



TWIN CITY TIMES

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LA Metro Chamber: The Healing Community Food Challenge

The Healing Community Food Challenge

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LA Build. Lead. Thrive. MEDCo

The Healing Community Food Challenge.

The Lewiston Auburn Metropolitan Chamber of Commerce is partnering with The Healing Community MEDCo for The Healing Community Food Challenge, making it easy for businesses and individuals to provide \$100 a week in grocery gift cards to families whose income has been reduced from COVID-19. This new challenge was inspired by the success and response of area businesses and individuals who earlier this week sponsored the purchase of 5 laptops in 2 days. The laptops will be on loan to adult learners shifting to distance learning for a construction cohort- a partnership with Lewiston Adult Ed, WMCA, and Communi-

ty Concepts. The laptops will continue to be a tech resource for future learners in the program.

The LA Metro Chamber has shifted its operations in an effort to provide support for the community and businesses. In addition to community-centered responses, the Chamber has swiftly shifted to providing webinars available not only to members, but other businesses in need. These webinars include speakers from member attorneys and professionals who can help others work through challenges in virtual work, the changes to general business law, and the changes to employment law. In response to growing concerns and questions

about shifts in federal regulations, the Chamber hosted two listening sessions with Congressman Jared Golden.

“As a Chamber, we have been working to anticipate and provide emergent and vital content to our members through virtual methods to help address businesses’ pressing needs” said Shanna Cox, President + CEO. “While we continue to offer Certificates of Origin by appointment, our team has really shifted how they work and what they prioritize to address the fluid needs of business and community.”

Quickly on the heels of stay at home recommendations and changes in business operations, the Chamber pulled together an online community resource—LAadapts.com. This website features a business directory, community resources, business resources, and access to webinars from the Chamber—all available free and to the public.

“The purpose of #LAadapts is to provide See **Food**, page 9

Thanking essential workers in our community

By Kayt Myers

I don’t know about you, but I have been trying to think of ways to practice shelter in place and social distancing but also taking the time and effort to thank those essential workers in our community. It’s not easy but I think it’s an effort worthwhile.

Here are some ideas:

Send cards, letters, or posters to essential community organizations and stores which they can post in the break rooms for employees to see.

Post a thank you message to social media and tag your favorite local stores and services that remain serving the community.

Know of an essential worker in your neighborhood? Post a yard sign personally thanking them. They will see it when they drive by to work and feel appreciated.

If you have a friend or family member that is an essential worker, call them up or video chat.



Walgreens, 430 Sabattus Street, Lewiston.

Be sure to tell them how much you appreciate their efforts.

I know when I think about the essential workers in our communities, I want to find as many ways as I can to say thank you. Macaroni Kid National recently partnered with Walgreens to do just that. Walgreens knows just how hard their employees are working and what better way to recognize their efforts than to call on Macaroni Kid’s local publisher moms?

We were thrilled to help! Walgreens has locations throughout our

communities!

My Walgreens is located on Sabattus Street in Lewiston. I’ve been so grateful that they have not only stayed open to serve the community, but always have the friendliest associates and knowledgeable pharmacy staff. Walgreens is well stocked with the essentials my family needs and offers an easy way to pick up prescription meds.

A huge shout out to the Walgreens team—from the warehouse personnel for making sure See **Workers**, page 9

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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

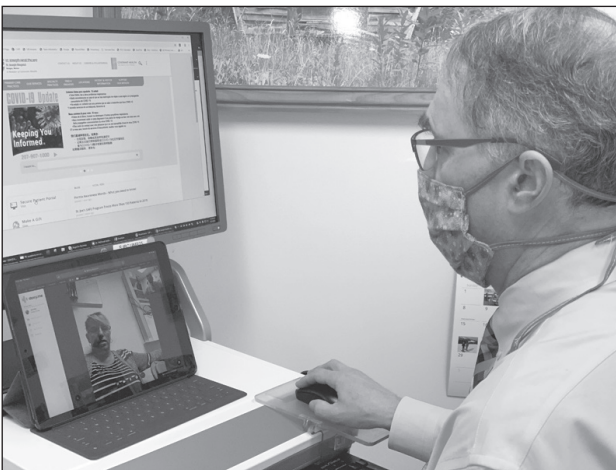
saving lives by staying home.

