

## Gorham Savings Bank's LaunchPad



Gorham Savings Bank began accepting applications on March 1 for its eighth annual LaunchPad small business competition. In the competition, the premier event of its type in Maine, promising small businesses will compete for a \$50,000 grant from the bank.

The application opened Sunday, March 1 and will close on Wednesday, April 1 at 5 p.m. Entrepreneurs,

start-ups, and established companies can enter via a simple online application at GorhamSavings.bank/LaunchPad. Five finalists will be invited to compete at a live pitch event on Tuesday, June 2 at USM's Hanford Hall in Portland, at which time the winner will be announced.

The application process is easier than ever thanks to new features added for 2020. Businesses can now

create an account, save a draft application, and return to finish it later; watch videos of preliminary judges discussing the competition's criteria and what they look for on an application; and access and update a previous submission if they applied to LaunchPad in 2019.

More than 550 participants spanning 100 plus Maine cities and towns from over 25 in-

See Bank, page 11

## A healthy lifestyle

by Catherine Wilson

How can we be socially and physically connected?

What does social connection affect? With all that's going on out there trying to get us to disconnect "stay away from people", "don't touch anyone", "stay secluded", can we please look at what can happen without activity and connectivity? I understand we need to be cautious and concerned but let's focus for a minute on what actions may need to exist in a strong community. Are we socially connected and physically fit enough to get through times like these?

Research shows a strong correlation between levels of social connectivity and physi-



Catherine Wilson, Owner, On Purpose WellBeing Center [Onpurposewbc.com](http://Onpurposewbc.com).

cal and mental well-being. We know that keeping physical activities in our daily life is so important. But did you know that doing it with

others can help you maintain a healthy lifestyle? Activity and Connective is important!

Low levels of con- See Healthy, page 9

## Aspire Gorham Try It Day



It's not every day you get to compete against your classmates to see who can change a tire the fastest or conduct a chemistry experiment in the kitchen! Students at Gorham Middle School had the chance to do that and much more during the first-ever Aspire Gorham 7<sup>th</sup> Grade Try It Day.

The day brought professionals to the middle school to share their career stories with students and lead them through a hands-on activity related to their chosen field. In some cases, like Moody's Collision Centers' Pit Crew Challenge, students raced to complete tasks. In other, like Carter's Landscapes Design Challenge, they worked collaboratively



and creatively to complete the task.

Improv actor Bob Leblanc hosted the opening assembly and set the stage for the day by telling students, "Try It Day is just like improv. It's all about saying yes." LeBlanc also led a set of sessions, introducing about fifty students to the joys

of improvisation.

Feedback from students was overwhelmingly positive.

"Probably the experiment in the kitchen was the best experience," one student wrote. "It consisted of teamwork, thinking, and fun. It was fun to make and try and

See Aspire, page 9

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# Newsmakers, Names & Faces

## Tri-Town Optimist Club February RSU 16 Student of the Month



Pictured l to r: Teacher Heidi Lachappelle, 8th grader Dom Frechette, and Principal Shawn Vincent)

The Mechanic Falls, Minot and Poland Tri-Town Optimist Club is proud to announce its February RSU 16 Student of the Month recipient, eighth grader, Dominik Frechette, from Bruce Whittier Middle School.

Frechette exemplifies the school's core values of Empathy, Integrity, Perseverance, Loyalty, Compassion and Responsibility. He is a natural leader and role model, as well as a hard worker, which is reflected in his grades.

Ready to contribute in any way he can, he is always willing to help others. Frechette enjoys outdoor activities with his grandparents and would one day like to have his own yard care business. Congratulations Dominik Frechette!

## Tri-Town Optimist Club March RSU 16 Student of the Month

The Mechanic Falls, Minot and Poland Tri-Town Optimist Club is proud to announce its March RSU 16 Student of the Month recipient, Stephen Tufts from Adult Education. Tufts was selected by Adult Education staff without hesitation for his optimism and perseverance. He works diligently to continue his education—even through times of 3rd shift, full-time work and overtime, always while making family a



Career & College Advisor, Suzette Moulton (l) and Stephen Tuft (r)

priority. He is an encouragement and role model to others at Adult Educa-

tion and in his community. Congratulations Stephen Tufts!

## New trustees join Maine Community College System board

The Maine Community College System welcomes three new board members, nominated by Governor Janet Mills and confirmed unanimously by the Maine Senate.

The newest trustees are Anna "Anne" Eleanor Roosevelt, former president and chief executive officer of Goodwill Northern New England; Kathie Leonard, president and CEO of Auburn Manufacturing; and Peter DelGreco, president and CEO of Maine & Co.

"Each of these new trustees brings unique perspectives and strengths to the board, and I look forward to working with them in charting a strong, vibrant future for our colleges to best serve the people of Maine," system President David Daigler said.

Roosevelt, of Embden, is active on multiple boards, including a presidential appointment to the Campobello International Park Commission, board chair of the Roosevelt Institute and secretary of the Embden Pond Association. She also serves on the boards of the Maine Community Foundation, Maine Grains and The Jim Browne Foundation.

Roosevelt retired from Goodwill Northern New England in 2019. Before that, she was vice president of global corporate citizenship for The Boeing Company. Earlier in her career, she spent more than seven years teaching museum studies at Western Kentucky University.

Roosevelt earned

a master's degree from University of North Carolina at Chapel Hill, and a bachelor's degree from Stanford University.

Leonard co-founded Auburn Manufacturing in 1979 and began creating new heat-resistant fabrics to replace asbestos. The company has also patented an insulation kit for use in institutional and commercial HVAC systems to save energy and meet sustainability goals. Today, Auburn Manufacturing has 50 employees and manufactures heat- and fire-resistant textiles in Auburn and Mechanic Falls.

In 2019, she was named the Maine Exporter of the Year by the Maine International Trade Center.

Leonard serves as vice chair of the Industry Trade Advisory Committee on Textiles for the U.S. Department of Commerce, and serves on multiple boards, including the National Council of Textile Organizations and the Export-Import Bank of the United States.

Leonard said graduating from a community college is one reason she wanted to serve as a trustee. She earned an Associate of Arts degree from St. Petersburg College, with special classes in technical writing and general business courses. She furthered her studies in business administration at the University of Maine.

In addition to leading Maine & Co., DelGreco, of North Yarmouth, is vice chairman of the board of the Maine

Rural Development Authority. He also serves on the boards of the Maine Development Foundation, Maine Venture Fund and the Portland Community Chamber of Commerce.

Maine & Co. works to attract companies to Maine and helps them establish successful and profitable operations within the state. Most recently, those companies include athenahealth, Grand Rounds, Grove Collaborative, Sun Life Financial, Wayfair, Carbonite, Nordic Aquafarms, and Kingfish Zealand.

DelGreco is a graduate of Colby College and earned his MBA from the University of Southern Maine.

The Board of the Maine Community College System consists of 13 appointed voting members, one ex-officio voting member, and one ex-officio non-voting member.



