



TWIN CITY TIMES

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Thursday, April 9, 2020 • FREE

Green Ladle hopes to continue meal work

Even though the Green Ladle has had a meal-making streak, Chef Dan Caron hopes students and adult volunteers can continue as long as they are needed.

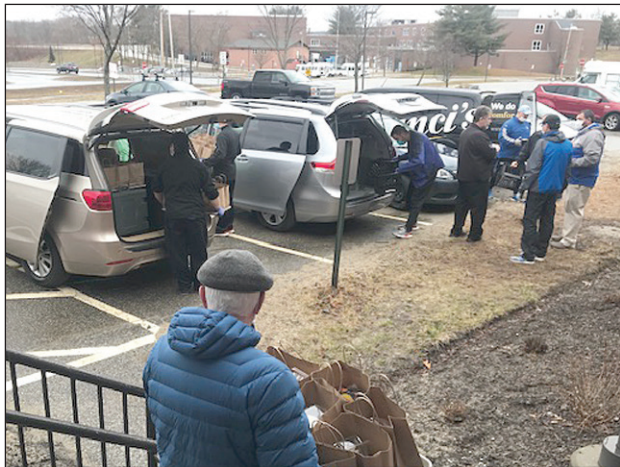
But as of last Thursday, the Lewiston Regional Technical Center's (LRTC) culinary program has enough supplies for meals for retirees and veterans to get them through the end of this week. It began last month to help people staying at home to limit the spread of the coronavirus.

They started with 80 meals. By last Thursday, they had expanded to 380, Caron said.

"We don't have it in us to stop," he said.

Caron is working with the Meals on Wheels program run through Seniors Plus because people cannot receive food from both delivery programs.

Volunteers Sue Russell and Maureen Caron made sure hundreds of paper bags had all the parts of lunch in them on Thursday morning.



Volunteers load up vehicles for deliveries before heading out on Thursday.

A row of LRTC teachers prepared meals in the kitchen wearing masks and gloves. Paul Kennedy spread mayonnaise on wraps. Jessica Douin was at the end of the production line at another table wrapping them in plastic.

The Green Ladle's dining room had most tables covered with paper bags for deliveries or cleaning supplies and disposable gloves. Sisters and fellow volunteers Sue Russell and Maureen Caron made sure each bag had a small butter pat in them.

"People are step-

ping up. It's nice to see people who care," Maureen Caron said.

Jessica Douin prepares wraps in the Green Ladle kitchen on Thursday.

In addition to people dropping off contributions at the Green Ladle, Modern Woodmen of American and Androscoggin Bank have helped in an effort that Chef Caron says costs about \$1,000 a day.

Thursday's lunch consisted of a turkey wrap, potato chips, a roll with butter and a cookie.

Local businesses See Ladle, page 9

Lewiston volunteers help meal program

Getting food during the middle of a pandemic turned out to be a polite experience at Longley School on Wednesday morning.

Families in cars to young children walking down Birch Street approached from the road. A person in a surgical mask got the count and shout back to coworkers handling trays of food sealed in plastic.

"Two please!" Aaron Louque said.

"Two! Thank you!" Katie Krantz said.

All the five adults helping at Longley School on Wednesday were Lewiston School Department employees. They wore surgical masks while loading up bags of food that were



Katie Krantz works for the Store Next Door Project (also known as the McKinney-Vento Homeless Education Program) at Lewiston High School and is another volunteer.

Solid Waste Facility operations

Beginning the week of April 13, the Solid Waste Facility's days of operation will be Monday, Wednesday and Friday. While still providing essential services like waste

and recycle collection, Public Works has taken steps to protect the health and safety of its employees from COVID-19. Crews have been reduced, and those who can

are working from home. However, the employees at the Solid Waste Facility have been working daily including Saturday to deliver waste and recycle disposal services.

