

Aroma Joe's in Gorham is here for their community



Aroma Joe's team members Molly Roberts, Carly Rioux, Sarah Choroszy, Scotty Venable and Ella McDonald.

Aroma Joe's is open and ready to serve their community during this stressful time!

They are open 7 days a week from 4:30 a.m. to 10 p.m. and offer

drive through and delivery with DoorDash and Uber Eats.

Stop by for a cup of joe, tea, lemonade, or try one of their unique and delicious drinks—

and don't forget to grab a snack too! For a full menu visit <https://aromajoes.com/menu/>.

Gorham's Aroma Joe's is located at 109 See **Aroma**, page 9

Gorham business community resources

Small Business Owners Guide to the CARES Act Legislation:

The programs and initiatives in the Coronavirus Aid, Relief, and Economic Security (CARES) Act that was just passed by Congress are intended to assist business owners with

whatever needs they have right now. When implemented, there will be many new resources available for small businesses, as well as certain nonprofits and other employers.

This guide provides information about the major programs and ini-

tiatives that will soon be available from the Small Business Administration (SBA) to address these needs, as well as some additional tax provisions that are outside the scope of SBA.

Office of Governor Janet T. Mills: <https://> See **Resources**, page 8

Quilts of Valor in Gorham needs supplies for masks

Members of the Quilts of Valor in Gorham have been sewing masks and giving them to hospitals, home care agencies, assisted liv-

ing facilities, homeless shelters, and local communities throughout the state to give to people in need. To continue their work, Quilts of Valor

needs 100 percent cotton fabric. To donate fabric, contact Donna Brookings at donna.brookings@qovf.org or (207) 523-9322.



Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

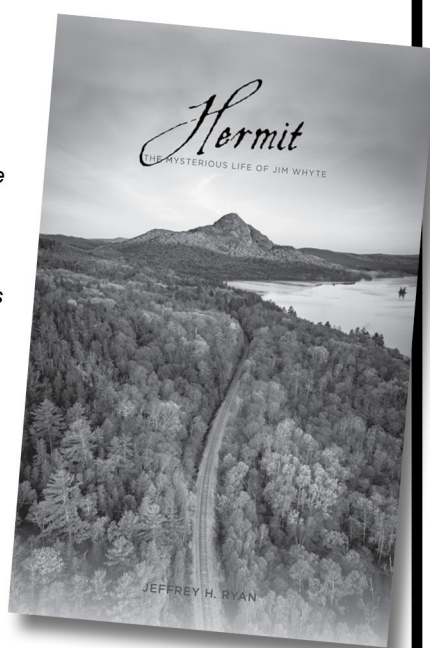
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— 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: Do the next right thing

Last Thursday night and into Friday, a spring storm brought strong winds and heavy snow...it downed tree limbs and caused power outages to more than a quarter of a million people across our state—nearly a third of the state's electric utility customers.

I mean, we really needed this right?

In the wake of this storm, I have directed the Maine Emergency Management Agency to work with our electric utilities to secure mutual assistance from other states and from New Brunswick and expedite the restoration of electricity as much as possible. Given the COVID-19 pandemic, I have asked them to prioritize hospitals, health care facilities, and food distribution centers.

If you still don't have power, please know the utilities are working on it.

This storm, on top of COVID-19, is pretty frustrating. I know it is frustrating to be asked to meet new and never-ending challenges with courage, patience and compassion. I know people are tired of being cooped up at home; tired of working on the frontlines away from your family and friends, tired of wondering how long will we have to do this. And that's okay.

It's in difficult moments like these, when these burdens feel sometimes too great to bear, I think of the quote from my four-year-old granddaughter Noelle's favorite movie, *Frozen 2*, maybe you've seen it. The quote is: "Do the next right thing."



Governor Janet Mills

What keeps me going during these times, during this holy week for Christians, Passover for people of the Jewish faith, is my faith in you, in Maine people—my faith in knowing that, no matter the difficulty, no matter the challenge, Maine people will rise to do the next right thing.

So, I suggest you call a neighbor, make sure they are okay. Thank our frontline workers, our health care workers. Hug your kids, they are missing their friends and their teachers and school-

mates. Stay the course. Stay home to beat this virus. Be kind and love one another.

I am speaking to you not just as your Governor, but as a widow. As a mother. As a grandmother. As a friend. I know there is someone out there you know who would like to hear from you. Maybe it's an uncle or an aunt, a grandfather or grandmother, or your neighbor, or someone in assisted living who's waiting for that phone to ring. Someone you used to snowmobile with. Someone you used to go fishing with. Maybe someone you played cards with once upon a time. Call them, ask them to tell you their story. Tell them that you want to hear about the Korean War, or their experience in Vietnam. Or what they remember about their

wedding day.

Don't miss this opportunity; there may never be another one. Don't let this moment pass you by.

You know my niece recently made a call to my older brother and spent three hours on the phone with him learning about his experiences during the Vietnam War. So, make the call. Even if it's someone you've lost touch with, or someone you offended at one time. They still need to hear from you.

We are all in this together, so be kind and do the next right thing.

I have said it before, and I will say it again: please stay home and go out only when necessary. When you do go out, stay six feet apart from other people and wash your hands often. You're saving lives. We're all

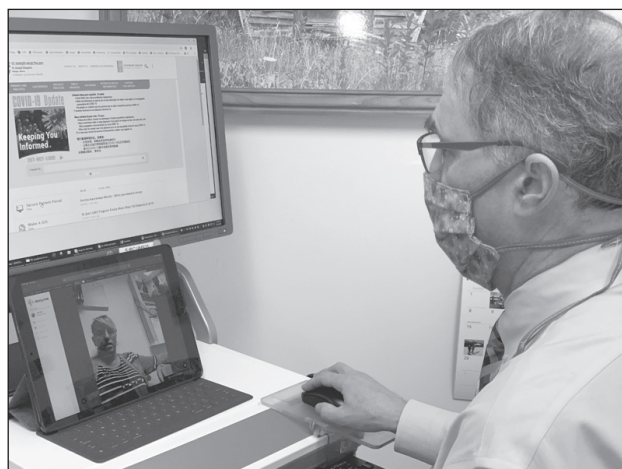
saving lives by staying home.

Last Friday, Larry Lord, the hero of Franklin County who ushered people to safety out of the building in Farmington before it exploded last September, he finally arrived home. He arrived home after months of rehabilitation, and he still has a long and difficult road ahead.

So today, as we clean up our roads after the storm, as we restore power, as we do our part to stay apart and stay safe, let Larry Lord's heroism and his perseverance remind us all that, with courage and kindness like his, we can and will overcome.

God bless you and keep you safe. God bless the State of Maine.