MCCS is Maine's comprehensive two-year college system offering nearly 300 career and transfer programs of study, customized training for business and industry, and continuing education. The MCCS consists of seven colleges with nine campuses, five off-campus centers, and a centralized System office. Each fall, MCCS enrolls some 17,000 students. Annually, the seven colleges serve more than 27,000 individuals through degree programs, customized training, and opportunities for lifelong learning.

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# Newsmakers, Names & Faces

## USM basketball Victoria Harris named to MWBCA

Sophomore forward Victoria Harris (Altus, Okla./Lewiston) of the University of Southern Maine Huskies' women's basketball was named to the 2020 Maine Women's Basketball Coaches Association (MWBCA) Second Team All-State following a vote of member coaches.

Recognized as one of the top performers in the State of Maine during the 2019-2020 season, Harris averaged a team-leading 12.5 points and 6.6 rebounds per game while shooting a solid 42.6 percent from the field (107-for-251), and 77.3 percent (99-for-128) from the free throw

line. Solid defensively, Harris was second on the team in steals with 51 and had a team-leading 29 blocked shots.

"Victoria is developing into one of the top players in the state and the conference, and I am happy for her efforts to be recognized," said Southern Maine head coach Samantha Allen. "She continues to work hard to improve all areas of her game and has become a player who can change the game on both ends on the court. As she continues to commit to her team and her individual improvement and assert herself, I see big things for her in the

future."

In the Little East Conference circuit, Harris was in the top 10 in eight statistical categories ranking 10th in total points, points per game, total rebounds and rebounds per game, eight in field goal percentage, sixth in free throw percentage and steals, and fourth in blocked shots.

Through two seasons with the Huskies, Harris has compiled 536 points, 259 rebounds, 80 steals, and 55 blocked shots. During her sophomore season, Harris established single game career-highs in points (24), rebounds (14), blocked shots (4) and steals (7).

## Lakes Region Senior Center boiled dinner

Monday, March 6, 2020, the Lakes Region Senior Center, in Gorham hosted a boiled dinner. There were 50 people in attendance who enjoyed the delicious cooking of the catering service of "At My Table". After this wonderful lunch, folks were fortunate to have member Peter Allen

present a program of Irish songs and jokes. Everyone sang along and had a great time.

The Center keeps busy with cards, once a month luncheons (usually), and special programs. Other days, folks just simply socialize! Anyone 50 or over who lives in the Lake Region area is invit-

ed to join. Many marvel at how they have gained new friends and had new experiences during their "Golden Years"! The Center is open from 9 a.m. to 1 p.m. daily and usually there is something going on. Call Gerry Day at 839-3859 or Blanche Alexander at 892-5604 for more information.

## Letter to Editor: Thank you



What was lost has been found! A few weeks back I asked the Gorham Community in an Editorial to provide any information they might have concerning the American Legion Smith Wagner Post 60-Gorham. After a few leads and phone calls, I was able to contact the last Post Commander in Florida and the wife of the Last Post Adjutant still living in Gorham. As a result of these clues, I was able to locate the American Legion Smith Wagner Post 60 banner and the one associated with the Post Auxiliary. They were placed in safe keeping with members of the Stewart P. Morrill Post 35 in South Portland. Those involved in the transfer have long

passed away, so further information will be scant. I provided a photo of the Banner along with Post 35 Adjutant, Mike Pock, who rummaged through old Post archives and files at the South Portland Post to find the Banners.

What is the significance of the finds? For one, it has historic significance as a representation of one of the original and at one point, the largest, American Legion Posts in Maine, established in 1919, the founding year of the National American Legion organization. Secondly, if the future the Post is to be active again, the banner will be the focal point and continuity for a future revitalized Post. I would very much like

to see this happen. I say this because the Gorham area (04038) has over 40 American Legion members associated with the Department of Maine's Post 178 holding Post or the AD 178 members who have association directly with the National Office. Each of these Legion Members could be future Post 60 members.

I am currently working with the Department of Maine to host an information meeting in the near future for these and other local veterans. Please look to your mail and this local paper for additional information. If you have any interest in this venture, give me a call at (207) 892-1306.

*David Tanguay, 2nd District Adjutant, Dept. of Maine.*

## Attention Gorham cribbage lovers and artists

Attention all cribbage players! The Lakes Region Senior Center (LRSC) is looking for anyone 50 or over who is a cribbage lover and

would like to start a cribbage group at Lakes Region Senior Center in Gorham. LRSC is also seeking an artist who would be willing to teach

an occasional art class this Spring and Summer.

Any interest in either one, please call Blanche at 892-5604 or Gerry at 839-3859.

## We want to help

Community members with a public message can send it to us to share.

Businesses can send us updates on their status to be published at no charge.

Please email us at [info@GorhamWEEKLY.com](mailto:info@GorhamWEEKLY.com)

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# What's Going On

## Maine securities administrator reminds investors to stay calm

Maine Securities Administrator Judith Shaw today is reminding investors in Maine to beware of con artists seeking to capitalize on fear and uncertainty in light of the ongoing developments related to the current coronavirus (COVID-19) situation, and its impact on financial markets.

"We know con artists are opportunistic and use current events to cloak their schemes with an air of immediacy and legitimacy. Never make an investment decision without understanding what you are investing in, who you are doing business with, where your money is going, how it will be used, and how you can get it back," said Administrator Shaw. "Always ask if the salesperson and the security are licensed and regis-

tered with the Maine Office of Securities."

Administrator Shaw also urged investors to use caution when making investment decisions during this time of market volatility. "It is easy to get caught up in the panic that accompanies a market downturn," Shaw said, "but it is important to remember to make decisions that are based on reason, not emotions."

According to Shaw, "we know that markets go up and markets go down. Reacting impulsively to market changes can cause more harm than good to your financial outlook." She encouraged investors, instead, to have a conversation with their financial professional to revisit their financial goals and investment horizon, and to strategize on ways to minimize the

impact of market fluctuations.

Administrator Shaw urged anyone who has questions about investing to contact the Maine Office of Securities. Information about advisers, salespersons and investing is available at [www.investors.maine.gov](http://www.investors.maine.gov), by calling 1-877-624-8551 or writing to the Maine Office of Securities, 121 SHS, Augusta, Maine 04333-0121.

Send all items for Names & Faces to the editor. Deadline is Friday by 5 pm.

## UMaine Extension releases recommendations for farmers during COVID-19 outbreak

University of Maine Cooperative Extension has released recommendations for farmers in response to the current COVID-19 outbreak. Anne Lichtenwalner, UMaine Extension veterinarian, associate professor, and director of the Extension Veterinary Diagnostic Laboratory, authored the guide.

"While there's no evidence that the novel coronavirus causing COVID-19 is affecting livestock, or any species besides humans, it's important to take common sense precautions that help guard against introducing or spreading diseases on the farm," says Lichtenwalner. Practices including good nutrition, proper ventilation and hygiene, and adhering to standard biosecurity guidelines—keeping visitors, wildlife and new livestock out of direct contact with farm animals—are always appropriate.

