

## Operation Feed Gorham provides bagged lunches to students



known as “Operation Feed Gorham”, is open to all students. More than 500 lunches were served in the first three days of the operation, and organizers expect to see demand grow as the school shutdown continues. The plan is to expand the program to include other family members and, eventually, the community at large.

Lunches can be picked up at Little Falls Recreation Center at 40 Acorn Street, Phinney Lumber at 519 Fort Hill Road, Moody’s Collision Center at 200 Narragansett Street, and Friendly Village Community Center at 5 Ash Drive.

See lunches, page 8

Schools may be closed, but Gorham students still need to be fed! School Nutrition Program staff members are hard at work, preparing meals for pick up at sites around town. The sites

are manned by other district employees, including bus drivers and education technicians. The bagged lunches include a sandwich, chips and fruit, as well as juice.

The program,

## Subway offers drive thru at AJ’s in Gorham



Yes, that’s a Subway sandwich order coming out of the Aroma Joe’s drive thru in Gorham. Subway is not only offering take out and in-home-delivery, they are now offering pick up service at their neighbor, Aroma Joe’s drive thru in

Gorham. To pick up your Subway order at Aroma Joe’s drive thru, just complete your order in advance at [www.subway.com](http://www.subway.com) or by calling 839-5422. No need to leave your vehicle!

Gorham Subway Manager, Chris Dubay serving up sandwiches at AJ’s drive thru in Gorham. Gorham WEEKLY photo by Laurie A. Steele

## Gorham Food Pantry moves to drive-through pantry hours

In keeping with CDC and Good Shepherd Food Bank recommendations, the Gorham Food Pantry held its first “remote” pantry earlier this week, serving 36 families in the parking lot at St. Anne’s. A drive-through layout was set up, with clients remaining in their cars. After checking in and providing their family size and any special needs, groceries were assembled from previously packaged produce, milk, meat and supplies inside the pantry, and then brought out by volunteers, page 8



Gorham Food Pantry volunteers prepare for the Pantry’s first “remote” pantry hours, held on Wednesday, March 18. The pantry will move to drive-through service until further notice.

## Fire through the trees, Gorham

By Lacey Rollins

I saw fire through the trees out of our bedroom window. Where I was just sitting in bed. Wondering. A million questions running through my mind. I saw the red sky. Left the house. Jumped in the car. And drove to the lake. The scenic lot was full. Full of families. People. Keeping their 6ft of distance. I drove to the less popular spot. Sat there. Alone (well, with my Kelby Girl). Watched the sunset. And cried.



Cried because the sunset always gets me, and I’m ready for the lake. Cried because it was beautiful to see people, who may not have appreciat-

ed a good sunset before, appreciating it, now... Cried because, even though we’re all feeling so alone right now, we’re See fire, page 11

## Social Distancing

In order to support social distancing, we recommend using the online edition to read Gorham Weekly.

Print editions will still be available at Hannaford, Shaws and other necessary businesses that remain open to the public.

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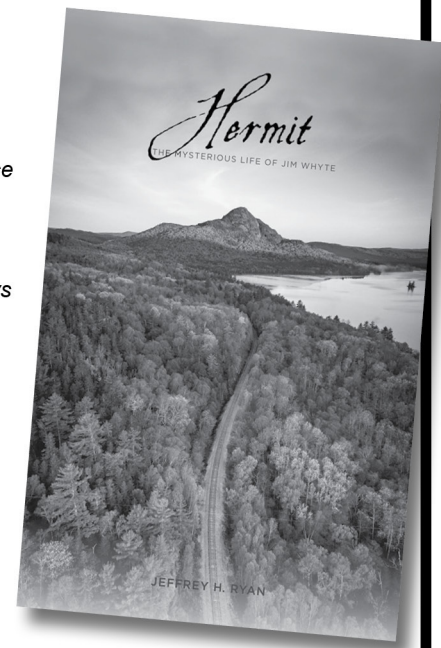
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— Bill Bushnell, *Bushnell on Books*

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— George Smith, *Bangor Daily News*

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# Newsmakers, Names & Faces

## Governor's Address: We have risen to the challenges of our times before and we are rising to the challenges before us now.

You know my parents used to tell me that we cannot control everything that happens to us, but what we can control—and what we must control—is how we react to what happens to us.

I know you are concerned, even scared, about your health and that of your loved ones. I know you are thinking about where your next paycheck will come from, or your next bag of groceries. I know that anxiety and concern for the unknown fill the air right now. When your child or grandchild tells you that they are scared, tell them: it's okay to be scared. Anx-

ety is normal. The future is uncertain.

But remind them always: we have each other. We are all family. Tell them we have been here before, in one way or another. We fought wars together. We survived blizzards, ice storms, attacks on our nation. We have risen to the challenges of our times before and we are rising to the challenges before us now.

I want to assure you that medical professionals and Maine CDC experts are working around the clock to mitigate the spread of the coronavirus and to keep you all healthy and safe.

My Administration has worked with the Legislature, we're



Governor Janet Mills

working with Maine's Congressional Delegation, with other governors and businesses and health care providers, to support small businesses, their employees, and those who are self-employed who been impacted by the coronavirus.

I am proud of that work, but what I am even prouder of is what I see in communities across Maine: I see business-

es that are partnering with local nonprofits to make lunches and dinners for those in need. I see teachers conducting classes online and school staff delivering homework packets and meals to children at home. I see fitness instructors offering online classes to keep people active, and parishes live-streaming faith services and hosting online prayer gatherings. I see Maine people simply reaching out to one another to ask "How are you, how can I help?"

Fred Rogers, Mr. Rogers, said, "When I was young and I would see scary things on the news, my mother would say, 'Look for the helpers. You will always find

people who are helping.'" Maine people are helpers, and they are everywhere. They are our doctors, nurses, EMS, firefighters, police officers, grocery store clerks, gas station attendants, childcare workers, government employees; they are you; they are your neighbor; they are your loved ones. They are Maine people.

While I know times are difficult and uncertain, let us remember what we can control, what we can do, not just what we cannot. Remember what we can control—ourselves, our love for another, and our love for this shared state we are so lucky to call home.

Today we go out-

side and enjoy the state parks, go to a beach, climb a mountain—whether it's Bald or Battie or Bradbury—enjoy the outdoors, keeping your social (physical) distance.

Today, we keep our distance from one another so that tomorrow we can come together again.

When people look back on us years from now, they will say that Maine did sacrifice but Maine stood strong. They will say: Maine people were tough; Maine people hung together; Maine provided the helpers; Maine people survived; Maine rose again better than ever.

## Workforce Training Partners honor certified Nursing Assistants



*Pictured l to r: Ryan Francis, Northern Light Health (NLH) Administrator; Hannah Bard, Mid-Maine Regional Adult Community Education, Director; Keri Robichaud, Western Maine Community Action (WMCA), Employment & Training (ET) Specialist; Deborah Bubar, CNA graduate; Myles Robert, WMCA, ET Specialist; Jessica Gyles, Kalynn Johnson, Crystal Rollins, Payge Shute, Trudy Turbide, Colby Moody, CNA graduates; Patricia Shuck, NLH Director of Nursing; Christopher Miller, NLH Class/Clinical Instructor; and Desiree Knowles, NLH Assistant Director of Nursing; Vicki Dyer, NLH LPN; and Robin Doody, NLH Talent Acquisition Specialist. Photo courtesy of Monica Millhime, WMCA.*

Seven students successfully completed a collaborative program of 180 hours of a Certified Nurse's Assistant training provided by workforce training partnerships with West-

See **Nursing**, page 13

## Tuna Tournament tradition supports Community Colleges

A gift of \$7,000 from the Casco Bay Bluefin Bonanza to the Foundation for Maine's Community Colleges will provide scholarships to students in a trade or marine science program at each of Maine's seven community colleges.

The funds were raised through the Casco Bay Bluefin Bonanza's inaugural tuna fishing tournament in August 2019. The event raised enough funds to provide scholarships to one student at each of the seven Maine community colleges.

The event replaced the Sturdivant Island Tuna Tournament which, after 21 years, held its final tournament in 2018.



*Members of the Casco Bay Bluefin Bonanza board of directors present a check to John Fitzsimmons, President of The Foundation for Maine's Community Colleges in support of scholarships for Maine students in a trade or marine science program at each of Maine's seven community colleges. L to R Cory LeDuc (vice president), Lauren Gamache, Nick Metayer, Sam LeDuc (secretary), Kurt Christensen, John Fitzsimmons, Shawn Tibbetts, Jessica Doughty (Treasurer), Bob Humphrey (president), Jane Humphrey, Suzanne Frigon, Kevin Lord.*

The final tournament was a bittersweet and fitting tribute to founder Phil Grondin, but its absence left a huge hole in tournament fishing

opportunities in Maine. Several local fishermen got together and agreed to keep the tuna tournament tradition alive.

See **Tuna**, page 13

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# Newsmakers, Names & Faces

## Guest Column

### A Healthier Lifestyle



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

by Catherine Wilson, On Purpose WellBeing Center

Cardio or not Cardio, that is the question.

Okay, it's getting warmer out and we all here in Gorham, Maine are getting to the point where outside exercise is a long-awaited treat! If I had a dollar for every time I had someone say to me, as a personal trainer, "Yes, I walk my dog for cardio!" I would be able to buy a Lowchen (the most expensive dog in the world). It's okay to add movement exercise onto your day's activity list if you've simply taking a dog out for a walk but try not to fool yourself that walking your dog is Cardiovascular Exercise. Now running with your dog—yes! That is Cardiovascular Exercise.

Let's look at what

cardiovascular or aerobic exercise is, and how it affects your body to find out what daily activities are or are not Cardio. First, a basic definition of aerobic exercise is any exercise or movement that increases the heart rate enough to place demand on the heart and move oxygen throughout the body (keeping it to a safe target heart rate is important). It has to be continuous. Our heart is the most important muscle in our body. I'm often thinking that if we were to wear our heart on our sleeves, we would all do enough cardio to make it look nice and pretty. But isn't that the way it is with anything we can see on the outside of our bodies? We do not do the same thing with things we can't see.

Studies have been done on whether a 30 minute, continuous form of cardio exercise or short bouts of intense exercise are better, and both seem to have benefits, but the key is increased heart rate. Unless you are running from driveway to driveway and then walking from driveway to driveway, or fast paced waking or running, just getting out to walk your dog is not considered an aerobic exercise.

We need to move!

Movement is very important! Movement keeps our body parts mobile. I had an idea that if your dog reminds you of getting cardiovascular exercise, when you drop your dog of to the groomers, do your cardiovascular exercise right there! Go for a brisk walk or run without the dog wanting to stop and smell, do the do, and neighbors stopping to say Hi.

