

Carter's in Gorham has ready to go meals



Chicken and broccoli penne pasta with creamy parmesan sauce.



Chicken sauté with mushrooms, onions, sun dried tomatoes, artichoke hearts and olives.

Carter's Green Market in Gorham is open and has ready to go meals. They have a packed freezer and refrigerator with delicious and healthy entrees. Baked goods are offered

as well, though they are limited in quantity as they are making their own in-house breads at this time. Carter's is currently open on Tuesdays and Thursdays from 10 to 6 p.m. and Saturdays

from 10 to 3 p.m. (until further notice). They want the public to feel free to message them or call 222-0004 to check what they have in stock. Carter's is located at 18 Elm Street in Gorham.

Gorham library online events

Baxter Memorial Library Preschool Outreach: Some of you may not know that Baxter Memorial Library Youth Services Department, in conjunction with Gorham School Department, offers a Littlest Learner

Literacy Outreach Program at many of our local preschools. The Gorham School Department's Aspire Grant funds these outreach services. Deb Tanguay acts as our primary liaison between the preschools, the public

library, and the school system. On a monthly basis, she spends time at each preschool leading a half-hour story time, complete with developmentally appropriate books, songs, and movement. See *Library*, page 11

Gorham area hikes



by Jeffrey Ryan

Mill Brook Preserve Trail is 2.1 to 5.0 miles with a rating of Moderate to Difficult. The property is managed by Presumpscot Regional Land Trust. For more information, visit www.PRLT.org.

Just over a 20-minute drive from Gorham Center, you'll find a simply beautiful hike along a woodland stream where you can also witness one

of nature's yearly miracles — one that had been interrupted for more than 250 years.

Until the 1730s, more than 10 species of fish migrated from Casco Bay to Highland Lake via the Presumpscot River and Mill Brook to spawn. In 2003, the Smelt Hill Dam near the mouth of the Presumpscot in Falmouth, was removed. Accompanying efforts to restore the

historic migration (primarily replacing culverts with "fish friendly" designs and installing fish ladders) have resulted in the return of the largest fish migration from Casco Bay.

While it's still a little early to witness the migration this year (adult alewives make their way up Mill Brook in late May, juveniles then adults return to the ocean See *Hikes*, page 8

Gorham Town Council memo

COVID-19 Update: As of April 2, the Governor's full Executive Order and Stay at Home directive went into effect, which requires people living in Maine to stay at home at all times beginning April 2, 2020 until April 30, 2020.

Exceptions and definitions of allowable "essential activities" are described in the order, which can be viewed at https://www.maine.gov/governor/mills/sites/maine.gov/governor.mills/files/inline-files/EO%2035.pdf?fbclid=IwAR0td2I6M6reD_UbCT-VIcc1Ub3OAvFMCE-hyzxwox1MYVo_kZbs84MPZjb9s.

As of April 1, the CDC reported that there are 376 confirmed cases of COVID-19 with 204 of the cases being in Cumberland County. The CDC has reported 7 deaths, 5 of them being in Cumberland County.

Extended Town Facilities Closure: The Town has extended the closure of all Municipal Facilities (which include fields, playgrounds, other recreational facilities, and Municipal buildings) until April 30, 2020 in conjunction with the Executive Order signed by Governor Mills.

The Town's Before and After Care program will remain closed, See *Memo*, page 11

Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

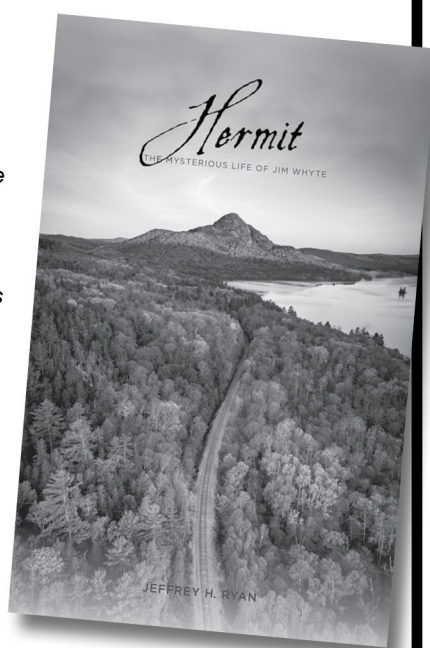
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— Bill Bushnell, *Bushnell on Books*

"I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when *Hermit* was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio."

— George Smith, *Bangor Daily News*

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



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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Governor's Address: Stay healthy. Stay Home.

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 and our country; our cases will grow, and unfortunately, more people will die.

I say this to be direct, to be as honest with you as I can and because saving lives depends on all of us.

Effective Thursday morning, April 2, until at least April 30, I have ordered all Maine people to stay at home. Leave only if you work in an essential business or to do an essential activity, such as getting

groceries, or going to the pharmacy, or getting medical care, caring for a family member outside your home, or going for a walk, a run, a hike, fishing or walking a pet. But while you are out, you have to maintain six feet distance from other people other than immediate family or household members.

I have ordered people not to use public transportation unless it's for an essential reason or for some job that cannot be done from home. For those who travel in their own vehicles, you must limit passengers to persons within your immediate household unless you are transporting someone for a medical or



Governor Janet Mills

public health reason.

I have ordered essential stores that do remain open to limit the number of customers inside the store at any one time, to also adopt curbside pickup and delivery options as much as possible, and to enforce the recommended physical distancing requirements for customers and staff in and around their facilities.

I have ordered the continued closure of schools for classroom and in-person instruction until at least May 1. Traveling to and from a school for purposes of receiving meals or instructional materials for distance learning is allowed.

While I cannot simply close the State's border, or pull up the Maine-New Hampshire Bridge as some people have suggested, I have issued a new travel order, effective immediately, requiring that anyone entering Maine self-quarantine for 14 days at home and obey Maine's Stay Healthy at Home Order.

There will be a few exceptions for essential

travel, but basically, if you don't need to come to Maine right now for an essential purpose, please don't.

This is difficult on all of us, but if we pull together, we can and will defeat this virus. Maine is a welcoming state, and we do welcome the many servicemembers, Coast Guard folks and medical professionals and so many people who are here to help us. I ask Maine people not to make assumptions about others or their license plate, and we welcome the cooperation of other visitors and returning residents in quarantining themselves and keeping us all safe in accordance with my travel order.

Let us treat all people in Maine with compassion and kindness. That is how we will get through this.

If we all do our part, you and your family can stay safe. And the sooner we all take all these measures, the sooner we can flatten that curve, avoid the surge, and be safe once again as a state.

So, do your part: Stay apart. If you love your neighbor, your family, if you love this state, as I do, please, don't travel. Stay healthy. Stay home.

God bless you and yours and keep you all safe. And may God bless the State of Maine.

Community Entrepreneurship Program



Aerial view of Skowhegan. Photo Sam Horine

Three Maine towns will receive support from the National Main Street Center to develop networks in their communities to foster entrepreneurship and innovation. Monson, Skowhegan and Lisbon were selected to participate in the Community Entrepreneurship Program through a competitive application process managed by the Maine Community Foundation (MaineCF) in partnership with Maine Development

Foundation's Maine Downtown Center.

The National Main Street Center will provide the towns with workshops, training and local assessments to help build and develop a nurturing environment for entrepreneurs to start and grow businesses. Each community will also receive a planning grant to begin the work and implementation grants of up to \$25,000 in both 2020 and 2021. The total

investment in each town will be \$70,000.

"Developing a community-based network to support entrepreneurship will help create and sustain an innovative environment in these communities and downtowns to attract innovators and makers to start and grow businesses," said Anne Ball, program director of MDF's Maine Downtown Center.

"Strategies developed from this program can provide examples for other downtowns and rural main streets in Maine and across the country," said Maggie Drummond-Bahl, senior program officer at MaineCF. "We are excited to get started."

"The selection of Lisbon to be part of this program is a celebration of the positive change created in recent years by our local entrepreneurs and community champions," said Brett

Richardson, the town's economic and community development director. "Local businesses are at the heart of Lisbon and a reflection of the resiliency and pride of its residents," he said.