Recommendations are available on the Extension Diagnostic and

Research Laboratory website. For more information contact (207) 581-3874, [extension.diagnosticslab@maine.edu](mailto:extension.diagnosticslab@maine.edu).

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university. As Maine's flagship pub-

lic university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100 degree programs through which students can earn master's, doctoral or professional science master's degrees, as well as graduate certificates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine, visit [umaine.edu](http://umaine.edu).

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## 4 Coronavirus Money Tips from WalletHub Experts

Ask Your Bank for Help

"Many banks and credit unions have stated they are willing to offer assistance to people who face temporary financial hardship due to the coronavirus," said Jill Gonzalez, WalletHub analyst. "These might include measures like being able to skip a payment, having temporarily lower rates, getting fees waived or having a credit line increase. If you find yourself struggling financially, call customer service to make your case. Make sure to clearly and politely articulate the reasons for your hardship."

Focus on Maximizing Savings

"Most people's jobs aren't immune to the coronavirus. So, it's a good idea to set aside as much money as you can from each paycheck in case coronavirus impacts your ability to work or causes you to have additional medical expenses," said Jill Gonzalez, WalletHub analyst. "Even beyond the current situa-

tion, it's always good to have an emergency fund. Avoid panicking about stocks, too, and just remember that it's only a matter of time until the virus runs its course."

Take Advantage of Travel Insurance but Know the Limits

"If your travel provider cancels a trip because of the coronavirus, a 'trip cancellation or interruption' policy might help you get your money back," said Jill Gonzalez, WalletHub analyst. "Some credit cards offer this benefit for free, though issuers have been cutting back in recent years. Keep in mind that if you cancel your own trip out of fear of the virus, your insurance policy probably won't cover you unless you have coverage for canceling 'for any reason' or doctor's orders to quarantine yourself."

Use Credit Cards, Not Cash

"Though there's not much evidence to show that touching cash spreads coronavirus, it's

theoretically possible, and the Federal Reserve has been quarantining bank notes from Asia. China also burned some of its currency that had been circulated through the Wuhan area," said Jill Gonzalez, WalletHub analyst. "Using a credit card's contactless capability may help give consumers more peace of mind. Plus, credit cards can be used for online purchases, allowing consumers to avoid shopping at crowded stores. In addition, consumers that decide to stock up on essential items and spend more than usual in the coming months can recoup some of that expense, and get some extra time to pay, by using a rewards credit card."

Please let me know if you would like to schedule an in-person, phone or Skype interview with Jill Gonzalez, WalletHub analyst, within the coming days.

Diana Pol  
WalletHub Communications Manager  
(202) 684-6386

## Unanimous committee approval for Patients First health care

The Health Coverage, Insurance and Financial Services Committee has approved all four bills included in Legislative Democrats' Patients First health care package as of last Thursday. The Patients First package is a suite of health care reform bills – sponsored by Senate President Troy Jackson, D-Allagash, Speaker Sara Gideon, D-Freeport, and Sen. Ned Claxton, D-Auburn – that advocates for Maine health consumers, protects against abusive and surprise billing practices, and increases access to and limits the cost of insulin.

“When Mainers are saying that the worst part of illness or disease is having to deal with a complicated health care system, we know that we’ve got a problem. For too many Mainers the cost of care, insurance company bureaucracy and surprise fees stand in the way of their health and well-being,” said President Jackson. “Our Patients First health care package came from listening to Mainers from all across the state, who shared their stories and demanded change. Yesterday’s committee vote was a good first step, but we must keep up the momentum and get these bills across the finish line. Mainers are counting on us.”

An amended version of President Jackson’s bill – LD 2110, “An Act to Lower Health Care Costs” – creates a non-partisan Office of Affordable Health Care to take control of growing costs in a complicated health care system. The office will examine Maine’s health care system and

make critical recommendations to the Legislature on an annual basis. This office will also look at cost-related trends, quality trends, health care spending, consumer experience and satisfaction.

Nine other states, including Massachusetts and Vermont, have similar health care commissions that have delivered significant savings. In Massachusetts, the Health Policy Commission saved patients and businesses \$7.2 billion. In Vermont, the Green Mountain Care Board saved rural hospitals \$7.3 million.

“When I heard about people rationing their insulin or delaying their prescriptions, I knew we needed to take immediate action to lower the cost of this life-saving medication. Putting together our Patients First health care package was about fixing some of the most common and troublesome health care problems facing Mainers today,” said Speaker Gideon. “In the absence of continued inaction on the federal level, whether it is on addressing the cost of prescription drugs or outrageous surprise bills, we are addressing and fixing our broken health care system in every way we can here in Maine. I’m proud of the support we received in committee today and we’re going to keep up the momentum.”

Two bills in the Patients First health care package are from Speaker Gideon. The first bill would cap the out-of-pocket cost of insulin at \$35 for a 30-day supply for patients in the individual and small group markets, and allows

pharmacies to provide patients insulin based on an old prescription in emergencies – this is also known as “Kevin’s Law.” If passed, the bill would take effect for plans issued or renewed beginning January 1, 2021. The second bill protects patients from high-cost bills from out-of-network providers when they never had an opportunity to choose a cheaper option. A recent study shows that one in five inpatient emergency department cases may lead to surprise bills.

The final bill from Sen. Claxton – LD 2111, “An Act to Establish Patient Protections in Billing for Health Care”, protects patients from abusive billing practices and unnecessary patient fees. It requires providers to alert patients when they’ve been referred out-of-network, gives Medicare patients more information about the potential cost of care, and protects patients from unnecessary, unexplained bills when they make appointments with new doctors or move between doctors. Almost 70 percent of Americans are worried about unexpected medical bills.

“I believe patients deserve basic protections from abusive billing practices. My bill is about putting patients first; making sure they are treated fairly and can make informed health care decisions,” said Sen. Claxton. “I’m grateful to the committee for their thoughtful work on this bill and look forward to it becoming law.”

All four bills will now go before the full Legislature for additional votes.

# What’s Going On

## An update from Sen. Libby

Dear friend,  
Like you, much of my time and attention has been focused on news surrounding the novel coronavirus, or COVID-19. I’ve been hearing from a lot of people in our community that they’re worried – and I don’t blame you. It’s a lot to take in.

I want to give you an update on what resources are available to you if you have questions or concerns, and what we’re doing in Augusta to help keep you and your family safe and healthy. My colleagues and I in the Legislature are working closely with the Governor’s office and state agencies to monitor the situation and make sure Maine is prepared to handle this pandemic and treat patients. At this time, there are two presumptive-positive cases of coronavirus in Maine.

