



# TWIN CITY TIMES

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## Gov. Mills issues stay at home mandate enforced with up to six months in jail and a \$1,000 fine, p. 8

### Out & About with Rachel Morin

#### Rachel Carson Refuge

By Rachel Morin

A couple weeks ago, my daughter, Elizabeth, son, Gerry, daughter-in-law, Debbie and I, living in three different towns, decided to meet at the Rachel Carson National Wildlife Refuge at Biddeford Pool for fresh air, exercise and social distancing.

We took advantage of the sunny day for a walk in the Park's beautifully maintained nature trail which ran alongside the ocean.

It is an easy route, short enough for mostly anyone to walk (1 1/4 mile) with a wide flat trail. There are stunning views, marshes, woods and ocean. The trail is



Rachel at the Rachel Carson National Wildlife Refuge Timber Point Sign. Photo by Elizabeth Morin.

well maintained by the U.S. Fish and Wildlife Service with clear signs and helpful information.

The old Ewing property built in 1931,

is still standing and is worth a look. There are plenty of places along the trail to rest and enjoy the scenery. There was a lot

See Refuge, page 9

### Seniors Not Acting Their Age

#### Challenging magnificent Franconia Ridge

Franconia Ridge in northwestern New Hampshire is one of the two most spectacular ridge hikes in New England; Knife Edge on Mount Katahdin being the other. Franconia has a couple of significant advantages; two 5,000 foot peaks instead of one and hikers can drive to the trailhead in winter as opposed to pulling a sled sixteen miles to Chimney Pond. Given my arthritic hips and old age, Franconia has graduated to a preferred status.

A few weeks ago, I started lobbying for a winter climb on Franconia Ridge. I posted a message on Facebook, but no responses were received. Recruiting efforts with my outdoor club resulted in nothing but polite refusals. Finally, I decided to go it alone.

Winter weather on Franconia Ridge is similar to Mount Washington so I started scrutinizing mountain forecasts for a Goldilocks opportunity.



Two climbers leave Mount Lincoln on Franconia Ridge

The prediction for a recent late winter day was "just right" with partly sunny skies, light winds, and temperatures in the low twenties. I encouraged a New Hampshire friend who often leads climbs in that area to join me, but he was doubtful.

Since Franconia Notch is a three hour trip from Topsham, I decided to drive over the day before, ski at Jackson Touring Center, and get a room near the trailhead to facilitate an early

start. For those critical of my decision to attempt a solo climb (let's call it social distancing), I submit that the two most dangerous things I would be doing were driving and dodging the coronavirus which had recently infected its way into New Hampshire.

Skiing at Jackson was excellent. The lower elevation Ellis River sector was sketchy but the trails high up

See Franconia, page 6

### Greetings from Auburn and Lewiston Mayors



As the Mayors of the beautiful sister cities of Auburn and Lewiston, we want to share our thoughts on the Coronavirus pandemic. Our cities – and the people who live in Androscoggin County – are strong

See Bells, page 11

## Leading the Way.

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## Social Distancing

In order to support social distancing, we recommend using the online edition to read Twin City Times.

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# TWIN CITY TIMES

Movie Listings Every Week! Only in TCT. See page 13. [www.FlagshipCinemas.com](http://www.FlagshipCinemas.com)



## Governor's Address: We are feeling grief, but we also know hope

Last Friday the State of Maine joined countless friends, families, communities, states and countries across the world in mourning the loss of an individual who had COVID-19. A sad day. A sad week.

In the past several weeks, in the face of this unprecedented challenge, Maine people have stood together.

We faced these times as we always have — with courage, compassion and commonsense, with generosity and patience, and with hearts open to one another. In this moment of grief in our state, we stand side by side still.

One author said that her mother taught her never to look away from another person's pain. She said, never look down. Never

pretend not to see hurt. Look people in the eye, even when their pain is overwhelming. And find people who can look you in the eye when pain overwhelms you.

We all need to know we're not alone — especially when we are hurting. To the family grieving the loss of someone they loved — I know you are hurting, but you are not alone. I hope you hear me when we say we are all family. And we stand by your side.

To the people of Maine — this news will no doubt worry many of you. I can't say that we won't suffer more losses before this is over, but know that we will get through this as Mainers, looking each other and looking the world in the eye — together, no matter the distance between us now.

We do need to main-



Governor Janet Mills

tain our distance. That's why, based on guidance from the Federal CDC and the State CDC, I have required that all non-essential businesses and operations in Maine close their physical locations to the public, meaning that those who allow customer, vendor or other in-person contact can no longer do so.

I have strongly recommended that all essential businesses like grocery stores immediately reduce congestion in their stores by doing the following: For big box stores limiting cus-

tomers to no more than 100 people at a time; Issuing curbside pick-up and delivery services; Staggering their hours for shoppers of a certain age; Closing fitting rooms — this is no time to go out and buy a dress; Cautioning customers against handling merchandise that they are not buying; Marking six-foot measurements by the cashier stations and reminding people to remain six feet apart; Staggering break times for employees and requiring frequent hand-washing; And regularly sanitizing high-touch areas, like shopping carts.

Please, go to these stores only when you need to. Just because a store is allowed to be open doesn't mean it's safe to go there. Go with a list, touch only the things you are buying, and don't bring your entire family with you or

friends.

Above all, stay away from other people. Stay home and leave home only when absolutely necessary. Take walks and exercise, buy things like groceries, go to work if your job is essential and if you can't work remotely — but stay six feet away from other people — stay home as much as humanly possible.

Don't take chances. And if you come from another state, you should self-isolate for 14 days, please. If you're coming back from Florida, driving up from New York or Boston to a summer home, self-isolate for 14 days.

The life you save may be your own. It may be your child's. It may be your neighbor's or your parent's or grandparent's. But it will save a life.

Things will get

worse before they get better. But they will get better if we all pull together and do what we have to do right now. And it means staying home. We will get through this because we stand together. We will get through this because we are Maine.

On the mantle in my room there is a quote from Emily Dickinson — I think about it every day: "Hope is thing with feathers/That perches in the soul/And sings the tune without the words/And never stops at all."

We are feeling grief. But today — and every day — we also know hope.

I hope that God blesses every one of you and yours and keeps you all safe. And God bless the State of Maine.

## Area chief executives lend support to blood drives

The COVID-19 outbreak doesn't diminish the need for donated blood for patients with other urgent and serious conditions, but it is having a severe impact on donations.

The CEOs of Portland area businesses and other organizations have partnered with MaineHealth and the American Red Cross to create the "Distance Saves Lives" blood drive, an event to be held in Portland on Wednesdays for the next 10 weeks. This effort is one of many ways that Maine businesses and their employees are supporting the direct caregivers who are caring for patients amidst COVID-19.

The blood drive will follow new, strict social distancing protocols adopted by the Red Cross so that people can give blood safely with minimal risk of increasing the spread of COVID-19 in the community. The drive began on April and takes place Wednesdays at the Portland Elks Lodge, 1945 Congress Street, from 10 a.m. to 4 p.m.

"As the coronavirus pandemic has grown across our country, we have seen blood drive cancellations grow at an alarming rate; as of today, more than 9,000 have been canceled," said Maria Devlin, CEO of the Red Cross Northern New England

Region. "The need for blood is constant and the Red Cross is grateful to the Maine business leaders for working with us on this unique endeavor."

Those wishing to give blood will need to do so by appointment so that interactions can be spaced out and participants can maintain the appropriate distance from one another as recommended by the CDC. Other precautions, including temperature checks and the use of protective gear by those taking blood, will also be employed. To make an appointment, call 1-800-RED-CROSS (800-733-2767) or go [See Support, page 13](#)

## Boating registration renewal period extended

Governor Janet Mills today directed Maine Department of Inland Fisheries and Wildlife Commissioner Judy Camuso to allow boaters to operate without a current 2020 registration and milfoil sticker until April 30. Boat registrations normally expire at the end of each calendar year.

"With some town offices closed, and state offices closed to walk-in business due to the civil state of emergency, it made sense to relax the registration requirement until we can work out the all the logistical details," said MDIFW Commissioner Judy Camuso.

The Department is

providing more time and some additional methods for you to apply for a new boat registration or renew an expired one. The easiest way to renew your boat registration is online at [mefishwildlife.com](http://mefishwildlife.com), but not all towns have signed up with the state's internet vendor, InforME, to do registrations.

Here are a few suggestions from the Department to help you get your boat registered for the 2020 season.