The National Main Street Center's Main Street movement is a 40-year-old preservation-based approach to economic development that has transformed thousands of communities across the country. The Maine Downtown Center serves as a resource for downtown revitalization and is Maine's statewide coordinator for the National Main Street Program. Currently Maine has 10 National Main Street Communities (nationally accredited with at least one full-time staff) and 18 Downtown Affiliate Communities (primarily all-volunteer). Of See Program, page 13

Dental practices donate PPE

A number of dental practices throughout Maine have donated personal protective equipment to their local hospitals, clinics, nursing homes, and first responders, in an effort to help fight the spread of COVID-19, and aid in the response.

According to information collected by the Maine Dental Association from its members, more than 25 practices have donated more than 10,000 masks and more than 20,000 gloves, along with items such as sanitizing wipes, face shields, and surgical gowns.

The Maine Dental Association is urging member dentists to donate personal protective equipment in their local communities.

"It has been heartening to see dental prac-

tices in Maine step up like they have, by donating their personal protective equipment," said Dr. Brad Rand, president of the Maine Dental Association Board of Directors. "There is a critical shortage of these items, and the health and safety of the public is at risk. I'm proud of Maine dentists for their generosity to those on the front line."

Last month, the American Dental Association recommended dentists nationwide postpone elective procedures for three weeks, but still be open for emergencies. Maine Gov. Janet Mills has also asked that dental practices postpone elective procedures and be open for emergencies. The MDA has echoed both of those recommendations.




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Newsmakers, Names & Faces

Gorham Girl Scouts earn their Silver Awards

Girl Scouts of Maine proudly recognizes two Gorham Girl Scouts for earning their Silver Awards for projects completed in 2019, reflecting the leadership and citizenship skills that set each girl apart.

“By earning this award, these young women reflect leadership in all its forms,” said Joanne Crepeau, Chief Executive Officer of Girl Scouts of Maine. “They saw a need in their communities and took action. Their extraordinary commitment is making the world a better place.”

The Girl Scout Silver Award is the highest award a Girl Scout in grades 6 through 8 can earn and gives girls the chance to show they are leaders who are organized, determined and dedicated to improving their communities. Girl Scout Highest Award projects go above and beyond typical community service to explore creative and sustainable solutions to community problems, making a lasting impact in their communities.

Maeve Donnelly from Troop 2300 earned her Silver Award for



Abby Fiore

her Music Wall project. Maeve observed in her community that the creative arts do not receive enough support or attention and that there is always something else deemed “more important”. Through further investigation of this issue, she also discovered that children, ages 3 to 6, do not receive enough exposure to the creative arts, especially music and that this was true in communities all over the United States, not just hers.

Maeve teamed up

with the Executive Director of the Gorham Community Arts Center, who would become her project advisor, to create the unique solution of a musical wall for her community. Maeve led her team in constructing a multi-colored wall with pots, pans and other objects attached to it that create musical sounds when they are struck. Maeve strategically placed her wall outside of the Day Care portion of the Gorham Commu-

See Scout, page 16

Letter to Editor: Herd mentality at Shaw's

My summer job in the teen years was restocking the shelves at The First National Supermarket. The condiment aisle was my responsibility; following the Saturday night rush, I had to replace all those skinny bottles of olives that The Summer People bought for their martinis. I also replaced the trapezoidal shaped cans of Argentinian corned beef—today, canned meats were pretty well cleaned out at Shaw's.

They just announced special hours from 7 to 9 a.m. on Tuesday and Thursday, for Seniors Only. As we walked in at 8:15 a.m., grim faced men were leaving with loaded carts, one had mostly Pepsi. And all wagons had some valued toilet paper.

At University of Maine these soft white tissues were called “per-

sonal products” by our instructor, Cap Morrill, a retired Scott Paper Co chief engineer. Or Sanitary Products as the guys snickered. Anyhow, I eventually learned the huge barn sized machines churned this stuff out 24/7, stopping only for grade changes, or maintenance needs.

Now let me tell you, there is no shortage of toilet paper. Demand is constant unless you have a BM problem. And supply is also constant, there is plenty available. It's just a restriction in logistics, getting product from the paper mills to warehouses and on to supermarket and dollar stores. Bottlenecks may exist briefly as consumers (a.k.a. Hoarders) stock up for the unforeseeable future.

This panic buying is a form of “herd men-

tality”. Just as my neighbor Hub Wilson's cows all tried to get back into the barn at milking time and jammed up in the doorway, crazed shoppers herd up in the Paper Aisles.

This irrational behavior affects large groups of people trying to get a sense of control over these chaotic times. It's something they can do.

My wife Blanche sent me off in search of three lemons, not to be found, so I poked my face into the produce backroom inquiring “Hey, Produce, got any lemons?”

“No, all out, otta be some in today.”

At checkout I informed my partner of 62 years, “You'll just have to pour the bourbon over a twist of orange tonight.”

David Alexander, Gorham

USM college field hockey

Following last week's announcement of 11 members of the University of Southern Maine Huskies' field hockey team earning 2019 National Field

Hockey Coaches' Association (NFHCA) Division III National Academic Squad Honors, the academic honors continue to roll in for Huskies field hockey, which was also

announced and an NFHCA Division III National Academic Team earlier in the week. Adding to its 2019 awards' mantle, USM field hockey can See Hockey, page 9



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Jason Hodson Masonry in Monmouth



Located in North Monmouth, Maine, Jason Hodson Masonry is your full-service masonry company. Whether it is as simple as a chimney cleaning or a complicated tear-down and rebuild complete with culture stonework, Jason Hodson Masonry is the company for you.

Owned and operated by mason Jason Hodson, he and his team have a plethora of experience. A third-generation mason, Jason himself has over 23 years of experience in the field and comes from a long line of talented masons. Getting into masonry before he finished high school Jason says, "It's just in my blood. I

never considered doing anything else." It's clear, when you see his company's work, that working in the masonry field is his passion and what he was meant to do!

When it comes to chimneys, Jason Hodson Masonry does it all. If you need your chimney cleaned, inspected, or a liner installed, they do it. If you want culture stonework installed for better aesthetics or you need your chimney repaired or sealed, they do it. If you don't have a chimney at all and want one built brand new, inside or out, they do it. Jason Hodson Masonry is available for all your chimney needs.

When asked what's

it like every day? Jason says, "Every day is different. Today for example, we finished a new double flue 30-foot chimney in the morning, cleaned and inspected 2 chimneys just before lunch and completed a grind and repoint restoration job on a single flue at the end of the day. Tomorrow, we'll clean three more chimneys, install a couple of stainless steel liners and place a few chimney caps." There is no question, when you need chimney work, the fully insured Jason Hodson Masonry is the company for you.

When asked the one thing he wanted people to know about masonry and/or his company, Jason's answer was about people's safety, not his business. He quoted a recent statistic, "There are over 25,000 chimney fires per year in the United States," he said. "Too many Americans neglect their chimneys, which could result in the loss of their homes, or worse, their loved ones. A simple cleaning and inspection annually, could save so many lives." He urges anyone with a chimney
See Masonry, page 13

Norlands seeks applications for summer internship



The Washburn-Norlands Living History Center in Livermore is seeking its next Ethel "Billie" Gammon History Education Fellow to join its summer staff. College students and graduating high school seniors enrolled in a college starting this fall are welcome to apply. The selected individual is a member of Norlands summer staff team and receives a \$1,500 stipend that can be used towards education expenses. The Summer Fellow gains valuable experience in living history education, museum operations, and other topics that may relate to his/her interests. This professional devel-

opment opportunity is designed to honor Norlands founder's endless enthusiasm for sharing American History using living history methods. Applications are due by May 1, 2020. The application form may be found on Norlands' website at <https://norlands.org/internships-at-norlands.html> or by emailing norlands@norlands.org.