To help protect yourself and your neighbors, keep washing your hands thoroughly – for at least 20 seconds. If you can’t wash with soap and water, use a hand sanitizer that contains at least 60% alcohol. If you have to cough and/or sneeze, do so into your elbow or a tissue or handkerchief, not your hands. Stay home if you’re sick and avoid close contact with people who are sick. Governor Mills has also issued recommendations discouraging large, indoor gatherings, such as concerts, of more than 250 people for the next 30 days. None of this means

you should be scared to go grocery shopping or run other errands—but an ounce of prevention is worth a pound of cure, as they say.

If you think you might have the coronavirus, don’t just go to the doctor’s office or ER—call first. This may go against what your first instinct might be but, calling ahead of time will help staff and providers prepare to receive and treat you, in case you are infected. Symptoms include fever and respiratory illness, such as coughing and shortness of breath. When you talk to your health care provider, mention any recent travel or contact with someone who has been diagnosed with COVID-19. Your health care provider will work with Maine CDC to coordinate testing.

Last week, Governor Mills declared an insurance emergency for the state of Maine. This will ensure your insurance will cover screening and testing for COVID-19 with no deductible, no copayment or cost-sharing of any kind. Cost should not deter people from seeking testing and treatment. The Department of Health and Human Services is also issuing emergency rules to ensure MaineCare provides comprehensive coverage for lab testing and medical treatment. You can watch video of the Governor’s address by clicking here.

Here in the State

House, Senate President Troy Jackson and House Speaker Sara Gideon announced that all public events in the Hall of Flags, as well as tours will be canceled. Also, the upstairs viewing galleries for the Senate and House chambers will be closed for the time being. Our priority in Augusta is to protect the safety and well-being of the public and state workers, while still ensuring an open, transparent government. We’re all working closely with the Maine CDC to ensure we meet those goals, and we’re regularly reassessing our options as we get more information.

If you have questions, you can visit the Maine CDC or U.S. CDC websites. There, you can sign up for email updates. Maine CDC also has teamed up with 211 to offer a new way to get answers and information about COVID-19, the novel coronavirus. This service is available by dialing 211 (or 1-866-811-5695), texting your ZIP code to 898-211, or emailing [info@211maine.org](mailto:info@211maine.org). There’s a lot of anxiety and misinformation going around – make sure you’re getting your information from a reliable source.

This is a trying time, and a situation that is new to many of us. But I want you to know, without any doubt, that the people you’ve tasked with leading the state are pulling together to keep you, your family

See Libby page 13

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# Arts & Entertainment

## The Madison Prize for Written Excellence

The Madison Prize for Written Excellence celebrates our nation's history by encouraging thought and reflection on the topics presented and offering students the opportunity to express themselves through the submission of original essays. All submissions will be reviewed, with exemplary submissions competing for one of three cash prizes, \$250 for first prize and two runner-up prizes of \$100. We invite you to become a part of this tradition.

Contestants must complete and submit the entry form along with an

original work of authorship responsive to the competition's question, "Is the United States a Republic or a Democracy? Explain, Why Our Form of Government is Better." Essays must be between 300 and 400 words in length and must be submitted by April 2, 2020. Each essay will be judged on the following criteria:

1. Knowledge demonstrated (30 points): Show thorough knowledge of the theme of your essay. Demonstrate that you have considered and researched the issues. Use examples

for support.

2. Clarity of ideas (35 points): Write with good logical flow and in a way that is easy to comprehend, leaving your reader with a clear understanding of your answer and reasoning.

3. Persuasiveness/Presentation (35 points): Convince the reader of the correctness of your answer. Use appropriate language and grammar to make your essay memorable.

To qualify to enter competition, you must be a student in 6th, 7th and 8th grade who live in Gorham.

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Date

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Date

The 7<sup>th</sup> Annual Madison Prize For Written Excellence

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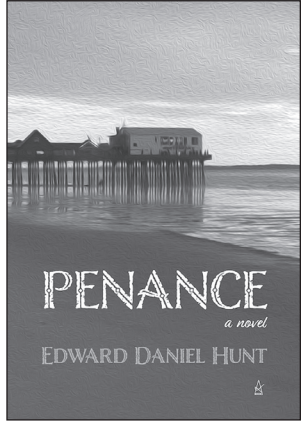
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## Debut crime novel features retired Old Orchard Beach detective



Old Orchard Beach-based author Edward Daniel Hunt has released his debut novel *Penance*, published by Adelaide Books.

*Penance* revolves around the race to find Lori Doyle. Ten years ago, at age sixteen, Lori witnessed a killing by her then-boyfriend that went unsolved. Today, she has established a new life in Maine for herself and her daughter under an alias. She has just met someone and is beginning to believe that she might have a chance for a better life. Unbeknownst to her, all that is about to change. Some will seek her out to do her harm, and some to do her good.

*Penance* includes several concurrent love stories, multiple homicides, dysfunctional



family relationships, and a bit of mystery or at least confusion. The story moves back and forth from Boston's underside and Maine's coast. If you can believe that one last homicide can make for a happy ending, this is your book!

Book launch on Thursday, March 26, 6 to 9 p.m. at the Brunswick, on the beach in Old Orchard Beach. All are welcome! Live music, light refreshments and a cash bar.

Edward Daniel Hunt's short stories have appeared in the *Scarlett Leaf Review*, *Down in the Dirt Magazine* and *Adelaide Liter-*

*ary Magazine*. "Hit Men Have Feelings Too" was named a finalist in *Adelaide Magazine's* 2018 Literary Award Contest for Best Short Story. His short story "Pieces of the Puzzle" was named a finalist in *Adelaide's* 2019 contest. Hunt owns the Shaw House, an assisted living facility in Biddford, Maine, and lives in Old Orchard Beach within walking distance of the ocean.

For information on scheduling an interview with Mr. Hunt, to request a review copy, or any other questions, please contact: [director@mainewriters.org](mailto:director@mainewriters.org), or call 207-228-8264.

## Representative Mason announces projects in MDOT Work Plan

State Representative Richard Mason (R-Lisbon) is pleased to announce that the Maine Department of Transportation (MDOT) Work Plan for Calendar Years 2020, 2021 and 2022 is available. The estimated value of work in the plan totals more than \$2.59 billion and encompasses 2,051 projects across the state.

The three-year MDOT Work Plan for Legislative District 56 includes four projects in the Town of Lisbon. They involve Reconstruction and Bridge Replacement work (Frazier Bridge) on Route 125, and Ultra-thin Wearing Course on 12.5 miles of Route 196. The total for all four projects is \$10.6 million.

"The MDOT Work Plan projects will benefit our area and communi-



ties throughout Maine," said Rep. Mason. "I am pleased to see several MDOT projects scheduled for our area, because our roads really need attention. Projects will make our roads safer and benefit our local econo-

my." The full work plan, searchable by municipality, is available at the Maine Department of Transportation's website: <https://www.maine.gov/mdot/projects/work-plan/search/>.

## MaineCF Start Up/Scale Up grant program seeks applications

The Maine Community Foundation's new Start Up/Scale Up Grant Program seeks applications from Maine nonprofit organizations that help new ventures start and grow through collaborative workspaces and incubator and accelerator programs.