First time boat registrations cannot be completed online, they must be done at the town office so the town can collect sales, and excise tax. Registrants should

call their town office to see if they are open, and possibly register their boat with the town office through the postal system.

If you cannot register your boat online or at the town office, MDIFW will work with you to register your boat.

If you just purchased a new boat from a dealer, you should have a temporary registration that is good for 20 days.

The Department is looking for additional ways to assist boaters with registrations during the civil state of emergency for the most up to date information please contact MDIFW at 207-287-8000.



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# Newsmakers, Names & Faces

## Shamrock Shootout



Racers from the community came together last Sunday for the annual Shamrock Shootout Race at Lost Valley. Pictured l to r: Max Brann 1st, Sawyer Shannoman 3rd, Ethan Levesque 2nd in the 14U male Catagory. Other class winners were: Ava Beadoin 14U female, Samantha Herrick 150 Female, Matt Herrick 150 Male, Chris Gousse Snowboard.

## Letter to Editor: Constitutional rights aren't like toilet paper

Businesses that help protect families are “essential” and should be allowed to operate with appropriate safeguards.

Maine House Republicans are urging Governor Mills to allow well established Constitutional protections to remain in place, with appropriate safeguards, during the Civil Emergency.

“Maine’s top officials are essentially saying that our Second Amendment rights may depend on whether or not a store sells toilet paper or what they arbitrarily deem “essential goods,” said House Republican Leader Kathleen Dillingham (R-Oxford). “Our Second Amendment rights should not be unduly restricted, protecting access to a constitutional right is essential, even in times of crisis.”

House Republicans contend the businesses providing that access should continue to oper-

ate just as other essential businesses are allowed to operate while strictly following CDC approved safeguards.

The call comes after Gun shops and Federal Firearms License (FFL) dealers, most notably the Kittery Trading Post, have been deemed “non-essential” by Maine’s Governor and Attorney General. Maine citizens have an individual right to keep and bear arms in order to safeguard their families, their lives and their property.

After several days seeking clarification of how the Executive Order applies to the U.S. Constitution’s Second Amendment right to keep and bear arms, House Republicans received the following from the Governor’s Office:

“The Executive Order utilizes guidance distributed by the U.S. Department of Homeland Security’s Cybersecurity and Infrastructure Secu-

rity Agency to identify essential infrastructure industries. Entities that primarily or exclusively sell sporting goods are not regarded as essential under this guidance or under the Executive Order. That means that stores that do not primarily sell essential goods must conduct business only as allowed under Section II C of the Order for the next twelve days, the duration of the current Order. Stores that primarily sell essential goods, and that may also sell sporting goods, are open and continue to sell firearms.”

This week, the Kittery Trading Post received an order from the Maine Attorney General’s Office to close its sporting goods business.

“This isn’t about a small business being forced to close, it is about ensuring constitutional rights are protected, especially in a time of emergency.”

*Maine Statehouse*

## Lewiston students serve as Honorary Pages in the Maine Senate



Pictured l to r: Whitney Perkins, Emma Omiecinski and Sen. Libby

Lewiston High School students Emma Omiecinski and Whitney Perkins served as Honorary Pages in the Maine Senate on February 27.

They were the guests of Sen. Nate Libby, also of Lewiston.

The Honorary Page program gives students an opportunity to partic-

ipate in the Senate and interact with legislators. Honorary Pages see what it is like to work on the floor of the Senate and be part of a legislative session. Pages perform such duties as delivering messages to senators and distributing amendments and supplements in the chamber. Students from third grade through high school are invited to serve in the Senate Chamber as Honorary Pages when the Senate is in session. For more information or to schedule a visit, call Sen. Libby at (207) 287-1515.

## 9th Annual Maine’s Got Talent postponed until further notice

Maine’s Got Talent has postponed its 9th annual production, following recommendations from the CDC to practice social distancing to help flatten the curve of COVID-19. As of now, a tentative date of October 17, has been decided.

“While this decision is a difficult one, it is also one that we stand behind one-hundred percent,” said Sandcastle Clinical & Educational Services Executive Director Stephanie Gelinis. “The health and well-being of our staff, students, clients, and community are of the highest prior-

ity.”

Originally scheduled for Saturday, March 21 at the Franco Center in Lewiston, the event is the annual fundraising event for Lewiston-based non-profits Sandcastle Clinical & Educational

Services and LA Hearing Center.

All tickets purchased for the March 21 event will be honored at the rescheduled performance.

The event, modeled *See Talent, page 11*

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# What's Going On

## Bin There Dump That offers spring cleaning tips

For many, spring is the season that symbolizes new beginnings. As spring approaches this year, however, home and business owners in the Portland area and across the country find themselves coping with an unprecedented situation – with limits on travel, shopping, activities, and interaction with other people in general. As an approved essential service, however, Bin There Dump That franchises are authorized to continue to operate. According to the residential dumpster professionals at Bin There Dump That of Portland, owned by local entrepreneur Bill George, this means that this year's "social distancing" restrictions, while stressful and frustrating, may offer property owners an unexpected opportunity to make a new beginning in their home or business.

Whether your com-

mute has been shortened to a walk down the hall or you find yourself confined to your home with time on your hands, Bill George suggests that a spring-cleaning project is a great way to put that unexpected "spare time" to good use. "Warmer weather means you'll soon need access to your gardening tools, planters, and patio furniture along with your bicycles, racquets, balls, bats, water toys, and more," says Bill. "If you clean out your garage, porch, shed, basement, or other storage area now, your tools and toys will be easy to access as soon as current restrictions are lifted."

Bin There Dump That of Portland offers the following tips to help Portland-area home and business owners create and carry-out a storage area Spring Cleaning plan, no matter what's hanging, standing, stacked, or propped-up

in their way.

1. Commit. Set a date for "Project Spring Cleanup" and arrange for a dumpster rental. Dumpster consultants will help you choose the size you'll need. A dumpster with a double door feature makes it easy to walk – rather than toss – large, bulky items in. If you think you need help filling your dumpster up, share the rental cost with a neighbor

2. Divide and conquer. Before your dumpster arrives, look around your storage space or spaces and make a list – or label – the items you are going to donate/sell, replace, or toss.

3. Plan your space. Reserve floor space in garages and sheds for heavy equipment like your car or riding mower – and for easy access to stored gear. For everything else, get creative

See *Cleaning*, page 13

## Beware telephone scammers cashing in on Coronavirus

People in Maine are being warned to be extra vigilant as scam callers are likely to ramp up their activity over the next few weeks to take advantage of increasing amounts of people being at home due to the current Coronavirus outbreak.

CPR Call Blocker, makers of the US's best-selling call blocking device, is predicting that scammers and fraudsters will be ready to strike and take advantage of the situation as more states go into lockdown, forcing people to stay at home, and is warning people in Maine to be on their guard for a rise in bogus calls.

In a bid to beat the scammers who are likely to take advantage of this extraordinary situation, CPR Call Blocker has compiled the top five active scams that people in Maine should watch out for over the next few weeks as the Coronavirus situation unfolds:

Fake test kits scam – someone may call claiming to offer free Coronavirus testing kits and will ask you for

your personal information and health insurance details. A common version of this scam targets diabetic individuals that are higher risk, where a scam caller will offer both a free Coronavirus test kit and a free diabetic monitor.

FDIC scam – scam-callers posing as employees from the Federal Deposit Insurance Corporation will ask you for sensitive information, such as your social security number and bank account information, over the phone as a precondition to receive federal money. Remember the FDIC would never make unsolicited phone calls asking for personal information and money, and especially would not put pressure on you or threaten you.

Charity scam – you may get a call from someone claiming to be from a charitable organization which is collecting donations for individuals, groups or areas affected by Coronavirus. The caller will ask you to send cash donations in the mail, by wire transfer or by gift card.

Healthcare provider scam – scam-callers pretending to work for a healthcare provider will tell you that a relative or friend has been treated for Coronavirus, and then demand immediate payment for treatment before threatening legal action if you don't pay. Healthcare providers would not contact you this way.

Student loan scams – you receive a call to tell you that new measures due to the Coronavirus outbreak will have an effect on your student loan, and that you need to ring a different phone number to find out how the new measures will impact your future payment obligations. If you ring this number, a scammer may ask you for personal information like your social security number and credit card details.

While the list is not exhaustive, CPR Call Blocker hopes to make people in Maine aware that scammers are becoming more inventive and if something sounds too good to be true or out of the ordinary, then it could well be a scam.