Geiger associates achieve professional certifications



Geiger associates who have earned PPAI Certification demonstrate a commitment to both business excellence and continual professional growth. A relatively small percentage of professionals hold these certifications and

are known as the industry's innovators and leaders.

The following associates have earned the certification of Certified Advertising Specialist (CAS):

Nicole Savage, Benjamin Keene, Melis-

sa O'Leary, Sandy Acosta, Brian Moran, Anastasia Paradis, Jessica Levy, Mercedes Bernier, Jordan Cutcliffe, Leanne MacDonald, Kris Powell, Jessica Baker, Seanna Morris, Seth Thompson, Lee Jones, Amber Carter, Rachel Santoro, Deanna Pelletier and Tammy Cressey. This certification requires 50 hours from a structured industry approved curriculum.

The following associates have earned the certification of Master Advertising Specialist (MAS):

Sarabeth Anderson, Kevin McGrory, Joe Turcotte, Amme Nielsen, Cathy Field, Kevin
See Geiger, page 13

MaineHealth team members see roles change

Noting that none of its employees have been laid off or seen their pay and benefits diminished, MaineHealth released details on how it is re-deploying staff amid the COVID-19 outbreak.

"In an effort to provide financial security and assurance to our employees at a time when so much is being demanded of them, we have decided that all MaineHealth employees who are sent home for any COVID-19-related reason will receive their regular pay and benefits and will not be required to use paid time off," said Judith West, chief human resources officer of MaineHealth.

As part of plan-

ning for the pandemic response, MaineHealth has postponed elective procedures and non-urgent medical appointments. As a result, some care team members have naturally seen their work hours reduced, or in rare cases, have seen their work hours totally eliminated. These employees continue to receive the same level of pay and benefits they had prior to the pandemic, meaning if a 40-hour-per-week employee is not working for 10 hours a week, they are still being paid for 40 hours. Across the healthcare system, which employs 22,000, about 12 percent of employees have seen a reduction in the number of hours

on the job and less than 2 percent have seen all their shifts eliminated.

West said, however, that the staffing situation is very fluid as planning for the pandemic responses develops. As part of this process MaineHealth is evaluating on an ongoing basis the licenses, certifications and skills of its employees, and where appropriate, reassigning them to roles in support of the COVID-19 response.

"Our care team members are eager to help in any way they can," said West. "Our goal is to keep our staff resources intact so that we can meet the chal-
See Roles, page 13

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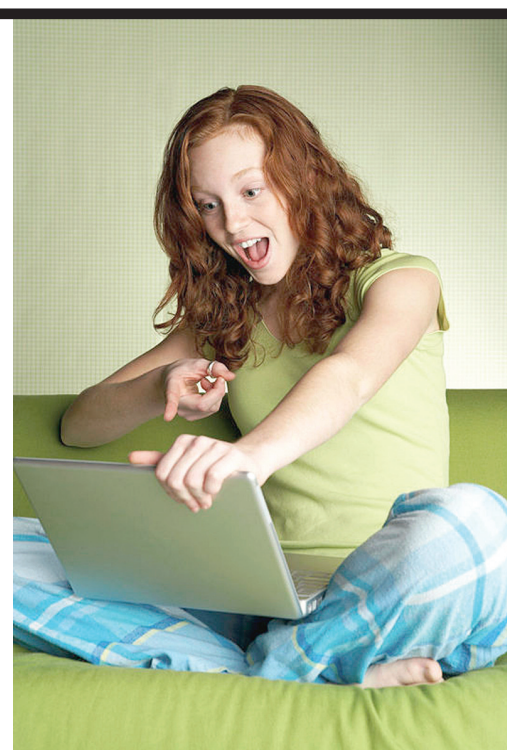
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Guest Column

A Healthier Lifestyle



Catherine Wilson, Owner, On Purpose WellBeing Center Onpurposewbc.com.

by Catherine Wilson, On Purpose WellBeing Center

Have you started your virtual or livestreaming workout journey yet?

Are you used to working out at the same place? Were you part of a community that you loved and miss seeing the people you connected with during exercise classes? There are many centers that offer in house classes that are now turning to virtual workouts including me. It is a great way to join in your regular class.

Is this new? Not really. YouTube has been around for 15 years, Pinterest started in 2009, and we have had technology at our fingertips since 1989. We have been able to turn on our computer learn, participate, and try just about anything we want. We have learned how to cut a shirt that was too big into a fun tie up. We

have also learned how to rip up old carpet and lay down a floor. It is quite amazing what is online and it's very convenient. It is so exciting that we can connect, teach, and keep members moving in such a trying time.

These "new" virtual classes are great at connecting us all in a class with maybe your favorite instructor or having the opportunity to try something new — because we can! I do see many benefiting from this, but I also see there are conditions that people have and should be careful about when trying new classes, and they should know their limits. Here are some guidelines you can use for trying virtual classes.

Be honest with your level of experience and fitness level. There is no one there to see your form and you could be aggravating or causing an injury if you got too much too quick!

Beginners: This may be obvious, but start with a beginner's class — slow paced, low impact with a seasoned instructor that knows how to communicate the ways to keep your body in safe balanced positions. Look for words in the class description like modification available or all levels welcome.

Intermediate: This

is when the most injuries happen because the challenge level becomes more difficult and less monitored by our own judgement. We think we can, so we do, but that is not always the right answer. Look for words in the class description like all levels welcome or challenging workout.

Advanced: Safe surroundings and having the "that's not going to happen to me" attitude sneaks in here. Trying anything but staying safe is very important for this level. Look for words like challenging workout or high impact.

My motto has always been quality over quantity. It is okay to challenge yourself and it is important to prepare your body to get ready for the next level. However, there is a difference between challenging yourself and pushing yourself. You never want to get to the "oh, I should not have done that" sentence in your conversations following your workouts. You always, always want to be looking forward to your workout plan, not looking at how to limit your workout plan because of an injury or recovering from a workout that was too hard! If you look at it like a ladder, each step up is a success and have

See **Healthier**, page 13

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#PIEitFORWARD

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On Purpose offers virtual walks

Catherine Wilson of On Purpose WellBeing Center, is doing a virtual walk every Monday, Wednesday and Friday at noon time. Anyone can join in and walk at their own place, space, and pace! The goal is to

start a worldwide walk three days a week where people can just hop onto On Purpose WellBeing Center's Facebook page at the given time and walk with Catherine—and others around the world!



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What's Going On

Registration open for online summer session at CMCC

Central Maine Community College (CMCC) will begin an online Summer Session with the first courses starting the week of May 18. Summer Session II classes will start July 6. Registration is open and will continue through the start of classes.

Most summer classes are on a seven-week schedule. Others are full term and will start in May and end in mid-August.