Please take into consideration that your dog will also be getting the same exercise you are, so if you are going to take it up a level and do Fartleks, (a continuous interval training—love that word), or run with your dog, please consult your physician and your vet before starting a new routine for both of you. So, as the weather continues to make it nicer to be outside, and your dog shows signs of needing a haircut, I know that Kathy Wood, at Refreshing Paws would love to hear your cardio plan when dropping your dog off. It's a perfect fit! Visit Refreshing Paw's website at [www.refreshingpawsmaine.com](http://www.refreshingpawsmaine.com).

Catherine Wilson, On Purpose WellBeing Center, 381 Main Street Suite 4, Gorham. 207-222-0142. [onpurposewbc.com](http://onpurposewbc.com).

### Gorham Action Team for Youth

Gorham Families and Community Members, Gorham Action Team for Youth wants you to know they are thinking of their community during this pandemic. Their plan is to share weekly resources for families, via Facebook, regarding emotional health and ways to support your

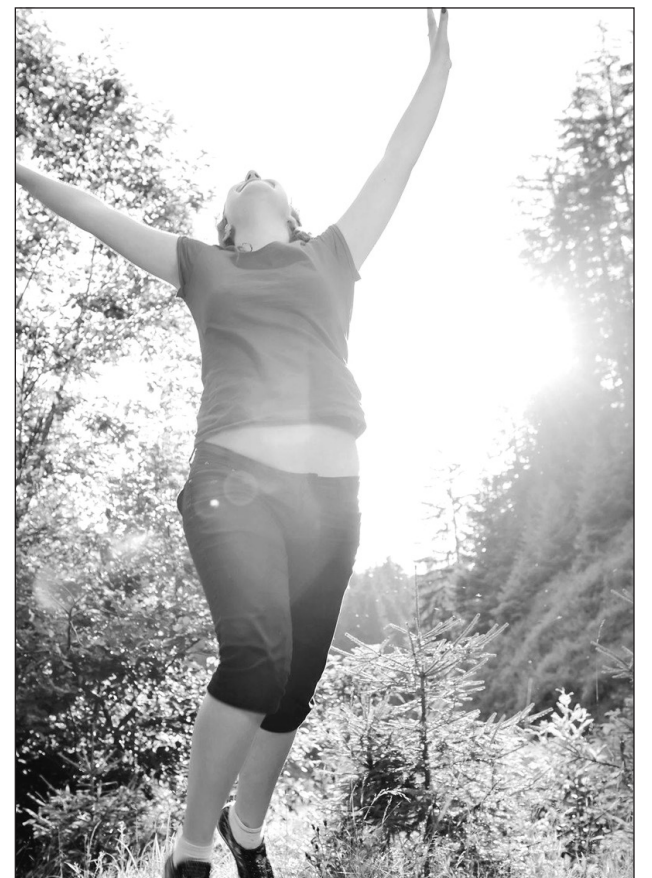
children during social distancing. Follow them on Facebook @GorhamActionTeamforYouth.

Here are some great resources for parents around how to talk to your child about COVID-19, and some apps connected to supporting the emotional wellbeing of our youth! <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>; <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>; <https://store.samhsa.gov/system/files/sma14-4885.pdf>; <http://mindfulnessforteens.com/resources/resources-for-mindfulness/>.

### On Purpose offers virtual walks



Catherine Wilson of On Purpose WellBeing Center, is doing a virtual walk every Monday, Wednesday and Friday at noon time. Anyone can join in and walk at their own place, space, and pace! The goal is to start a worldwide walk three days a week where people can just hop onto On Purpose WellBeing Center's Facebook page at the given time and walk with Catherine—and others around the world!



## We want to help

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# What's Going On

## FAME partners with SBA and Maine lenders

The Finance Authority of Maine (FAME) is partnering with the U.S. Small Business Administration (SBA) and local Maine lenders to offer special, limited-time loans and loan insurance to eligible Maine businesses affected by COVID-19.

FAME and participating lenders will make special terms available to Maine-based businesses that have experienced interruption or hardship due to COVID-19. Various benefits include loans up to \$50,000 offered at reduced interest rates; interest-only payments; up to 75% pro-rata loan insurance on loans up to \$100,000; interim financing in conjunction with the SBA wherein FAME makes loan proceeds available while approved SBA borrowers await federal funding.

As it has in the past, FAME is partnering with the U.S. Small Business Administration (SBA) to provide interim loan funding since, following approval from the SBA, additional documentation from the borrower may be required prior to full disbursement of the SBA loan. To allow access to those funds immediately, FAME will provide an interim loan to be paid-off with the SBA loan funds. Governor Janet Mills recently announced that the SBA has approved Maine's application for loans to help eligible businesses impacted by COVID-19. SBA's Economic Injury Disaster Loans will offer up to \$2 million in assistance for a small business. These loans can provide vital economic support to small businesses to help overcome the temporary

loss of revenue they are experiencing. To learn more about the process for accessing this lending, please visit: <https://www.sba.gov/about-sba/sba-newsroom/press-releases-media-advisories/sba-provide-disaster-assistance-loans-small-businesses-impacted-coronavirus-covid-19>

"The SBA wants to thank Governor Mills and her team at the Department of Economic and Community Development for their hard work, and immediately reaching out to small businesses in Maine to quantify the impact and gather the required documentation allowing SBA to issue this Economic Impact Disaster Declaration. We'd also like to recognize the quick action of the Finance Authority of Maine in im-

See FAME, page 10

## Access to health care, food, and basic necessities

The Maine Department of Health and Human Services (DHHS) is taking immediate steps to ensure access to critical services and benefits for Maine people while protecting the health of employees and the public in response to the 2019 novel coronavirus, or COVID-19.

"We are acting swiftly to maintain Maine people's access to health care coverage, nutritious food, and support for basic necessities in the face of COVID-19, while also safeguarding their health and the health of our valued employees," said DHHS Commissioner Jeanne Lambrew.

These steps include supporting MaineCare members through the implementation of emergency rules that went into effect Wednesday, March 18 and will: Waive all copays for prescriptions, office visits, emergency department visits, radiology and lab services; allow early refills of prescriptions; allow providers to extend 34-day supply maximums on brand prescriptions (MaineCare already allows 90-day supplies of generic prescriptions); waive initial prior authorization requirements for asthma and for immune-related drugs; lengthen the period that prior authorization applies for prescription medications; lengthen the period that prior authorization applies for certain durable medical equipment, such as home oxygen therapy, glucose test strips, and Continuous Positive Airway Pressure (CPAP) supplies for individuals diagnosed with

COVID-19, those with pending test results who are in self-isolation, and those in a high-risk category for infection; extend the amount of time that home health providers have to submit plans of care from within five business days to within 30 business days from the start of services.

In addition to these changes, the Department made an immediate change last Tuesday to their telehealth policy through emergency rule, to allow for prescribing through telehealth. This change is effective immediately.

MaineCare telehealth policy already allows providers and members to meet any face-to-face requirements for services through telehealth, when medically appropriate and when it will result in comparable quality of service. For services that traditionally have not been considered medically appropriate or of comparable quality via telehealth, such as Intensive Outpatient Treatment or Home and Community-Based Treatment, providers are encouraged to consider alternative treatment options that could be more appropriately delivered via telehealth (such as one-on-one counseling visits).

Additionally, DHHS has made two changes effective immediately that do not require emergency rulemaking. First, to the greatest extent allowable under federal law, DHHS will accept eligibility verification by self-attestation to facilitate efficient processing of MaineCare applica-

tions and recertifications. Second, we will waive premiums for MaineCare services, such as the Working Disabled, Cub Care, Katie Beckett, and Special Benefit programs. Failure to pay those premiums will not result in case closure.

DHHS is also acting to support social distancing in our 16 regional offices, without disrupting critical benefits and services. In line with guidance from the U.S. Centers for Disease Control and Prevention, DHHS is limiting its interactions with the public to accepting paperwork for drop-off. Clients are being encouraged to fill out and submit applications and reviews for programs, including Temporary Assistance for Needy Families (TANF), the Supplemental Nutrition Assistance Program (SNAP), and MaineCare online through My Maine Connection ([www.maine.gov/mymaine-connection](http://www.maine.gov/mymaine-connection)). Paperwork may be submitted via fax, email or postal carrier. The toll-free number is 1 (855) 797-4357 and agents are available from 7 a.m. to 4:30 p.m. Monday through Friday.

DHHS offices remain open at this time, and clients can fill out applications in person if they prefer. If clients need assistance, they will be encouraged to call the toll-free number to speak with an agent.

DHHS also issued an emergency rule effective Friday, March 13 allowing all TANF application and annual review interviews, which are required to determine eligibility, to be held by telephone rather than in person. TANF orientations, which are completed during the application process, also will be held by phone rather than through visits to one of the Department's vendor locations, also known as Fedcap Opportunity Centers. Fedcap is limiting in-person contact for ASPIRE participants, encouraging and facilitating remote participation.

DHHS also will limit in-person interviews for fraud investigations and quality control audits and will hold all administrative hearings by telephone.

DHHS has requested approval from the

See Access, page 13

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## NAMI expanding supportive service for special needs children



NAMI Maine has created an emergency enrollment process for the Family Respite Program during these challenging times. The Respite Program allows caregivers raising a child with a mental health diagnosis or two or more developmental delays to have a break from caregiving. The Respite Program will now provide families with 26 hours per month of in-home support. Starting immediately, there is a shortened application process to enroll children in the program, and also to be hired as a respite provider.

Families currently enrolled in the program are automatically eligible for 26 hours of respite per month until June 30, 2020. New families may apply at [www.namimaine.org/page/](http://www.namimaine.org/page/)

respitefamily. NAMI Maine will be using a presumptive eligibility process that will require less information to start services than is typically required by the program.

Respite providers are per diem employees of NAMI Maine who work only with families they choose. The program pays \$12.00 for a level one provider and \$14.25 for a level two provider. A level one provider is required to have completed high school or have earned a GED. A level two provider will have completed education and training focused on working with children Individuals, including family members who do not reside in the same home as the child, who are interested in being hired to provide respite services to children in

their local community may complete an application form found at [www.namimaine.org/page/respiteprovider](http://www.namimaine.org/page/respiteprovider).

During these difficult times, NAMI Maine is focused on increasing in-home supports to families raising special needs children, while still respecting the importance of social distancing. We are specifically looking to provide increased access to the program in order to connect families and providers who already have an existing relationship and reside in the same local community.

Please contact Respite Staff at 207 622-5767 with questions.