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-

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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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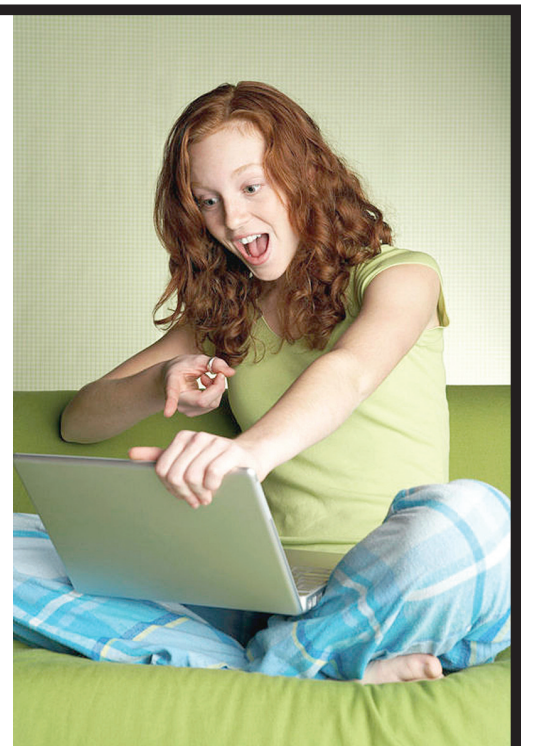
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Newsmakers, Names & Faces

Seniors Not Acting Their Age The Cathance River Ice Breaker



A canoeist enters Boulder Pile on the Cathance

From Interstate 295, the Cathance River in Topsham appears to be a docile, meandering coastal stream. Hidden from view in a remote area are about two miles of cataracts and exciting whitewater rapids.

More than three decades ago, the whitewater community “discovered” this little paddling gem. For years, challenging the Cathance has been a rite of spring for my outdoor club, the Penobscot Paddle and Chowder Society. The American Whitewater Association describes it as a Class III/IV creek with two Class V waterfalls. Unlike most of the outstanding creek runs in Maine, the Cathance is close by.

Proximity and stimulating rapids are not the only benefits of the Cathance. A moderately large watershed for a small river, water levels tend to remain high longer than most similar-sized streams. The Cat is usually one of the first to experience ice out in the spring.

In March, I usually start reconnoitering the Cathance to determine when it’s ice-free. Distracted by the coronavirus news, I was delinquent this year. My youngest son Adam, who recently moved back to the area, assumed my Cathance monitoring du-

ties announcing ice was out and the water level high. Yet another geriatric revelation, when your youngest child has reached middle age, you’re wicked old.

We decided to paddle the Cat the following day and publicized the excursion as a club trip. As predictable as the sun rising in the east, three members signed on despite the short notice. In keeping with tradition, the first spring trip is designated the ice breaker. Our group consisted of two kayaks, a canoe, and a father-son team in an inflatable boat called a shredder.

Meeting at the take-out, Head of Tide Park on the Cathance Road in Topsham, it was a cool, breezy sunny day. This year, we have a new challenge, preventing the spread of coronavirus. Social distancing is not an obstacle on the river, but the shuttle is more problematic. The predicament was addressed separating people by six feet and driving with the windows open. The coldest part of the day was the shuttle to the Topsham boat landing on Old Augusta Road.

A painted gauge on the I295 bridge abutment indicated the level was 2.6, a medium volume. Although Adam had verified all rapids were clear, a decision was

made to scout everything and set up safety if necessary.

Following a mile of flat water, two easy Class II rapids were negotiated in a narrow gorge. Just beyond, long technical Z Turn was scouted and successfully navigated. Around the bend, a cataract called Second Drop was encountered. Midway through, it takes an abrupt left turn causing a foam pile to build on the right above a narrow twisting passage. A notorious boat flipper, everyone mastered the maneuver.

Steeper and potentially more hazardous, Third Drop was next. Most of the current tumbles left over a ledge pitch and then flows beneath an undercut rock forming a cul de sac called Room of Doom. The required technique is to power through the waves angled right and plunge down a precipitous tongue as far from doom as possible. The hard boats accomplished the precarious nosedive. Experiencing misgivings, Team Shredder walked.

Intimidating Boulder Pile waited around the next turn. So named because of a seemingly impenetrable mass of boulders located at the bottom of a steep slide, there are two navigable choices; descend hard left through an attenuated slot between two large rounded rocks at the terminus or perfect a ninety degree right turn at the end of the slide while paddling aggressively to avoid flushing sideways into the boulders. The narrow kayaks easily negotiated the elusive left route while the larger boats successfully

See Seniors, page 11

Denis D’Auteuil next Lewiston City Administrator

Following City Administrator Ed Barrett’s announcement that he intends to retire on or around June 30 of this year, the City Council began the process of selecting a new City Administrator by accepting applications from internal candidates. Denis D’Auteuil, the current Deputy City Administrator, applied for the position, was interviewed, and was subsequently offered the position by the City Council. The parties have agreed to the terms and conditions of an employment agreement.

In announcing this selection, Mayor Mark Cayer stated: “As we entered into this selection process, The Lewiston City Council and I knew that Denis was a strong candidate. In my time as Mayor, I have had the opportunity to work closely with him and have observed his strong leadership abilities, particularly as he has served as Lewiston’s incident commander for the current health emergency. When he was interviewed by the Council, it became clear that his knowledge of the community, management skills and the respect he has earned from city department heads and employees will allow the City to transition to new administrative leadership without missing a beat.”