A complete list of online summer courses and registration information can be found at www.cmcc.edu/academics/programs/course-listing/. Many courses have no prerequisites and are open to high school students. Tuition and fees at CMCC are among the lowest in New England.

Courses available include: Anatomy &

Physiology, Biology, Business Math, College Algebra, College Writing, Criminology, Critical Thinking, Developmental Psychology, English Literature, Ethics, Intermediate Algebra, Interpersonal Communication, Macroeconomics, Marketing, and Statistics.

For more information please call 755-5292 or email registrar@cmcc.edu.

Biddeford company changes mission to create PPE

Thermoformed Plastics of New England (TPNE) is now manufacturing face shields for healthcare workers fighting the coronavirus.

TPNE has partnered with one of its customers, Alene Candle, to manufacture face shields that will be donated to health care facilities and first responders in Maine and New Hampshire.

TPNE is donating the plastic shield, and Alene is donating the other components and labor to assemble the shields. The two companies have produced 12,500 face shields so far.

"This effort is about teamwork in a time of national crisis. Two weeks ago, we realized the need for face shields, and we immediately knew we could help address the shortage. Alene Candle reached out and asked

if we could help them source the necessary plastic, we immediately told them yes, and that we could do one better –provide them the finished part if they would, in turn, agree to donate their time to put it together," said TPNE General Manager Paul Tyson.

"We've had several requests for the shield since then and requests to partner. We have said yes to all of them as long as the companies are committed to donating their efforts. For those who are fulfilling contracts, we have said we will support their efforts as long as they are selling their product at market rates. We have orders for over 600,000 shields to produce in the next several weeks. We are going to use all of our resources to make sure we facilitate the production of as many face shields

as possible".

Last Tuesday, TPNE will donate 1,000 face shields to the City of Biddeford for use by its police and fire departments. TPNE has donated face shields to SMMC, CMMC, Hospice of Southern Maine, Hospice of New Hampshire, and New Communities.

"We recognize the shortage is taking its toll on all aspects of workers in health care communities. Hospital workers need these products, but we also wanted to be sure that hospice workers, nursing, and eldercare communities have access to personal protective equipment as well. We will manufacture 600,000 in the next few weeks, but it truly is a drop in the bucket. We intend to do as much as we can as quickly as we can," Tyson said.

Maine DOE delivers donated devices



Jessica Dunton, SAD 4 Assistant Principal and Tech Director receiving the devices from Beth Lambert from the Maine Department of Education

The Maine Department of Education delivered wifi enabled Samsung Tab A's with a 12 month Verizon service to Piscataquis county schools last week, in an effort that is helping students in the area with their school work while they are engaged in remote learning during the COVID-19 pandemic.

The 500 devices were procured through a collection of donations and are being offered in Piscataquis County first because data shows they have the highest percentage of students without connectivity. Last week's deployment will cover all of the need for students in the county, and remaining devices will be quickly deployed to the county/school district with the next highest percentage of students without internet.

"We are so grateful to the Department of Education for the research they did and realizing that Piscataquis county

has the least connectivity of any county," said RSU 68 Superintendent Stacy Shorey. "These devices will allow all of our students to connect not only with their teachers but with each other."

As part of this pilot program, the Maine DOE surveyed building principals across Maine to identify needs and are working to procure device and hotspots for all students that need them as quickly as possible. Maine DOE Coordinator of Secondary Education and Integrated Instruction Beth Lambert, who delivered the devices yesterday, has been working with Maine DOE Chief Innovation Officer Page Nichols and a team at the DOE to research, procure, and deploy the devices.

Jessica Dunton, SAD 4 Assistant Principal and Tech Director and Matthew Larrabee, IT Director for SeDoMoCha were both on hand to receive the devices

yesterday at two drop off locations. From there, arrangements will be made to get the devices into the hands of students who need them.

"My favorite moment during this remote learning experience was being in Mr. Miller's 4th grade classroom the first time they participated in a Google Meet last week. He had scheduled 30 minutes and was experienced enough to realize that they needed 26 minutes just to say hi to each other. He used his last four minutes to clearly articulate three things he wanted his students to know," added Shorey. "We are so excited here at SeDoMoCha to now be able to give all of our students this common experience."

For further information about this pilot program Beth Lambert can be reached at beth.lambert@maine.gov and Page Nichols can be reached at page.nichols@maine.gov.



Matthew Larrabee, IT Director for SeDoMoCha receiving the devices from Beth Lambert from the Maine Department of Education

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Hannaford donates \$750,000 in COVID-19 response efforts

In response to the COVID-19 crisis, Hannaford Supermarkets is donating \$750,000 to numerous hunger relief and homeless outreach organizations throughout the Northeast as they work to support some of the most at-risk members of the community during the pandemic.

The health crisis and related economic impact are creating unprecedented demand for food assistance, resulting in operational disruptions and significant new costs for the agencies that provide emergency meals. In addition, individuals who rely solely on pantries and shelters—or who live on the street—face particular risk of contracting and spreading the virus because they have no home to shelter within.

Hannaford's donation includes:

A total commitment of \$550,000 to food banks in Maine, New Hampshire, Vermont, New York and Massachusetts. This includes \$300,000 in new funds, in addition to a recently announced \$250,000 donation to the food banks.

A total of \$200,000 to organizations that work with homeless people. The donation will be used to help create social distance among these individuals, while helping them to meet the most-basic needs of survival and staying healthy amid the crisis.

"Every day, we are learning more about the impact of this virus and responding together as a community to the COVID-19 pandemic," said Hannaford President Mike Vail. "Our company and our associates are working hard in our grocery stores to meet the most-basic needs of our community during this difficult time—food and medicine. We hope that this donation also will help the most-vulnerable of our neighbors meet their fundamental needs of staying fed and healthy, during this difficult time."

Maine organizations will receive \$225,000. This includes \$125,000 in donations announced last week and a \$100,000 donation recently announced for Good Shepherd Food Bank, as outlined below:

Good Shepherd Food Bank received \$160,000 (includes

\$100,000 previously announced). As the largest hunger-relief organization in Maine, Good Shepherd Food Bank provides for Mainers facing hunger by distributing nutritious food to more than 450 partner agencies across the state, including food pantries, meal sites, schools, and senior programs.

Preble Street received \$40,000. Preble Street provides services for people experiencing temporary and long-time homelessness, including housing, advocacy, teen services, a soup kitchen and a food pantry. On any given day, the organization serves meals to 300 people at the largest soup kitchen in Portland.

Bangor Area Homeless Shelter received \$25,000. The Bangor Area Homeless Shelter is the largest homeless shelter in Bangor. Open 24 hours a day, the organization provides many services to homeless individuals, including a soup kitchen, emergency food pantry, shelter and apartments for previously chronically homeless adults. Medical and mental health services are also available.

