



# News About Town

Gray, Maine – January 2021

## Community-Wide Tree Planting



Tree-loving members of the Gray Community and Economic Development Committee have set up a Fedco Trees Group Order for anyone that wants to participate. For the group order, we can get a volume discount with Fedco Trees depending on how much we order collectively before Jan 15th, 2021 with all orders closing March 5th, 2021. Start a food forest, like the Town is doing at 5 Yarmouth Rd, buy some companion plants for your orchard, install a riparian buffer, create a pollinator garden, an edible landscape or plant a ceremonial tree for your loved one. Join the a Community-Wide Tree Planting in 2021.

When orders are totaled on January 15th, the coordinator will correspond with participants about the discount the group of us earned. Discounts will not appear in the shopping cart at checkout. The group

order will be submitted together on March 5th. At that time you can see the discount and charges applied. The coordinator will pick up the order the last weekend in April and coordinate your pick up by email. Visit Fedco's website for more information and to place orders. A limited supply of printed catalogues are available at Town Hall. Contact [CEDC@graymaine.org](mailto:CEDC@graymaine.org) for other questions.

If you are a horticulturist or permaculturist, gardener or landscaper who would like to get involved with this project reach out to Gray CEDC. We would love to connect!

<https://www.fedcoseeds.com/trees/> | Group order #490012

Fedco sources trees locally and doesn't allow neonicotinoids or other systemic pesticides on their plants. Plants come dormant and bare root, which is proven to help them grow faster and stronger than balled trees. Stay tuned for tree planting and care infomercials!

# Share Healthy Habits with Youth

*Tip of the Month*

Show youth that choosing healthy options can help handle stress

- Enjoy alcohol-free activities
- Select healthy food options
- Encourage device-free mealtimes
- Exercise regularly
- Get enough sleep
- Spend time with family and friends



**Casco Bay CAN**  
CREATE AWARENESS NOW  
TOGETHER, PREVENTING YOUTH SUBSTANCE USE  
f [www.cascobaycan.org](http://www.cascobaycan.org) t

 **MAINE  
PREVENTION  
SERVICES**  
Maine Center for Disease Control & Prevention  
Department of Health and Human Services

*Maine*  
**Cumberland County**  
A grant funded project sponsored by  
Cumberland County Government

## GRAY PUBLIC LIBRARY

**Curbside Pickup Only, FMI Call: 657-4114**

**Dog Licenses - Register Now!**

**Were Due Dec 31st - Late Fees Begin Feb 1st**

**Register online @ [graymaine.org](http://graymaine.org) or in-person  
at the Town Hall/ Clerks Office.**



## COMMENT

**Peggy Brown**

### ***My Column***



## Twinkling Lights

Normally, I get grumpy when I see holiday lights before December. This year, however, I have welcomed them. Viewing twinkling light displays along my commute home at night brings much needed respite from the worries of the day. These glittering displays distract the mind and are a joy to behold.

My hope and wish is that exhausted health care workers can find some peace, comfort, and respite from the worries of their day while seeing these sights as they travel home after work: As a daughter of a nurse, I vividly recall how concerns of the day weighed on my Mom, quietly, silently, as she wasn't allowed to discuss private matters of patients. I would catch her silently weeping while reading the obituaries. The only way I could help was to hug her.

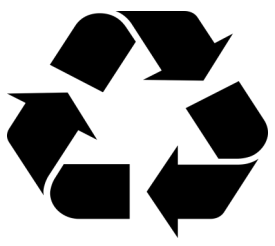
From my early memories, I fondly recall her starching and ironing her white nurse's cap with the black velvet stripe, topping her white dress and stockings. She valiantly never complained about missing a Christmas morning or other event as she knew how important her work was to the children and families she cared for. In my adulthood, I sat by her bedside on many occasions while she was a patient in the hospital's ER or cardiac care floor. Each time work shifts changed and a nurse would visit her room to meet her, I mentioned that Mom was a retired nurse. This always had a magical effect. The nurse's shoulders relaxed a little and eyes flickered with pride and common understanding that this new patient truly understood the role and respected the work of this noble, yet exhausting, profession.

