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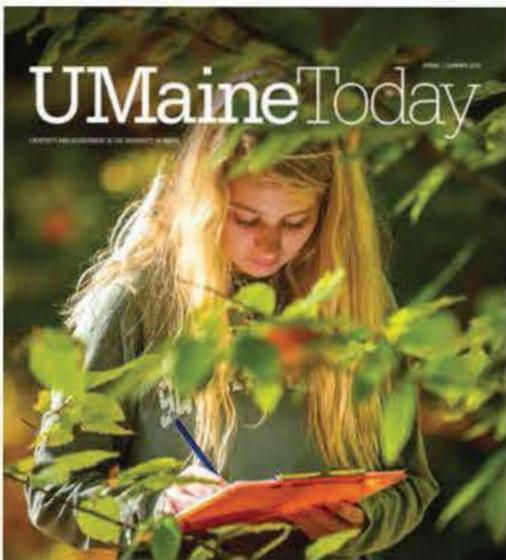
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Lauren Jacobs, a lecturer of outdoor leadership at the University of Maine College of Education and Human Development, spoke to the [Southern Forecaster](#) about the importance of staying active during the COVID-19 pandemic. The Southern Forecaster interviewed Jacobs for its story about the new community ice rink in Cape Elizabeth. "Americans typically do not get the recommended amount of physical activity, and so anything that can help people get moving a little bit more each week can be a huge benefit to health and well-being" she said. "An outdoor ice rink would be a great way to help increase physical activity in a community, while also trying to be as safe as possible during the pandemic."

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