-denominational)
10 Church St., Wayne
Pastor Jon Olson
Church Office: 293-2502
jolson@fairpoint.net
9:30 a.m. Sunday Worship;
Coffee, refreshments & conversation follow each service

Readfield
United Methodist Church
1564 Main St., Route 17
Pastor Myung Eun Park
Church Office: 685-4211
office@readfieldchurch.net
“...extending God’s open arms in fellowship and mission.”
10 a.m. Sunday Worship
10 a.m. Sunday School/Nursery Care

Vienna
Vienna Baptist Church
116 Main Street, Vienna
9:30 a.m. Sunday School
10:30 a.m. Sunday Worship
Pastor Everett Maxim
293-3061

Winthrop
St. Andrew’s Episcopal Church
Friends Meeting House
219 Winthrop Center Rd. (Rt 135S)
Winthrop
Rev. Susan Berry Taylor, Vicar
AmmaTaylorSt.Andrews@gmail.com
Church Office: 395-2015
Sunday Eucharist 10:30 a.m.
coffee hour fellowship afterwards