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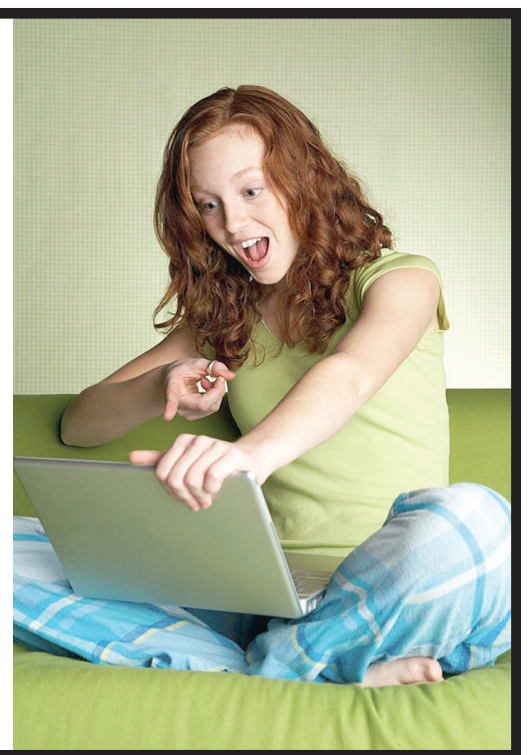


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Governor's Address: Stay healthy. Stay Home.

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

Skelton Taintor & Abbott welcomes three Attorneys

Skelton Taintor & Abbott announces the hiring of three attorneys – Paul R. Gosselin, David R. Dubord, and Joan M. Egdall – all currently of Gosselin & Dubord, P.A. of Lewiston, effective April 1. As Gosselin & Dubord closes its longstanding office on Lisbon Street in Lewiston, its staff will also join Skelton Taintor & Abbott. Sarah Mitchell, President of Skelton Taintor & Abbott, said, “Skelton, Taintor & Ab-



Joan Egdall

bott is thrilled to have Gosselin & Dubord join us. This collaboration enhances our commitment to serving the legal needs of the surrounding community. It also strengthens the firm’s ability to serve our clients with the wealth of knowledge and experience that the Gosselin & Dubord attorneys and staff bring with them. Skelton, Taintor & Abbott prides itself on delivering personalized legal services to our clients, and the attorneys at Gosselin & Dubord share

those same values.”

David Dubord, who earned his J.D. from the University of Maine School of Law, practices in the areas of creditor representation and collections, subrogation, creditor bankruptcy, commercial law, mediation, and arbitration. He resides in Lewiston with his wife, Nancy, and has two adult daughters.

Paul Gosselin, who

See Attorneys, page 11



Paul Gosselin



David Dubord

Auburn emergency proclamation

Mayor Jason Levesque and City Manager Peter Crichton, with the support of the Auburn City Council, have issued a “Proclamation of Emergency” throughout the City of Auburn.

The proclamation supports emergency declarations issued by both President Donald Trump and Maine Governor Janet Mills, who expanded the State of Maine proclamation on March 31.

“The threat of COVID-19 is alarmingly real, and we want to do everything we can to protect the people of Auburn,” said Mayor Jason Levesque. “I implore everyone to follow the Governor’s ‘Stay Healthy at Home’ order, and know that together, we can all get through this.”

Auburn’s state of emergency will remain in effect until rescinded by the Mayor and City Manager. Assistant City Manager Phil Crowell has been designated the City’s Emergency Management Director.

“Auburn’s city government fully recognizes this very real public health emergency we are facing, and we are making the tough decisions necessary to respond,” said Peter Crichton, Auburn City Manager. “I want our residents and businesses to know that our team is working around the clock to protect this community.”

Auburn’s emergency declaration comes in response to the growing number of confirmed COVID-19 cases in the State of Maine and the risk of “community spread,” which seriously impacts the life, health and safety of the public.

It orders that “all Auburn residents and businesses will adhere to the National and State of Maine Emergency Declarations.”

Per the declaration, all Auburn residents, in compliance with the “stay at home order” issued by Governor Janet Mills, will not congregate in Auburn parks and open spaces. Similarly, the use of playground equipment and group play activities are prohibited. The use of walking trails — with appropriate social distancing — is strongly encouraged.