"The COVID-19 situation is creating a 'perfect storm' for the charitable food network in Maine and the people we serve. We're seeing surges in demand, declines in food donations and volunteers, and disruptions to normal operating procedures," said Good Shepherd Food Bank President Kristen Miale. "Our partner food pantries and programs throughout the state are carrying the largest burden, with more than one-third of our partners see-

ing a 50 percent increase in the number of Mainers seeking help. This generous support from Hannaford will help us respond to the demand by purchasing food that will be distributed to community partners at no cost over the coming weeks."

"We're so encouraged by how the community is pitching in. Between our three soup kitchens and food pantry, we distributed 68,000 meals in March to teens and adults and families, as well as people who had found themselves without a job or those who had never had to ask for a free meal in their lives. We couldn't do it without friends like Hannaford and their 'we're-all-in-this-together' generosity," said Preble Street Chief Development Officer Elena Schmidt.

Individuals who wish to make donations to support these organizations may do so online at:

Good Shepherd Food Bank at <https://www.gsfb.org/get-involved/donate/mainers-helping-mainers/>; Preble Street at <https://www.preblestreet.org/covid/>; Bangor Area Homeless Shelter at <https://www.bangorareashelter.org/support-us/donate-to-the-bangor-area-shelter/>.

Hannaford Supermarkets, based in Scarborough, Maine, operates 183 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26,000 associates. Additional information can be found at Hannaford.com.

What's Going On

Downeaster service will be temporarily suspended

The Northern New England Passenger Rail Authority (NNEPRA) Board of Directors voted last week to temporarily suspend Amtrak Downeaster passenger rail service, effective as of Monday, April 13.

The suspension will remain in effect through at least April 30, which is the scheduled expiration date of Governor Mills' Executive Order 28.

The public should be advised that railroad tracks are still active.

Freight trains will continue to operate, as may some Amtrak trains for mechanical purposes. Trespassing on railroad tracks and/or within the railroad right of way is extremely dangerous and against the law.

Greenhouse plastic recycling program

In response to the COVID-19 pandemic, University of Maine Cooperative Extension will delay opening all drop-off locations for greenhouse plastic recycling until or around June 21.

The statewide locations are part of a pilot program to recycle waste greenhouse plastic. The pilot, originally scheduled to start in April, was developed by UMaine Extension and funded

by a Maine Department of Environmental Protection Waste Diversion grant.

Growers and farmers who are ready to recycle their plastic now can still participate in the program by storing their plastic in a clean, dry location until local drop-off sites open. The program also accepts white over-wintering plastic if bundled separately from standard greenhouse plastic. In-

structions for removing and storing plastic, as well as periodic updates, are on the program website, <https://extension.umaine.edu/agriculture/greenhouse-plastic-recycling/>.

Online registration to participate opens approximately two weeks before drop-off sites open. For more information, contact David McDaniel, agplasticrecycling@maine.edu.

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Arts & Entertainment

Afternoon Chapters from Gorham Library



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book Live as he reads Frindle, Holes, The Wild Robot, and the Miraculous Journey of Edward Tulane.

Maine Mariners COVID-19 relief

SEASON REFLECTIONS - ME

FORWARD #7 JAKE ELMER

"I think the biggest one for me personally off the ice for myself, it was when we all got together and had Thanksgiving dinner. Guys were pitching in where they can, and we really bonded. That was a really awesome moment for me to experience that with my brothers."



Season reflections from Jake Elmer.

The Maine Mariners are introducing a new merchandise item! This is a pre-order item, shipping date TBA. Net proceeds from shirt sales will benefit the United Way of Greater Portland and other Maine COVID-19 relief funds. Orders can be placed until April 24. Purchase at <https://marinersmerch.corecommerce.com/HOME-COVID-19-Relief-T-Shirt>.

Good Shepard Food Bank Donation: The Maine Mariners has

teamed up with Evergreen Credit Union, the Portland Seadogs, and the Maine Red Claws to help raise money for the Good Shepard Food Bank to feed Maine families. Every dollar counts so if you are able please donate by visiting <https://www.gsfb.org/donate/vfd/?id=4604>.

Virtual Toss-a-Tomato: The Maine Mariners miss games and know you do too, so they are making one of their best promotions virtual! Send videos of your best trick shots on Facebook

or Twitter using a tomato and the winners will be getting some Portland Pie pizza! For more info visit <https://www.youtube.com/watch?v=1i0NvXCTfIE>.

Quarantine: Missing hockey talk? "Quarantine" with the voice of the Mariners Michael

Keeley on the Mariners Radio Network at 5 p.m., Thursdays. Be sure to ask questions in the live Mixlr chat. For more information or to tune in visit MarinersOfMaine.com/listen or download the Mixlr App in your App Store.

See **Mariners**, page 13



The Maine Mariners, Evergreen Credit Union, Portland Seadogs and Maine Red Claws team up to raise money for the Good Shepherd Food Bank.



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- 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 Ragu** / 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

Girl Scouts launches Cookie Care initiative



Eat. Share. Care. Girl Scout.

Girl Scouts of Maine (GSME) together with Girl Scouts of the USA (GSUSA) have announced a new resource to serve girls and consumers during this time of crisis and isolation. While the organization has suspended in-person activities and events, including Girl Scout Cookie booths, due to the spread of COVID-19, consumers can still support the largest investment in girls annually through Girl Scouts Cookie Care, a campaign that lets consumers order and donate cookies online.

In these unprecedented times, Girl Scout Cookies can be a source of comfort for many, so Girl Scouts has launched Girl Scouts Cookie Care as a way to safely order cookies for home delivery or to share the love by donating cookies to first responders, volunteers, and local causes. Donated cookie shares will come directly from local troop inventory. The Girl Scout Cookie Program is the largest investment in girls annually and the financial lifeblood that helps Girl Scout councils deliver life-changing programming to girls. The COVID-19 pandemic hit the U.S. hard in the midst of cookie season, and in Maine girls haven't been able to sell their inventory due to social distancing and other safety precautions, causing nearly a quarter of a million dollar loss on the annual sale to date in Maine.

Girl Scouts of Maine CEO Joanne Crepeau says, "Our hope is, that by offering new ways to purchase cookies for direct delivery and share donations, we can help our community while raising enough funds to continue to deliver our one-of-a-kind Girl Scout programming, and provide camp scholarships and other financial support for girls and families across state."

Consumers can also purchase cookies from Girl Scouts they

know who are selling and they should be on the lookout for "virtual cookie booths," as many innovative cookie entrepreneurs around Maine are reimagining cookie booths during this time of isolation, using the power of social media (with parental supervision) to make their sales pitch, collect orders, and deliver or donate the cookies when it's again safe. No matter how consumers purchase cookies, doing so allows Girl Scouts in Maine to continue to give back to their communities while the proceeds, which all stay local, sustain

innovative programs for girls.