Grants will be awarded to organizations and projects that meet the criteria and that have the greatest potential to support innovation and entrepreneurship in Maine. Priority will be given to projects or organizations that: Actively engage entrepreneurs through programs, networking, problem-solving with peers and others, and providing access to resources; Support entrepreneurs and businesses in rural communities and in areas with limited access to resources (e.g., high-speed internet, collaborative workspace, a nearby university or college); Serve entrepreneurs and businesses

founded and/or led by women and people of color; Include partnerships and collaborations with other organizations, individuals, businesses, or institutions.

"The community foundation is committed to Maine entrepreneurs and innovators, and this new fund is one way we can support the networks that help foster innovation," said Steve Rowe, MaineCF president and CEO.

Deadline for applications is April 1, 2020. Guidelines and application can be found at [www.mainecef.org](http://www.mainecef.org). Maximum grants of \$25,000 will cover program expenses and capital investment in equipment, technology and buildings. Questions about the grant program should be directed to Senior Program Officer Maggie Drummond-Bahl at [mbahl@mainecef.org](mailto:mbahl@mainecef.org) or (207) 412-0839.

Headquartered in

Ellsworth, with additional personnel in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).

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## Aspire

Continued from page 1

it honestly was the most fun in school I've had for a while!"

In that session, food scientist Chris As-trauckas of sauce and marinade manufacturer Schlotterbeck and Foss helped students make "fruit juice caviar". Students performed a simple chemical reaction between calcium chloride and sodium alginate, resulting in edible small spheres of juice.

An advisory committee of 7<sup>th</sup> graders helped design the day's activities, which they determined needed to be 100% hands-on and, of course, fun. Session leaders worked with

Aspire Gorham staff to develop activities that encourage problem solving, creativity and teamwork.

Other activities included Mystery Story Mad Libs with best-selling author and retired homicide detective Bruce Robert Coffin, Pipeline Puzzle with Gene Fadri-gon of Gorham Sand and Gravel, Sideline Splints with athletic trainer Natalie Hunt, CSI Gorham Fingerprinting with Sgt. Dan Young of the Gorham Police Department, and screen printing with artist Megan Holden.

Teams are currently planning Try It Days for 8<sup>th</sup> graders at the middle school, and 5<sup>th</sup> graders at Village School.



## Healthy

Continued from page 1

nectivity can increase the risk for increased illness, increased ag-gressive thoughts and actions, slower recovery, depression, developing unhealthy habits such as eating disorders, and sui-cide.

Wow! Sound famil-iar? The world we live in is very much affected by how connected or discon-nected we are to others! God made us each for connection physically, mindfully and spiritually. With a stronger level of connectivity, the inverse can be found, includ-ing Increased longevity, stronger resistance to ill-ness, increased mental and physical wellness, and higher levels of self-esteem.

"Social connection is a very important part of wellness, both mentally and physically. Connec-



Sandra Dugliss, Holistic Wellness Consultatant at On Purpose WellBeing Center in Gorham.

tion creates a sense of self-value and belonging and is a key ingredient of interpersonal health." Writes Deidre Ashley executive director of the Jackson Hole Community Counseling Center.

"Connection is the energy that exists between people when they

feel seen, heard and valued; when they can give and receive with-out judgment; and when they derive sustenance and strength from the relationship," writes Brené Brown, author, storyteller, professor and Texan.

There is not only a correlation in the lev-

el of connectedness, but also a correlation in the quality of the connec-tion. When engaged in new experiences and learning, the brain estab-lishes a series of neural pathways. These neural pathways, or circuits, are routes made of intercon-necting neurons. Physi-cal exercise enhances hippocampal neurogene-sis and spatial memory re-lated to brain-derived neu-trophic factor (BDNF) (Sun et al., 2017). Apr.

So, what we can learn is to do things On Purpose, in connection, in movement, and with one another! Doing things On Purpose gives us the opportunity for an expe-rience, more joy, and ex-ploration in community! To learn more tips about doing everything on pur-pose, check out On Pur-pose WellBeings website and find your way to con-nect. We will be Stronger Together!

## Gorham Town Council meetings and events

March 19, Zon-ing Board of Appeals meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.

March 21, Gorham Business Exchange Mar-ketplace from 10 a.m.

to 2 p.m. at USM Field House.

March 23, Finance Committee meeting at 5:30 p.m. in Town Man-ager's office.

March 24, Ordi-nance Committee meet-

ing at 8 a.m. in confer-ence room A.

April 4, Town Council budget work-shop from 9 a.m. to 2 p.m. in Burleigh Loveitt Council Chambers.

April 6, Planning

Board meeting at 7 p.m. in Burleigh Loveitt Council Chambers.

April 7, Regular Town Council meeting at 6:30 p.m. in Burleigh Loveitt Council Cham-

See Events, page 16



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# Chewonki Welcomes Eastern Calligraphy Artist



Chewonki was recently fortunate to welcome renowned artist and calligrapher Kichung Lee Lizee to their campus in Wiscasset for a special set of classes introducing Eastern Calligraphy techniques.

Lizee, a resident of nearby Bath, has been an artist and teacher since the mid-1960's with an impressive national and international following.

"Eastern calligraphy, I learned, is a living and breathing spirit, rather than the dead and rigid tradition of thousands of years," says Lizee in her artist statement. "It is uniquely a form that conveys the pulsation of life energy. Through it, one can experience all aspects of the living spectrum. Eastern cal-

ligraphic form reveals the kind of life the artist has led, as well as foreshadowing the person one will become. It is the art form that manifests the self as a way of life or philosophy of life. It is a powerful art form that operates through direct intuition."

Students from Maine Coast Semester and Chewonki Elementary and Middle School were instructed in the method of carefully grinding calligraphy ink from hardened blocks of carbon in low slate bowls. The slow meditative process of ink-grinding is itself an important part of focusing the artist's thoughts.

Lizee commented that she sometimes grinds her ink for over

an hour to prepare for a special project.

With ink prepared, students then practiced copying a variety of characters, following different styles including "formal," "informal," and "cursive" variations of the same character.

"The brushes and rice papers are unforgiving, challenging me to flow with the creative impulse and thereby convey the immediacy, spontaneity and close proximity of an intimate connection with nature," says Lizee.

Lizee's instruction and encouragement were a wonderful addition to the art classes led by Sue West and Coryash Stone, Chewonki's two art teachers, and we are grateful to have spent an afternoon learning about this fascinating art form.

Chewonki is a school, camp and environmental education organization based in Wiscasset, Maine, that inspires transformative growth, teaches appreciation and stewardship of the natural world, and challenges people to build thriving, sustainable communities

throughout their lives.

Chewonki began in 1915 as a camp for boys but has grown to comprise the boys camp; adventures for girls; semester school for outstanding high-school juniors; traveling natural history programs that our teachers take to libraries, schools, and other community venues; an outdoor classroom for visiting school groups; and wilderness trips for teens, adults, and families. Through its educational initiatives, Chewonki demonstrates and teaches the importance of living sustainably.