Recently, the Maine Supreme Judicial Court issued a Revised Emergency Order in which the Court ordered that cases involving “Forcible Entry and Detainer” (evictions, landlord/tenant) will not be heard or scheduled by any Maine court before May 1, 2020. Considering this, Auburn’s order appeals to all owners of residential and commercial rental properties, requesting that they rescind or suspend terminations of leases and/or tenancies. Landlords are encouraged not undertake or process any evictions for non-payment of commercial or residential rent (during the term of the proclamation) if the tenant is able to show an inability to pay rent

due to circumstances related to the COVID-19 pandemic.

“We all share the responsibility of keeping our community safe, our businesses strong, and our residents secure in their homes. I have faith in the people of Auburn, and I know that we will emerge from this situation stronger and more unified than ever before,” said Crichton.

While voluntary compliance is the goal, Auburn’s order will be enforced by law enforcement as necessary. Violations are a Class E crime subject to up to six months days in jail and a \$1,000 fine. Additionally, compliance may also be enforced by government officials who regulate licenses, permits or any other authorization to operate a business or occupy a building.

“The people of Auburn are resilient, and they care deeply for one another. This proclamation is intended to help our residents and our staff to stay safe, healthy, and adhere to the Governor’s order,” said Levesque. “We need to work together to make sure COVID-19 doesn’t overwhelm our incredible community. This is a serious situation, and I’m asking everyone to stay home and do your part. When in doubt, please don’t go out.”

Guest column:

Resources to help us get through the COVID-19 crisis

The COVID-19 pandemic has clearly flipped our lives upside down. Like you, I could not have imagined our current reality. Tens of thousands of Mainers have suddenly found themselves unemployed. Many of us have “self-quarantined” and are unable to do many of the things that make us happy, whether it’s a hobby, going out to eat or seeing a movie. In the Legislature, we were hard at work fighting for the issues we’re passionate about, until the virus continued spreading and we realized it was no longer safe to keep working in the State House. We rushed to finish as much

work as we could, voted on critical legislation to help Maine combat the virus, and adjourned our session early. Although it feels like a lifetime ago, that only took place on March 17, just over two weeks ago.

The last few weeks have been a trying time for everyone in Maine, so I wanted to take a moment to share some of the resources available to help us get through this.

First, if you lost your job because of the pandemic, you should apply for unemployment. It’s the quickest way to get money back in your pocket. In the Legislature, we expanded eligibility so that even if you

know you can get your job back once we move beyond coronavirus, you can still receive benefits. We’ve also removed the job search requirement and one-week waiting period to help workers hurt by this public health emergency. The federal government also recently passed a law that will further expand eligibility to folks who normally wouldn’t be eligible.

The best way to apply for unemployment benefits is online at remployme.maine.gov. Getting a case number will save your place in line. You can also apply over the phone at 800-593-7660 or contact our

See Guest, page 11

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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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Arts & Entertainment

SeniorsPlus announces cancellations in response to Coronavirus

Out of caution and as concerns deepen regarding the spread of the Novel Coronavirus (COVID-19), SeniorsPlus, Western Maine's designated Area Agency on Aging, will temporarily keep its offices open by appointment only and will no longer be making or holding any appointments requiring face-to-face interaction with clients. Staff will continue to be available electronically and via telephone.

Some non-essential activities, specifically the following programs have been halted temporarily: Social Dining; education classes, including Healthy Living for ME workshops; and the Fill the Plate Breakfast to benefit Meals on Wheels, tentatively postponed until Fall 2020.

Meals on Wheels

will continue with modifications. Clients of Meals on Wheels will be informed of these modifications.

The Fill the Plate Breakfast is expected to be rescheduled for the fall.

"As we cope with an unprecedented public health emergency," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus, "we continue to consider what is best for our clients and their care while working to maintain the health of our dedicated and invaluable staff."