By buying and donating cookies, Girl Scout Cookie fans are

helping sustain our life-changing programs for girls—and bringing joy and comfort to those on the frontlines of this crisis. Visit www.girlscouts.org/cookie-care to purchase Girl Scout Cookies.



Troop 141 cookie booth.



Troop 1168 cookie booth.



Troop 1222 cookie booth.

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or on facebook: @GotAPick

PLEASE LET US KNOW:

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS



Resources

Continued from page 1

www.maine.gov/governor/mills/covid-19.

Maine Department of Economic and Community Development: The Maine Department of Economic and Community Development has compiled a resource guide of federal and state assistance for businesses impacted by COVID-19. Link https://www.famemaine.com/wp-content/uploads/2020/03/DECD_COVID-19-Re

source-Guide-for-ME-Businesses.pdf.

Small Business Administration:

SBA Offers Disaster Assistance to Maine Small Businesses Economically Impacted by the Coronavirus (COVID-19).

On March 16, 2020, The U.S. Small Business Administration (SBA) approved Governor Mills' application for SBA Economic Injury Disaster Loans to help Maine businesses overcome any tempo-

rary loss of revenue due to the novel coronavirus, otherwise known as COVID-19. Maine is one of the first states in the country to be approved, and Maine small business owners can now begin applying for these loans.

The Press Release from Governor Mills' office about the announcement can be found at <https://www.maine.gov/governor/mills/news/sba-approves-governor-mills-application-loans-help-eligi->

Overview	Paycheck Protection Program (PPP)	SBA Economic Injury Disaster Loan (EIDL)	EIDL Emergency Grants
Maximum Loan Amount	2.5x monthly payroll costs capped at \$100K per employee, maximum of \$10MM per borrower	\$2MM	Grant of up to \$10,000
Eligible Borrowers	Business with the greater of i) <500 employees OR ii) SBA NAICS-specific employee size standards	Business that meet the SBA size standards	<ul style="list-style-type: none"> 500 or fewer employees Sole proprietorships (with or without employees or as independent contractors) Cooperative of 500 or fewer employees ESOP (500 or fewer employees) Tribal small business concern (500 or fewer employees)
Use of Proceeds	<ul style="list-style-type: none"> Payroll Interest on mortgage payments (principal or prepayments excluded) Rent Utilities Interest on any other debt incurred prior to Feb 15, 2020 	<ul style="list-style-type: none"> Payroll Rent Utilities Interest on debt incurred Accounts payable Some bills that could have been paid had the disaster not occurred 	Any allowable purpose for a loan made under Section 7(b)(2): <ul style="list-style-type: none"> provide sick leave to employees unable to work due to direct effect of COVID-19 maintain payroll to retain employees during business disruptions or substantial slowdowns meet increased costs to obtain materials unavailable from applicant's original source due to interrupted supply chains make rent or mortgage payments repay obligations that cannot be met due to revenue loss
Collateral / PG	Waived	Personal guarantee required Will take collateral	Waived
Affiliation	Applicable	Applicable	Waived
Credit Elsewhere	Waived	Waived	Waived
Forgivable	Yes, up to 100%. Forgiveness of indebtedness of an amount equal to the sum of the qualified costs incurred and payments made during the covered period (8-week period following loan origination. Forgiven portion may be reduced by a reduction in retained employees or reduction in pay of retained employees	No	Yes, Grant
Interest	4% for non-forgiven portion	3.75%	N/A
Term	10 years for non-forgiven portion	Up to 30 years	N/A

SBA Disaster Small Business Programs-comparison

ble-businesses-impacted-covid-19-2020.

Applicants may apply online, receive additional disaster assistance information and download applications at <https://disasterloan.sba.gov/ela>.

Applicants may also call SBA's Customer Service Center at (800) 659-2955 or email disastercustomerservice@sba.gov for more information on SBA disaster assistance. Individuals who are deaf or hard-of-hearing may call (800) 877-8339.

Completed applications should be mailed to U.S. Small Business Administration, Processing and Disbursement Center, 14925 Kingsport Road, Fort Worth, TX 76155.

The deadline to apply for an Economic Injury Disaster Loan is December 16, 2020.

For more information about Coronavirus, please visit: Coronavirus.gov.

For more information about available SBA resources and services, please visit: SBA.gov/coronavirus.

Info on the Paycheck Protection Program is available at <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp>. This is a key element in the federal act, the program will forgive loans to employers that maintain their payroll during the pandemic or restore it afterward.

Finance Authority of Maine (FAME): COVID-19 Relief Loan Programs from Finance Authority of Maine (FAME):

The Finance Authority of Maine will offer emergency financial assistance to Maine businesses crippled by

the sudden economic impact of the coronavirus pandemic.

The quasi-independent state agency has set aside \$15 million to assist companies with lending insurance and direct, low-interest loans.

The agency estimates it can help about 300 small businesses in Maine. It also will offer bridge financing for companies that have qualified for emergency loans from the U.S. Small Business Administration. Businesses can apply on its website.

These loan programs are available to eligible Maine businesses and individuals/employees who experience hardships due to COVID-19:

For individuals/employees: COVID-19 Relief Consumer Loan Program provides no-to low-interest consumer loans through a loan guarantee program involving Maine's banks, credit unions, and FAME. Interested borrowers should contact their local bank or credit union for more information. *See Resources, page 13*

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GORHAMWEEKLY

YOUNG AT ART

WHY THE ARTS ARE IMPORTANT FOR CHILDREN!

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

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

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source: pbs for parents

Aroma

Continued from page 1

Main Street, Gorham.

For a full list of locations, visit <https://aromajoes.com/locations/>.



McKenna Binford featuring our Black Tie and Golden Glam rush!



Aroma Joe's refreshing lemonade—you can add whatever flavor you'd like; this one is watermelon.

Sweet potato and corn chowder recipe

By Dorene Mills, Hannaford Chef

Recipe:

3 oz. Raw pancetta or Bacon, diced 3 oz.

2 Tbs. Butter or Oil

1 – 16 oz bag Frozen Corn Kernels

1 medium Onion, diced

4 stalks Celery, diced

¼ Cup Flour

2 Tbs. Smoked Paprika or regular Paprika

1 Tbs. Chipotle powder or Chili powder, optional

2 tsp. Dried Oregano

2 – 32oz. containers Vegetable or Chicken Stock

2 medium Sweet Potato, peeled and diced

½ Cup Heavy Cream

Salt and pepper to taste

Preparation:

In a large stock pot, add diced raw pancetta or bacon and render/cook until bits are crispy over low-medium heat to render the fat. Remove crispy bits from pot and set aside. Add in 2 Tbs Oil or butter to fat in the pan.