The Family Respite Program is funded by the Department of Health and Human Services, Office of Child and Family Services.

# What's Going On

## Eight ways to combat Coronavirus

By Senator King

Friends, the challenges created by the coronavirus epidemic are unlike anything that we've seen in the last 100 years. The situation is changing rapidly, but this much is clear: we all need to change our behaviors and adopt new approaches to protect ourselves and our loved ones. As I push for a number of policies and remedies in the Senate, there are a few simple and immediate things we can all do to help slow the spread of coronavirus in our communities.

1. If you're sick, stay home. Probably the most obvious step you can take, but it's so important that it's worth repeating. The most common symptoms of coronavirus are a fever, a cough, and a sore throat – if you have any of these symptoms, stay home. Don't try to go to work, don't head over to a friend's house. I know it's inconvenient, but it's

vital.

2. If you're worried you might have coronavirus, call your doctor. Don't just go into your doctor's office without giving them a heads up. Call your doctor first, tell them what symptoms you're experiencing, and work with them on a plan. This isn't about making you wait—it's about preventing spread, especially to the medical professionals who we'll need to get us through this crisis. If you can't reach your doctor or don't have one, call the Maine coronavirus hotline at 2-1-1 to connect with someone who can lay out next steps.

3. Even if you're not sick, stay home as much as you can. This is a major shift from the way Maine handles crises; in our state, we respond to emergencies by coming together and helping. However, one of the reasons this disease is spreading so rapidly is because some people

who are infected with the coronavirus do not display symptoms and don't realize they may be spreading it inadvertently. By staying home, you're doing the right thing for your community by preventing yourself from possibly unwittingly spreading this disease or having it unwittingly spread to you. Telework where possible and avoid large gatherings.

4. Wash your hands—a lot. This one is simple, but it's so important. Wash your hands often, for 20 seconds, with soap and hot water. If you're not sure how to measure 20 seconds, sing a song—if you sing Sixteen Counties on the slow side, you'll be all set!

5. Don't shake hands! Elbow bumps can work, or a hand on your heart—but it's most important to keep your distance when greeting people. Personally, I've started to adapt Spock's

See Combat, page 12

## Maine Association of Physician Assistants commend Governor

The Maine Association of Physician Assistants (MEAPA) thanks Governor Mills for swiftly signing LD 1660 into law yesterday. The bill, which passed the Maine State Legislature on March 17, will allow PAs (physician assistants) and physicians to work together more collaboratively by eliminating unnecessary administrative burdens that prevent PAs from practicing at the top of their education and experience.

LD1660 was amended to reflect the current health crisis in the state and will go into effect immediately to allow for better utilization of PAs to combat the Covid-19 pandemic.

"PAs are a critical part of Maine's healthcare teams and the response to COVID-19. During this time, our state needs to take every possible step to ensure all of our healthcare providers are doing everything they can to help patients. Maine's physician assistants thank Governor Mills and the legislature for their leadership in moving quickly to make LD 1660 law," MEAPA President Gretchen Pre-

neta, PA-C, said.

The legislation makes numerous improvements to PA practice in Maine. Among the changes, LD 1660:

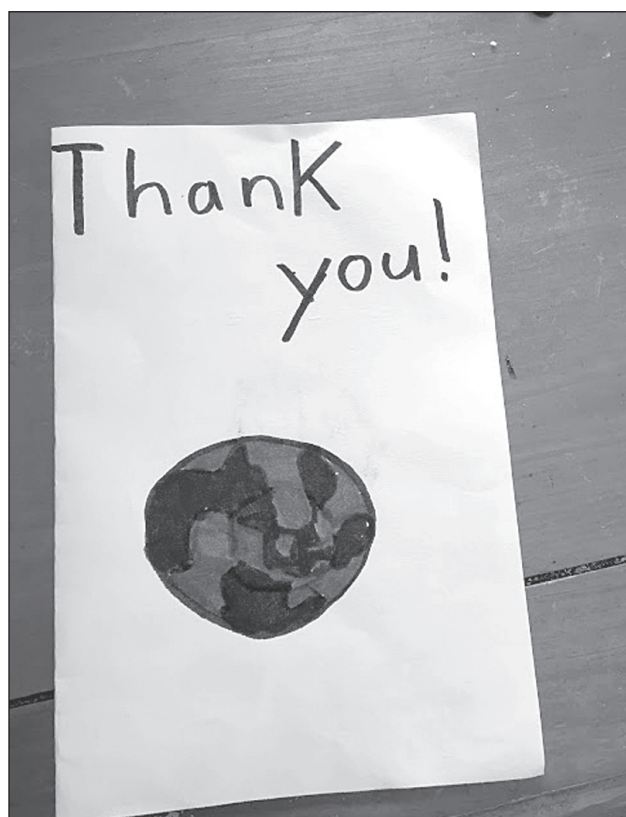
Removes the requirement for an experienced PA to have a supervising physician. A physician must simply be available for consultation; allows the scope of practice for a PA to be determined by the practice setting; requires PAs with less than 4,000 hours of practice to enter into a collaborative agreement with a physician; adds a second PA to the Maine Board of Licensure in Medicine (allopathic) and the Maine Board of Osteopathic Medicine.

PAs are medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and often serve as a patient's principal healthcare provider. With thousands of hours of medical training, PAs are versatile and collaborative.

PAs practice in every state and in every medical setting and specialty, improving healthcare access and quality.

# Arts & Entertainment

## Guest Column Gorham Superintendent's update



I wanted to get some important information out to folks.

New Guidelines from CDC:

The CDC released some new guidelines for testing for COVID-19 as well as some new guidelines for home isolation that I thought would be useful for all of you. These new guidelines (link can be found on my blog) basically say that they are limiting testing to folks that are in the "high risk" category in order to conserve tests for patients that may develop more serious symptoms. Give this a good read when you get a chance this weekend please.

Special Education Letter from Kathy Hamblen:

Kathy Hamblen sent out the letter (link can be found on my blog) last week to all special education families. If you haven't already read it, please do. Kathy and her team of special educators are working hard to get our IEP's fully operational over the course of the next week—what an amazing team! Kudos to the team for this

important work!

Tech Help:

As we continue to navigate this new world of education, I wanted to make sure parents knew how to access technical assistance from our staff. We have a few methods that folks can choose from:

High School students/parents: Email Mr. Parvanta (adam.parvanta@gorhamschools.org) and/or Mr. Daggett (Chris.Daggett@gorhamschools.org).

Middle School students/parents: Email Mrs. Dawson (terri.dawson@gorhamschools.org) and/or Mr. Nash (help@gorhamschools.org).

Elementary Students/Parents: Email your teacher and/or Mrs. Gauley (joanne.gauley@gorhamschools.org).

Parents can also email support@gorhamschooldepartment.freshdesk.com This goes directly into a helpdesk ticket system monitored by several people. We will then assign the problem to the appropriate person.

You can also call. Sometimes you need

tech support because you can't get online! Imagine that! We have set up a tech support hotline at 222-1188. We will make every effort to answer your calls from 11 a.m. to 1 p.m., Monday through Friday. However, feel free to call at any time and leave a voicemail with your phone number, a brief description of your problem, and the appropriate time to call back. Your voicemail will go to a mailbox being monitored by several people and we will get back to you as soon as we can.

Finally, you can email Dennis Crowe (dennis.crowe@gorhamschools.org) with any general questions, comments, or feedback.

Thank you Techies! School Nutrition Program Update:

A reminder that folks can pick up lunches from 11 a.m. to 1 p.m., Monday through Friday at each of the four satellite locations: Little Falls Recreation Center, 40 Acorn Street (this is a change from yesterday when we said Gray Road); Moody's Collision Center, 200 Narragansett Street; Phinney Lumber, 519 Fort Hill Road (Route 114); Friendly Village Community Center.

"Operation Feed Gorham" has already fed well over 600 people these past few days. Our goal is to make sure no one goes hungry in Gorham during these difficult times! We will be expanding this program to include anyone in the community soon, so stay tuned. Thank you to Cindy Hazelton and the Gorham Recreation Department for working with us to expand this program to serve the community as a whole!

The Gorham Schools Backpack program See update, page 16

## Baxter Memorial Library provides virtual programs and content

One thing libraries do, and do well, is adapt to community needs. Since the library closed to the public on Monday, March 16, the librarians at Baxter have been scrambling to bring the library to patrons at home. They have updated our website to include resources that are informative, valuable, and entertaining for people looking to engage with content while practicing social distancing in response to the current situation. A number of book publishers, ebook



Baxter Memorial Library Youth Services Librarian Heidi Whelan hosts a virtual story time from her home with help from her cat Donovan.

databases, and digital content providers have generously donated their services for free to public libraries at this time.

Baxter has added links to their website, [www.baxterlibrary.org](http://www.baxterlibrary.org), and will hopefully be adding more services. See Baxter, page 11

## Aquarium offering virtual programming

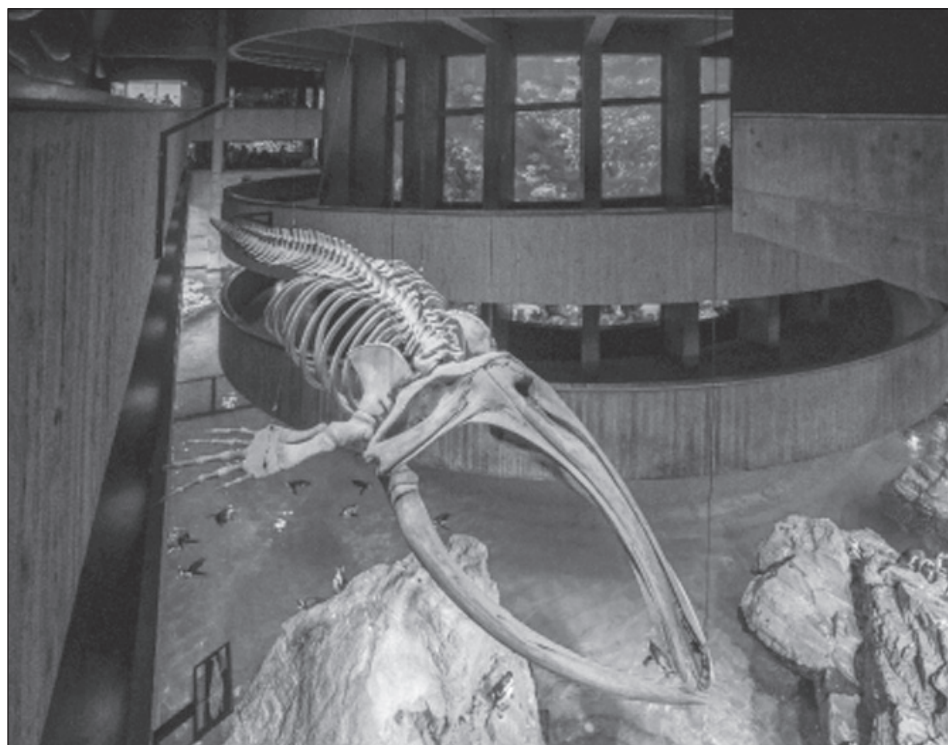


Photo by Caitlin Cunningham/New England Aquarium.