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# Bank

*Continued from page 1*

dustries have applied to LaunchPad since 2013. Winners have received more than \$300,000 in no-strings-attached grant money from Gorham Savings Bank.

“Over the past eight years, we’ve witnessed some remarkable things happen to our past LaunchPad winners and finalists—awards, recognition, growth and some great successes. It’s always exciting for us at the Bank to be a small part of their stories,” said Steve deCastro, president and CEO, Gorham Savings Bank. “As a community bank we strive to be a force for good and each year LaunchPad affords us the opportunity to give another promising Maine business a hand up.”

New to the judge’s panel at LaunchPad’s live event is Kate McAleer, founder of Bixby & Co., who previously served as a preliminary judge and won LaunchPad as a contestant in 2014. Kate has gone on to achieve great things since her LaunchPad debut, including revitalizing manufacturing in Rockland, landing large contracts with LL Bean, Hannaford, Whole Foods, Walmart, and TJ Maxx, and being named a National Confectioners Association Future Leader. Bixby was selected one of 10 winners nationally by the Tory Burch Foundation Fellows

Competition for women entrepreneurs.

LaunchPad’s new preliminary judges, Becky McKinnell, founder of iBec Creative and Richard Petersen, president of MaineHealth and CEO of Maine Medical Center, will review applications and help select five businesses to compete in the live competition.

McKinnell is considered a thought leader among Maine’s entrepreneurs. She founded an e-commerce conference held annually in Portland and frequently provides best practices on entrepreneurship at business community events. Her company made MaineBiz’s list of largest marketing firms by revenue in 2019.

Prior to Petersen’s appointment at MaineHealth, he was president and CEO of Maine Medical Center. He currently serves as a board member on The Foundation for Maine’s Community Colleges and The John T. Gorman Foundation.

The LaunchPad competition also includes an additional \$10,000 grant, and \$10,000 of in-kind business and marketing-related services from Creative Imagine Group, Grove Marketing, iBec Creative, Philbrook Public Relations, and pro-voke called the Emerging Business Award. Five additional finalists are selected to submit 60-second pitch

videos to be shown at the live event. All LaunchPad applicants are considered for both prize levels, and no separate application is required. MyBodyModel, a croquis app that makes custom fashion sketch templates with realistic body measurements, earned the distinction in 2019.

Visit GorhamSavings.bank/LaunchPad to watch a recap of the 2019 competition.

Headquartered in Gorham, Maine since its founding in 1868, Gorham Savings Bank is a depositor-owned community bank delivering a full suite of financial services tailored to the needs of Southern Maine’s businesses and consumers. As the only bank headquartered in Cumberland County, GSB serves and supports businesses that value local management, know-how and accountability. The bank offers consumer savings accounts, personal loans, mortgages, HELOCs, CDs, IRAs and financial planning services through its 13 branches and growing network of ATMs, ITMs and mobile services. Gorham Savings Bank is a tireless advocate for the wellbeing of the communities it serves, donating thousands of volunteer hours to dozens of community-based initiatives annually. Gorham Savings Bank is a member of the FDIC. Learn more at GorhamSavings.bank.

## Guest Column

# Gorham Real Estate Ready: Decluttering

The Spring market has arrived early this year! The interest rates are very low allowing for more buying power. The inventory is low and the demand for homes high so if you are even “thinking” of selling, now is the time!

Although it is a seller’s market that doesn’t mean to simply vacuum and put a For Sale sign up. There are important details that will get you the most return on your home. We recommend to our clients that they start packing (they’ll be moving so get a start on it). Here is a short list of common pointers that we suggest to our clients:

Take down all personal photos.

Clear the fridge of all those magnets that you collected over the years and while you’re at the fridge, clean the inside and organize it. Buyers will open your refrigerator.

Paint neutral colors (it’s amazing what fresh paint can do for your home).

Pack, Pack, Pack. We cannot stress this enough. You want your home to feel open and well organized.

Look through your kitchen cabinets, closets under the sink (because potential buyers will be) and thin them out—organize! Organize that linen closet that you have been shoving sheets and towels into. Make it simple and well organized. You want to appear to be a minimalist even if you truly are not. By doing these items you show the potential buyer that there is more than enough room for their items. If things are messily stuffed



John and Janice

behind closed doors it sends a clear message to the buyer that there is a storage issue.

Unfinished basement? Grab your broom and get to it! Overhead, walls, stairs and floor. No one wants to walk through a space that is filled with cobwebs and cluttered steps. Wipe down the water tank, boiler etc. Every part of your home should be pleasant to walk through.

These are some of the easier things that you can do before putting your house on the open market. Of course, there could be larger issues as well that need to be addressed. If you have stained carpeting, broken floor tiles, patched sheetrock, broken window and so on, it will be most beneficial for you to address these items

upfront and get the most money offered to you because they aren’t “nickel and diming” over these items.

Of course, it’s important to be thinking about the larger issues as well. Roof, Heating system, Septic, Water. If you have a well, we suggest treating it prior to listing, to ensure that the bacteria have been taken care of ahead of time.

What is the overall message to take away from this? When a buyer sees a well-organized, tidy and clean home they feel as though it has been well cared for through the years and it eases their minds about the possible troubles.

For further information or tips on getting your home ready for sale email: johnandjanice@beangroup.com.

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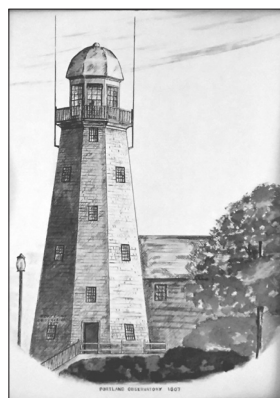
Recognize this old post-and-beam barn in Gorham?

Do you have details about it’s origin or history?

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Laurie@GorhamWEEKLY.com

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# What's Going On

## USDA approves waiver from Maine DOE

The Maine Department of Education's Child Nutrition Team today received approval for a waiver from United States Department of Agriculture (USDA) Food and Nutrition Services. The waiver will allow schools the ability to provide meals offsite to students, if the school or community currently has, or qualifies for, a USDA Summer Food Service Program (SFSP). The Department of Education applied for the waiver as they continue to assist Maine schools in the proactive planning for a disruption to schools in the face of the concerns of COVID-19.

"Our schools are often a critical partner of Maine families to ensure that our children receive nutritious and consistent meals" said Department of Education Commissioner Pender Makin. "I am grateful for the advocacy of Child Nutrition Team and for the response from USDA, allowing our schools to continue with this important work, regardless of any interruption that

may occur due to school closings."

The following information was included in the USDA's notification approving the waiver:

These USDA supported meals are available at no cost to low-income children, and under the waiver granted today are not required to be served in a group setting (called congregate feeding), to ensure kids receive nutritious meals in the event schools are temporarily closed. Approved meal sponsors can then allow meals to be taken away from the site and consumed elsewhere, thereby allowing for social distancing.