Turn up pot to Medium-high heat and add Frozen corn kernels—note you can use canned corn kernels, just drain them. Cook until corn browns and caramelizes.

Add in diced onion and celery and cook until vegetables soften. Stir in flour, smoked paprika and optional Chipotle powder and cook an additional 5 minutes, stirring occasionally.

Add in vegetable stock and diced sweet potato. Bring to a simmer and allow to cook until sweet potatoes are tender. The longer you cook, the deeper the flavors of the spices will get. Feel free to add more water to the pot as well if you like your soup thinner.

Add in heavy cream, or a little more if you like the richness—note if you don't have heavy cream, feel free to add ¼ cup Sour Cream or plain Greek yogurt, or 2 Tbs Cream cheese. Add salt and pepper to taste. If you like your Chowders thicken, you can easily thicken it with a couple corn tortillas or



Dorene Mills, Hannaford Chef

tortilla chips. Just add with crispy bits of bacon them to the soup and let or Pancetta when served! them dissolve! Sprinkle Enjoy!

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A P P R A I S A L N

Mediation program for farm families during COVID-19

The Maine Agricultural Mediation Program (MAMP), funded by the U.S. Department of Agriculture, Agricultural Mediation Program, provides farm coaching and alternative dispute resolution through mediation to farmers, their lenders and others directly affected by the actions of certain USDA agencies.

“Sometimes having a neutral third party in the room can help a farm family talk through a difficult topic,” says MAMP program director and University of Maine Cooperative Extension human development specialist Leslie Forstadt. The mediation program can offer farm coaching, which includes how to make decisions related to farm finances and leases, and farm transitions, or to create alternative plans in case one of the farm team members falls ill due to COVID-19.

During mediation, trained and impartial mediators help participants through the voluntary, confidential process of dispute resolution with the goal of avoiding expensive, lengthy administrative appeals and litigation.

For more information call (207) 581-3487 or email maineagmediation@maine.edu. MAMP, which works in partnership with Family and Community Mediation, is a member of the Beginning Farmer Resource Network of Maine, and is administered by UMaine Extension.

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

The University of Maine, founded in Orono in 1865, is the state’s

land grant, sea grant and space grant university. As Maine’s flagship 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.

Maine State Music Theatre single tickets on sale

Maine State Music Theatre single-show tickets on sale now to the general public.

The 2020 main stage series season starts off June 3 through 20, with the production of “Titanic” in association with Fulton Theatre in Lancaster, PA. The best-selling musical in MSMT’s history, “Mamma Mia!”, comes back to the Pickard from June 24 through July 11. The world’s most beloved musical, “The

Sound of Music”, is next July 15 through August 1. MSMT ends the season on August 5 through 22 with “the funniest musical comedy in at least 400 years” (Time Out New York), “Something Rotten”.

The Concert Series – “Christine and Patsy Together Again” on June 14 and 15; “Red, Hot and Cole Porter” on July 5 and 6; and “Piano Men: The Music of Billy Joel and Elton John” on July 26 &

27 – are also on sale starting now.

The Theatre for Young Audiences series – “Beauty and the Beast” on June 29; “Frozen, JR.” on July 20; and “Shrek The Musical JR.”, on August 17 – are now on sale.

To keep patrons and staff safe, the MSMT Box Office is closed to foot traffic. To purchase tickets, call the Box Office at 207-725-8769 or visit msmt.org.

UMaine Extension’s ask-an-expert agriculture

University of Maine Cooperative Extension created a new resource for Maine farmers and agricultural producers devoted to frequently asked questions during the COVID-19 pandemic.

Questions about COVID-19 and agriculture can be submitted using an online form. UMaine Extension experts will respond and selected questions with their answers will be posted. Questions also can continue to be submitted to local Extension offices by email or phone.

For more information about Extension resources for Maine agriculture, call 207.581.3188, email extension@maine.edu or visit extension.umaine.edu/agriculture.

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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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Resources

Continued from page 8

it union (not FAME) to see if the lender is offering this program and to apply. The program offers loans of up to \$5,000 (minus any unemployment benefits received by borrower). A borrower may apply for up to three (3) loans, one per each 30-day period.

For lenders: COVID-19 Relief Lender Insurance Program provides commercial loan insurance of 50-75% to lenders who make loans to Maine businesses experiencing interruption or hardship due to COVID-19.

For businesses: COVID-19 Relief Interim SBA Finance Loan Program provides FAME Direct Loans of up to \$100,000 with special terms available to eligible borrowers who provide proof of commitment for SBA financing. The FAME loan would be originated for use to the business owner until the SBA loan is funded. The SBA loan would then pay-off the FAME loan.

COVID-19 Relief Business Direct Loan Program provides FAME Direct Loans of up to \$50,000 with special terms available to Maine-based businesses experiencing interruption or hardship due to COVID-19.

Maine Legislature Omnibus bill passed on March 18:

The Legislature approved a supplemental budget package worth about \$76 million, with funding earmarked to help the state respond to the coronavirus pandemic.

The bill makes it easier for self-employed Mainers to gain access to no-interest loans from the Finance Authority of

Maine and allows elected bodies to meet and vote remotely, suspending provisions in the state's Freedom of Access Act that require they be held in person.

It also allows Governor Mills to prohibit water and electric utilities from cutting residential service for unpaid bills during the crisis, among other powers. All of the provisions will expire 30 days after Maine lifts its state of emergency.

The bill also expands eligibility for unemployment benefits for workers impacted by the virus, while also eliminating the one-week waiting period for benefits to start.

Coastal Enterprises Inc.: Coastal Enterprises Inc. (CEI) has put together a comprehensive list of resources for businesses in the areas of accessing capital, legal guidance, communications/operations, farms and childcare. Visit <https://www.ceimaine.org/covid-19-resources-for-businesses/>.

Gorham Economic Development Corporation:

Revolving Loan Fund -The Revolving Loan Fund (RLF) is a permanent loan program administered by the Town of Gorham, which provides direct loans to Gorham businesses. These loans help address financing needs that aren't met through conventional sources of financing from banks and other financial institutions. The maximum amount loan allowed is \$150,000.

Eligibility: The fund is available to businesses with less than 50 employees or sales of less than \$5 million in the most recently reported year.

The GEDC is ac-

Garden Time

S	C	A	E	S	T	A	U	T	C	E	T	Y	M
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- LETTUCE
- POTATO
- CORN
- PEPPERS
- TOMATO
- PUMPKIN
- PEAS
- SQUASH
- CARROT
- EGGPLANT
- BEANS
- CELERY

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

tively working on revising aspects of the RLF program, in particular simplifying the process to expedite review/approval of loans under \$25K. Please contact Kevin Jensen for further details.