With students across New England home from school amid closures related to the COVID-19 (Coronavirus) outbreak, the New England Aquarium is offering special virtual programming to keep families engaged.

Each day at 11:00 a.m., content will be posted on the Aquarium's social media platforms that includes live videos with educators, a behind-the-scenes look at animal care, and

fun activities for children. Online visitors will also find a special webpage on [neaq.org](http://neaq.org) to take a "virtual visit" to the Aquarium, featuring video, at-home projects, and other educational resources. This page will be updated regularly with fresh material.

Last week, the Aquarium made the decision to close to the public and suspend all events and educational programming for a min-

imum of three weeks as a precautionary move to protect staff and visitors and ensure continued care for the animals. Much of the special programming available online will focus on the important work still happening at the Aquarium amid the closure.

"Even though our doors are closed to the public, a limited number of Aquarium staff are onsite daily caring See aquarium, page 16

## BJ's Wholesale Club opens early for members 60 or older

On March 22, all BJ's Wholesale Club locations in Maine began opening one hour earlier every day for members who are age 60 or older. This special opening hour will be from 8 to 9 a.m. daily and there will be a designated entrance for them to use.

The early opening is geared towards coming together as a community to support each other during challenging times and showing compassion and care for our neighbors who are

most vulnerable to the COVID-19 virus which, according to the CDC, includes members of the population who are age 60 and older.

The club is making the decision to offer this every day of the week until further notice to allow for Maine community members, aged 60 and older, to shop in a less crowded environment which better enables social distancing and to be able to shop prior to any other members entering.

## Updates to Maine's fishing season



To encourage Mainers to enjoy their outdoor resources and to support a happy, healthy Maine, Governor Mills and Commissioner Camuso are enacting the following changes effective immediately:

Any person (except those whose license has been suspended or revoked) may fish without a license through April 30, 2020. This change does not apply to activities which require a commercial freshwater fishing license or permit.

All inland waters that traditionally open to open water fishing on April 1 will now be open to open water fishing effective immediately. This change does not open any body of water to ice fishing that is currently closed to ice fishing.

All other tackle, length and bag limits and special regulations still apply. Visit [mefishwildlife.com/covid19](http://mefishwildlife.com/covid19) for additional MDIFW updates related to COVID-19.

Important Safety Reminders:

Remember, Maine's inland waters are very cold this time of year. It is recommended that

paddlers wear dry suits when water temps are less than 50 degrees Fahrenheit, or wet suit when temps are between 50 and 60 degrees.

Be sure to wear a lifejacket on or near the water this time of year. Statistics show that most people who unexpected fall from a watercraft without a lifejacket will die. If you think you have enough time to get to your life jacket before a crash or incident, think again.

If you are going to be heading out onto frozen waterbodies, please continue to use extreme caution. Accessing lakes and ponds should be avoided unless you can be certain of ice conditions by checking ice thickness.

Before stepping out, use a chisel or auger to test ice thickness in several places. Remember that ice seldom freezes uniformly, and conditions are always changing and can vary from one location to the next. Ice that forms overflowing water and currents, especially near streams, bridges and culverts, can be particularly dangerous.

## Maine Banks take action to help feed families

With the spread of COVID-19 and social distancing in place, many Mainers find themselves out of work or working remotely with children home due to school closings. Many of Maine's school children depend on school meals for their nutrition and in this current crisis may be forced to go hungry. To support families in need, the Maine Bankers Association has rallied 34 Maine banks – listed below – to raise \$61,000 in a matter of hours to support food pantries throughout the state.

“Leading the charge to assist Maine communities is not new territory for our banks. At the core of all banking is service, in good times and in bad,” said Chris Pinkham, President and CEO of Maine Bankers Association. “We pledge to work together to help our communities weath-

er this storm by providing some relief to our neighbors in need.”

According to the U.S. Department of Agriculture's Economic Research Service 13.6 percent of Maine households were food insecure in 2019—a rate far higher than the national average of 11.7 percent. Additionally, 1 in 5 Maine children go to bed hungry every day with 80,000 Maine school-aged children eligible for free and reduced priced meals in our state's schools. In the current crisis, that number could increase dramatically as families face difficult decisions and may have to prioritize other expenses over food.

Conversation Leads to Quick Action:

According to the Maine Banker's Association, two bank presidents were on the phone discussing the immense challenges many Maine

families are facing due to self-quarantine efforts. Conversation lead to quick action and outreach to Maine's banking leaders and within eight (8) hours each of the 34 banks committed funds from their charitable giving program to collectively raise the \$61,000. The Maine Bankers Association fundraising campaign, called Let's Feed Maine, will continue through the end of March into April.

Challenge to Other Industries to Help:

Maine Bankers are now challenging other trade associations across the state and banking associations across the country to band together, target food insecurity or another passion, and do their part to help those in need during this unprecedented time. According to Pinkham, “We are in this together as a state and as a country.”

Current Participants

in the #LetsFeedME Campaign:

The banks involved in the campaign include Androscoggin Bank, Aroostook County Federal, Atlantic Trust, LLC, Auburn Savings Bank, FSB, Bangor Savings Bank, Bank of America, Bar Harbor Bank & Trust, Bar Harbor Savings & Loan, Bath Savings Institution, Camden National Bank, Damariscotta Bank & Trust Company, First Federal Savings & Loan of Bath, First National Bank, Franklin Savings Bank, Gorham Savings Bank, HM Payson, Katahdin Trust Company, Kennebec Federal Savings, Kennebec Savings Bank, Kennebunk Savings, KeyBank N.A., Machias Savings Bank, Maine Community Bank, NBT Bank, Northeast Bank, Norway Savings Bank, People's United Bank, Portland

See Banks, page 12



## Margaret Chase Smith Essay Contest



*“For it is youth that gives the stimulus, the fire, and the ambition that animates progress.”*

— Senator Margaret Chase Smith  
Maine Young Republicans Convention  
Portland, Maine  
March 30, 1950



As the Pine Tree State celebrates its bicentennial in 2020, there will be much celebration of the past. For the 24th annual Margaret Chase Smith Essay Contest, we invite high school seniors to look to the future and share with us ideas of how they would propose to make Maine “the way life should be” for young people so that more of them will choose to live in a state with one of the oldest populations in the nation.

The rules of the contest are minimal. It is open to **Maine high school seniors**. Essays must be typed and double-spaced. Electronic submissions are accepted. Contestants should provide complete contact information in order to receive notification of final results. For publication purposes, essays should be no longer than 2000 words. As always, quality of evidence, argumentation, and writing is more important than quantity of pages. The best essays support personal opinions with historical context and cited facts.

The Library will award **\$1000** for first place, **\$500** for second place, **\$250** for third place, and five **\$50** honorable mention prizes. Essays are due by **April 1, 2020**. Prizes will be announced by May 4th.

To submit entries or for more information, please contact:

John Taylor  
Margaret Chase Smith Library  
56 Norridgewock Avenue  
Skowhegan, ME 04976  
(207) 474-7133  
e-mail: [jtaylor@mcslibrary.org](mailto:jtaylor@mcslibrary.org)  
web: [www.mcslibrary.org/awards/](http://www.mcslibrary.org/awards/)

# Lunches

Continued from page 1

For the most up-to-date information, visit the school district web-

site, [gorhamschools.org](http://gorhamschools.org), or email Michael Sanborn, Director of Dining Services at [michael.sanborn@gorhamschools.org](mailto:michael.sanborn@gorhamschools.org).



# Pantry

Continued from page 1



unteers and placed on a table for clients to collect and pack in their car.

At last week's pantry hours, the organization saw an increase of families who normally attend, as well as a number of new families; they expect the numbers of families in need to only increase in the coming weeks. There are several ways that members of the Gorham community can assist the Pantry and their Gorham neighbors during this time: Follow Gorham Food Pantry Friends on Facebook for an up-to-date list of current pantry needs. Donations can be dropped off at the Pantry bin at 299-B Main Street in Gorham, the bin at Baxter Library, Casco Federal Credit Union or at Gorham's Public Safety building. Larger donations can be dropped off by making arrangements by calling 222-4351

or emailing [director@gorhamfoodpantry.org](mailto:director@gorhamfoodpantry.org); Monetary donations to the Pantry will be used to fill in any grocery "gaps" in the coming weeks and can be made online via <http://www.gorhamfoodpantry.org/donate.html>.

The Pantry will continue to monitor updates by local and state authorities closely to keep both clients and volunteers safe during this pandemic and plans to offer drive-through visits until further notice. Pantry visits, which had been recently increased to two visits per month, will be reduced back to the original one visit per month rule, in order to maximize assistance in light of with the increase in clients and any food shortages. The Pantry is partnering with the Town of Gorham on deliveries to high-risk/elderly indi-

viduals who are sheltering in place.

If you are a Gorham resident and find yourself in need of the Pantry for the first time, it's easy to plug in. Visit us during any pantry hours and bring a copy of a utility bill or mail with your name and your Gorham address on it. After a quick registration, you'll be supplied with food during that visit. If you are unable to visit the Pantry due to transportation or illness, please reach out to us at 222-4351, by emailing [director@gorhamfoodpantry.org](mailto:director@gorhamfoodpantry.org) or via Facebook Messenger and we'll work with you on a solution.

Gorham Food Pantry's hours are Thursday mornings from 10 a.m. to 12 noon and the second and fourth Wednesday of the month from 6 to 7 p.m.

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## COVID-19 and the housing market

In case you were wondering, the market is still moving

**From March 1st to March 20th in Cumberland county 121 single family homes have sold. \***

- Virtual live open houses
- Showings only for qualified, decision making parties
- Agent accompanied showings to open doors and supervise access, as well as to sanitize surfaces after contact

We understand that the need to buy or sell real estate exists beyond this pandemic, but not outside of it. Here are a few things that we are doing to help:

We are here to help. Please call 207-PREMIER or email us at [PremierTeam@PremierTeam.me](mailto:PremierTeam@PremierTeam.me) for more tips. Stay safe!