In summary, the statewide waiver is to the National School Lunch Act congregate feeding requirement, it is effective immediately, and will continue through June 30, 2020 or upon expiration of the federally declared public health emergency, whichever is earlier.

Through the USDA's Summer Food Service Program, Maine

schools and communities provide children with access to nutritious meals and snacks at approved off-site locations when school is not in session, typically during the summer months. The waiver will extend those services to allow schools to make food available so that children can eat provided meals at home, increasing social distancing and improving general prevention strategies.

The waiver will provide schools with further flexibility in continuity of educational services to students, in the event they need to close their facilities or opt for remote school days.

Following approval of the waiver, the Maine DOE is working on further guidance to schools and will make that information available as soon as possible.

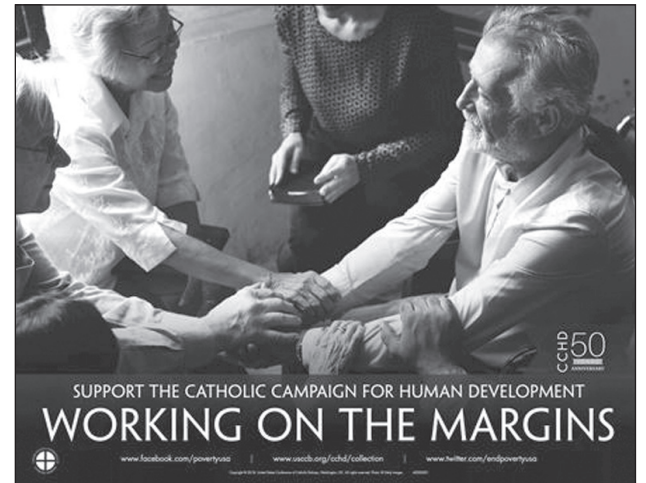
Send all items for What's Going On to the Editor. Deadline is Friday by five.

## Four Maine Parishes receive over \$15,000

Parishes in Bangor, Lewiston, Jay, and Saco have received Catholic Campaign for Human Development (CCHD) grants aimed at helping people in need make sustainable changes in their lives.

The program is supported each year through a collection taken up in parishes across the country. In the Diocese of Portland, the program is administered by Catholic Charities Maine's Parish Social Ministry, which provides leadership, guidance, Catholic social teaching education, and training to empower parishioners to compassionately serve people of all faiths living in their communities. This year's recipients are:

Good Shepherd Parish, Saco received \$4,652.32. The grant will be used for the Esther Residence, a transitional program for women who are leaving incarceration and/or treatment programs. The home is operated by the Good Shepherd Sisters with a goal of enabling the women to transition to independent living with employment so they can reunite with their children. The funds will assist women in the



residence with security deposits and clothes for job interviews and employment.

Prince of Peace Parish, Lewiston received \$4,000. The grant will be used to create a part-time position entitled "Parish Community Outreach Worker." The individual will engage new immigrants in parish life and better connect them with resources in the community.

St. Paul the Apostle Parish, Bangor received \$3,600. The grant will be used to start an Aging Ministry in the parish to serve all seniors living in greater Bangor who require assistance to remain in their homes and be active in their communities. The funding will be used to conduct a

needs assessment, develop a resource directory, and to recruit and train volunteers.

St. Rose of Lima Parish, Jay received \$3,000. The grant will be used for the St. Rose of Lima Parish Social Ministry Community Center which offers direct assistance but also facilitates ongoing relationships with clients to give them skills and connections that will enable them to provide better for themselves and their families. The funds will help pay for materials, repairs, and improvements for the center which is housed in the three-story former parish school. The center will offer a thrift store, bread guild, cooking classes, and other programs.

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# Calendar

Send your submissions to the Editor. More online.

## Thursday, March 19

Teachers as Practitioners: Auburn's K-12 Art Teachers opening reception for exhibit at LA Arts, 221 Lisbon Street in Lewiston, from 5 to 7 p.m. Gallery hours are 12 to 4 p.m. Tuesdays through Fridays and 11 a.m. to 3 p.m. Saturdays. Exhibitions and artist receptions are free, and the community is invited to attend.

## Friday, March 20

Maine Event Comedy presents Jay Hunter at Craft Brew Underground, 34 Court Street, Auburn at 8 p.m. The show is for ages 21-and-older; admission is pay-what-you-can. For more information, call/text (207) 513-0742 or email maineeventcomedy@gmail.com.

## Saturday, March 21

7th Annual Fairy Godmother Gown Giveaway at the Foss Mansion located at 19 Elm Street, Auburn, 9 a.m. to 1 p.m. For more information or to donate your extra gowns call 795-6134.

Family resource fair at the St. John's Community Center, located on 43 Pleasant Street in Brunswick from 10 a.m. to 1 p.m. For more information about the fair, call All Saints Parish at (207) 725-2624.

Merrymeeting Arts Center Adult Spelling Bee at 6:30 p.m. Registration is \$50 for one person or team of four. To register, please email merrymeetingartscenter@gmail.com and provide your team name and contact info or register online at Eventbrite.com.

## Sunday March 22

7th Annual Fairy Godmother Gown Giveaway at the Foss Mansion located at 19 Elm Street, Auburn, 9 a.m. to 1 p.m. For more information or to donate your extra gowns call 795-6134.

## Thursday, March 26

Book signing for Old Orchard Beach-based author Edward Daniel Hunt debut novel Penance at the Brunswick, on the beach in Old Orchard Beach from 6 to 9 p.m. All are welcome! Live music, light refreshments and a cash bar.

Auburn Public Library Life Skills Series: The Job Interview in the

Library's Conference Room (ground floor) from 3 to 4 p.m. For more details on other teen programs, continue to check the Auburn Public Library calendar at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org), call the APL at 333-6640 (ext. 4), or email the Teen Librarian at [dwallace@auburnpubliclibrary.org](mailto:dwallace@auburnpubliclibrary.org).

## Saturday, March 28

Bean Supper Auburn United Methodist Church, 439 Park Avenue, at 4:30 p.m. Admission is \$8 for adults, children, age 6 to 12, are \$4, and there is no charge for children under 5. For additional information, please call the church office at 207-782-3972.

## Thursday, April 9

Turner Adult Ed offering resume and interviewing worship from 6 to 8 p.m. Contact Chris Morin to sign up at [christina.morin@maine.edu](mailto:christina.morin@maine.edu) or (207) 753-6531.

## Cancellation and postponements

Public Church supper at First Congregation Church on March 28 is cancelled.

Central Maine Medical Center is not allowing visitors, including to the WHA gift shop and gallery, until further notice.

2020 Maine Pottery Tour postponed until June.

Maine's Bicentennial handbell ringing concert currently cancelled.

Lewiston legislators' March public office hours cancelled.

Portland Jewish Museum has cancelled all events for the rest of March. Patron's who bought tickets already will be notified via Brown Paper Tickets's audience outreach tools.