SeniorsPlus will continually re-evaluate the situation as information develops. Please refer to www.seniorsplus.org for updates as well as its official Facebook and Twitter pages.

SeniorsPlus encourages handwashing, re-

spiratory etiquette, and cleaning of high touch surfaces at home.

Here are additional sources of information about novel coronavirus: Maine Center for Disease Control and Prevention: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>; Centers for Disease Control and Prevention: www.cdc.gov/coronavirus/2019-ncov/index.html; Centers for Disease Control and Prevention Traveler's Health Information: <https://wwwnc.cdc.gov/travel>.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The See **SeniorsPlus**, page 9

Last parking lot adoration

With Governor Mills' "Stay Healthy at Home" order taking effect just after midnight, Wednesday evening marked the last night for parking lot adoration, one of the many initiatives launched by Prince of Peace Parish in Lewiston to connect with parishioners during the COVID-19 outbreak.

In the window of the rectory, Fr. Daniel Greenleaf, pastor of the parish, has the Blessed Sacrament exposed in the picture window to allow people to stop in the parking lot across the street and pray.

"We have had up to 20 cars at a time parked there and praying before the Blessed Sacrament," said Fr. Greenleaf. "It reminds me of how people go to the hospital and nursing homes unable to enter so they look at their loved one through the window. This is the best they can do in times like this. Those who desire to visit the Lord in the Blessed Sacrament are doing the same."

The parking lot adoration will be suspended until the order is lifted. In its place, among other new programs, Prince of Peace is starting a "constant rosary" with people signing up for a 20-minute segment a day, each day of the week, for the



end of the pandemic. Initially, the parish hoped to fill a schedule from 9 a.m. to 9 p.m.

"We had such an amazing response that we have extended those hours and are now get-

ting closer to a 24-hour rosary," said Fr. Greenleaf.

To sign up or for more information, visit www.princeofpeace.me/almost-perpetual-rosary-for-the-pandemic.



MK KITCHEN TO GO MENU

APPETIZERS + SOUP + SALADS

- Blue Cheese Stuffed Baked Dates** / Greens, Bacon Crumbs, Toasted Peanut Brittle, Balsamic Syrup / *g.f.* - 12
- Cheese Board** / Silvery Moon "Manchego", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
- Caramelized Onion Tart** / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / *Vgt.* - 13
- Sage Roasted Butternut Squash Soup** / Toasted Pepitas - 8
- Gathered Greens** / Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / *g.f.* - 8
- MK Wedge** / Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / *g.f.* - 9
- Braised Farm Beets** / Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / *g.f.* - 11
- Grilled Romaine Caesar** / Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing / - 9 (Add Anchovy + 2)

PASTAS + GRAINS

- Organic Quinoa Bowl** / Broccoli, Carrots, Green Beans, Cranberry, Spinach & Kale, Brussels, Almond / *Vegan + g.f.* - 12/20
- Gnocchi Primavera** / Butter Roasted, Hand Made Ricotta Gnocchi, Seasonal Vegetables, Parmesan / *Vgt.* - 12/22
- Rigatoni Bolognese** / Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan / 13/24
- Handmade Ravioli** / Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta / *Vgt.* - 12/22
- Gnocchi Mac + Cheese** / Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs / - 12/22
- Butternut Squash Risotto** / Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / *Vgt. + g.f.* - 14/26
- Mushroom Risotto** / Roasted Crimini & Shiitake Mushrooms, Butter Parmesan, Truffle Oil / *Vgt. + g.f.* - 14/26
- Spaghetti with Braised Lamb Ragù** / Pineland Farm Feta, Chopped Mixed Olives - 24
- Orecchiette Pasta with Chicken & Broccoli** / Garlic Butter, Wilted Kale, Parmesan - 22 (Vegetarian Orecchiette available with Pesto)