*We'll get through this together*

\*As of Friday, March 20, 2020 12:13:34 NoonSearch Parameters: Property type Residential; Property Sub-Type of 'Single Family Residence'; County of 'Cumberland'; Leased Land of 'No'.



## American Pickers looking for Gorham Collectors



Do you know any collectors in the greater Gorham area? The hit TV show American Pickers has asked us to reach out to our readers and spread the word that they are looking for collectors.

Mike Wolfe, Frank Fritz and their team are excited to return to Maine! They plan to film episodes of the hit series American Pickers throughout the area at the middle to end of July 2020.

They understand that with the proliferation of COVID-19, everyone is facing very uncertain times, and everything is changing daily. The staff at American Pickers is taking this pandemic very seriously and will be adjusting their schedule accordingly for the safety of those who appear on the show and their crew. However, they are excited to continue to reach the many collectors in the area to discuss their years of picking!

American Pickers is a documentary series that explores the fascinating world of antique "picking" on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America's most valuable antiques.

They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America's past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them. American Pickers is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send them your name, phone number, location and description of the collection with photos to [american-pickers@cineflix.com](mailto:american-pickers@cineflix.com) or call 855-OLD-RUST. Find them on Facebook @GotAPick.



## Beef stew and biscuits recipes

By Matthew Duplisea  
Beef Stew - Feeds 6 to 8, approximate time 3.5 hours

**Ingredients:**  
- 3lbs. beef chuck  
- 2 teaspoons salt  
- 1 teaspoon black pepper  
- 3 tablespoons olive oil  
- 2 medium yellow onions  
- 7 cloves chopped garlic  
- 2 table spoons tomato paste  
- 1/4 cup flour  
- 2 cup red wine  
- 2 cup beef broth  
- 2 cup water  
- 2 bay leaves  
- 1/2 teaspoon thyme  
- 1 1/2 teaspoon sugar  
- 4 lg carrots cut in 1" chunks  
- 1 pound baby Yukon potatoes

Preheat oven to 325 Degrees Fahrenheit with rack in middle.

Brown the meat on all sides on stove over medium heat in as many batches as necessary with salt, pepper and oil. It is recommended to use a dutch oven, or something

similar with a cover. Pull each batch out after browning and place on a plate.

Stir onions and garlic into juices left behind in dutch oven from beef for 5 minutes.

Add tomato paste and continue to stir for 1 minute or until the paste mixes well with the onions and garlic.

Sprinkle flour over beef and add the beef-flour mixture to the dutch oven. Be sure to include any juices. Stir for 2 minutes until flour is dissolved.

Add wine, broth, water, bay leaf, thyme and sugar. Stir and bring to a boil.

Cover and put in oven and braise for 2 hours.

Add carrots and potatoes and cook for approximately 1 hour, or until carrots are tender.

Wicked Good Biscuits - Makes 12 biscuits

**Ingredients:**  
- 1 1/4 cup self-rising



flour  
- 3/4 cup cake flour  
- 3/4 teaspoon baking powder  
- 1/4 teaspoon cream of tartar  
- 1/8 teaspoon baking soda  
- 1 tablespoon sugar  
- 1/2 teaspoon salt  
- 4 tablespoons of cold butter and 2 tablespoons of melted butter  
- 1 1/4 cup buttermilk  
- 1/4 cup all-purpose flour

Preheat oven to 475 Degrees Fahrenheit.

Sift self-rising flour, cake flour, baking powder, baking soda, sugar and salt into a large bowl.

Use hands to work

in the 4 tablespoons of cold butter until the flour covered butter is round and pea sized.

Add buttermilk and use a rubber spatula to mix and form dough.

Sprinkle all-purpose flour on counter and put the dough on top.

Press the dough into a circle that is 1/2-inch thick. If you use a rolling pin, don't press too hard and do not work the dough for very long.

Use biscuit cutter to form biscuits and place on baking sheet.

Brush the melted butter over the biscuits.

Bake 10 to 12 minutes.

# AMERICAN PICKERS



MIKE AND FRANK ARE LOOKING FOR LARGE, RARE COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE. TELL US THE INTERESTING STORY BEHIND YOUR STUFF!

**TO BE CONSIDERED, PLEASE CONTACT US AT:**  
[AMERICANPICKERS@CINEFLIX.COM](mailto:AMERICANPICKERS@CINEFLIX.COM)

or leave a voicemail at 1-855-OLD-RUST

or on facebook: @GotAPick

**PLEASE LET US KNOW:**

- YOUR NAME, TOWN & STATE

- PHONE NUMBER

- WHERE YOUR COLLECTION IS LOCATED

- A DESCRIPTION OF YOUR ITEMS



# FAME

*Continued from page 4*

mediately reaching out to partner with the SBA to ensure funds get into the hands of small businesses as quickly as possible” said New England Regional Administrator Wendell Davis, “Maine small businesses can now access and apply for Economic Impact Disaster Loans at [www.sba.gov/disaster](http://www.sba.gov/disaster). Our toll-free line has been established to answer questions at 1-800-659-2955.”

Additionally, the Legislature recently enacted emergency legislation related to COVID-19, and it includes a new consumer loan guarantee program, the COVID-19 Relief Consumer Loan Program, to be administered by FAME in partnership with Maine lending institutions. It will provide a limited number of no-to low-interest consumer loans through a loan guarantee program involving Maine’s banks, credit unions, and FAME. Interested borrowers should first contact their local bank or credit union to see if the lender is offering this program and to apply. Loans of up to \$5,000

(minus any unemployment benefits received by borrower) may be available and up to three loans to any one borrower can be applied for, one per each 30-day period.

The FAME COVID-19 business response programs are outlined in greater detail at FAME’s website, [www.FAMEmaine.com](http://www.FAMEmaine.com), and in general below:

**COVID-19 Relief Loan Insurance for Lenders:** In partnership with lending institutions, FAME will approve any Online Assistance (OLA) loan submitted electronically and deemed “COVID-19” at a 50% insurance rate. Some will be eligible using our current standards (and be assessed decreased fees) for 75% coverage. Lending partners will share the risk with FAME and may obtain approval for their loan in an expedited manner. Interested borrowers should contact their local bank or credit union first to see if the lender is offering this program and to apply. See [www.FAMEmaine.com](http://www.FAMEmaine.com) for further details.

**COVID-19 Relief Interim SBA Finance Loan Program:** The SBA has initiated their disaster relief loan into “designated” disaster areas,

and Maine recently has been designated as such an area. FAME will provide interim direct loan funding up to \$100,000 since, following approval from the SBA, additional documentation from the borrower may be required prior to full disbursement of the SBA loan. FAME will obtain an assignment of the loan proceeds from the SBA and pre-fund the loan, so the money is available to Maine businesses sooner. See [www.FAMEmaine.com](http://www.FAMEmaine.com) for further details.

**COVID-19 Relief Business Direct Loan Program:** To be utilized when a borrower cannot obtain a loan or OLA from a lending partner. Offers loans up to \$50,000 and a decreased interest rate and decreased fee schedule for Maine-based businesses that experience interruption or hardship due to COVID-19. See [www.FAMEmaine.com](http://www.FAMEmaine.com) for further details.

“FAME exists to take increased risk for public benefit. During this extraordinary time, we are pleased to step up in partnership with the SBA, DECD, and our lending partners to provide some relief to affected Maine business-

es,” stated Bruce Wagner, FAME Chief Executive Officer.

Funds for the above programs will be limited. FAME anticipates setting aside up to \$10 million of its reserves for the loan insurance program and up to \$5 million for the direct loan program. FAME estimates that the above programs could help to provide \$15 million in economic support for approximately 300 small to mid-sized businesses in the state. FAME will make every effort to work with borrowers on special accommodations for their loans, especially during this challenging time.

“We are continuing our work to find ways that we can support both Maine businesses and Maine workers during this challenging time,” said Department of Economic and Community Development Commissioner Heather Johnson. “DECD and the Administration are committed to finding solutions and to partnering with FAME and other entities that can offer support to ensure that there are resources available for businesses impacted by the changes in the market as a result of the Coronavirus. I am grateful to the FAME staff and board members for being able to quickly provide these important services to Maine’s businesses.”

FAME’s Commercial Loan Insurance Program insures a portion of a loan to a business made by a participating financial institution or investment firm. For a business, it may mean the difference between obtaining a loan or never getting the opportunity to start a business.

The FAME Direct Loan offers reduced

interest rate loans to businesses that may not have been able to secure financing through traditional lenders. This program helps new or existing business with flexible gap financing directly from FAME.

Chris Pinkham, President of the Maine Bankers Association, stated, “This new lending program announced by FAME complements other services currently available at your bank. We hope all businesses or consumers will reach out to their local financial institution if they are facing financial challenges as a result of illness and/or business interruption. Maine banks are prepared to assist consumers and businesses as we all work through these unprecedented times.”

Todd Mason, President & CEO of the Maine Credit Union League, stated, “Maine credit unions recognize the financial toll the coronavirus pandemic is having on our state’s small businesses. These local companies and their employees are the backbone of Maine’s economy, and we offer our full support for programs that provide much-needed assistance during this challenging time. It is in everyone’s

best interest to ensure our state’s small business community has the resources it needs to continue contributing to Maine’s economy and keep hardworking Mainers on their payroll.”

FAME CEO Bruce Wagner added, “The health and welfare of our associates, customers, and the state as a whole are of the utmost importance to us. Thankfully, over the past two years FAME has been reviewing and updating our business continuity plans to ensure our programs continue to operate smoothly in a situation such as this. Additionally, over the past several years, we have taken steps to invest in technology and systems that allow us to care for our employees and customers in a way that enables us to remain in operation and provide financial solutions to Maine’s students and businesses.”

The Finance Authority of Maine (FAME) is a quasi-independent state agency that provides innovative financial solutions to help Maine citizens pursue business and educational opportunities. FAME helps to lead the creation of good paying jobs for Maine citizens by work-

*See FAME, page 13*

## Got the kind of sand you DON'T want?



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& Spring  
Clean-up

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New Installations • Concrete  
Reclaimed Asphalt • Loam

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Beginning **3/24**, Tuesday through Thursday mornings from **6-7 a.m.** will be reserved exclusively for customers 60+ and individuals identified by the CDC as being at high-risk. We won't be checking IDs, but request that all other customers support these vulnerable shoppers and wait until after **7 a.m.** to enter the store.