Gorham Business Support Facebook page: GEDC has set up a Facebook page where businesses can post their daily opening hours for business, take out, delivery and curbside business. This page is open and available for businesses to post updated information in real time.

The Town of Gorham's Department of Community Develop-

ment is available to help answer questions and offer assistance. Contact Kevin Jensen, Economic Development Director, Town of Gorham at (207) 222-1628 or kjensen@gorham.me.us.

Healthier

Continued from page 3

ing to back down will take you longer to reach your goal. The right pace and staying in the level you need until you have balanced, stabilized, and mobilized your body enough to move to the next level, equals success.

So, through your virtual journey of all of these fields of online and livestreaming classes, please take a good honest look at what rung of the fitness ladder you are starting on, consult your physician before starting, and last but not least love what you are doing! Doing anything in love and play will be fun and a better experience for faster learning and for a body that holds you up happier!

A great place to start may be someone who has been teaching for many years. Amanda Kezal, owner of Holistic Pathways Yoga is a seasoned online Yoga

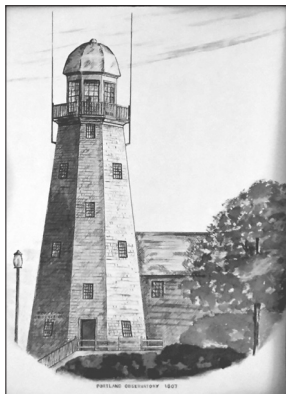
instructor and has had online classes for many years! She has classes for many levels and is a beautiful encouragement to any beginner, and a challenge warrior to an advance student. You can find her classes at holisticpathways.com.

Mariners

Continued from page 6

Visit <https://marinersofmaine.com/news/season-reflections-jake-elmer/> for season reflections from Maine Mariners team members.

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

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Laurie@GorhamWEEKLY.com

Lifelong Communities Mini-Grant Program awards \$27,000

Grants totaling \$27,000 have been awarded to fifteen Maine nonprofit organizations and municipalities through the Lifelong Communities Mini-Grant Program. The program helps communities be more supportive of older people's health, well-being, and ability to age in the community.

Grantees include:

Gray Lifelong Living Committee, to conduct a survey and face-to-face outreach to Gray's older population to assess needs and develop recommendations for lifelong living programs and services.

Town of Danforth,

to support a town-sponsored event celebrating completion of a "Community Chore Day" and promoting further awareness of Danforth's age-friendly initiatives.

Town of Nobleboro, to engage residents in a Lifelong-Livable Communities conversation and survey, assessing older residents' needs and developing age-friendly strategies for inclusion in Nobleboro's Comprehensive Plan update.

The next deadline for applications is January 15, 2021. For guidelines, application, and a complete list of 2020 grants, visit www.mainecef.org. If you have

questions about eligibility and/or fit of your project, please contact Director of Grantmaking Laura Lee at llee@mainecf.org or (207) 412-0838.

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

UMaine Extension creates 4-H online resources

University of Maine Cooperative Extension 4-H has created a new online educational resource, Learn at Home, for parents, caregivers and students to utilize during the disruption in school schedules.

The collection includes activity books, videos, guides and links to additional resources—from science to financial literacy. The goal is to keep students of all ages engaged in learning. Activities to do at home will be featured each Friday with a short video and easy-to-follow instructions.

For more information, contact UMaine Extension 4-H, 207.581.3877, extension@maine.edu.

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ucation 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.

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UMaine Extension easy recipes video series for home

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

The "Mainely Dish" series will feature a new recipe each Monday with a brief video and clear instructions. The series begins with oatmeal packets, a make-ahead meal with several variations, including cin-

namon-raisin and cocoa. Videos will be archived and available for easy access online.

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

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs

in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational programs. See **Recipes**, next page

Sea farm to table: How to prepare delicious, local seafood

The seafood industry has a big problem. Between 60 and 80% of seafood consumed in the U.S. is eaten in restaurants, and with many restaurants resorting to take-out only or closing altogether during the COVID-19 pandemic, seafood consumption in the US is at an all-time low. This is a problem for Maine fishermen and aquatic farmers, many of whom are trying to mitigate losses in the wholesale market with direct-to-consumer sales.

To encourage local seafood consumption at home, the Maine Aquaculture Association has created a series of recipes and short instructional videos as part of a new series titled, "Sea Farm to Table." Their growing

library of creative dishes includes a blueberry and mint smoothie using frozen Maine kelp from Atlantic Sea Farms, a company that partners with Maine lobstermen to grow kelp during the off-season.

Another recipe features Bangs Island Mussels over rice with a Thai-inspired coconut curry sauce. The mussels are rope-grown in Casco Bay, right off of Portland. Mussels are one of the easiest proteins to prepare, taking less than 5 minutes to cook. Other recipes published include pan-seared Gulf of Maine Atlantic salmon and broiled Maine oysters with garlic butter.

Recipes can be viewed on the MAA

website (maineaqua.org/recipes) with each recipe including information on where to purchase the featured seafood products. These recipes are also available on MAA's social media channels including Instagram, Facebook, and YouTube.

To find Maine aquaculture and wild seafood products near you, check out maineaqua.org/directory.

The Maine Aquaculture Association (est. 1978) is a non-profit trade association that advocates for Maine's aquatic farmers (including shellfish, fin fish, & sea vegetable producers) at the state, federal, and international levels. For more information about the association, please visit maineaqua.org.

Spring lawn equipment: Keep safety in mind with these 8 tips



Spring is on its way and homeowners are eager to get outside and spruce up their yards. The Outdoor Power Equipment Institute (OPEI), an international trade association representing outdoor power equipment, small engine, utility vehicle, golf car and personal transport vehicle manufacturers and suppliers, reminds homeowners to keep safety in mind when working in their outdoor living spaces.

"Before you use a mower, trimmer, blower, power washer, chainsaw, pruner, portable generator or other piece of outdoor power equipment this season, it's important to refresh yourself on handling and safety procedures," said Kris Kiser, President and CEO of OPEI. "We're all eager to get outside and enjoy the living landscape af-

ter a long winter, but you should take the time to do basic maintenance to ensure your equipment operates safely for the season and is ready to get the job done."

Here are tips to help:

1. Read your owner's manual. Follow all guidelines for your outdoor power equipment and familiarize yourself with the controls. If you have lost your manual, look it up online (and save a copy on your computer for easy reference in the future).

2. Inspect equipment. Check the air filter, oil level and the gasoline tank. Also check loose belts and missing or damaged parts. Replace any parts needed or take your equipment to a qualified service representative for servicing.