Candidates must complete an application form and submit an essay of 750 to 1000 words describing what inspires them about Norlands and their goals for being named a Billie Gammon Fellow. Applicants must describe how their experience at Norlands will help them with their college/career pursuits. Be creative! Applicants do not necessarily have to major in history or teaching. One letter of recommendation is also required. Final candidates will be invited for interviews in early May.

To receive the full award, the fellow is expected to work for the Norlands for 90 hours (approximately two days/10 hours per week) during mid-June through August. The fellow's primary role is to assist with tours of the Washburn family mansion and other historic buildings on site and help in the gift shop during open tour days. The fellow also has the opportunity to work on a project of interest such as conducting research, writing a grant application, inventorying or digitizing the museum's archives, creating a social media plan, or planning an event. The fellow will round out his/her experience by sharing a summary of their project with Norlands key staff and volunteers. The Billie Gammon Fellowship is an advantageous training opportunity designed to give students the chance

to tailor a project to his/her interests and broaden their horizons while learning new skills, all while experiencing the joy and magic of Norlands.

For more information, visit www.norlands.org, email norlands@norlands.org, or call 207-897-4366.

In 2010, on the first anniversary of Billie's passing, the Norlands Board of Trustees established the Ethel "Billie" Gammon History Education Fund to honor her bottomless enthusiasm for sharing American History by providing support in her name for "learning through fun." In 1954, Billie started her work at the Norlands with the restoration of the library and went on to develop a world-renowned museum education program based on living history methods. She believed that through real-life experiences in the past, children and families would come to appreciate the everyday struggles of the people who lived in the late 1800s in rural Maine. She took great joy in seeing visitors to the living history museum that she founded "get it" – that history education could be fun and that lessons from rural life in the 19th century are timeless; to feel what it was like to sit on the hard school benches, to know the day started and ended with family chores and responsibilities, and to understand the rural Maine philosophy of everyone pulling together.

Washburn-Norlands Living History Center is a non-profit museum dedicated to preserving the heritage and traditions of rural life in Maine's past, celebrating the achievements of Livermore's Washburn family, and using living history methods to make values, issues and activities of the past relevant to present and future generations. The 400-acre property is comprised of a preserved 1828 Universalist meeting house, the Washburn's 1867 mansion with attached farmer's cottage and barn, an 1883 granite library, a saphouse, and a restored 1853 one-room schoolhouse. Maine school children continue to visit Norlands today as part of the Maine history curriculum.

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Food assistance available at Maine Parishes

Food pantries, soup kitchens, and other assistance programs are still operating safely under CDC guidelines at parishes throughout Maine. The below list will be continually updated with additional options at www.portlanddiocese.org/FoodAssistance.

Christ the Divine Mercy, Millinocket: St. Martin of Tours Food Pantry, located on 19 Colby Street in Millinocket, is open each Wednesday from 9 to 11 a.m. Those in need fill out a food list and the food is brought outside the church with no personal contact. For more information, call (207) 746-3333 or email stmartinspantry@gmail.com.

Christ the King Parish, Skowhegan: The St. Peter Food Pantry in Bingham, part of Christ the King Parish, will continue to meet the needs of its clients, but with a change in the way the food is distributed. Items will now be packaged and left at the door of the pantry for pickup. The pantry, which serves residents from the communities of Bingham, Caratunk, Concord, Moscow, Moxie, and Pleasant Ridge, is open the first and third Wednesdays of the month.

Holy Spirit Parish, Wells/Kennebunk: St. Mary's Ecumenical Food Pantry, located at St. Mary Church on 236 Eldridge Road in Wells, is operating on Thursdays from 2:30 to 5:30 p.m. It is a drive-thru format as all clients remain in their car and one volunteer hands them an order sheet that they fill out. Another volunteer duplicates the order sheet by filling it in, so it does not change hands. The order is filled, and the bags are placed in the trunks of the cars.

Immaculate Heart of Mary Parish, Auburn: The parish's Parish Social Ministry program is offering assistance to any parish individuals or families, particularly the elderly, homebound, or those who might be food insecure. The program is also providing assistance in offering guidance on those who may need fuel and rent assistance. For more information, contact Deacon Denis Mailhot at (207) 782-8096, ext. 1203, ordenis.mailhot@portlanddiocese.org.

Notre Dame du Mont Carmel Parish, Madawaska; Our Lady of the Valley Parish, St. Agatha; **St. Peter Chanel Parish, Van Buren:** All food pantries of churches in Notre Dame du Mont Carmel Parish, Our Lady of the Valley Parish, and St. Peter Chanel Parish remain open. Each pantry has made some changes in how food is handled and distributed for both the safety of the client and the volunteer staff assisting. For more information about updated pick up times and schedules, call (207) 728-7531.

Parish of the Ascension of the Lord, Kittery: St. Raphael Church, located on 6 Whipple Road in Kittery, will provide takeout dinners on Thursdays at 5 p.m. at the church hall.

Parish of the Precious Blood, Caribou: The Ashland Food Pantry, located on 31A Station Street, is open on the second Tuesdays (5 to 7 p.m.) and third Thursdays (2 to 4 p.m.) of the month with assembled boxes of food to speed up drive-through distribution and minimize contact. The Caribou Ecumenical Food Pantry, located on 31 Herschel Street (Unit #1), is also in a drive-through distribution format and is open Tuesdays and Thursdays from 9:30 to 11:30 a.m. (make arrangements prior to arrival by calling 207-493-4860). The Caribou Bread of Life Soup Kitchen, located on 62 Collins Street, is open Mondays, Wednesdays, and Fridays from 4:30 to 6 p.m. The Grace Interfaith Food Table (GIFT), located on 11 Industrial Street in Presque Isle,

is open on Wednesdays from 9 a.m. to noon with drive-through distributions. **St. Charles Food Pantry,** located on 912 Main Street in Saint Francis, is open on the first Thursday of the month from noon to 2 p.m. It is also available to provide food in emergencies. Pre-boxed supplies will be brought to people's vehicles. To make arrangements, all (207) 834-5656. **St. Louis Ecumenical Food Pantry,** located on 100 Main Street in Limestone, is open on the first and third Tuesdays of the month from 3 to 6 p.m. and the second and fourth Tuesdays from 11 to 2 p.m. Assembled boxes will be distributed in a drive-through format. **St. Mary's Food Pantry,** located on 3443 Main Street in Eagle Lake, will be open the first Wednesday of the month from 11 to 2 p.m. (senior boxes right off the trailer, pre-boxed pantry products in parking lot, and help to those who need it due to unemployment).

Parish of the Resurrection of the Lord, Old Town: The Parish of the Resurrection of the Lord will continue offering its food pantry, located on 33 Carroll Street in Old Town, on the last Monday of the month from 9:30 to 10:30 a.m. The parish will also continue offering its community supper as a takeout-only option on the third Friday of the month from 6 p.m. to 7 p.m. The community supper is offered at the back of Holy Family Church in the Brunswick Street parking lot in Old Town.

Portland Peninsula and Island Parishes, See Food, page 13

What's Going On

Free online workshop on growing hemp in a home garden

University of Maine Cooperative Extension will offer a free online workshop about growing hemp in the home garden 6:30 to 8 p.m. Thursday, April 2.

John Jemison, Extension professor of soil and water quality, will discuss best practices for growing hemp, as well as how to harvest, dry, cure, and prepare for personal use. Participants may have soil test analyses and photos of plants to share for review.

Registration is required by March 30. Register online. Participants will receive instructions for joining the Zoom workshop by email. 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.

As a trusted resource for over 100 years, Univer-

sity 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 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.