Our store hours have also temporarily changed to allow for more time to clean, stock shelves and give associates additional time to rest – beginning **3/21**, new store hours will be **7 a.m. – 9 p.m.**





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**Buck Buchanan**  
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# Fire

Continued from page 1

all watching the same sunset. Cried because, we know at some point, this nightmare will end and we'll all probably (hopefully) be better people for it. Cried because, we know, it'll get worse, before it gets better. Cried because I miss my family and friends. Their hugs. Their kids. Cried because my kids miss their village. Their family. Their friends. Their teachers. Feel the feelings, people. This isn't easy. It comes in waves. Some days will be great. Full of motivation. Full of laughter. Others will be sadness, frustrations, worries, and tears. Allow yourself grace. These are uncharted waters. Allow yourself to feel it all. And remember, we may all feel alone, but we'll be closer in the end. Appreciate our people even more. In the meantime, we can all watch the same sun set, and the same moon rise, and know, we're all in this together!

# Baxter

Continued from page 6

ing more as additional digital content becomes available.

The state library system at large is working to purchase a number of ebooks for the cloudLibrary to address the increased use of the download library. Guidelines on how to download the cloudLibrary app is available on our website. For those without internet access, even though the library is not open to the public we are still offering free 24/7 Wi-Fi that can be used outside of our building.

Parents and kinds— make sure you check out the Youth Services page

for awesome new database offerings geared for children 18 months to 18 years old and a new virtual programming schedule. The Youth Services librarians are presenting virtual story times and chapter book readings through Facebook Live as a way to connect with kids. You do not need a Facebook account to view, just go to [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary) to watch live or archived videos.

Baxter will continue to work as best they can at reaching out and providing informational and entertainment resources to the community. They miss their patrons and hope everyone is safe and happy.

Virtual Events:

Baxter Memorial Library's Mr. Jeff will be on Facebook Live from Tuesday, March 31 through Friday, April 3 at 2 p.m. performing an interactive reading

of a Choose Your Own Adventure book. Your comments will guide Mr. Jeff where to turn to next. Tune in each day to see where the adventure takes everyone! You do not need a Facebook account to view, just visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary) to view their virtual programs.

Baxter Memorial Library will be streaming a story time on Facebook Live every Tuesday and Thursday at 9:30 a.m.

until the library reopens to the public. You do not need a Facebook account to view, just visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary) to view virtual programs.

Wildlife specialist McKenzie Whelan and her friend Pegasus will be providing Baxter Memorial Library with a special video presentation for viewing starting April 1. Pegasus is a python, which are some of the best social-distanc-

ing practitioners you'll ever meet! The video will be posted on the library's Facebook page, [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary) and our website [www.baxterlibrary.org](http://www.baxterlibrary.org).

Send all items for **Names & Faces** to **Editor@GorhamWeekly.com**. Deadline is **Friday by five.**

# 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

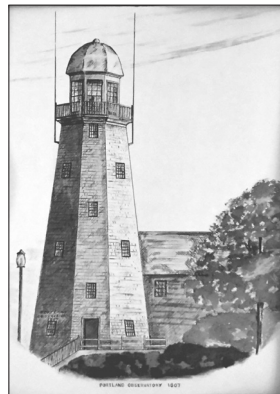
- ROMA
- SAN MARZANO
- BRANDY WINE
- YELLOW PEAR
- WHITE QUEEN
- AZOYCHKA
- TOMACCIO
- CHERRY
- BEEFSTEAK
- GRAPE
- CHEROKEE
- BLACK KRIM

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



Recognize this old post-and-beam barn in Gorham?  
Do you have details about it's origin or history?  
Please email us with any information you have.  
[Laurie@GorhamWEEKLY.com](mailto:Laurie@GorhamWEEKLY.com)

### Historic Prints - Limited Quantity



Portland Observatory



Union Station, Portland

Prints of original Pen and Ink  
Sold by Artist, Mary Jane of Gorham  
\$25 for print without framing or matting • (207) 839-2179

# What's Going On

## Combat

*Continued from page 5*

hand greeting. Figure “live long and prosper” is the right sentiment for this moment.

6. Limit visits to nursing homes. Again, something that feels counterintuitive, why would we not want to check in on our most vulnerable citizens during a crisis? The fact is, more contacts with vulnerable people means more opportunities for them to catch the disease. We should all be checking on our older loved ones, but for now, let's do it by calling them on the phone or using video-chatting on your computer or phone. If you have elderly neighbors or loved ones, check on them remotely, and see if they need help picking up groceries or other pressing needs.

7. Think about your local businesses. Order take-out or delivery from restaurants; a call to your bookstore can get you a book as quickly as any on-line service; local retailers can put items aside for you for pick-up. This period is going to be especially tough for them; a little extra love now can go a long way toward

ensuring they'll be there when this is behind us.

8. When in doubt, listen to the experts. The most-up-to-date information and guidance is constantly evolving, so it's important to check for updates. The Maine Center for Disease Control and the Governor are monitoring this situation closely, so check in on the Maine CDC's website and call 2-1-1 if you have questions. Also, the national CDC has collected many helpful resources and guidelines at [coronavirus.gov](https://www.cdc.gov/coronavirus).

This is an unprecedented moment, at least in recent memory—but we can always find lessons in history. And the key takeaway is, there's almost no such thing as ‘being too careful’ and you don't want to look back at this moment with second thoughts. When the Spanish Flu struck in 1918, cities across America took different approaches to combat this disease. St. Louis acted decisively, canceling a pre-planned parade honoring America's victory in World War I, while Philadelphia allowed its victory parade to continue. In the following month, Philadelphia saw more than 10,000 deaths

from the Spanish Flu; St. Louis, only 700. In hindsight, the decision seems obvious. I'm hopeful that if we can take these sometimes uncomfortable or inconvenient steps now, we can look back and know that we did everything possible to protect our state. Be safe, and stay healthy—we will get through this, together.

## Banks

*Continued from page 7*

Trust, Rockland Savings Bank, FSB, Saco & Biddeford Savings Institution, Partners Bank, Skowhegan Savings Bank, Spinnaker Trust, and TD Bank, N.A.

The Maine Bankers Association (MBA) represents Maine's banking industry and its 9000 employees statewide. Maine's 30 retail banks operate 463 offices in nearly every community throughout the state, where they assist Maine's citizens and businesses with financial decisions that improve the quality of life for everyone. With assets exceeding \$32 billion, the Maine banking industry serves as the economic engine for our state.

## Portland announces temporary changes to parking enforcement

Last Friday, Portland's City Manager directed the Parking Division to no longer issue parking tickets for time zones and expired meters for the foreseeable future. Enforcement will continue for illegal parking, which includes blocking the roadway, parking in handicap spaces, blocking fire hydrants, parking in no parking zones, blocking driveways or sidewalks/crosswalks, and double parking.

“We're all working under a new normal right now,” said City Manager Jon Jennings. “Our message to the public at the time was parking enforcement is a low priority. We said things in this way because at the

time we did not want to encourage an excess of people to come downtown given we were hoping people would abide by social distancing in order to lessen the spread of COVID-19.”

Jennings continued, “Now that Governor Mills has issued the executive order to close restaurants/bars to dine-in and only allow carry out/take out, we feel it is appropriate to be more explicit with the public that we are not ticketing and have not been ticketing unless for unsafe/illegal parking.”

The City would like to remind the public to remember to be respectful of parking spaces in front of businesses so

that spaces are available for take-out and delivery services.

The City's parking staff is working at half capacity right now in light of this. They are being redeployed to other more essential city operations due to staffing shortages. Those who remain in parking are handling customer service issues, watching out for safety issues, and performing other maintenance related tasks.

The City has many constituencies who rely on its services and policies around the clock and is doing its best to adapt as quickly as possible given these uncertain times where things are changing every hour.

## Administration delays tax filing date until July 15

U.S. Senator Angus King (I-Maine) applauded the Treasury Department for quickly adopting his suggestion to extend the federal tax filing deadline from April 15, 2020, to July 15, 2020. The decision came one day after Senators King, John Thune (R-S.D.) and Steve Daines (R-Mont.) introduced the Tax Filing Relief for America Act, which would have made this change legislatively,

and it coincides with the Treasury Department's previous announcement that it would extend the tax payment deadline for filers who owe the IRS 2019 taxes. Americans who would like to file early are still able to do so, and the Treasury Department is processing returns so taxpayers can get their hard-earned money back in a rebate as soon as possible.

“In this unprecedented moment, we

should be taking every possible precaution to protect our country's most vulnerable citizens,” said Senator King. “By moving Tax Day to July, we're allowing American seniors to continue to ‘socially distance’ themselves without neglecting their tax responsibilities. This is a commonsense way to keep people safe, and I'm glad to see the Treasury Department acting

*See Tax, next page*

**JOIN US AT MAINE CASA'S  
SPRING TRAINING  
MARCH 17-20, 2020**

**APPLY AT  
[WWW.CASAOFMAINE.ORG](http://WWW.CASAOFMAINE.ORG)**

**Daily, indefinitely**

New England Aquarium is offering special virtual programming to keep families engaged daily at 11:00 a.m., while the Aquarium remains closed to the public. Content will be posted on the Aquarium's social media platforms.

**Thursday, March 26**

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,

# Calendar

Send your submissions to the Editor. More online.

please call the church office at 207-782-3972.

**Sunday, March 29**

Beethoven's 9<sup>th</sup> Symphony "Ode to Joy" presented by The Maine Music Society (MMS) and Bates College in a community-wide music-making collaboration at the Basilica of Saints Peter and Paul at 4 p.m. For more information or to purchase tickets, visit our website at [www.mainemusicociety.org](http://www.mainemusicociety.org), like us on Facebook or call SmART Management, at 207-333-3386.

**Sunday, March 29**

3<sup>rd</sup> Annual Vietnam War Veterans Remembrance Day at the Auburn Recreation Facility Senior Center, 48 Pettingill Road, Auburn from 10 to 11:30 a.m.

**Tuesday, March 31**

Baxter Memorial Library's Mr. Jeff will

be on Facebook Live at 2 p.m. Visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary).

**Wednesday, April 1**

Baxter Memorial Library's Mr. Jeff will be on Facebook Live at 2 p.m. Visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary).

**Wednesday, April 1**

Wildlife specialist McKenzie Whelan and her friend Pegasus will be providing Baxter Memorial Library with a special video presentation. The video will be posted on the library's Facebook page, [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary) and our website [www.baxterlibrary.org](http://www.baxterlibrary.org).

**Thursday, April 2**

Baxter Memorial Library's Mr. Jeff will be on Facebook Live at 2 p.m. Visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary).

brary.

**Thursday, April 2**

University of Maine Cooperative Extension offering a free online workshop on growing hemp in a home garden from 6:30 to 8 p.m. Registration is required by March 30. Register online. For more information, to register by phone or request a reasonable accommodation, contact (207) 942-7396 or 800-287-1485 (in Maine) or email [wendy.robertson@maine.edu](mailto:wendy.robertson@maine.edu).