3. If you have gasoline-powered equip-

ment and didn't empty the tank before winter storage, drain the fuel now. You should never leave fuel sitting in the gas tank of your equipment for more than 30 days. Untreated gasoline (without a fuel stabilizer) left in the system will deteriorate, which may cause starting or running problems or damage the fuel system.

4. Protect your power by only using E10 or less fuel in gasoline-powered outdoor power equipment. With today's higher ethanol content fuels, most manufacturers are recommending a fuel stabilizer be used, especially if you don't use up all the gas purchased right away. Some gas stations may offer 15 percent ethanol (E15) gas or higher ethanol fuel blends, but any fuel containing more See **Lawn**, next page

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.

Ongoing, Wednesdays
Lewiston outdoor market (and weather permitting) from 10 to 11 a.m. at 91 College Street, Lewiston. Neighbors who help set up the market wear gloves and masks. The market is set up to allow safe social distancing. Customers will have their temperature taken upon arrival and be given a box to fill if they are safe. If they

Calendar

Send your submissions to the Editor. More online.

are running a temperature, they will be sent home quickly with a box of food.

Ongoing, Tuesday through Fridays

Afternoon Chapters with Mr. Jeff at 2 p.m., throughout April. Join Mr. Jeff on Facebook Live as he reads Frindle, Holes, The Wild Robot, and the Miraculous Journey of Edward Tulane.

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

Rual Community Action Ministry's 9th Annual Auction for Action at At Boofy Quimby Memorial Center, Rte. 219, Turner. Doors Open 4:30 p.m., Silent Auction; Live Auction, begins 6 p.m. Credit Cards Accepted; Ed Wheaton, Auctioneer. Music by

Stan Davis; Food for Purchase, Admission is Free. For more information call 207 524-5095 or visit www.rcam.net.

Stanton Bird Club trip to the Lewiston-Auburn Riverwalk will meet at the Promenade Mall, 855 Lisbon Street, at the end of the parking lot by Staples across from Marquis Signs, at 8:30 a.m. The trip will be led by Dan Marquis. For more information, call him at 207-513-8213.

Tuesday, April 28

Stanton Bird Club first Bates walk beginning at the front of Hawthorne Hall on the Bates campus at 6 a.m. and ending at 8:30 a.m. The leaders include Judy Marden, Steve Reed, Doug Boyd, and

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Christine Murray. For any questions call Steve Reed at 319-6630.

Saturday, May 2

The Greater Gorham Farmers Market 8:30 a.m. to 12:30 p.m., unless guidance from ei-

ther the town, the state, or the federal government instructs otherwise or the environment changes. Please keep in touch on our Facebook page for further updates and stay safe.

Geiger

Continued from page 2

Boilard, Rhonda Blum, Crystal Coolong, Joanne Hadfield, Shanna Dubay, Pam Peterson, Jennifer Howell, Carolyn Ippoliti, Laura Chanin, Aileen St. Onge and Sam Stewart. This certification requires CAS Certification, a minimum three years of experience in the promotional products industry and additional MAS level course curriculum.

Geiger is the largest family owned and managed promotional merchandise distributor worldwide. We are the greenest promotional company, with 100% of headquarters electricity solar generated and 100% of product shipments carbon neutral. Operating from 16 division offices across the US and in the UK, our customers' global needs are supported by 400 employees and over 400 independent sales representatives dedicated to safe, ethical product sourcing and Brandspiration®. Geiger is the publisher of the world-famous Farmers' Almanac™.

Geiger is the promotional product industry's most recognized and awarded firm. Among the company's most recent awards are the Best Places to Work in Maine, Counselor Magazine's Best Places to Work Award, and PPB Magazine's Greatest Companies to Work. Geiger has won more Promotional Products Association International (PPAI) Pyramid Awards for creativity than any other firm. More Geiger people have earned

PPAI MAS+, MAS, and CAS professional certifications than any other firm. More Geiger people have been recognized by PPAI for their contributions to the industry than any other firm.

Roles

Continued from page 2

challenges that might arise as the outbreak progresses."

Across the system, team members have stepped up where needed. The goal is to leverage existing skills into new functions rather than completely change someone's job. So, for instance, physicians and advanced practice providers previously assigned to neurosurgery, urology, cardiac surgery and primary care are instead serving as physicians and advanced practice providers at COVID-19 testing sites and respiratory assessment centers. Doctors and nurses have been redeployed to employee health so that they can answer team members' health-related questions. MaineHealth support staff has also been assigned to assist with community blood drives to help address the shortage of donated blood at this time.

West said MaineHealth's scale as the largest health system in northern New England has provided flexibility and resources as planning for the pandemic response has progressed. "Our local health systems know they have the strength of our entire system behind them as they deliver care in the communities we serve,"

she said.

West said the current staffing policies will be reviewed on roughly a monthly basis with the next such review scheduled in the next two weeks. "This is a very dynamic situation," she said. "As such, we are constantly evaluating our approach with the goal of supporting our team so they can provide excellent care throughout this crisis."

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

Hospital in Westbrook and Stephens Memorial Hospital/Western Maine Health Care in Norway. MaineHealth Affiliates include Maine General Health in Augusta and Waterville, New England Rehabilitation Hospital in Portland and St. Mary's Regional Medical Center in Lewiston. It is also a significant stakeholder in the MaineHealth Accountable Care Organization in Portland.

UMaine

Continued from page 10

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.

Lawn

Continued from previous page

than 10 percent ethanol can damage--and is illegal to use in-- small engine equipment not designed for it.

5. Store fuel safely. Label your fuel can with the date of purchase and ethanol content of the fuel. Never put "old" gas in your outdoor pow-

er equipment. If you don't know the date of purchase, dispose safely of the fuel in the can and buy fresh fuel. Always store fuel out of the reach of children or pets and in approved containers.

6. For battery-powered equipment, recharge only with the charger specified by the manufacturer. A charger that is suitable for one type of battery pack may create a risk of fire when used with another battery pack. Follow all charging instructions and do not charge the battery pack or tool outside the temperature range specified in the instructions.

7. Store batteries safely. When the battery pack is not in use, keep it away from other metal objects, like paper clips, coins, keys, nails, screws or other small metal objects, that can make a connection from one terminal to another. Shorting the battery terminals together may cause burns or a fire.

8. Clean your equipment and store it in a dry place. Remove any dirt, oil or grass. Clean equipment will run more efficiently and last longer. Never store your equipment in a place that is damp or wet.

To learn more, go to www.opei.org. For further information on safe fueling, go to www.LookBeforeYouPump.com.

Recipes

Continued from previous page

gram 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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Deadline is
Friday by
five pm.

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

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