Chelsea Davies from CPR Call Blocker said, "As more and more

restrictions are put into place in the US, we predict that scammers are going to take advantage of more people being at home and, with many of those people also being distracted or stressed about the Coronavirus situation, this could be a recipe for disaster. When we're feeling vulnerable or distracted, it can be too easy to say "yes" to something without checking first whether it's genuine.

"We're warning people in Maine to bear this in mind and we would always strongly recommend never giving your bank details or paying for something over the phone that you're unsure of. Especially if the call you receive is the first time you have heard of any payment that needs to be made."

If you want to stop receiving scam and nuisance calls, follow CPR Call Blocker's quick three-step guide to stopping unwanted calls: Register with the National Do Not Call Registry – visit [DoNotCall.gov](http://DoNotCall.gov); Don't consent to being contacted – get your phone number taken off directories and look out for tick boxed on all marketing correspondence to see if ticking or unticking them will prevent your details being passed on to third parties; Consider getting a call blocker.

If you think you may be receiving scam calls, here are a few ways to protect yourself: Don't reveal personal details. Never give out personal or financial information such as your bank account details or PIN – even if the caller claims to be from your bank; Hang up. If you feel harassed or intimidated, end the call. You have the right not to feel pressurized; Ring the organization. If you're unsure whether the caller is genuine, you can always ring the company they claim to be from. Make sure you find the number yourself and don't use one provided by the caller; Don't be rushed. Scammers will try to rush you into providing personal details. They may say they have a time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.

Ms. Davies continues *See Scammers*, page 13

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## Disaster Distress Helpline 1-800-985-5990

Natural disasters – including such pandemics as the coronavirus outbreak – can be overwhelming and also can seriously affect emotional health. The Disaster Distress Helpline, 1-800-985-5990, can provide immediate counseling to anyone who is seeking help in coping with the mental or emotional effects caused by developments related to the coronavirus pandemic.

The Helpline is a 24-hour-a-day, seven-day-a-week and free resource that responds to people who need crisis counseling and support

in dealing with the traumatic effects of a natural or human-caused disaster. The Helpline is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). Helpline specialists are trained to assist callers who have a range of symptoms.

“People who have been through a traumatic event can experience anxiety, worry or insomnia,” said Dr. Elinore F. McCance-Katz, MD, PhD, who is the Assistant Secretary for Mental Health and Substance Use and who is the head of SAMHSA. “People

seeking emotional help during an ongoing disaster such as a pandemic can call 1-800-985-5990 or can text ‘TalkWithUs’ to 66746 – and can find recovery and coping strategies.”

The Helpline immediately connects callers to trained and caring professionals from the closest crisis counseling centers in the nationwide network of centers. The Helpline staff will provide confidential counseling, referrals and other needed support services. More on the Helpline is at <http://disasterdistress.samhsa.gov/>.

## WinterKids gives \$25,000 to Sugarloaf Ski Club



Skiers and snowboarders raised \$562,000 at the Downhill 24 for the Maine nonprofit that helps kids to get outside and active more often in the winter. The 8th annual event, presented by Agren, marked the largest revenue in the event’s history. The organization chose to support the local kids in Franklin and Somerset counties by giving \$25,000 to the Sugarloaf Ski Club’s King’s Kids Fund. This fund allows local kids to train in Sugarloaf’s weekend ski and ride programs.

“We are so appreciative of WinterKids’ gift and certainly did not expect a gift of this size,” said Sugarloaf Ski Club President, Ginny Bousum. This gift will allow kids who would not otherwise have the opportunity to learn to ski and ride at Maine’s biggest mountain in a season-long lesson and training program.

The Downhill 24, presented by Agren is a team ski and snowboard challenge and fundraiser to benefit WinterKids. It is the only annual event that brings night skiing to Sugarloaf. WinterKids sets up lights along the course for a fun-filled, round-the-clock, family friendly event. Participants raise money to support WinterKids to

help children develop healthy lifelong habits through education and fun, outdoor winter activity. This year’s event raised a record \$562,000 from over 4,000 donors, 49 teams and 491 participants! Participants of the WinterKids Downhill 24 get their own unique fundraising web page, and prizes are awarded for those who raise the most money for WinterKids.

“We are thrilled that the success of this event allows us to directly impact kids and families in Sugarloaf’s surrounding communities,” said Julie Mulkern, Executive Director. “In addition to these funds, we distrib-

ute over \$25,000 in cash and prizes to our participating Winter Games schools in all 16 counties statewide,” added Mulkern. “It is heartwarming and validating to visit schools and see firsthand the positive impact our organization is having on kids and their health.”

Four elementary schools in Carrabassett Valley (Kingfield, Stratton, Strong, Phillips) were the secondary beneficiary in 2019. The Sugarloaf Regional Charitable Trust was the secondary beneficiary of the WinterKids Downhill 24 in 2017 and 2018. WinterKids has helped over 100,000 Maine children to be active outdoors in the winter through unique programs statewide. In addition to in-school outreach with the WinterKids Winter Games, the new WinterKids App provides Maine and New Hampshire families with

See WinterKids, page 13

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# What’s Going On

## UMaine Extension easy recipes video series for home

University of Maine Cooperative Extension Expanded Food and Nutrition Education Program has created a new video series with recipes that are easy to make at home while keeping nutrition in mind.

The “Mainely Dish” series will feature a new recipe each Monday with a brief video and clear instructions. The series begins with oatmeal packets, a make-ahead meal with several variations, including cinnamon-raisin and cocoa. Videos will be archived and available for easy access online.

For more information contact Alex Gayton at (207) 581-3872 or [alexandria.gayton@maine.edu](mailto:alexandria.gayton@maine.edu).

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public edu-

cation role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state’s land grant, sea grant and space grant university. As Maine’s flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service.

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

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# Arts & Entertainment

## Franconia

Continued from page 1

on Prospect Farm were groomed to a level that would satisfy Goldilocks. Completing my trek, I stopped in Jackson to check phone messages. In the midst of the White Mountains, the mountain gods smiled down on me. Frequent retired outdoor companion Brent Elwell wanted to join the trip. After a flurry of garbled phone messages and tortured texts, we arranged for him to share my room in Woodstock.

Overnight, the quality of the weather forecast diminished. No longer meeting Goldilocks' lofty standards, clouds, snow showers, and strong winds were predicted. My New Hampshire peak bagging buddy couldn't make it. Given the changing circumstances, I probably wouldn't have made a solitary attempt, but Brent and I were good to

go.

Arriving early at the trailhead for Old Bridle Path and Falling Waters Trail at Lafayette Place in the heart of Franconia Notch, it was still dark and only two vehicles were in the parking lot. The trail was hard-packed snow and ice. Foregoing snowshoes, micro spikes were the footgear of choice. With my headlight on high beam, we were cruising up the Old Bridle Path at 6:35 A.M. Conditions permitting, our goal was to complete a nine mile loop trip climbing to the summit of Mount Lafayette, traversing Franconia Ridge, and descending Falling Waters Trail.

Snow showers soon began. Ascending steadily, several overlooks afforded phenomenal views of our upcoming challenge. High above, storm clouds could be observed gusting over the impressive escarpment.

Shortly after pass-

ing closed Greenleaf Hut, we met an overnight trekker breaking camp. He had crossed the ridge the previous day but was unsure about returning. The shoulder of Mount Lafayette presented an unanticipated complication, a steep, consequential icy section. Full crampons and ice axes would have been ideal. Instead we tentatively negotiated to the 5,260 foot summit wearing micro spikes and carrying near useless hiking poles.

Snow ended at the summit and winds on the ridge were gusty but manageable. Donning down parkas and balaclavas, we enjoyed a glorious traverse in and out of the clouds on a predominantly icy surface to 5,089 foot Mount Lincoln where two climbers were met heading in the opposite direction. They had the good sense to be wearing full crampons.

Continuing on the breathtakingly pan-

oramic ridge to Little Haystack Mountain, a precipitous descent on dazzling Falling Waters Trail began. Alas, a new old age problem raised its ugly head in the form of intense left ankle discomfort. Ibuprofen provided partial relief. Negotiating around a series of dramatic ice-covered waterfalls, we completed the expedition in a little over 6.5 hours. Not record time but not bad for a couple of retired guys.