It brought comfort to both of them. In later years, I also witnessed the deep caring of hospice workers and volunteers. I think about Florence Nightingale, the pioneer of modern nursing, and the vision that comes to mind is a lady carrying a candle down dark hallways and into dark hospital wards. As her candle flickered while entering a room, those inside knew help was on the way. It must have brought great comfort.

Twinkling lights on the trees and homes this year, to me, now represent each and every health care worker sacrificing their time, energy, and possibly even their lives. Their work is vital and their passion, caring, and energy brings much needed light down some very, very dark hallways.

Nurses, doctors, and other staff members of the health care profession have my utmost respect and my heart aches for all who are valiantly exhausting themselves caring for ill patients as they fight this daily battle. I truly understand their role and respect all they do. How can I help? In this situation, the best way is to protect myself and those around me while not taking unnecessary risks. I encourage everyone to do the same.

My hope is that health care workers will soon find peace, comfort, and respite from the struggles of this health emergency. I am keeping them close to my heart this season and hope they can soon get some much needed rest. We need their lights to keep twinkling brightly while they work so hard to protect us. Fortunately, the arrival of the vaccine has brought us another bright light in a dark hallway.



# January Recycling Corner!



## Helpful tips from the Gray Recycling Committee on what to Recycle this year.

Christmas Trees – Gray chips REAL Christmas trees. Please make sure you remove all the decorations, tinsel, and lights from your tree before you drop it off at the Transfer Station! Also consider donating \$\$ - The Transfer Station will also be accepting monetary donations for their disposal – benefiting the Gray Food Pantry!

### Here's a Naughty and Nice list to remind you of what can be recycled!

#### RECYCLING DOs to get you on the Nice list this holiday season:

- Wrapping paper that rips: If it rips, it recycles. Try the rip test and if it passes, place it in mixed paper.
- Holiday cards: Even if they have glitter on them, they are recyclable. Don't let all of that recyclable paper go to waste this season, put them in your mixed paper.
- Aluminum foil pans: Whether it is pie plates, fruit cake pans or any other aluminum pan, remember the rule that if the pan is not soiled, then the pans are recyclable. The same goes for aluminum foil! Aluminum goes in with the cans.
- Cardboard and gift boxes: With the rise of cybershopping, you might have a bigger inventory of cardboard boxes, and gift boxes as well. Break them down flat before placing them in the cardboard bin.
- Cookie tins: When you receive tins of cookies, consider saving them to contain your own baked gift next year, or donating them to a charity store or any other salvage shop. But if they are no longer useful, do place them in with your cans.

#### Recycling DON'Ts that will land you on the Naughty list:

- Bows and ribbon: There is no way to recycle these, so your best bet is to save them and reuse them each year or do away with disposable gift wrap altogether with decorative cloth gift bags. Bows and ribbon go in the trash.
- Wrapping paper that doesn't rip: If your wrapping paper does not rip, then it is probably made of plastic vs. paper and goes in the trash.
- Christmas tree lights: Maybe you're trimming the tree only to discover that last year's lights are no longer repairable. In this case, your best bet is to donate them to a local charity store. They can sell broken lights onto the market because of the valuable copper wires usually contained inside. If not, they are considered trash.
- Soiled foil: Aluminum foil is endlessly recyclable – if it is not soiled. If it is, toss it in the trash.
- Plastic cutlery: If you can avoid it altogether, that is the best strategy, but if you need to use it, consider reusing it again and again. When you cannot use it any longer, it goes in the trash.



## **NONSTOP NORDIC - RACE SERIES**

**A New Nordic Race Series Coming to Southern Maine January 2021**

( 1/1 Libby Hill) (1/10 Riverside) (1/16 Pineland) (1/30 Libby Hill) (2/13 Pineland) (2/27 TBD) (3/7 Libby Hill)

Nonstop Nordic is a volunteer-driven, non-profit group that is organizing a race series to provide competition opportunities to all ages and abilities.

**FMI: [nonstopnordic.com](http://nonstopnordic.com)**

**Covid-19:** Before each event, pre-screen yourself for Covid-19 symptoms and **DO NOT** attend if you have any symptoms. Masks and social distancing required at all times. There will be no spectators allowed at the races due to the Governor's mandate on outdoor gatherings not to exceed 100 people.