ENTREES

- Pan Seared Scallops** / Truffle Roasted Crimini & Shiitake Mushroom Risotto, Green Beans, Beurre Monte / *g.f.* - 18/32*
- Grilled Faroe Island Salmon** / Sage Roasted Butternut Squash Risotto, Fried Brussels, Pomegranate Gastrique / *g.f.* - 27*
- Chicken Under a Brick** / Bone-in Breast, Whipped Potato, Seasonal Vegetables, Lemon Emulsion / *g.f.* - 24
- Slow Braised Boneless Beef Short Rib** / Horseradish Mashed Potato, Seasonal Vegetables, Mushroom Sauce / *g.f.* - 28
- Grilled Filet Mignon** / Herb Roasted Fingerlings, Pearl Onions, Wilted Greens, Foie Gras Butter, Beef Sauce / *g.f.* - 34*
- Spice Rubbed Pork Loin** / Smoked Bacon Elbow Macaroni and Cheese, Cheddar, Fried Brussels Sprouts, BBQ Sauce / - 24
- Pulled Pork Sandwich** / Chipotle BBQ Pulled Pork, Coleslaw, Grilled Brioche Bun, House Fries - 14
- MK Burger** / Cheddar, Bacon Crumbs, Shredded Romaine, Pickled Onion, House Sauce, Brioche Bun, Herb Fries - 15

SIDES

- Fried Brussels Sprouts** / *g.f.* - 9 - **Pan Roasted Vegetables** / *g.f.* - 9

DESSERTS

- Warm Chocolate Cake** / Marshmallow Gelato, Sea Salt Toasted Peanuts / *g.f.* - 10
- Chocolate Mousse** / Belgium Chocolate, Whipped Cream, Candied Walnut Crumbs / *g.f.* - 9
- Tiramisu** / Mascarpone Cream, Coffee Ladyfingers, Chocolate Sauce - 9

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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.

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Ladle

Continued from page 1

have made donations of food to help with expenses. They included DaVinci's restaurant, the Chick-a-Dee of Lewiston, Rolly's Diner and Hurricane's Premium Soup & Chowder. DaVinci's also let Green Ladle staff use its van for deliveries.

Volunteers load up vehicles for deliveries before heading out on Thursday.

Retired LRTC teacher and nurse Cathy Liguori reviewed the importance of wearing masks and gloves with volunteers before they headed out with containers holding the bagged lunches. She reminded them that people may not have symptoms of COVID-19 but can spread the virus.

LRTC Principal Rob Callahan and Lewiston High School Principal Jake Langlais both put on masks before listening to Liguori's advice. Lewiston High School teachers pitched in with deliveries, along with retirees such as Paul Sarrazin. Sarrazin, who used to work for UPS, helped with the planning of delivery routes to make them as efficient as possible.

The Green Ladle can be reached at 207-777-3199.



Chef Dan Caron listens while following social distancing as Cathy Liguori talks to food delivery volunteers about the importance of wearing masks and gloves.



Jessica Douin prepares wraps in the Green Ladle kitchen on Thursday.



Volunteers Sue Russell, left, and Maureen Caron made sure hundreds of paper bags had all the parts of lunch in them on Thursday morning.

LA Senior College in the time of corona

The board of directors of Lewiston Auburn Senior College has made the decision to cancel the spring classes and Food for Thought presentations. We are following the lead of the University of Maine system which has decided to complete the semester on-line.

Lewiston Auburn Senior College is going online too! We plan to

offer some classes on-line, via ZOOM and at no cost, to senior college members across the state. We will reach out to our members with information about the Zoom classes by email or you can check the website. If you have any questions, please email us at lase-niorcollege@gmail.com or call 207-753-6610. Leave a message

and you will hear back within a few days.

Some of the classes planned for the spring semester may be re-scheduled for fall, and hopefully our up-coming Food for Thought presentations will be provided then as well. So, snuggle up, wash your hands, and enjoy the camaraderie of life-long-learning with an online class!