As I write, the coronavirus has spread into Maine. Arthritis now seems like a relatively insignificant problem. Stay safe.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be contacted at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



A hiker descends Mount Lafayette on Franconia Ridge



A view of Franconia Ridge from the Old Bridle Path



Brent Elwell takes a break on the shoulder of Mount Lafayette



## 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/)

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## Bailey Library to virtually host author Greg Westrich



The Bailey Library in Winthrop will virtually host author and outdoorsman Greg Westrich on Tuesday, April 14 at 6:30 p.m. Westrich will give a Zoom presentation about hiking in Maine. The event is the third in a 10-part series celebrating Maine's bicentennial that will explore outdoor recreation in Maine and is sponsored by Kennebec Savings Bank.

The public is invited to attend by visiting [baileylibrary.org/athome](http://baileylibrary.org/athome), navigating to "Virtual Events," and clicking on the Greg Westrich Zoom meeting link. Attending is free and open to all, but attendees will need a high-speed internet connection, and a device capable of running the Zoom software or app. For help attending, email Director Richard Fortin at [rfortin@baileylibrary.org](mailto:rfortin@baileylibrary.org).

Greg will talk about his hiking expeditions, share photographs and talk about discoveries while doing research for his books. Westrich is the author of seven hiking guides published by the popular *Falcon Guides* and is currently working on others. "Hiking Waterfalls Maine: A Guide to the State's Best Waterfall Hikes" will be released on May 1.

Over the last decade Greg has mapped more than 700 hikes in Maine and published more than fifty articles and stories in newspapers, anthologies and magazines. He's written about everything from backyard mushrooms to wedding traditions in Aroostook county.

Greg earned his MFA in Creative Writing from the University of Southern Maine's Stonecoast Program. He teaches writing and literature at Husson University and Eastern Maine Community College, and has worked as a carpenter, sous chef, newspaper carrier, fence installer,

and warehouse supervisor in an Alaskan salmon cannery. He lives in Glenburn, Maine with his wife Ann, their two children Emma and Henry, *See Author, page 13*

## Train Your Inner Athlete offers online fitness classes

Train Your Inner Athlete (TYIA) is offering online fitness classes using video conferencing as an option for real-time exercise, with workouts designed daily by a coach, and some "social" interaction, virtually, with others. All new clients can try their first class for free. Each day has new workouts and a variety of classes including cardio, core, strength training, interval training, yoga, pilates and silver cardio. Avoid losing the community feel while social distancing.

Workouts can be modified to fit any age, fitness level and ability. Classes are always led LIVE by an instructor, so forget about the pre-recorded sessions—

if you are unable to do an exercise, there is a coach to help you find a modification. This is a unique opportunity to engage with others and get some exercise from home.

Anyone interested can visit [trainyourinnerathlete.com/fromhome](http://trainyourinnerathlete.com/fromhome) to view the class schedule and get signed up. The only equipment needed is a pair of dumbbell weights.

"Thank you so much for making lemonade out of lemons," Angel Phillips, TYIA athlete, commented after her first workout via video conference. "Just finished my first class online and it's just what I needed to keep my head straight during this time. Got my workout in and a little con-

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nection with others from the group!" Another participant said, "thank you for the great class! It was fun to see friends and get a good workout in. As always you were watching our form and helping with modifications. Well done despite everything going on."

The name "Train Your Inner Athlete" stems from the belief that we are ALL athletes. Our bodies

are designed for movement and TYIA training is designed for all fitness levels! Our coaches will challenge you to reach your potential in a supportive and inclusive training community. Your peers will motivate and inspire you to achieve your goals and set new objectives. TYIA classes are normally based out of Westbrook Community Center.

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- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS





# Gov. Mills issues stay at home mandate enforced with up to six months in jail and a \$1,000 fine

Governor Janet Mills today issued a series of substantial new mandates to protect public health and safety in the face of COVID-19, including a Stay Healthy at Home directive that requires people living in Maine to stay at home at all times unless for an essential job or an essential personal reason, such as obtaining food, medicine, health care, or other necessary purposes.

The Governor also mandated a series of other new restrictions, including:

For essential businesses and operations that remain open, limiting the number of customers in their buildings at any one time, implementing curb-side pickup and delivery options as much as possible, and enforcing U.S. CDC-recommended physical distancing requirements for their customers and employees in and around their facilities.

Prohibiting the use of public transportation unless for an essential reason or job that cannot be done from home and limiting the number of people traveling in private vehicles to persons within the immediate household unless transporting for essential activities.

Mandating the continued termination of classroom or other in-person instruction until at least May 1, 2020.

Mandating that, when out of the home or when at work at an essential business, individuals shall maintain a minimum distance of six feet from other persons.

The Executive Order takes effect at 12:01 a.m. on April 2, 2020 and will last until at least April 30, 2020. The Governor may amend, rescind, or renew this timeline at her discretion. The Governor also extended the closure of restaurants and bars statewide for dine-in customers until at least April 30, 2020 to align with today's Executive Order.

"We are in the midst of one of the greatest public health crises this world has seen in more than a century. This virus will continue to sicken people across our state; our cases will only grow, and more people will die. I say this to be direct, to be as honest with you as I can. Because saving lives will depend on us," said Governor Mills. "I implore you – look to yourself, your family, your friends, your loved ones, your neighbors on the front lines, first responders and health care workers fighting the virus, those who can't stay home; the children who live around the corner, the farmer who grows your food, the grocer and the pharmacist who sell you goods, the teachers who are missing their kids; the fisherman, the sailor, the truck driver, the janitor, the waitress at your favorite diner; these are the people you are protecting by staying home. This is who you are saving."

The Governor's Executive Order enacts the following:

Stay Healthy at Home Directive

Governor Mills' "Stay Healthy at Home" Executive

Order requires that Maine people remain at home unless to leave for an essential job or an essential activity.

Essential jobs are defined under Governor Mills' March 24 Executive Order outlining essential businesses and operations. The Governor's Executive Order today updates the March 24 Executive Order to adopt into effect the most recent Guidance on Essential Critical Infrastructure Workforce from the U.S. Cybersecurity and Infrastructure Security Agency.

Essential personal activities include the following with relation to an individual, their family, household members, pets, or livestock:

Obtaining necessary supplies for household consumption or use, such as groceries, and supplies and equipment needed to work from home, laundry, and products needed to maintain safety, sanitation, and essential maintenance of the home or residence.

Obtaining medication or medical supplies and seeking medical or behavioral health or emergency services.

Providing care, including transportation, of oneself, a family member, friend, pet or livestock in another household or location for essential health and safety activities and to obtain necessary supplies and services.

Traveling to and from an educational institution for purposes of receiving meals or instructional materials for distance

learning.

Engaging in outdoor exercise activities, such as walking, hiking, running, or biking, but, only in compliance with the social gathering restriction in Executive Order 14 and all applicable social distancing guidance published by the U.S. and Maine Centers for Disease Control and Prevention.

Travel required by a law enforcement officer or court order; and

Traveling to and from a federal, State, or local government building for a necessary purpose.

Travel Restrictions

The Order prohibits the use of public transportation unless for an essential reason or job that cannot be done from home and limits the number of people traveling in private vehicles to persons within the immediate household unless transporting for essential personal activities.

Termination of In-Person Instruction at Schools

Public and private schools and higher education institutions statewide have terminated in-classroom instruction in accordance with the Governor's March 15 recommendation. The Governor today ordered that all such schools shall continue to cease classroom or other in-person instruction until at least May 1, 2020, or until further Order.

Restricting Number of People in Essential Stores

Governor Mills' Executive Order restricts the number of

people allowed at essential businesses at any one time, mandates that they conduct as much business as possible by curbside order and pick up or delivery to limit in-person contact, and enforce physical distancing in and around their facilities by prominently posting signs at public entrances and on the floor to notify customers to stay six-feet apart. It also requires that they disinfect the handles of every cart and basket between uses, minimize customer handling of unpurchased merchandise and offer separate operating hours for Maine people over the age of 60 and those with underlying medical conditions.

Under the Executive order, essential stores with retail spaces of:

Less than 7,500 square feet limit the number of customers in the store at one time to 5. Examples of such stores include gas stations and convenience and specialty food stores.

More than 7,500 and less than 25,000 square feet limit the number of customers in the store at one time to 15. Examples of such stores include stand-alone pharmacies and certain hardware stores.

More than 25,000 and less than 50,000 square feet limit the number of customers in the store at one time to 50. Examples of such stores include mid-sized and locally owned grocery stores.

More than 50,000 and less than 75,000 square feet limit the number of customers in the store at one time

to 75. Examples of such stores include chain grocery stores.