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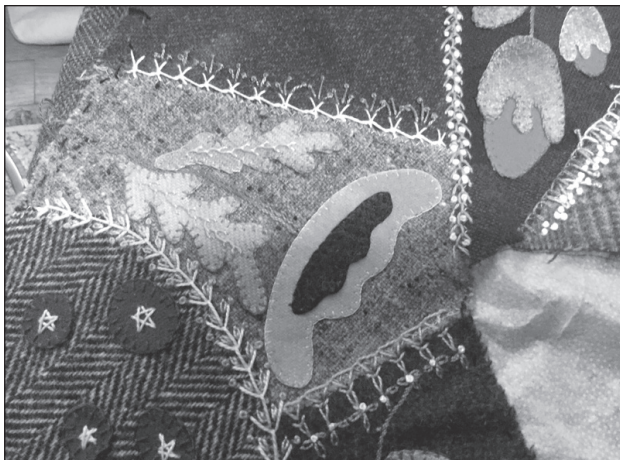
Local resident finishes long-time project during isolation

By Donna Sawyer

I recently saw on-line that people were working on project while being locked down at home. I decided to work on a wool penny rug. I had started it over two years ago and appliquéd all of the wool flowers on it. When that was done, the seams between the different wool pieces needed to have fancy stitches sewed on. I sewed on fancy stitches and they were so bad that I put the piece away and knew I would never finish it. At least two times I had it in my hand to throw in the trash. Something told me not to so I would pack it away.

Fast forward to the pandemic. I found it last week and decided to try making fancy stitches between the pieces of wool. So, I ripped out my previous stitches and began work. It was coming out so nice that I just kept going. If you look closely, you will see the new stitches.

However, the story gets better. Last fall, I taught a class at adult Ed and it was called “Fancy Stitches”. Each week I taught new stitches to a class of six ladies. The class went so well, I signed up to teach Fancy Stitches, level two this semester. To get ready for Level two, I taught myself more stitches and made 20 samples for my students to see how to



Fancy stitches up close

apply what they were learning. I practiced every day in preparation to teach this semester. I am getting pretty good, but my stitches are not at a level that is good enough to satisfy me. I am glued to the TV during this pandemic and this

wool piece is soothing my nerves as I watch the new world unfolding.

So, this is the story of a “Pandemic”, my latest penny rug. The piece is now finished. Thank you for any interest you have shown.

Donna Sawyer, Limington



Rug in progress



Finished rug

Upcycle Maine in Gorham

Upcycle Maine, located on 18 South Street in Gorham’s village center closed their doors Monday, March 16 to customers.

“Each morning I tell myself one hour at a time. Being a small business owner, I feel the strain of this closure period in every aspect of my life. I have to keep my head high and keep coming up with new ways to provide for myself and my local vendors who have families and have been relying on the shop income for so long now. I’m so grateful for each and every customer who supports my business and cannot wait to celebrate with you all soon!”

Owner Stephanie Sands has been finding creative solutions to keep her business running and overhead paid for during this time of physical distancing. Stephanie has taken to social media to sell her handmade items along with her local vendor’s items. She has been hosting Facebook live sale videos to sell home decor items, furniture and gifts.



Stephanie is offering payment processing via email transactions and free local deliveries on applicable purchases as well as doorstep pick up from the shop to adhere to a contact free buying

experience. Be sure to like Upcycle Maine on Facebook and watch for sale posts along with the live videos. Facebook live videos air Mondays at 8 p.m. and Fridays at 8 p.m.

USM men’s college basketball

Sophomore guard Jacobe Thomas (Houston, Texas/Davis) of the University of Southern Maine Huskies’ men’s basketball has been named to the Maine Men’s Basketball Coaches and Writers’ Association (MMBCWA) All-State First Team. It is the second post-season honor of the 2019-2020 season for the Huskies’ guard who also earned second team All-Little East Conference honors earlier this month.

Recognized as one of the top performers in the State of Maine, Thomas averaged a team-leading 19.2 points per game while shooting 46.7 percent (170-

364) from the field and 33.0 percent (32-for-97) from three-point range. The Huskies’ 6-3 guard added 6.5 rebounds, 2.0 assists, and 1.8 steals per game. Scoring in double-digits in 19 games (24 games played), Thomas had a career-high of 44 points in an 81-67 win over non-conference opponent Thomas College in December. Thomas’ 44-point performance is ranked second in Husky single-game records, achieving the feat with a 15-for-26 effort from the floor, and a 12-for-15 mark from the free throw line. Thomas has four double-doubles during the season, including a

14-point, 16-rebound game against Rhode Island College on February 5. The 16 rebounds are presently Thomas’ career high.

Thomas was the third-leading scorer in the state and ranked fifth in the state in steals per game and overall steals. In the Little East Conference circuit, Thomas ranks third in points per game (19.2), and fourth (460) in total points. He is in the top 15 for field goals made (170), field goal percentage (46.7), free throws made (88), free throw percentage (66.7), total rebounds (157), rebounds per game (6.5), steals (42), and blocks (17).

Chocolate Church Arts Center online concerts



Jud Caswell

With events postponed at their theater at 804 Washington Street in Bath, The Chocolate Church Arts Center has been presenting Live from Home, a series of concerts performed by regional musicians in their homes that can be streamed online by audience members via Facebook. The shows will continue with performances on Friday, April 10 with country-pop songwriter Max Ater, and on Saturday, April 11 with folk multi-instrumentalist and award-winning songwriter, Jud Caswell. Both concerts will take place at 7:30 p.m.

The concerts will be streamed via the Chocolate Church Arts Center's Facebook page, and will be free to watch. Audience members will be encouraged to donate to help the organization recover lost revenue due to postponed shows, and to support the performers, many of whom are also facing canceled shows and loss of income. All donations will be split evenly between the Chocolate Church Arts Center and the performers.

Max Ater grew up on Maine's south coast and started playing piano and singing at the early age of six. Having recently signed a deal with Michigan-based label Prudential Records, Ater blends country and pop, a combo that has led to him to win to an array of accolades, including winning Maine's Got Talent in 2012, as well as garnering an Independent Music Award in 2016. With influences from Norah Jones to Elton John, the 25-year-old is quickly becoming a sensation throughout New England and beyond. His latest release, "Easy" is available for streaming on Spotify and can be downloaded on iTunes.

Maine singer/songwriter Jud Caswell, who plays guitar, banjo, and many other instruments, has a keen eye for detail, a head full

of far-away, and a heart full of home. In 2006, he burst on the national scene, winning the legendary Kerrville New Folk competition. His songs have been taught at Berklee, recorded by Judy Collins, and named "#4 Song of the Decade" by New York's WFUV. Though a full-time music career almost drew Caswell away from his home state, the singer decided to stay in Maine, stating, "A singer-songwriter does one thing, night after night, in a thousand places. I wanted to be in one place. I figured it was time to go



Max Ater

home and do a thousand things."

Tickets are not necessary for the Live from Home concerts. Audience members may simply go to the Chocolate Church Arts Center's Facebook page at the time of the show, and they will be directed on See Concerts, page 13

Stress management workshop for teens

According to the 2019 Maine KIDS COUNT data [www.mekids.org/site/assets/files/1241/kidscount_2019.pdf, p. 15], the rate of Maine teens with anxiety is 16.1%, nearly double that of the national average. Finding healthy ways to respond to anxiety is particularly important during these stressful times. A free online workshop that focuses on stress management, designed by and for teens, is scheduled from 6 to 7 p.m. on April 16.

"#Empowering-MEandYou - Stress


Less" was developed in 2019 by members of the Maine 4-H Healthy Living team selected to attend the annual National 4-H Healthy Living Summit. The 2020 team who presented the workshop at this February's summit will deliver the session for teens ages 13 through 18, focused on ways to combat and cope with stress.

The workshop is free; registration is required. Register online by April 13. For more information or to request a reasonable accommodation, contact Sara Conant, 207.781.6099;

sara.conant@maine.edu. An additional workshop, developed by the 4-H Agri-Science Team at this year's National 4-H Agri-Science Summit in January, with a focus on zoonotic diseases — how certain pathogens are passed from animals to humans — and best practices to reduce the spread of infections, is scheduled for this summer.



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

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 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

Hikes

Continued from page 1

starting about a week later), now is a wonderful time to hike along the crystal-clear waters of the brook as it wends through beech and hemlock stands on its way toward Casco Bay.