Maine Music Society and Bates College present Beethoven's 9th Symphony Ode to Joy has been cancelled.

Lewiston Public Library book sale on April

4 is cancelled.

Special Olympics Maine is postponed, new date TBD.

2020 Maine Jewish Film Festival is postponed, new date TBD.

French Sing Along at USM on March 20 has been cancelled.

Sixth Street Congregational Church at 109 Sixth Street in Auburn has cancelled services through the end of March. At the end of March we will reassess the Coronavirus situation. The bean supper scheduled for March 28 has also been cancelled.

Please email any event cancellations to the Editor.

## Libby

Continued from page 5

and your neighbors safe. Maine has what's called a citizen Legislature, which means none of us are career politicians. My colleagues are doctors and nurses, teachers

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## Vietnam Veterans Remembrance Day cancelled

It is with deep regret that the 3rd Annual Vietnam War Veterans Remembrance Day is cancelled. The seriousness of the coronavirus

is one not to be taken lightly, especially where the older population is at risk. Please put the word out to anyone you may have invited.

and parents, small business owners and labor advocates. We are fortunate to have a broad range of experience and perspective to make sure you get the best repre-

sentation possible. I promise to keep you updated as new information comes to us, and to get answers to your questions as quickly as I can.

# Word Search

*We just picked up our tomato seeds the other day to start seedlings. There are so many to choose from!*

## Tomato Varieties

C	S	A	N	M	A	R	Z	A	N	O	E	B	C
C	A	R	L	M	I	Y	E	Z	A	L	K	L	M
H	M	Q	E	R	R	N	T	T	E	L	M	A	T
E	A	M	O	R	A	W	I	H	Q	I	T	C	M
E	N	W	H	I	T	E	Q	U	E	E	N	K	K
T	K	I	A	P	W	Y	R	R	E	H	C	K	O
A	T	R	E	C	H	E	R	O	K	E	E	R	O
E	N	A	K	A	E	T	S	F	E	E	B	I	I
E	N	I	W	Y	D	N	A	R	B	R	I	M	O
E	A	K	H	C	Y	O	Z	A	A	A	A	K	Y
B	S	A	A	W	A	O	N	E	O	F	H	E	L
E	G	R	A	P	E	O	I	C	C	A	M	O	T
R	K	C	K	E	R	W	E	I	Y	B	Z	C	A
R	A	E	P	W	O	L	L	E	Y	L	M	Q	Y

- ROMA
- SAN MARZANO
- BRANDY WINE
- YELLOW PEAR
- WHITE QUEEN
- AZOYCHKA
- TOMACCIO
- CHERRY
- BEEFSTEAK
- GRAPE
- CHEROKEE
- BLACK KRIM

Thank you for your submissions! Email us your suggestions for word search topics! Let us know what you think!

# Business Directory

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www.maine.portraitefx.com

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dfpoisson@aol.com  
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Jasonhodsdonmasonry@gmail.com

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www.pontesmarine.com

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Auburn, ME 04210

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Lewiston, ME 04243

**PHONE 376-3325**

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*Want to be part of our  
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to your industry?  
Call 558-8488 or email  
Laurie@Gorhamweekly.com*

# Classified Ads

## AUTOMOBILE STORAGE

### Seeking Classic Car Storage

Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

## BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybell.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

## BUSINESSES FOR SALE

Working small engine/outdoor Power equipment business. Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

## ESTATE SALE

Must sell property. Under contract. Two bedroom sets - 1920's double bed, bureau and vanity with stool. Cherry bedroom set four poster queen. Household - one black

refrigerator 9.8 cubic feed \$249.00. 1950's chrome and yellow kitchen table with two chairs - bench, microfiber cushion. 100 year old oak desk - pro victorian, parour chairs \$50 each. Scarborough. (207) 883-0808

## FOR SALE

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

## HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

## HEALTH & FITNESS

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### De-Clutter Your Home

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LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with

a visit to "Michigan's 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.

## Classified Ads

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**HEADLINE:** \_\_\_\_\_

**AD INFO:**  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



Weekly Social Media giveaways!

# Events

Continued from page 9

bers.  
 April 8, School Committee meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 April 13, Historical Society meeting at 6:30 p.m. in conference room A.  
 April 15, Gorham Economic Development Corporation Meeting at 8 a.m. in conference room A.  
 April 16, Zon-

ing Board of Appeals meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 April 20, Patriots' Day – Municipal Center, Administrative Offices, Recreation Office and Baxter Memorial Library Closed.  
 April 21, Ordinance Committee Meeting at 8 a.m. in conference room A.  
 May 4, Planning Board meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 May 5, Regular

Town Council meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 May 11, Historical Society meeting at 6:30 p.m. in conference room A.  
 May 12, Town Council budget workshop with school committee from 6 to 9 p.m. in Burleigh Loveitt Council Chambers.  
 May 13, School Committee meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 May 19, Ordinance

Committee meeting at 8 a.m. in conference room A.  
 May 20, Gorham Economic Development Corporation meeting at 8 a.m. in conference room A.  
 May 21, Zoning Board of Appeals meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 May 25, Memorial Day–Municipal Center, Administrative Offices, Recreation Office and Baxter Memorial Library Closed.  
 June 1, Planning Board meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 June 2, Regular Town Council meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 June 3 to 4, Build event Maine in Lewiston, time is TBD.  
 June 8, Historical Society meeting at 6:30

p.m. in conference room A.  
 June 10, School Committee meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 June 16, Ordinance Committee meeting at 8 a.m. in conference room A.  
 June 17, Gorham Economic Development Corporation Meeting at 8 a.m. in conference room A.  
 June 18, Zoning Board of Appeals meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 June 22, Finance Committee meeting at 5:30 p.m. in Town Manager's office.  
 June 6, Planning Board meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 June 7, Regular Town Council meeting at 6:30 p.m. in Burleigh Loveitt Council Cham-

bers.  
 July 8, School Committee meeting at 7 p.m. in Burleigh Loveitt Council Chambers.  
 July 13, Historical Society meeting at 6:30 p.m. in conference room A.  
 July 15, Gorham Economic Development Corporation Meeting at 8 a.m. in conference room A.  
 July 16, Zoning Board of Appeals meeting at 6:30 p.m. in Burleigh Loveitt Council Chambers.  
 July 21, Ordinance Committee meeting at 8 a.m. in conference room A.  
 September 12 and 13, Gorham Founders Festival, time and location TBD.  
 September 21, Finance Committee meeting at 5:30 p.m. in Town Manager's office.

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**Inventiveness:**  
 When kids are encouraged to express themselves and take risks in creating Art, they experience and develop a sense of innovation. Our society needs to assist each generation through the skills of creative thinking, inventors and adults who seek new ways and improvements, for us and not just people who can only follow directions," says Kohl. "Art is a way to encourage the process and the experience of thinking and making things better!"

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 207.332.1342

source: pbs for parents