More than 75,000 square feet limit the number of customers in the store at one time to 100 and install protective shields between customers and checkout clerks as soon as practicable. Examples of such stores include Lowe's, Wal-Mart, Target and Home Depot.

Retailers must enforce these limits and a six-foot separation between any customers waiting in lines. Any essential business which violates this Order will be subject to further on-site restrictions or closure until those violations are addressed.

These new requirements adjust and mandate prior recommendations from the Governor regarding essential businesses and operations.

Preemption

The Order preempts any local ordinance or emergency order of the same subject matter that is less restrictive than or otherwise inconsistent with this Order.

Enforcement

This Order shall be enforced by law enforcement as necessary and violations are a class E crime subject to up to six months in jail and a \$1000 fine. In addition, compliance with Section IV of this Order may also be enforced by government officials who regulate licenses, permits or any other authorization to operate a business or occupy a building. It is the Governor's hope that compliance will be voluntary, and that formal enforcement will not be necessary.



# Refuge

*Continued from page 1*

to see across the seawater as we looked at Sandy Point and noticed two people walking along the large sandy beach. Later in our walk, we looked across the water and saw Timber Island on Little River. The island is accessible by a land bridge, but only at low tide.

The Refuge was all to ourselves, quiet and meditative, as we walked along, calling out to each other from our single file, 6 ft distancing, when we would see special sights we wanted to share — a bird's nest in the crook of a small tree, low bushes covered with small red berries, a raised wooden platform to see points of interest across the seawater.

My son found a small seashell with an array of orange shades — so beautiful. I have it now on my indoor garden bench which holds my potted plants.

At the end of our walk we were surprised to only have seen a young family with three small children — one toddler in a carriage and two little ones, walking sturdily along. We exchanged “hello” waves and kept moving along in our single file formation. Times sure have changed, as in the past, we would have exchanged social comments, especially with the cute youngsters bobbing along.

Rachel Carson National Wildlife Refuge was established in 1966 in cooperation with the State of Maine to protect valuable salt marshes and estuaries for migratory birds. Located along 50 miles of coastline in York and Cumberland counties, the refuge consists of eleven divisions between Kittery and Cape Elizabeth.

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ties, the refuge consists of eleven divisions between Kittery and Cape Elizabeth.

“It is an extraordinary place — peaceful, breathtakingly beautiful. One is struck by how unique and special it is, and how important it is that such places are preserved in a time when our environment is under siege. The Ewing legacy and the Rachel Carson Preserve are priceless.” (Comment by an anonymous person who wrote about the Refuge).

We all agreed that our walk was lovely. My daughter Liz expressed further, “It seemed so far removed from all the sad and tragic happenings in the world around us. It is a warm spring day and we enjoyed the scenery and each other. What a visionary Rachel Carson was to protect this land for all generations. We are fortunate to live in Maine and have such easy access to it.”

Rachel Carson was a world-renowned marine biologist, author and environmentalist who served as an aquatic biologist and editor-in-chief for the U.S. Fish & Wildlife Service. She has been credited with launching the contemporary environmental movement and awakening the concern of Americans for the environment.

The Fish and Wildlife Service named one of its refuges near Carson's summer home on the coast of Maine as the Rachel Carson National Wildlife Refuge in 1969 to honor the memory of this extraordinary woman. Rachel Carson died from cancer in 1964 at the age of 57.

April 2020 will mark the 58th anniversary of the publication of Rachel Carson's groundbreaking book, “Silent Spring.” By publishing it, Carson has been credited with launching the contemporary environmental movement and awakening the concern of Americans for the environment. Governor Janet Mills has discouraged attendance at beaches, state parks and playgrounds. They are too crowded.

You might consider visiting some of Maine's wild areas. Here are a few around southern, central and mid-coast Maine:

The Basin Preserve, Basin Road, Phippsburg: More than eight miles of trails and four miles of coastline make up this 1,846-acre preserve managed by The Nature Conservancy. The property protects important estuary habitat.

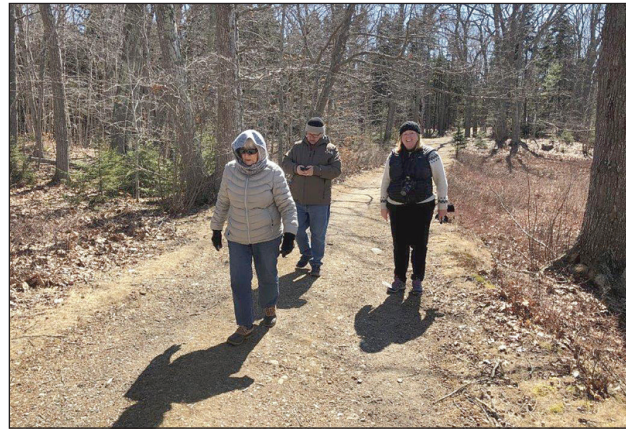
Berry Woods, Bay Point Road, Georgetown: This 377-acre preserve features coastal views, an old feldspar mine, an osprey nest in Wilson Pond, and an old cellar hole. The Nature Conservancy preserve's four miles of trails here, linking to the two miles of trail on a neighboring Maine Audubon property.

Kennebec Highlands Public Reserve Land, Watson Pond Road, Rome: This public reserve land unit has 6,800 acres full of dozens of hiking and mountain biking trails, including a trail up 1,288-foot McGaffey Mountain. Three parking areas are off Watson Pond Road.

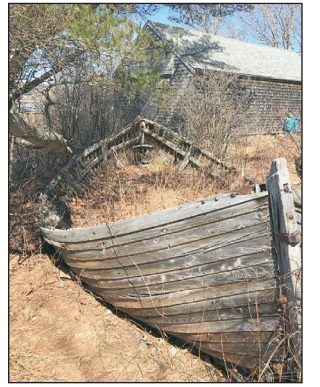
Morgan Meadows Wildlife Management Area, Egypt Road, Raymond: More than two miles of trails and a 100-acre freshwater wetland offer a quiet area close to Portland. According to the Royal River Conservation Trust, the area is full of old-growth white pine, black birch, waterfowl and deer.

Pineland Public Reserve Land, Depot Road, New Gloucester: The 600-acre forest allows hiking and wildlife viewing of deer, red fox, snowshoe hare, ruffed grouse and wild turkey. It is not related to the large working farm of the same name.

Steep Falls Wildlife Management Area, 1 Nature Way, Steep Falls: This 4,000-acre preserve is close to the west side of Sebago Lake but is best accessed by the Steep Falls parking area. The woodland and wetlands offer hiking, canoeing and birding.



On the trail, Rachel, Gerry, Debbie. Photo by Elizabeth Morin.



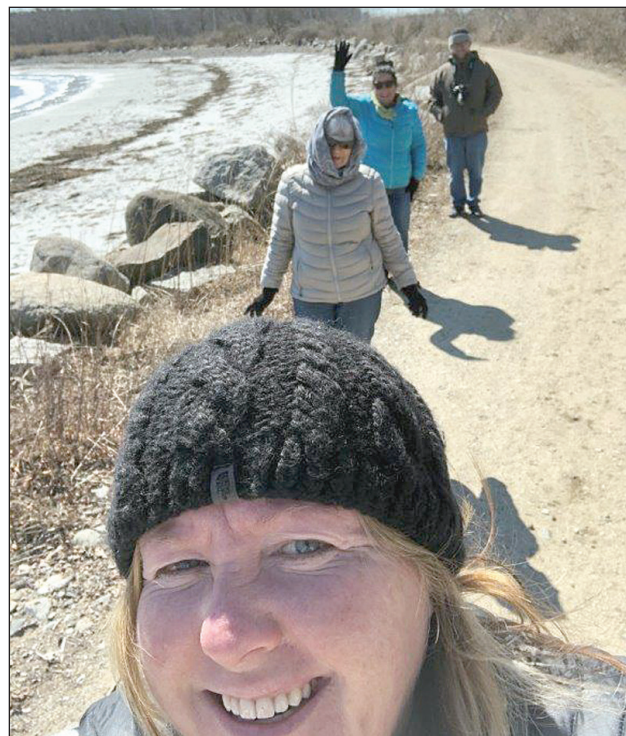
Abandoned boat near boat-house. Photo by Gerry Morin.



Gerry and Debbie Bolen-Morin enjoying the view. Photo by Elizabeth Morin.