**Friday, April 3**

Baxter Memorial Library's Mr. Jeff will be on Facebook Live at 2 p.m. Visit [www.facebook.com/BaxterLibrary](http://www.facebook.com/BaxterLibrary).

**Thursday, April 9**

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

**Saturday, April 25**

Rual Community Action Ministry's 9<sup>th</sup> Annual Auction for Action at At Boofy Quimby

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DOORS OPEN AT:  
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Auburn Movie Hotline — 786-8605

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CALL THE HOTLINE AT  
**786-8605**  
FOR SHOWTIMES

Memorial Center, Rte. 219, Turner. Doors Open 4:30 p.m., Silent Auction; Live Auction, begins 6 p.m. Credit Cards Accepted; Ed Wheaton, Auctioneer. Music by Stan Davis; Food for Purchase, Admission is Free. For more information call 207 524-5095 or visit [www.rcam.net](http://www.rcam.net).

**Saturday, April 25**

Stanton Bird Club trip to the Lewiston-Auburn Riverwalk will meet at the Promenade Mall, 855 Lisbon Street, at the end of the park-

ing lot by Staples across from Marquis Signs, at 8:30 a.m. The trip will be led by Dan Marquis. For more information, call him at 207-513-8213.

**Tuesday, April 28**

Stanton Bird Club first Bates walk beginning at the front of Hawthorne Hall on the Bates campus at 6 a.m. and ending at 8:30 a.m. The leaders include Judy Marden, Steve Reed, Doug Boyd, and Christine Murray. For any questions call Steve Reed at 319-6630.

## Cancellation and postponements

The Auburn Art Club meeting scheduled to be held at the Park Avenue Methodist Church on April 6 has been cancelled.

Androscoggin Historical Society has postponed indefinitely their March 31 program on the underground railroad.

The Lewiston Public Library will remain

closed till April 6, at which point the situation will be re-evaluated. During this period, any items borrowed from the Library should be retained and not returned. Fines will be waived while the Library is closed.

Please email any event cancellations to the Editor.

## Tax

*Continued from previous page*

quickly to clear up any confusion."

Senator King has strongly pushed for proactive efforts to encourage social distancing amid the coronavirus pandemic. In the last several days, he has urged the President to issue an executive order directing federal agencies to maximize telework, called on the President to use his existing authority to help address widespread shortages of medical equipment including ventilators, and joined a group of his colleagues to call on the Federal Communications Commission to temporarily use E-Rate program funding to provide Wi-Fi hotspots or devices with Wi-Fi capability to stu-

dents who lack internet access at home.

The Tax Filing Relief for America Act is supported by AARP and the Association of International Certified Public Accountants.

## Tuna

*Continued from page 2*

The 2019 Casco Bay Bluefin Bonanza tournament included 17 boats that landed 22 fish, the largest weighing 742 pounds. More than 75 individuals and businesses generously supported the event which raised the funds for Maine's community colleges.

Bob Humphrey, Casco Bay Bluefin Bonanza president, and the Bonanza board of directors made the presen-

tation to John Fitzsimmons, president of the Foundation for Maine's Community Colleges at the board's recent meeting. "We were so pleased to be able to raise enough from our first tournament to fund a Casco Bay Bluefin Bonanza Scholarship at each one of the seven colleges. Plans for the August 2020 tournament are already underway, and we hope our continued support of the community colleges will grow each year," said Humphrey.

As a first-class tuna tournament, the Casco Bay Bluefin Bonanza combines highly skilled anglers from all over the northeast in a contest of competition, comradery and fun. Understanding the importance and reward of giving back to the community, the Casco Bay Bluefin Bonanza is committed to the purpose of raising and expending funds in support of educational scholarships to deserving individuals and giving charitable donations for those in need. For more information: <https://www.bluefinbonanza.org/>

The Foundation for Maine's Community Colleges is dedicated to ensuring that the state's seven community colleges have the resources they need to provide a

high quality and affordable education for Maine people. The Foundation seeks to enhance access to educational and economic opportunity and to provide Maine employers with a highly trained and skilled workforce. More information about the Foundation is available at: [www.maineccfoundation.org](http://www.maineccfoundation.org). Information about the Maine Community College System is available at: [www.mccs.me.edu](http://www.mccs.me.edu).

## Nursing

*Continued from page 2*

ern Maine Community Action (WMCA) at the CareerCenter in Lewiston and Mid-Maine Regional Adult Community Education in Waterville. Northern Light Health (NLH) Continuing Care Lakewood in Waterville hosted a graduation ceremony at the facility on Wednesday, March 11, recognizing graduates as Certified Nurses Assistants. Desiree Knowles, NLH Assistant Director of Nursing welcomed administrators, staff and workforce partners to the pinning ceremony and presentation of certificates. Commencement remarks were shared by Class/Clinical Instructor, Chris Miller, R. N. Class/Clinical In-

structor; Ryan Francis, Administrator; Patricia Shuck, NLH Director of Nursing; Monica Millhime, WMCA Regional Employer Assistant Point; Vicki Dyer, LPN; and Robin Doody, NLH Talent Acquisition Specialist. The classroom/clinical curriculum, in addition to an On-the-Job training supported through WMCA/WIOA funding directly follows graduation. Students are empowered with the skills and knowledge essential to their specific job field. "Working in healthcare is both challenging and rewarding. Training students so that they are prepared to handle all aspects of the work requires caring, knowledgeable trainers. We are grateful to our partners at Northern Light Health for their commitment to the students." shares Patti Saarinen, WMCA/WIOA Site Coordinator serving Androscoggin, Franklin, Oxford, Kennebec and Somerset Counties.

"It's exciting to open doors for individuals looking for a new career opportunity. NLH Continuing Care Lakewood has done just that by partnering with WMCA and Adult Education to train and certify new Certified Nurs-

ing Assistants. This is a win-win for all," shares Talent Acquisitions Specialist, Robin Doody. The next class begins June 22. For more information, email Doody at [rdoody@northernlight.org](mailto:rdoody@northernlight.org) by May 1.

For more information on educational partnerships and opportunities call 207.713.7045 or visit <https://www.facebook.com/WesternMaineCommunityAction/> or <https://wmca.org/>.

## Access

*Continued from page 4*

federal government as needed to allow for additional flexibility, including extending annual review periods for TANF, SNAP and MaineCare for up to three months.

These preliminary steps will help to streamline access to essential benefits and DHHS will continue to implement additional strategies as they become available.

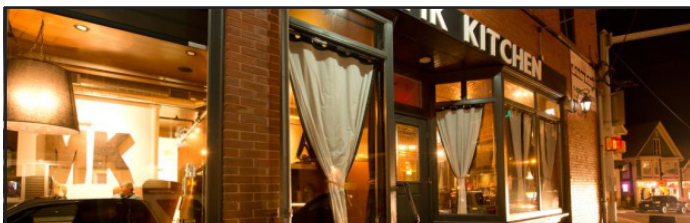
## FAME

*Continued from page 10*

ing at the nexus between economic and workforce development. To learn more about FAME, please visit [www.fame-maine.com](http://www.fame-maine.com).

# Restaurant Directory

Restaurant Name	Phone	City	Open?	Take-out?	Curbside?	Delivery?	Hours	Website
Junction Bowl	(207) 222-7600	Gorham	No	No	No	No	Closed	<a href="http://jctbowl.com">jctbowl.com</a>
Dunkin' Gorham	(207) 839-7044	Gorham	Yes	Yes	No	No	Daily 430am-8pm	<a href="http://dunkindonuts.com">dunkindonuts.com</a>
Lucky Thai	(207) 839-6999	Gorham	Yes	Yes	No	No	Daily 11am-8pm	<a href="http://Lucky-Thai.com">Lucky-Thai.com</a>
MK Kitchen	(207) 222-2588	Gorham	Yes	Yes	Yes	No	Tues-Sat. Preorder EARLY. Pick up 3:30pm -7pm	<a href="http://Mkitchen.net">Mkitchen.net</a>
Ocean Gardens	(207) 839-7651	Gorham	Yes	Yes	Yes	No	Fri-Sat 3 to 7	<a href="http://Oceangardensrestaurant.com">Oceangardensrestaurant.com</a>
Jan Me II	(207) 839-4377	Gorham	No	No	No	No	None	<a href="http://janmee2.com">janmee2.com</a>
Aroma Joes - Gorham	(207) 222-2921	Gorham	Yes	Yes	No	No	Daily 4:30am-10pm	<a href="http://aromajoes.com">aromajoes.com</a>
Angelo's Pizza, Gorham	(207) 222-2232	Gorham	Yes	Yes	No	No	Wed - Sat 12pm to 7pm, Sun - 12pm to 6pm	<a href="http://www.angelospizzagorham.com">www.angelospizzagorham.com</a>
Chia Sen chinese restuarant	(207) 883-7665	Scarborough	Yes	Yes	No	No	Daily 11am-9pm	<a href="http://www.chiasenme.com">www.chiasenme.com</a>
O'Reilly's Cure Restaurant & Bar	(207) 517-2222	Scarborough	Yes	Yes	Yes	No	Daily 12pm-7pm	<a href="http://oreillyscure.com">oreillyscure.com</a>
Subway - Scarborough	(207) 885-5818	Scarborough	Yes	Yes	Yes	Yes	Daily 9AM-9PM	<a href="http://subway.com">subway.com</a>
Subway Scarborough – Rte 22	(207) 839-7900	Scarborough	Yes	Yes	No	Yes	Daily 11am to 7pm	<a href="http://subway.com">subway.com</a>
El Rayo Scarborough	(207) 883-8226	Scarborough	Yes	Yes	Yes	Yes	Mon-Sat 11am-8pm	<a href="http://www.elrayotaqueria.com">www.elrayotaqueria.com</a>
Chia sen Chinese restaurant	(207) 883-7665	Scarborough	Yes	Yes	Yes	No	Dailiy 11:00 am -9:00 pm	<a href="http://Www.chiasenme.com">Www.chiasenme.com</a>
Nonesuch River Brewing	(207) 219-8948	Scarborough	Yes	Yes	Yes	Yes	Wed-Fri 3pm-8pm, Sat 12pm-8pm, Sun 12pm-7pm	<a href="http://nonesuchriverbrewing.com">nonesuchriverbrewing.com</a>
Bin Fin Poke	(207) 536-0416	South Portland	Yes	Yes	Yes	No	Mon-Sat 11am-8pm	<a href="http://bigfinpoke.com">bigfinpoke.com</a>
Buffalo Wild Wings	(207) 541-9464	South Portland	Yes	Yes	Yes	No	Daily 11am-10pm	<a href="http://buffalowildwings.com">buffalowildwings.com</a>
Chili's	(207) 773-1595	South Portland	Yes	Yes	Yes	Yes	Dailiy 11AM-9pm	<a href="http://chilis.com">chilis.com</a>
Chipotle Mexican Grill	(207) 775-7730	South Portland	Yes	Yes	No	Yes	Daily 10:45AM-10PM	<a href="http://chipotle.com">chipotle.com</a>
Cracker Barrel	(207) 773-7530	South Portland	Yes	Yes	Yes	Yes	Daily 8am-8pm	<a href="http://crackerbarreltogo.com">crackerbarreltogo.com</a>
Friendlys	(207) 774-7442	South Portland	Yes	Yes	No	Yes	Daily 11am-10pm	<a href="http://friendlys.com">friendlys.com</a>
Longhorn Steakhouse	(207) 780-0800	South Portland	Yes	Yes	Yes	No	Sun-Thu 11am-9pm, Fri-Sat 11am-10pm	<a href="http://longhornsteakhouse.com">longhornsteakhouse.com</a>
Cracker Barrel	(207) 210-7291	South Portland	Yes	Yes	Yes	Yes	Daily 8am to 8pm	<a href="http://Crackerbarreltogo.com">Crackerbarreltogo.com</a>
Mcdonalds South Portland	(207) 761-2819	South Portland	Yes	Yes	Yes	Yes	Daily 6am-10pm	<a href="http://mcdonalds.com">mcdonalds.com</a>
Moes Original BBQ	(207) 956-7623	South Portland	Yes	Yes	Yes	Yes	Dailiy 11am-7pm	<a href="http://moesoriginalbbq.com">moesoriginalbbq.com</a>
IHOP - South Portland	(207) 774-7475	South Portland	Yes	Yes	No	Yes	Daily 7am-2pm	<a href="http://ihop.com">ihop.com</a>
El rodeo Mexican restaurant	(614) 254-4976	South Portland	Yes	Yes	Yes	Yes	Sun-Thu 11am-8pm Fri-Sat 11am-9pm	<a href="http://Elrodeome.com">Elrodeome.com</a>
Subway Standish	(207) 550-0012	Standish	Yes	Yes	No	Yes	Daily 11am to 7pm	<a href="http://subway.com">subway.com</a>
Big Fin Poké	(207) 591-0171	Westbrook	Yes	Yes	No	Yes	Mon-Sat 11am-8pm	bigfinpoke@gmail.com
Subway Westbrook - Main St.	(207) 854-3287	Westbrook	Yes	Yes	No	Yes	Daily 11am to 7pm	<a href="http://subway.com">subway.com</a>