There are four access points to the 5-mile trail including two from Route 302. The Northern Trailhead, located at the junction of Rt. 302 and Methodist Road, has room for several cars.

The MAGAN Trailhead is across from Willow Drive on Rt. 302 (Parking for the trail is on Willow Drive and requires you to cross Rt. 302 — use caution.) Other access points are next to 789 Methodist Road and on Perry Court (the southern terminus, where there is room for two cars to park).

On a recent weekday, I explored both ends of the trail and walked several miles in between. Within a few steps of leaving busy Route 302,

it was hard to believe such a serene woodland walk was my reward. And I didn't have to walk far to find a place to sit to enjoy it — two well-placed benches in the first half-mile made it easy to justify slowing down to watch the stream flow by.

Also, early on is a fairly steep hill and a warning to keep an eye on little ones, as the trail traverses a steep embankment. After descending the other side, the trail settles down



again for the most part until the most difficult stretch between the Magan Trailhead and the Methodist Trailhead.

If you want to avoid the steepest part of the trail, the 2.1-mile (one way) hike between the Magan Trailhead and the Northern Trailhead is the way to go. It also leads

past the Northern Fish Viewing Pool, a prime spot for viewing the annual Alewives migration later this spring.

The Presumpscot River Land Trust map of the 130-acre Mill Brook Preserve is color-coded to designate easier and more difficult sections of trail and includes distances for

section hikes. You'll also find more complete information about the Alewife life cycle and a scavenger hunt to take with you for the kids.

Jeffrey Ryan is a Maine-based hiker, photographer, public speaker and author of several books about the outdoors. Learn more at www.JeffRyanAuthor.com.



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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!"

WWW.DLYNDESIGNS.STUDIO
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source: pbs for parents

Hockey

Continued from page 3

proudly announce that it has a NFHCA Division III Scholar of Distinction.

Just the third Husky in the eight-year history of the NFHCA's Scholars of Distinction program, Southern Maine sophomore Abbie Sprague (North Berwick, Maine/Noble) is part of an elite group of NCAA Division III field hockey players to earn the academic distinction. Sprague is the first USM field hockey player to earn the award consecutively or to repeat the honor.

To achieve the academic honor, Sprague earned a grade point average of 3.9 or higher while participating as a member of Huskies' field hockey team. Out of nearly 150 NCAA Di-

vision III field hockey team, Sprague is one of just 321 student-athletes nationally to excel academically with a 3.9 or higher GPA during the first semester of the 2019-2020 academic year.

A second-year defender for the Huskies, Sprague is in the Nursing program at the University of Southern Maine. She is one of more than 40 USM student-athletes majoring in the field of Nursing, and one of four Nursing majors who are on the Huskies' field hockey team. Sprague joins former Huskies' Lindsay Jackson and Casey White who earned the NFHCA Scholar Athlete of Distinction honor in 2015 and 2012 respectively.

Sprague had a strong sophomore campaign for Southern Maine playing

in all 22 games and starting 18. A member of the Huskies' defensive unit, Sprague played a vital role in USM's ability to hold its opponents to a 1.15 goals against average, including nine wins via shut out. Seven of the Huskies' nine wins via shut out were recorded in Little East Conference action, as Sprague and Southern Maine limited their LEC opponents to 0.74 goals per game.

Southern Maine finished the 2019 season with a 13-9 overall record and a 10-2 mark in the Little East Conference. The Huskies finished in a three-way tie for second place to conclude the regular season, USM advanced to the semifinals of the LEC tournament before falling to eventual champion Worcester State.

Roasted garlic braised chicken with broccoli and parmesan

Serve with a side of pasta or Mashed potatoes

Yields: 4 to 6 servings

Pantry Items: Olive oil, water

Bone-in, Skin on Chicken Thighs: 1 Package (4 – 6 thighs)

Taste of Inspirations Roasted Garlic Marinade: ½ Cup

If you don't have this in your pantry, you can use Italian or Greek Dressing

Broccoli crowns, cut into medium size florets: 2 medium heads

Parmesan Cheese, Grated, shredded or Shaved: 1/3 cup

Crusty Baguette or your favorite bread toasted: 1 Ea.

Olive oil, separated: 2 Tbs. + 1 Tbs.

Salt: 1 tsp.

Method of Preparation:

Preheat oven to 375°F. In a large bowl or bag, toss the chicken thighs with the Roasted Garlic Marinade or dressing, and allow to marinate while cutting the broccoli down into florets and chopped stem pieces. Toss the florets and stems with 2 Tbs. Olive oil and



Dorene Mills, Hannaford Chef

salt and set aside.

Using a large pan or skillet that can be placed in the oven, add 1 Tbs. olive oil and preheat on the stove top over medium heat until oil is shimmering and hot. Remove chicken thighs from the marinade and place skin side down into the pan. Allow to cook and sear 7 minutes till skin is golden brown. Flip thighs and allow to cook an additional 5 minutes.

Turn off the heat of

the burner and add the chopped broccoli on top of and around the chicken thighs in the pan. Place pan directly in the oven and allow to cook an additional 20 minutes. Remove when chicken reaches 165°F using a meat thermometer and top with shaved parmesan cheese. Allow to rest at least 5 minutes before serving. Slice up baguette and serve to dip in pan juices from chicken. Enjoy!

The Greater Gorham Farmers Market

The Greater Gorham Farmers Market is hoping to open Saturday May 2, 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. While we are aware of the risks of congregating, we are also classified as

an essential service as we provide fresh food to the local community. The food at our market is handled by fewer people than it would at a box store, has less exposure to large amounts of customers, and can be accessed out of doors where social distancing is easier. We will offer hand

sanitizing stations as well as recommendations for customers to call ahead and not handle merchandise, and our vendors will act accordingly with recommended safety implementations and social distancing. Please keep in touch on our Facebook page for further updates and stay safe.

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Maine Music Society new artistic director



Dr. Richard Nickerson

The Maine Music Society is pleased to announce that Dr. Richard Nickerson will become its new Artistic Director for the 2020-21 season. John Corrie has served as Artistic Director for the last 14 years and is retiring at the end of the current season. Dr. Nickerson, or "Rick" as he prefers to be called, will assume this role starting in July, 2020 and is already planning a variety of stirring performances for next year's concert season.

Rick presently serves as Director of Choral Activities at Windham High School in Windham, Maine, and as Minister of Music at North Windham Union Church. He is a highly

qualified musician with degrees in choral conducting as well as experience in orchestral conducting. A frequent guest conductor and clinician, he has made numerous guest appearances in the United States, Canada and Europe. Dr. Nickerson has served as the Artistic Director of the Boy Singers of Maine (2001-2009) and as Chorus Conductor for the "Magical of Christmas" with the Portland Symphony Orchestra (2007-2014). His choirs have performed for many dignitaries, including 3 US Presidents.

Dr. Nickerson has received numerous awards including Maine Music Educator of the Year, Maine Distinguished Choral Director

of the Year and runner up for Maine Teacher of the Year. In January 2009, he was recognized by Choral Director magazine as one of its "Choral Directors of Note". In December 2016, he was named as a Top-10 finalist for the Music Educator Grammy Award. He has held many professional offices including 2 terms as President of the Maine chapter of the American Choral Directors Association.

The singers and instrumentalists of the Maine Music Society welcome Rick as their new Artistic Director and are excited to begin a new chapter in the Society's long history of performing classical and pop works of the highest quality and interest to our community.

Rick and his wife, Linda, reside in Windham and have four grown children.

Dr. Nickerson's opening concert will be the "Heritage Holidays" on December 12 and 13, 2020. Please join us in welcoming Rick to the Lewiston-Auburn arts scene.

OUT Maine's virtual programs during COVID-19



Youth with headset

We are all reeling with the changes to our daily lives and our work during this pandemic crisis. OUT Maine, a non-profit that serves LGBTQ+ youth throughout the state, cancelled Rainbow Ball Weekend, the largest LGBTQ+ youth event in Maine that was set to take place in May, with 225 registrants. Youth, educators and volunteers had been looking forward to this event all year but understood and supported OUT Maine's decision to cancel the event for everyone's health and

safety. Cancellation of OUT Maine's regional overnights and in-person youth groups followed.