Looking across at Sandy Point. Photo by Debbie Bolen-Morin.



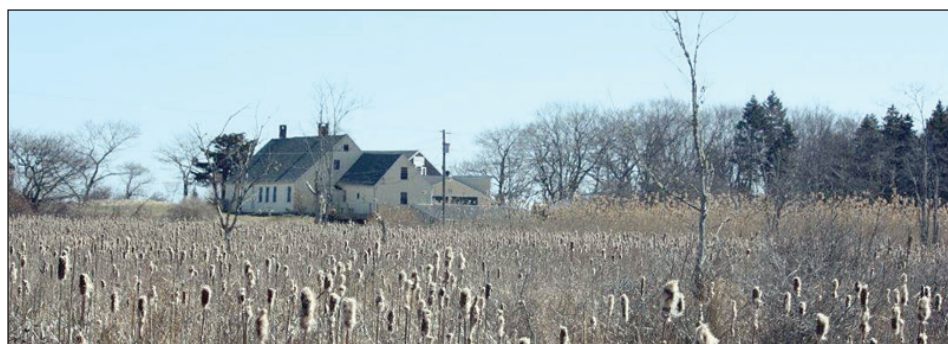
Single file, Debbie, Rachel, Liz, Gerry.



Looking across at Timber Island. Photo by Debbie Bolen-Morin.



Gerry and Debbie demonstrate their Social Distancing. Photo by Elizabeth Morin.



Current Ewing Homestead. Photo by Debbie Bolen-Morin.

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## The Bicycle Coalition of Maine provides solutions

As the situation with coronavirus (COVID-19) rapidly evolves, the need to prioritize public health and safety has resulted in sudden changes in the everyday lives of many, and the Bicycle Coalition of Maine has provided a set of suggestions to help residents cope and stay active.

School closings and the Maine Center for Disease Control's current restrictions on public gatherings means students are home and the BCM won't be able to safely teach them the basics of biking and walking safety in person for the foreseeable future. However, the Coalition says this does not mean that the need to educate children about the best practices for safe walking and biking has gone away.

In the absence of a typical school day, the non-profit believes more children will be outside playing for a greater number of hours each day, and their families can help students meet the required education standards. For students in the Maine public school system, that means 30 minutes of physical education each day.

Exercise, fresh air, and sunshine are important to maintaining good health, and all three can help avoid cabin fever. Getting out and exercising is good advice for kids and adults alike, and a bike is the perfect solution, says the BCM.

The Coalition cautions that before students or families head out for their bike ride, they should know the basics of bike safety, and the organization has made the following relevant resources available:

Brush up on the top 4 tips for safe bike riding! Check out the PSAs at [bikemaine.org/education/resources/](http://bikemaine.org/education/resources/).

Looking for kid-specific safety information? Visit [bikemaine.org/education/resources/](http://bikemaine.org/education/resources/).

Need some help planning a ride? Visit [wheretoride.bikemaine.org/findaride/](http://wheretoride.bikemaine.org/findaride/).

Need a bike shop? We are continuously updating our website with information about the services available at different shops around Maine. Visit [bikemaine.org/bike-shop-covid-19-statuses-updates/](http://bikemaine.org/bike-shop-covid-19-statuses-updates/) or look for the link on the BCM homepage

and Facebook page for details.

Need help finding additional information on biking or staying active? Please contact us [info@bikemaine.org](mailto:info@bikemaine.org)

The Coalition says Mainers are fortunate to have easy access to wide-open outdoor spaces and encourages residents to get out and enjoy them. Of course, they echo public health officials' recommendations of keeping a 6-foot distance between individuals and following all other virus prevention techniques.

Most importantly, the Bicycle Coalition of Maine says ride safely and have fun!

The Bicycle Coalition of Maine is the statewide voice of cyclists and pedestrians. Since 1992, the Bicycle Coalition of Maine has led the effort to make Maine better for bicycling and walking by protecting the rights and safety of cyclists and pedestrians through education, advocacy, legislation, and encouragement. We support biking and walking for health, transportation, and recreation. For more information: [bikemaine.org](http://bikemaine.org).

## Call for artists to submit work for Art2020



The Harlow invites artists to submit artwork to Art2020, the 25th annual juried show. Art2020 is open to all Maine artists and to any artist with a strong connection to Maine. The deadline for submissions has been extended to 11:59 p.m. on April 8.

The Harlow is currently closed due to COVID-19 and plans to present the exhibition as scheduled, from May 15 through June 20. Please

check [www.harlowgallery.org](http://www.harlowgallery.org) or [www.facebook.com/harlowgallery](http://www.facebook.com/harlowgallery) for further updates.

This year's juror is Erin Hutton—an art advisor, curator, and founder of Erin Hutton Projects. For more than twenty years, she has immersed herself in the art world as an artist, educator, gallery director, curator, film production assistant, and designer. To read more about Erin Hutton please visit [harlowgallery.org/annual-juried-show/juror/](http://harlowgallery.org/annual-juried-show/juror/).

Original fine art in any media may be submitted, including but not limited to painting, sculpture, digital, printmaking, fiber, photography, mixed media, ceramics, installation and more. Each artist may submit up to three works of art, which must be the artist's own original work created within the last three years. Art that has been previously exhibited at the Harlow is not eligible. All works entered must be original work by the submitting artist. Giclees and other reproductions are not eligible.

For complete details please visit [harlowgallery.org/art2020](http://harlowgallery.org/art2020). The Harlow is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in downtown historic Hallowell since 1963.

The Harlow is supported by the City of Hallowell, Dirigo Capital Advisors, Kennebec Savings Bank, the Roxanne Quimby Foundation and by our members. 2020 Season Sponsors are Camden National Bank, Capitol Dental Care, Chris Walters Productions, Great Gatherings, Eaton Peabody Attorneys at Law and Scrummy Afters Candy Shoppe. Programming is funded in part by the Maine Community Foundation, the Margaret E. Burnham Charitable Trust, and by a Partnership Grant from the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts.

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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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## Cancellation and postponements

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

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.

The April 6 meeting of Androscoggin Retired Educators scheduled to be held at Sixth Street Congregational Church in Auburn has been cancelled due to the Covid-19 virus.

In light of these recommendations, Special Olympics Maine has made the difficult decision to take the follow-

ing actions:

Special Olympics Maine has cancelled ALL activities/events through May 31st, 2020. This cancellation includes, but is not limited to, competitions, trainings, practice sessions, fundraising events, meetings, etc; at the State, Area and Local level. (At which time we will re-evaluate the current situation.)

Due to the extension of the timeframe for cancelled events and training, the planning time that is required for events, the fact that we will not hold any Regional (spring) Games, and that athletes will not have proper time to train, practice and prepare after May 31, State Summer Games as scheduled for June 5th-7th, 2020 are also cancelled.

Please email any event cancellations to the Editor.

## Talent

Continued from page 3

after "America's Got Talent" and "American Idol," features ten musical performers from Maine competing for cash prizes in front of a live audience.

This year's performances will range in genre from opera, "conscious hip hop", original pieces, and favorite covers. Contestants were selected from the best attended auditions in the event's history, held in Lewiston and Portland in January.

As the new date of October 17, approaches, organizers will assess the CDC recommendations at that time. Any changes and forthcoming news can

be found on the event's Facebook page or at sandcastlemaine.org.

## Bells

Continued from page 1

and resilient, and we assure you that, together, we will get through these uncertain times.

It's an unsettling time locally and nationally, however, we as people have not changed. The residents of Androscoggin County are people of perseverance, heart and determination, and we will come out on the other side of this challenge standing stron-

ger than ever before.

Every person in this county is important and deeply valued. However, in a time of isolation, it is natural to feel disconnected and perhaps even afraid.

With increased precautions and social distancing as our new normal, what can we do to support ourselves and each other? We can stay in contact with each other through phone, text, video chat, email, and even good, old fashioned cards and letters. And when we do connect, making an effort to con-

vey strength and comfort can make all the difference. Share encouraging words, pray for each other, communicate about your feelings, fears, and emotions during this time, and remember to share CDC safety precautions with loved ones of all ages. As a symbol of the unity within all of Androscoggin County, we ask local churches and faith-based organizations to "sound their bells" at noon each day until this crisis is behind us. It is our hope that the sounds of the bells will serve as a meaningful

reminder that we are not alone.