PASTAS AND GRAINS	
<b>Organic Quinoa Bowl</b> Broccoli, Carrots, Green Beans, Cranberry, Spinach & Kale, Brussels, Almond / Vegan + g.f. ..... \$12.00 ..... \$20.00	<b>Gnocchi Primavera</b> Butter Roasted, Hand Made Ricotta Gnocchi, Seasonal Vegetables, Parmesan / Vgt. ..... \$12.00 ..... \$22.00
<b>Rigatoni Bolognese</b> Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan ..... \$13.00 ..... \$24.00	<b>Handmade Ravioli</b> Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta /Vgt. ..... \$12.00 ..... \$22.00
<b>Gnocchi Mac + Cheese</b> Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs ..... \$12.00 ..... \$22.00	<b>Butternut Squash Risotto</b> Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / Vgt. + g.f. ..... \$14.00 ..... \$26.00

## MK Kitchen.net

### APPETIZERS, SOUP AND SALADS

<b>Blue Cheese Stuffed Baked Dates</b> \$12.00 Greens, Bacon Crumbs, Toasted Peanut Brittle, Balsamic Syrup / g.f	<b>Cheese Board</b> \$16.00 Silvery Moon "Manchego", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini
<b>Caramelized Onion Tart</b> \$13.00 House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / Vgt.	<b>Chef's Soup</b> \$8.00 Daily Creation / vegan
<b>MK Wedge</b> \$9.00 Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / g.f	<b>Gathered Greens</b> \$8.00 Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / g.f
<b>Braised Beet Salad</b> \$11.00 Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / g.f	<b>Grilled Romaine Caesar</b> \$9.00 Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing

**Would you like your restaurant in Gorham Weekly's Restaurant Directory? email us:**

**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

DO YOU HAVE CHRONIC KNEE OR BACK PAIN? If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

## HELP WANTED

Technical Field Manager: Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage

technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

## HOME SERVICES

### De-Clutter Your Home

Get Ready for Spring! Together we can organize and de-clutter your rooms. Your home will feel better and so will you.

Contact me to start a conversation, and schedule a free first visit.

K Mae Schares  
207-749-9745  
kmschares@gmail.com

## HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

## PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

## SENIORS

### In Home Care

Visiting Angels - non-medical assistance living. Serving Lewiston/Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/outings. Call for FREE in-home consultation. (207) 740-9100.

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.

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Weekly Social Media giveaways!

# Update

Continued from page 6

gram is still operational as well. Best place to get information on that is through their Facebook page! Heather is doing a great job keeping that up and fully up to date!

### Digital Safety:

As we continue down this path of "distance learning" especially with students in grades 4 through 12 who are now primarily using 1:1 devices at home to stay engaged in their

learning, I just wanted to take a moment to remind parents of the importance of monitoring children when they are using their devices. We will do our part, and in fact we are purchasing some software that will be added to machines (via distance) within the next week that is called "Securely software". However, even above and beyond that, it's important for parents to take time to talk with students about digital safety. Students should

know that it is not okay to share their login information with anyone. They should be wary of how and what they search online for, and most of all, they should be mindful to always be kind to one another as they interact using different types of digital platforms.

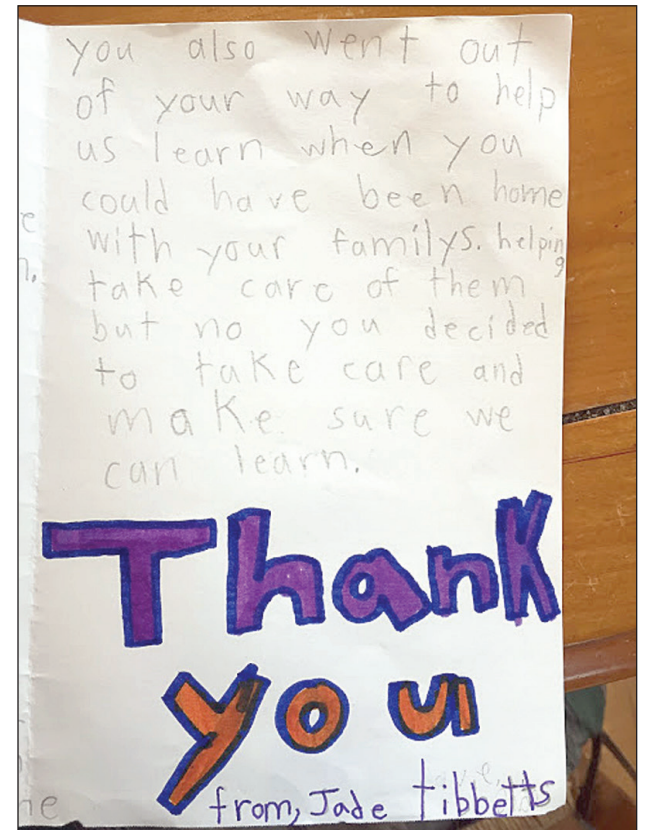
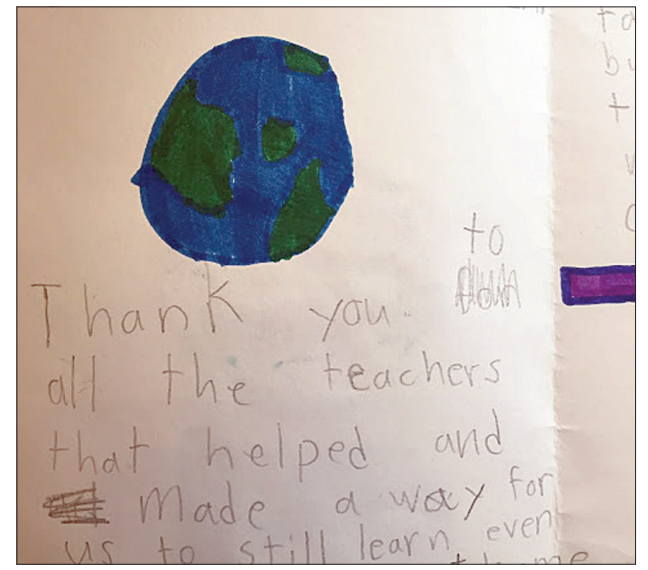
A great resource in this area has always been, and continues to be a group called "Common Sense Media" (find the link on my blog). I usually go right to the

"Parents Need to Know" section, but definitely wanted to mention this so you could all be mindful and help talk with your students about the importance of online safety.

### The Importance of Social Distancing:

I wanted to share one more "Plea" regarding the importance of social distancing. There is a link on my blog to an informative webpage geared towards parents and children on this important topic. The important piece here is to think of it more like physical distancing (6 feet minimum) but not necessarily "social" distancing. A delicate balance indeed, but an important distinction as we all begin to battle the "cabin fever" that may be associated with self-quarantine or home isolation.

In Closing, I just wanted to share some pictures that Mr. Porter came across at Village Elementary School today when he went into the building to check in on things. We miss our students tremendously, so to whoever sent these along, thank you! I hope you all enjoy them as much as I did!



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## Aquarium

Continued from page 6

for and supporting our nearly 20,000 animals," said Vikki N. Spruill, President and CEO. "Engaging and inspiring the public about the wonders of our blue planet is central to our mission. We are delighted to be able

to provide an educational outlet for families and their students who are losing valuable time in the classroom."

The New England Aquarium has a long-standing tradition of supporting education outside its walls. That includes homes-

chool program offerings, classroom resources for teachers, and educational tools for parents.

The public can find special features and projects on NEAQ.org; Facebook - @NewEnglandAquarium; Twitter - @NEAQ; Instagram - @newenglandaquarium.

# YOUNG AT ART

## WHY THE ARTS ARE IMPORTANT FOR CHILDREN!

### Improved Academic Performance:

Educational studies reveal that there is a correlation between art and academic achievement. A report by Americans for the Arts states that young people who participate regularly in the Arts (three hours a day on three days each week through one full year) are four times more likely to be recognized for academic achievement.

### 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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source: pbs for parents