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

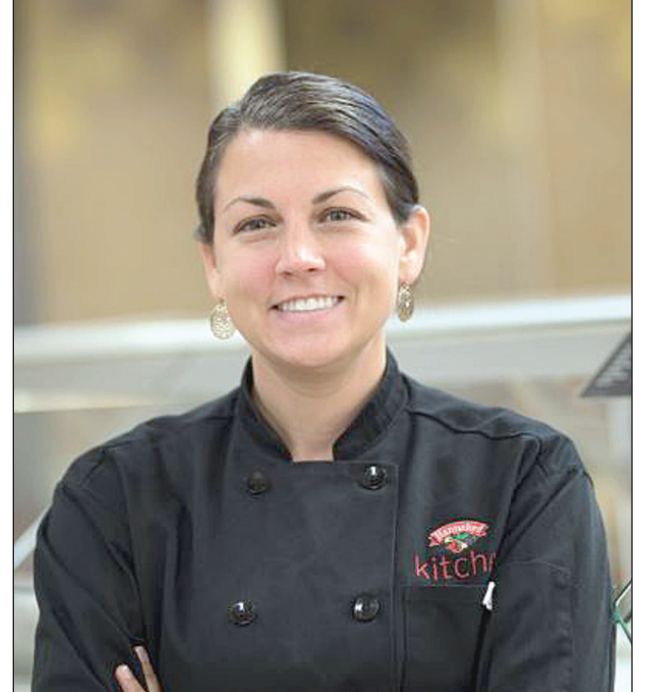
Parmesan Cheese, Grated, shredded or Shaved: 1/3 cup

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!

SeniorsPlus

Continued from page 6

overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to re-

main safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities. SeniorsPlus

believes in supporting the independence, dignity and quality of life of those it serves: more than 19,000 individuals annually.

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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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Guest

Continued from page 3

local Career Center in Lewiston at 5 Mollison Way, 800-741-2991 or Chat on mainecareercenter.gov. Because of the number of folks applying, wait times to speak with someone over the phone will be long, so it's best to apply online, if you can.

The Legislature also passed a law to establish a no-interest personal loan program for those who need additional assistance during this time. The program is run and administered by the Finance Authority of Maine (FAME) and local banks and credit unions. It can provide up to \$5,000 a month for up to 3 months. Call your local financial institution to see if they are participating.

Financial assistance has also been made available to small businesses that need it during this time. The U.S. Small Business Administration (SBA) is providing disaster assistance loans. These low-interest loans of up to \$2 million are designed to help businesses get through this challenging time. In addition to financial assistance, multiple agencies have created guides to help businesses handle the current situation, including one from the Maine Department of Economic and Community development.

It's important for those of us who do not own businesses to support those that are still up and running. If you can, order food to-go from a local restaurant or bar or order a locally

made item or gift card for you or someone else. This is going to be the most challenging time many businesses will ever face, and it's important for all of us to stand behind Maine's local small businesses. They are the backbone of our economy.

Mainers also have access to a great service for general inquiries. If you have additional questions about COVID-19 or want to know what other resources may be available to you, please call 211. They can answer questions or direct you to services, whether they are virus-related or not. You can dial 211, text your zip code to 898-211, or email info@211maine.org.

Lastly, I want to ask everyone to take care. As Dr. Shah said in one of his recent briefings, we have the power to control how this all plays out. By supporting one another, staying home as much as possible and following CDC guidelines, we will overcome this. We know what to do, and if we follow the plan, I know that we will be successful.

If you need any assistance with state government or have additional questions, please don't hesitate to reach out to me. I am happy to try and help. You can call my office at 287-1515, or email me at Ned.Claxton@legislature.maine.gov. Be well and try to stay that way!

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.

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!

Attorneys

Continued from page 3

earned his J.D. from the University of Maine School of Law, will continue to serve his current clients and concentrates his practice in residential and commercial real estate transactional and title work and business organization. He lives in Lewiston with his wife, Joanne, to whom he has been married for 44 years. They are proud parents of two sons

and recently welcomed the arrival of their first grandchild.