Changes like these can be a huge blow to the LGBTQ+ youth who look forward to these events as a time to connect with supportive peers and adults. Already suffering from isolation before the pandemic, they are particularly stressed with schools closed and enforced stays at home. Home stress is skyrocketing as layoffs spread.

OUT Maine is continuing much of its youth

programming online. OUT Maine staff has continued the weekly youth group via zoom and google classroom and OUT's Youth Policy Board has switched its focus towards a project combating social isolation. OUT Maine is also welcoming the young adults selected to be Junior Counselors at its cancelled Rainbow Ball to come together online to find community with each other and to dream up ways to create community in this challenging time. OUT Maine's staff is connecting directly with at-risk youth through phone calls and the use of social media platforms.

OUT Maine is also compiling online curricula for Gay Straight Trans Alliance (GSTA) advisors to use virtually with their youth and will be providing an online hub for GSTA advisors to find community and learn from and with each other.

OUT Maine also had to cancel its spring in-person training for educators and providers and is now working to provide support and resources to the adults supporting LGBTQ+ youth through online groups for providers, GSTA advisors, educators and parents as well as online training opportunities. More information on these resources will be available on OUT Maine's website www.outmaine.org as soon as available.

OUT Maine works toward a welcoming and affirming Maine for all rural young people of diverse sexual orientation. See OUT, page 13

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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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Library

Continued from page 1

ment breaks. Ms. Deb has been missing all her outreach kiddos so much that she has made some videos of her reading and doing other fun activities for them to enjoy at home. Visit www.baxterlibrary.org and hover over the button marked "Youth Services." Then choose "Kids" and find Ms. Deb's section under Preschool Outreach. Enjoy!

April is National Poetry Month: Youth librarians in Maine have decided to celebrate National Poetry Month digitally. They are going to post videos of themselves reading their favorite poems with the hashtag #PoetryME. We would like to invite everyone to join them by contributing your favorite poem. You can also post book spine poetry or anything else you can do from home. Just use the hashtag #PoetryME so we can all find them and enjoy.

Online Story Time with Ms. Heidi, Tuesdays and Thursdays 9:30 a.m. Join Ms. Heidi each Tuesday and Thursday of the month as she reads three picture books from her cozy reading chair.

Afternoon Chapters with Mr. Jeff Tuesdays through Fridays 2 p.m. Mr. Jeff will be reading a popular juvenile fiction title every Tuesday-Friday throughout April. Join him on Facebook Live at 2 p.m. as he reads *Frindle*, *Holes*, *The Wild Robot*, and the *Miraculous Journey of Edward Tulane*.

Memo

Continued from page 1

matching the closure of Gorham Schools, which will be until May 1.

Town Committees

and Boards Video Meetings:

The town Staff, Councilors, and Committee members are quickly learning the host and panelists role within the new Zoom Video Conferencing platform to effectively facilitate remote webinars and meetings. There are two meeting next week utilizing the program: Planning Board Comprehensive Plan Implementation Committee workshop and the Regular Town Council April meeting.

Town Departments:

Town Departments are working to identify ways to continue providing valuable services to the community while complying with the Governor's Executive Order to Stay at Home. Strategies will depend on whether services are deemed essential, or necessary to maintain minimum operations. Departments providing essential services have implemented several measures to enable employees to maintain social distancing requirements in the work place. Staff is still in the process of developing additional strategies to keep Town functions operating to the greatest extent possible.

Gorham Business Resources:

Economic Development Director, Kevin Jensen, has been working closely with members of the Gorham Village Alliance and Gorham Business Exchange to reach as many members of the business community as possible to share resources to help navigate various loan programs made available to Maine small businesses.

Included in Kevin's outreach to the business community are the following attached docu-

ments:

Gorham Business Resources (April 2020): This document summarizes resources available online to help understand the lending options and supports available to small businesses in Maine, which will be updated and shared by Kevin as more information becomes available.

Small Business Owners Guide to the CARES Act: Authored by the US Senate Committee on Small Business & Entrepreneurship, this is a good summary to walk through how the CARES Act (\$2 trillion stimulus package) relates to various situations and

options.

SBA Disaster Small Business Comparison: A quick chart comparison of three SBA programs currently available.

Upcoming meetings and events:

April 7, 6:30 p.m., Regular Town Council Meeting, Zoom Video Conference

April 8, 7 p.m., School Committee Meeting, Zoom Video Conference

April 13, 6:30 p.m., (Tentative) Historical Society Meeting, Zoom Video Conference

April 15, 8 a.m., (Tentative) Gorham Economic Development Corporation Meeting,

Zoom Video Conference

April 20, Patriots Day, all Administrative offices are closed

April 21, 8 a.m., Ordinance Committee Meeting, Zoom Video Conference

May 4, 7 p.m., Planning Board Meeting, Zoom Video Conference

May 5, 6:30 p.m., Regular Town Council Meeting, TBD

May 11, 6:30 p.m., Historical Society Meeting, TBD

May 12, 6 to 9 p.m., Town Council Budget Workshop with School Committee, TBD

May 12, 7 to 9 p.m., Gorham Conservation Commission Meeting,

TBD

May 13, 7 p.m., School Committee Meeting, TBD

May 19, 8 a.m., Ordinance Committee Meeting, TBD

May 20, 8 a.m., Gorham Economic Development Corporation Meeting, TBD

May 21, 6:30 p.m., Zoning Board of Appeals Meeting, TBD

May 25, Memorial Day, Municipal Center, Administrative offices, Recreations office and Baxter Memorial Library closed.

Like us on Facebook!
Facebook.com/GorhamWeekly

Word Search

Many of you have likely noticed the increased bird chatter lately as our winged friends return for spring. Here are some of the birds who also call Maine home.

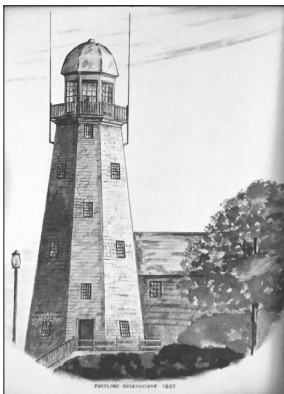
Birds of Maine

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

- GRACKLE
- CARDINAL
- PINE SISKIN
- TREE SPARROW
- NUTHATCH
- GOLDFINCH
- AMERICAN ROBIN
- CHICKADEE
- STARLING
- BLUE JAY
- MOURNING DOVE

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

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

Do you have details about its origin or history?

Please email us with any information you have.

Laurie@GorhamWEEKLY.com

Permitted outdoor activities

Engaging in outdoor exercise, such as fishing, hunting, hiking, boating, walking, running, are permitted activities under the executive order issued by Governor Mills yesterday, as long as people continue to follow social distancing guidelines.

“Getting outside to go fishing, hiking, canoeing, scouting for a hunt, or other outdoor activities are essential to not only your physical health, but your mental health as well, particularly during these difficult times,” said Inland Fisheries and Wildlife Commissioner Judy Camuso. “The governor and I continue to encourage people to get outdoors, but to do as close to home as possible and in strict adherence to physical distancing requirements. While it is important for your mental health to get outside, it is also important to do so safely.”

In Governor Mills’ Executive order 28 FY19/20, it specifically states that “Engaging in outdoor exercise activities, such as fishing, walking, hiking, running or biking,” are permitted, “but only in compliance with the gathering restriction in Executive Order FY19/20 and all applicable social distancing guidance published

by the US and Maine Centers for Disease Control and Prevention.”

Outdoor activities that are allowed include (but are not limited to) the following: Hunting, fishing, wildlife watching, boating, trapping, birding, canoeing, smelting, kayaking, fiddle-heading, hiking, snowmobiling, and ATViing.