We are navigating a "new normal" together, and although, we are not physically shoulder-to-shoulder, Androscoggin County residents have the heart, courage and strength to face our challenges, make safe choices, and demonstrate — albeit from a distance — kindness, compassion and mutual support for each other. We encourage faith-based organizations that don't have an actual bell to ring to commit to some other activity at noon each day.

It can be anything: a daily message on your FB page; a short video, encouraging people to keep faith; a daily noon-time email to parishioners; some small gesture to help build each other up through uplifting, positive, inspiring messages.

So, let's "sound the bells" to remind us all to have faith; faith in each other, in ourselves, and in our neighbors, leaders and communities.

Mayor Jason J. Levesque,  
Mayor of Auburn  
Mayor Mark A. Cayer,  
Mayor of Lewiston

# Word Search

Now that we all will be spending more time at home its time to break out the old board games to pass the time.

## Classic Board Games

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

- BATTLESHIP
- SCRABBLE
- RISK
- TRIVIAL PURSUIT
- SCATTERGORIES
- YAHTZEE
- CHES
- OTHELLO
- OPERATION
- GUESS WHO
- MASTERMIND
- CHECKERS
- MONOPOLY
- CONNECT FOUR

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

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# What's Going On

## UMaine Extension master food preserver accepting application

University of Maine Cooperative Extension is accepting applications for the Master Food Preserver program. The 10-session course meets June 16 through September 8, from 5:30 to 8:30 p.m., at UMaine Extension, 75 Clearwater Drive, Falmouth; and at Brunswick High School, 116 Maquoit Road, Brunswick.

The 35-hour program combines lecture, discussion and hands-on kitchen practice. Topics include food preservation techniques, including canning, drying, freezing, and fermenting; food storage and safety; and prevention of foodborne illness.

On completion, participants volunteer in their communities to provide research-based food preservation information from Extension and the U.S. Department of Agriculture.

Apply online by May 1. The \$250 class fee is due on acceptance; limited financial assistance is available. For more information or to request a reason-

able accommodation, contact Kathy Savoie by calling 207.781.6099 or 800.287.1471 (in Maine) or emailing ksavoie@maine.edu.

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

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

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

## "Operation Pick-Up" in Brunswick



The Brunswick Downtown Association (BDA) rolled out "Operation Pick-Up", a list of restaurants, retailers, and other small businesses in Brunswick that are offering Pick-Up, Take-Out, and Delivery options as well as on-line ordering. The list includes business hours, special offerings, and contact information and is available at <https://brunswickdowntown.org/brunswick-business-updates/>.

This initiative was created to help Brunswick area businesses weather the impact from the COVID-19 pandemic. On Friday,

March 19, The Town Brunswick approved the designation of up to two parking spaces in front of downtown business for "5 Minute Curbside Pick Up Only" and the BDA provided signage and launched a Social Media campaign to promote "Operation Pick-Up".

"Our local businesses and their employees need our support now more than ever" said BDA Executive Director, Deb King.

The BDA encourages the public to order take-out, pick-up or delivery from local restaurants, make online purchases from local businesses, and purchase

gift cards to use at a later date. These are some of the ways to help make sure your favorite local business is still around when the crisis abates.

The Brunswick Downtown Association has also joined the Portland Regional Chamber of Commerce and other organizations in supporting local businesses and organizations with the Pay It Forward Maine Initiative a campaign that encourages individuals, businesses and organizations to continue supporting local businesses and their employees in our new world of closed storefronts and social distancing.

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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, 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).

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).

# Calendar

Send your submissions to the Editor. More online.

**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.morin@maine.edu](mailto:christina.morin@maine.edu) or (207) 753-6531.

**Tuesday, April 14**

The Bailey Library in Winthrop will virtually host author and outdoorsman Greg Westrich at 6:30 p.m. to give a Zoom presentation about hiking in Maine. Go [baileylibrary.org/athome](http://baileylibrary.org/athome) to navigate to "Virtual Events," and clicking on the Greg Westrich Zoom

meeting link. Free and open to public. For help attending, email Director Richard Fortin at [rfortin@baileylibrary.org](mailto:rfortin@baileylibrary.org).

**Saturday, April 25**

Rual Community Action Ministry's 9th Annual Auction for Action at At Boofy Quimby 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).

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

Street, at the end of the parking 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.

**Saturday, May 2**

The Greater Gorham Farmers Market 8:30 a.m. to 12:30 p.m., unless guidance from either the town, the state, or the federal government instructs otherwise or the environment changes. Please keep in touch on our Facebook page for further updates and stay safe.

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organized space," says Bill. "While it may not be possible to schedule a yard sale alone or with your neighbors in the near future, you can plan to sell your items online or arrange to have them picked up by a charitable organization. Then, each time you open your garage or storage area door, you'll feel the satisfaction of a job well done. Even better, you'll look back at the time you spent cleaning as time well spent, as you enjoy having easy access to all your tools, toys, and equipment."

Bin There Dump That is the Residential Friendly Dumpster company, providing dumpsters ranging in capacity up to twenty yards to accommodate a wide variety of residential projects from simple clean-ups to major renovations. Dumpster scheduling, including delivery and pick-up, is handled via phone or online, requiring no face-to-face interaction with the property owner. To learn more about renting a dumpster, or to discuss a project with a Bin There Dump That dumpster consultant, please contact Bin There Dump That of Portland at (207) 224-0337 or [portlandme@bintheredumpthat.com](mailto:portlandme@bintheredumpthat.com). For more Spring Cleanup tips, or to learn more about Bin There Dump That, please visit <https://www.bintheredumpthatusa.com>.

Bin There Dump That is North America's leading residential friendly dumpster company, founded in 2002 by Mark Crossett. Mark teamed up with That Franchise Group in 2004 to begin franchising in North America. The franchise has since grown to almost 180 territories across the United States and Canada. Known for its appealing bright green bins and residential friendly service, it is unrivaled in

the industry. For more information about Bin There Dump That and our business opportunities, please visit [www.bintheredumpthatfranchise.com](http://www.bintheredumpthatfranchise.com) or call 905-582-1234.

## Scammers

*Continued from page 4*

ued, "If you suspect you may have compromised your bank account, contact your bank or card provider as soon as possible. It is also advisable to check your bank and card statements regularly for unauthorized charges as a matter of course."

CPR Call Blocker is the best-selling and most trusted call blocker brand worldwide and is pre-programmed with thousands of known nuisance callers. The CPR suite of call blockers are available from [www.callblockerusa.com](http://www.callblockerusa.com) and [www.amazon.com](http://www.amazon.com).

## WinterKids

*Continued from page 5*

affordable access to winter activities. WinterKids major community sponsor is Hannaford. WinterKids Supporting Sponsors are Agren, Harvard Pilgrim Health Care, Irving Oil, L.L.Bean, Portland Glass, WEX, and WMTW Channel 8 & The CW. WinterKids was the 2018 beneficiary of the TD Beach to Beacon Road Race, a 2019 beneficiary of the Maine Marathon, and the 2020 beneficiary of Carnival ME. Learn more at [www.winterkids.org](http://www.winterkids.org).

## Author

*Continued from page 7*

and too many pets. He was born in Cincinnati and has visited 49 states and most Canadian provinces. Maine is his favorite place, which is why he's lived here for twenty-three years.

## Support

*Continued from page 2*

to [www.redcrossblood.org](http://www.redcrossblood.org).

Donating blood is regarded as an essential service and blood drives are exempt from closure and shelter-in-place orders from state and local officials.

MaineHealth is supporting the blood drive by providing volunteer clinical staff to assist with the collection.

"It is important, not only to our caregivers and patients, but to our entire region, that we not let our supplies of donated blood fall to critical levels," said Dora Mills, MD, chief health improvement officer, who is leading this effort on behalf of MaineHealth. "As important as the work we are doing to help our communities get through this COVID-19 outbreak is, this is another significant priority that deserves our attention and the attention of everyone in the community who is able to donate blood. Together, we'll get through this pandemic".

This is an ambitious initiative, but necessary. To ensure a sustained supply of blood, Maine business leaders are enlisting the support and participation of their employees. With WEX at the helm, current companies participating in the promotion of the blood drive include Bowdo-

in College, Dead River Company, Geiger, Hannaford Supermarkets, L.L. Bean, Maine Beer Company, Masthead Maine, MEMIC, Portland Regional Chamber of Commerce, Portland Sea Dogs, Unum, The VIA Agency and Wyman's. Other companies expressing support are IDEXX Laboratories, Inc., Luke's Lobster, Pine State Trading Co., Stonewall Kitchen Company, and Thomas Moser Handmade American Furniture.