Joan Egdall, who earned her J.D. at Northeastern University School of Law, will be practicing in the areas of

creditor rights and collections. She resides in Jay with her husband and three young sons.

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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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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

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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-service-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.

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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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Weekly Social Media giveaways!

Volunteers

Continued from page 1

dropped off at a distant table.

The meals came from the Lewiston School Department's nutrition program. School employees have volunteered to help out at distribution sites.

"We're a well-oiled machine here," Lewiston High School music teacher Erin Morrison said.

While the fight against the coronavirus in the United States has focused on numbers of cases, local work has involved other statistics. Alison Roman, director of transportation and nutrition for Lewiston Public Schools, said in an email that in 11 days, 60,016 meals were given to local families.

"Our first day was around 490 breakfasts and 490 lunches. Day 11 is closer to 3,000 breakfasts and 3,000 lunches district-wide," she wrote.

The volunteers at Longley School laughed as they worked. Morrison wore a surgical mask with a musical note on it Tuesday.

Roman had a long list of thank-yous to people who have helped with

the meal-making effort. They included Lewiston nutrition department staff, Hudson Bus lines for driving food to sites, volunteers, the school department's administrative team, the school committee, distributors included Oakhurst Dairy and Performance Food Group as well as the Walmart distribution center.

Shaw's and Hannaford supermarkets have also donated thousands of bags, Krantz said.

Lewiston High School nurse Melissa "Missy" Gendron said she did have one concern during the work to keep



Food prepared by the Lewiston School Department's nutrition program is lined up for pickup at Longley Elementary School in Lewiston, one of the sites for students and families to get meals during the coronavirus shutdown.

everyone healthy and isolated. She has seen teens gathering together and thought they needed to spend more solo time on electronic devices.

"Phones. Xboxes. Do it up," she said.

Anyone with questions or in need of more information can go to the Lewiston Public School Department's website, www.lewiston-publicschools.org, or send an email to aroman@lewistonpublicschools.org. Callers may also leave a voicemail at 207-795-4106, extension 4091.



Melissa "Missy" Genron is Lewiston High School's nurse and a volunteer at one of the meal pickup sites.

Stanton Bird Club April events and cancellations



Cedar Waxwing, a bird normally found in small flocks. They are particularly fond of Mountain Ash berries. Although often hard to find in winter, they are in Maine all year. Photo by Dan Marquis.

The Stanton Bird Club of Lewiston and Auburn program meeting for Monday, April 6 has been canceled for the safety of our membership and the community. It is likely some of the field trips below may also be canceled, watch the club website for the latest details.

The Saturday April 25, Stanton Bird Club field trip to the Lewiston-Auburn Riverwalk will meet at 8:30 a.m. at the Promenade Mall, 855 Lisbon Street, at the end of the parking

lot by Staples across from Marquis Signs. After carpooling to the Riverwalk, walkers will search along the river for ducks, gulls, possibly a Peregrine Falcon or eagle as well as local songbirds. An assortment of hawks may be returning by this date, such as the Red-shouldered Hawk and Cooper's Hawk. The trip will begin at 8:30 a.m. and end by 11 a.m. The trip will be led by Dan Marquis. For more information, call him at 207-513-8213.

Five weekly Bates

bird walks are planned for this Spring. The first Bates walk will take place on April 28, Tuesday, beginning at 6 a.m. and ending at 8:30 a.m. It will begin at the front of Hawthorne Hall on the Bates campus, continue past Mount David to the Riverside Cemetery and down to the river and back to Lake Andrews. This is a great way to see returning songbirds. The leaders include Judy Marden, Steve Reed, Doug Boyd, and Christine Murray. For any questions call Steve Reed at 319-6630.

The Stanton Bird Club, a leader in environmental awareness, manages the Thorncrag Nature Sanctuary as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. It seeks to encourage both the enjoyment and protection of our natural surroundings. More information can be found at www.StantonBirdClub.org. The results of the various trips are posted there, often with photos. The Club also has a Facebook page.

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