Maine residents are extremely active in the outdoors, and a recent study showed that Maine ranked third in the percentage of residents who are engaged in outdoor recreation. The executive order allows residents to continue to enjoy the outdoors while taking certain precautions. The Governor and Commissioner also extended the renewal period for boating registrations and suspended the requirement to have a fishing license through April 30, 2020 in order to support people getting outdoors. Turkey season is also set to begin May 4, and many people are starting to scout in preparation for their hunt.

If you are going fishing, hunting, boating, or hiking, please remember to always keep a minimum of six feet from other people. If you are driving to a spot to go fishing or enjoy the outdoors, travel only in a vehicle with members of

your own household.

No matter where you are going or what your essential activity, you should follow these guidelines:

Avoid the crowds:
Visit lesser-known spots and explore close to home.

Have a plan B and C in case your first destination is busy.

Get outside earlier or later in the day.

Recharge in your backyard and neighborhood.

Know before you go:

Stay at least six feet away from other people.

Be prepared and stick to adventures within your experience level/comfort zone to avoid injuries and further stress on health care resources.

Tell someone where you are going and when you expect to be back.

Be prepared for limited access to public restrooms.

Always leave no trace, including cleaning up after your pet.

Prevent tick bites by wearing light-colored pants, closed-toe shoes, and applying EPA-approved bug repellent.

If you are exhibiting symptoms related to COVID-19, or if you have recently been exposed to COVID-19, please stay home.

Gov. Mills extends State’s property tax exemption deadline

Governor Janet Mills has issued an Executive Order (attached) extending the State’s property tax exemption deadline. The order, which took effect, March 31st, extends the statutory April 1st deadline to either the commitment date of the municipality (the date set each year, usually in July, when the Tax Assessors commit the town’s assessment roll to the Tax Collector to allow for the receipt of payment), or 30 days after the termination of the Governor’s Proclamation of Civil Emergency, whichever comes first. Extending the deadline will allow Maine people more time to apply for the new Homestead Exemption, which provides a reduction of up to

\$25,000 in the value of an individual’s home for property tax purposes, thereby lowering their property tax burden.

“I hope this extension will help Maine people save money on their property taxes by allowing them additional time to take advantage of recently-enhanced relief measures,” said Governor Mills.

“I applaud the Governor,” said Kirsten Figueroa, Commissioner of the Department of Administrative and Financial Services, of which Maine Revenue Services is a part. “This move will allow Maine people more time to apply for property tax relief, which is even more important during this turbulent time.”

The extended application deadline includes the following property tax exemptions: Property of Institutions and Organizations; Estates of Veterans; Solar and Wind Energy Equipment; Exemption of Homesteads; and Exemption of Business Equipment.

Last year, the Legislature passed, and Governor Mills signed, a law increasing the homestead exemption from \$20,000 to \$25,000. Maine people may inquire with their Tax Assessors about their respective towns’ commitment date. The Commitment Date is the date set each year when the Tax Assessors commit the town’s assessment roll to the Tax Collector to allow for the receipt of payment.

Modified Downeaster schedule

The Amtrak Downeaster is reducing service to one round-trip per day, per Governor Mill’s Executive Order stating that no one shall use public transportation, including the Amtrak Downeaster, unless necessary for an essential reason. The service reduction will be in place beginning Monday, April 6 and will remain in effect until at least April 30. The situation

is evolving, but currently the following service plan is in place:

Weekdays (Monday through Friday):

Southbound train 680 WILL OPERATE.

Northbound train 685 WILL OPERATE.

All other Downeaster trains will be suspended.

Weekends (Saturday through Sunday):

Southbound train 692 WILL OPERATE.

Northbound train 693 WILL OPERATE.

All other Downeaster trains will be suspended.

Some station buildings (including Brunswick, Freeport, Saco, and Wells) may be closed to the public but Downeaster trains will continue to stop at the platform. Please make your reservations ahead of time online at Amtrak.com or by calling 1-800-USA-RAIL.

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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, 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 or (207) 753-6531.

Friday, April 10
Chocolate Church Arts Center online concert with country-pop songwriter Max Ater at 7:30 p.m. Visit Chocolate Church Arts Center's Facebook page for details.

Calendar

Send your submissions to the Editor. More online.

Saturday, April 11
Chocolate Church Arts Center online concert with folk multi-instrumentalist and award-winning songwriter, Jud Caswell at 7:30 p.m. Visit Chocolate Church Arts Center's Facebook page for details.

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, 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.

Thursday, April 16
Stress management workshop for teens online from 6 to 7 p.m., with Maine 4-H Healthy Living team. The workshop is free; registration is required. Register online by April 13. For more information or to request a reasonable accommodation, contact Sara Conant, 207.781.6099; sara.conant@maine.edu.

Saturday, April 25
Rural Community Action Ministry's 9th Annual Auction for Ac-

tion 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.

Masonry

Continued from page 4

to have it cleaned and inspected annually. Jason Hodsdon Masonry can do your chimney cleaning or inspection any time of year.

While his company specializes in chimney work, Jason Hodsdon Masonry performs many other masonry services as well. Countless satisfied

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customers have had Jason Hodsdon Masonry create beautiful stone walkways, stone walls and numerous custom culture stone and brick and mortar projects. A recent customer

said, "Jason does great work! His crew installed our new liner and chimney cap in no time... and for much less than we

were quoted elsewhere. And the best part, you could tell they had fun doing it! We would definitely recommend Jason Hodsdon Masonry to anyone."

So, whatever your project, big or small, if it has to do with masonry, give Jason Hodsdon Masonry a call.

Food

Continued from page 5

Portland/Peaks Island: The St. Vincent de Paul Soup Kitchen, located on 307 Congress Street, is offering bagged lunches and water to community members on Mondays through Fridays from 11 a.m. to noon. The Sacred Heart/St. Dominic Food Pantry, located on 80 Sherman Street, is distributing "grab and go" bags each Tuesday from 9 to 11:30 a.m. The bags will still provide items from all food groups.

St. Brendan the Navigator Parish, Camden: St. Bernard Soup Kitchen on 150 Broadway in Rockland remains open Mondays through Fridays. Anyone can come and get a takeout lunch at noon. During the outbreak, around 60 people have been coming for the lunches each day.

St. John Vianney Parish, Fort Kent: The parish currently has two food pantries that remain open: St. Charles Borromeo Food Pantry in Saint Francis and St. Mary Food Pantry in Eagle Lake. St. Charles Borromeo, located on 912 Main Street, is open on the first Thursday of each month, while St. Mary, located on 3443 Aroostook Road, is open on the first Wednesday of each month. Both pantries also offer emergency food anytime during the month. To receive immediate assistance, call the parish office at (207) 834-5656. In addition, the parish has received a \$1,000 COVID-19 seed grant from Grass Roots

Fund to assist more residents. When individuals and families indicate they need food, a box is prepared for them to pick up at the garage door.

St. Joseph Parish, Bridgton: The St. Joseph Food Pantry, located on 225 South High Street in Bridgton, is open Tuesdays from 11 a.m. to 1 p.m.

St. Joseph Parish, Farmington: Takeout meals will be available on Tuesdays from 11 a.m. to 1 p.m. at the St. Joseph Parish hall on the corner of Quebec and Middle Street.

St. Mary of the Visitation Parish, Houlton: The St. Mary's Food Pantry, located on 110 Military Street in Houlton, will be open on Tuesdays and Thursdays from 8:30 to 11 a.m. or by appointment. The pantry has instituted a drive-through distribution.

St. Matthew Parish, Limerick: St. Matthew Food Pantry of St. Matthew Parish (19 Dora Lane in Limerick) is still operating on the first Monday of each month from 6 to 7 p.m. and every Tuesday from 10 a.m. to noon. Clients are asked to remain in their vehicles. Volunteers will approach, get the required information, and deliver directly to the vehicles.

St. Michael Parish, Augusta: The St. Denis/Whitefield Food Pantry, located on 298 Grand Army Road in Whitefield, is open on the first Friday of each month from 1 to 3 p.m.