"MaineHealth's commitment, support and resources will help us bridge the gap of units lost during this time," said Devlin. "The scope of this plan and the speed with which it came together is nothing less than amazing. We are grateful to MaineHealth and all the business and community leaders who have stepped forward to support this effort. It is a testament to the spirit of community that lives so strongly here in Maine.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the Amer-

ican public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCross.

MaineHealth is a not-for-profit integrated health system consisting of nine local hospital systems, a comprehensive behavioral healthcare network, diagnostic services, home health agencies, and more than 1,700 employed and independent physicians working together through an Accountable Care Organization. With close to 22,000 employees, MaineHealth is the largest health system in northern New England and provides preventive care, diagnosis and treatment to 1.1 million residents in Maine and New Hampshire. It includes Franklin Memorial Hospital/Franklin Community Health Network in Farmington, Lincoln Health in Damariscotta and Boothbay Harbor, Maine Behavioral Healthcare in South Portland, MaineHealth Care at Home in Saco, Maine Medical Center in Portland, Memorial Hospital in North Conway, N.H., Mid Coast-Parkview Health in Brunswick, NorDx in Scarborough, Pen Bay Medical Center and Waldo County Hospital in Rockport and Belfast, Southern Maine Health Care in Biddeford and Sanford, Spring Harbor Hospital in West-

brook and Stephens Memorial Hospital/Western Maine Health Care in Norway. MaineHealth Affiliates include Maine General Health in Augusta and Waterville, New England Rehabilitation Hospital in Portland and St. Mary's Regional Medical Center in Lewiston. It is also a significant stakeholder in the MaineHealth Accountable Care Organization in Portland. Visit [www.mainehealth.org](http://www.mainehealth.org) for more information.

## Cleaning

*Continued from page 4*

with steel racks, shelving, overhead lofts, and ways to hang things from the ceiling of your space.

4. Out with the old. On the day your dumpster arrives, grab your heavy-duty gloves and begin moving stuff out, discarding designated items into your dumpster as you go. Move your "keep" and "sell/donate" items to temporary holding spots.

5. Spruce up and set up. Once the clean-out is complete, sweep, scrub, and even paint your storage space or spaces and install your new storage solutions. Then, put your storage plan into play and put everything from your "keep" pile in its place – easy to find, and easy to reach.

"Don't be tempted to return those 'sell/donate' items to your newly



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# Classified Ads

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"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

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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.

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

a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207-345-9569.

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**PUBLIC HEALTH WARNING**  
**Mayor Mark A. Cayer**  
**March 24, 2020**



“Social Distancing” is not a buzz word; it is behavior that saves lives. Coronavirus is in Maine, is in Androscoggin County, and we all need to work together to stop transmission.

Mayor Mark Cayer notes, “Coronavirus is a public health emergency, and Lewiston residents must immediately cease close contact with others. This is **absolutely necessary** to stop the transmission of this highly contagious, dangerous virus.”

Mayor Cayer also supports Governor Janet Mills’ 3-24-20 Executive Order mandating that all non-essential businesses and operations in Maine close their physical locations that are public facing, meaning those that allow customer, vendor or other in-person contact. The Order also closes non-essential business sites that require more than ten workers to convene in a space where physical distancing is not possible. Non-essential businesses and operations may continue activities that do not involve these types of in-person contact and convening, and should facilitate the maximum number of employees working remotely.

The Order is effective tomorrow, March 25, 2020 at 12:01 a.m. and extends for a period of 14 days through April 8, 2020 at 12:00 a.m.

**How Do You Practice Social Distancing?**

As an individual, you can lower your risk of infection by reducing contact with other people. For example, make one trip to the grocery store versus several; avoid handshakes; utilize video meetings versus face-to-face meetings (like the City is doing); work from home; pick up take-out food at curbside; avoid social gatherings and activities; postpone appointments not of a critical nature; and when you absolutely have to be around others, please keep a 6-foot distance.



(Visual Representing Social Distancing)

If social distancing does not occur in Lewiston, a “shelter in place” order will be issued. This order will require individuals to stay at their residence unless seeking necessities such as food or medical assistance. Please help us stop virus transmission. Our families, our community, and our lives depend on it. COVID19 Updates at: [www.lewistonmaine.gov](http://www.lewistonmaine.gov)

**Chef Dorene Mills’  
 turkey taco skillet**



1 (14.5 oz.) can Nature’s Promise® Diced Tomatoes  
 1/2 cup Hannaford Plain Whole Milk Greek Yogurt  
 6 oz. Taste of Inspirations® Monterey Jack Cheese

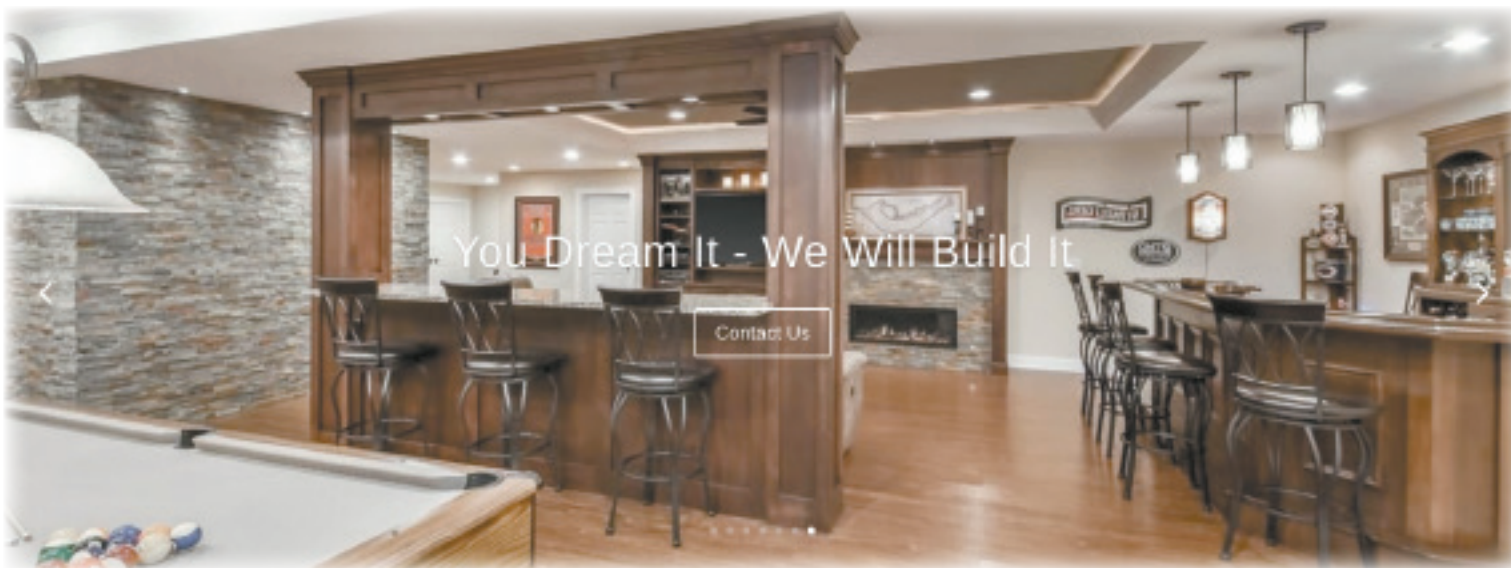
**Directions:**

1. Preheat large skillet or pan on medium high heat. Add 1 Tbsp. olive oil to the pan. Add the ground turkey and break up with a spatula. Cook and brown the turkey, letting the excess moisture evaporate.
  2. Add sliced peppers and onions and cook 5 minutes more, or until softened.
  3. Add taco seasoning and rice and stir to blend. Add water and can of diced tomatoes, reduce to a simmer and cover pan. Cook 10 minutes until water has been mostly absorbed.
  4. Remove pan from heat and stir in Greek yogurt until well blended.
  5. Top with shredded Monterey Jack.
  6. Serve hot with corn bread on the side.
- Chef’s tip: Serve with corn bread from our bakery.

Yields: 4 servings  
 Ingredients:  
 1 (20 oz.) pkg. 85% Lean Ground Turkey  
 1 (10 oz.) pkg. Hannaford Sliced Peppers

and Onions 1 packet Hannaford Taco Seasoning Mix  
 1 cup Hannaford Instant Rice  
 2 cups water

**You dream it. We will build it.**



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