St. Rose of Lima Parish, Jay: Takeout

meals will be available on Fridays from 4:30 to 5:30 p.m. at the St. Rose Parish hall on 1 Church Street.

St. Thérèse of Lisieux Parish, Sanford: The St. Thérèse Food Closet, located in the St. Ignatius Gym on 25 Riverside Avenue in Sanford, remains open every Thursday from 12:30 to 2 p.m. The food closet is no longer accepting food donations, but cash donations are greatly appreciated.

Program

Continued from page 2

the communities participating in the program, Skowhegan is a Main Street Community and Lisbon is an affiliate program.

This pilot program is supported by MaineCF funding through its initiative to support innovation and entrepreneurship. The National Main Street Center is working in a handful of other communities around the country on similar efforts. Questions about the program should be directed to MaineCF Senior Program Officer Maggie Drummond-Bahl at mbahl@mainecf.org.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn

more about the foundation, visit www.mainecf.org.

Concerts

Continued from page 7

how to watch. The Chocolate Church Arts Center will continue to announce upcoming Live from Home performers in the next few weeks.

OUT

Continued from page 10

tations, gender expressions and gender identities. In partnership with their allies and families, OUT Maine supports, educates and empowers these youth in their journey from adolescence to adulthood.

To learn how you

can help OUT Maine in its work to keep Maine youth supported and connected, please visit their website www.out-maine.org.

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

\$500,000 in grants for COVID-19

As part of its COVID-19 response, the John T. Gorman Foundation is awarding \$500,000 in grants to 11 Maine nonprofits working to provide food and shelter to Mainers in need during the outbreak. The mission of the independent, statewide Foundation is to improve the lives of disadvantaged people in Maine.

"Our non-profit community is doing incredible work to help Mainers struggling to meet basic needs during the COVID-19 outbreak. This especially includes people experiencing homelessness - who are unable to shelter in place - and the many children, families and seniors at risk of going hungry. As have other Maine foundations, businesses and government agencies, the John T. Gorman Foundation is pleased to do our part to meet these ever-growing needs," said John T. Gorman Foundation President and CEO Tony Cipollone. "We believe these COVID-19 response grants will have an immediate impact in helping our partners strengthen and expand efforts that are already underway to

provide food and shelter to Mainers in need. As the longer-term effects of the outbreak become clear in the months ahead, the Foundation will continue looking for the most impactful ways to support the systems and organizations that Maine children, older youth, families, and seniors depend on."

Grants to Provide Shelter: Preble Street Resource Center, Portland - \$75,000; New Beginnings, Lewiston - \$50,000; Shaw House, Bangor - \$50,000; Bangor Area Homeless Shelter, Bangor - \$25,000; Tedford Housing, Brunswick - \$25,000; York County Shelter Program, Alfred - \$25,000

Grants to Distribute Food: Good Shepherd Food Bank, Auburn - \$100,000; Wayside Food Programs, Portland - \$50,000; Southern Maine Boys and Girls Club, Portland - \$50,000; Boys and Girls Club of Bangor, Bangor - \$25,000; St. Mary's Nutrition Center, Lewiston - \$25,000.

In addition to these COVID-19 response grants, the John T. Gorman Foundation has also extended its deadline for

nonprofits to apply for its 2020 Direct Services Grant Program to April 15 and plans to streamline its review process to ensure that these funds are quickly distributed. These grants of up to \$25,000 go to support the efforts of nonprofits to help low-income Mainers meet their immediate basic needs. More information available at <https://www.jtgfoundation.org/how-we-work/direct-services-grants/2020-direct-services-grant-program/>.

John T. Gorman, known as Tom, was a grandson of L.L. Bean and established the Foundation in 1995 to help disadvantaged Mainers. In recent years, the independent, statewide Foundation has moved to focus strategically on four key areas: improving educational achievement for children; promoting successful transitions to adulthood for vulnerable older youth; helping struggling parents to support their families and enabling low-income seniors to remain in their homes as long as possible.

More information at www.jtgfoundation.org.

Restaurant Directory

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



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

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

Scout

Continued from page 3

nity Arts center which allows children, specifically ages 3-6, the opportunity to use the wall. Additionally, Maeve installed an informational plaque next to the music wall to explain its purpose and the benefits of music and music education.

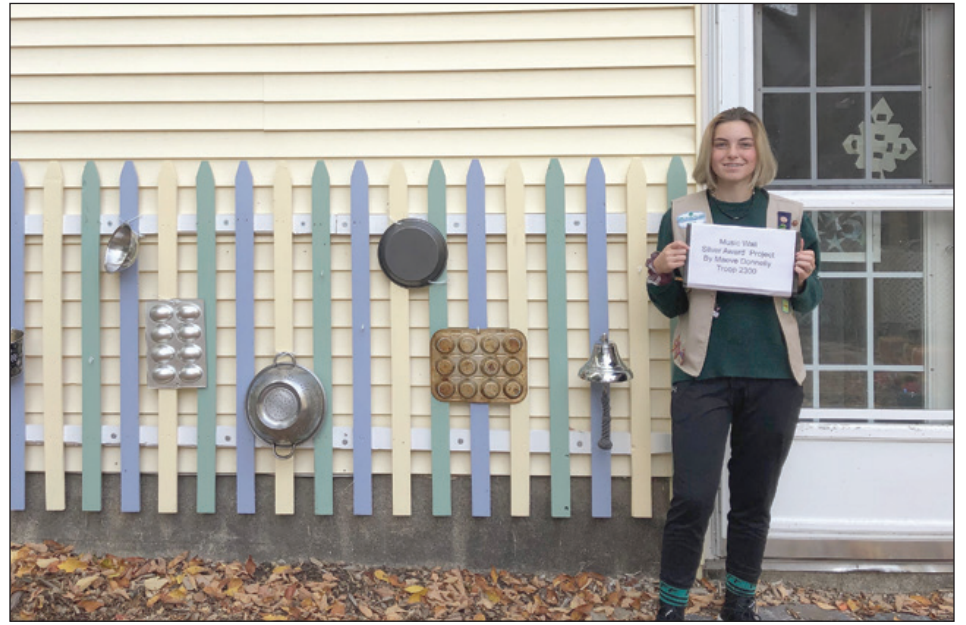
Maeve is most excited that her project has gotten more kids involved with music and allowed them to be cre-

ative. When asked what she learned while working on her Silver Award Maeve said, "I learned that people in this community, especially when it comes to their children, want what's best. I learned that if I put my mind to something, I can achieve anything."

Abby Fiore of Troop 541 leveraged her love of cooking to earn her Silver Award for her Food Pantry Recipe project. Abby likes to cook and try out new recipes. She also likes to volun-

teer at her local food pantry's garden. She spent a summer volunteering at the garden which led her to the realization that a lot of the garden produce goes to waste.

In talking with the Garden Coordinator, who would eventually become Abby's Project Advisor, she discovered one reason that the produce was going to waste was that patrons of the cupboard didn't know how to cook or use the produce. Abby decided to turn her love for



Maeve Donnelly

cooking and concern about food waste into a creative solution; recipe handouts for food cupboard patrons.

Abby spent hours researching and testing recipes that incorporated the fresh produce grown in the pantry garden and other low-cost pre-packaged food items. Know-

ing that a lot of the food cupboard patrons didn't have a lot of time to devote to cooking Abby made sure the recipes she was testing were relatively quick to prepare. She then created cards for her favorite recipes and gave them to the food pantry which distributes the recipes with the produce they give away.

Abby says that she developed her work ethic more through this project. "I learned that trying to relate the things that I am doing to something I'm passionate about helps," Abby advises other girls to pick some-

thing you care about and to start early.

Maeve and Abby are among many Girl Scouts across the state that are still selling cookies, now online! People can connect with any Girl Scout and be provided with their personal online sales link. Each Girl Scout has an individual link, so there is not one to share here, but any Girl Scout can provide their link directly. If you don't know a Girl Scout, contact customer care at 888-922-4763 or by emailing customer-care@gsmaine.org and to be connected with a girl in your area!

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