Outgoing City Administrator Ed Barrett noted, “When I hired Denis as Deputy Administrator, I knew that he would play a key role in transitioning the city’s administration on my retirement. I selected him with the belief that he had the skills, ability, and temperament to take over. In the two years we have worked together,



er, his performance has done nothing but reinforce my evaluation of him. I’m pleased that he has been selected for this position.”

When asked to comment, Mr. D’Auteuil noted he is “honored to have been selected as the next Lewiston City Administrator. I’ve always been proud to be a native of this community and look forward to expanding my role, in concert with our elected officials, in moving Lewiston forward. There is no greater honor than to be able to serve the residents of my home town.”

Prior to joining Lewiston, Denis held the positions of Assistant City Manager and Director of Public Works in Auburn. A veteran of the U.S. military, Denis is a Lewiston native and lives in Lewiston with his family.

The initial term of his employment agreement will be for three years. Mr. D’Auteuil’s starting salary will be \$120,000.

For further information, contact Mayor Mark Cayer, 513-3121; Ed Barrett, 212-5604; Denis D’Auteuil, 577-9488.

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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

Lewiston pulls together through outdoor market

Some months ago, nobody imagined their neighborhood would be seeing such high unemployment again so soon after it's long climb out of recession. When the coronavirus hit Maine, the volunteers at Hope House's Family Support Center were already running a weekly food and clothing distribution, they just had to figure out how to do it more safely. They knew the help was very essential, as people were being increasingly laid off from work due to the need to stay home. So, they were determined to find ways to still assist each other's families—and the Outdoor Market was born!

The market, located at 91 College Street, operates each Wednesday (weather permitting), from 10 to 11a.m. It is now in its fourth week running. The neighbors

who help at it wear masks, gloves, and encourage all to practice social distancing. Everything is offered outside, very spread out, so people keep 6 feet away from each other.

The market is set up so that people can quickly move through it. First, customers get a quick temperature check, and if it's not elevated, they get a box to fill. The first stop is the big front porch of the center, for produce. Then, they go around the corner to the driveway beside the two center buildings, for bakery items. The non-food essentials like diapers, soap, shoes/jackets, etc., are found in the backyard. If their temperature was found to be elevated when they arrived, they are just given a box of food and asked to go home right away to rest and monitor their symptoms away from others.

"The neighbors are really stepping up to take care of each other, even if they have to get creative and do a lot from their homes or vehicles," says Bruce Willson, the program's director. "Several volunteers started sewing masks to share, all on their own. And they always think of others to drop off extra food to at the end of each market." He notes that this week's bounty will include boxes of food from LL Bean, along with the food that is donated weekly by Walmart, Shaw's, and Good Shepherd Food Bank. There are special treats as well, to help the families celebrate the various faith holy days in this season, like Easter, Passover, and Ramadan. Bruce observes that holding onto faith, even if gatherings cannot take place, is certainly one of the "essential things".

Seven ways to support Androscoggin businesses



By Kayt Myers

The temporary shut-down of many local businesses and the order for restaurants and bars to close has left many of us asking how we can best support small businesses during this crisis. If you can financially do so, please consider going out of your way to support locally owned Androscoggin County businesses and organizations right now. Here are seven ideas on how to do that:

1. Order takeout

Bars and restaurants have been ordered closed, but many are finding ways to offer takeout. Some are even offering delivery services for the first time. Call your favorite local restaurants or visit their social media pages to find out what alternatives they're offering customers.

2. Change your habits

You might only grocery shop at big box stores typically. Those large businesses have

more resources to help employees and stay in business throughout this crisis. Instead, think about shopping at places locally owned and operated. You may even find some of those businesses are better stocked in much sought-after items.

3. Plan ahead

Have a birthday party or other gathering to plan for later this year? Reserve a location or entertainer now. That support — and a down payment — will give small business owners a boost during a scary time for them.

4. Adopt a shelter pet or foster

You likely find yourself with a little more time on your hands right now and are hopefully home a whole lot more — along with other members of your family. It's the perfect time to think about adopting a shelter pet. Not only will you have more time and extra hands for feeding, house training, and behavior training but you will be helping our local shelters by offering a home for an animal in need. Many shelters have limited hours or are closed — but still adopting by appointment. If you are not in a position to adopt, consider foster-

ing or donating items that shelters need instead.

5. Buy gift certificates

Almost any business will allow you to buy a gift certificate for later use. Most have online options. That will give them the cash they can use now to pay bills and employees, and you can look forward to spending it when restrictions have lifted. Gift certificates aren't just for restaurants — think about businesses ranging from hair salons to doggy daycares.

6. Don't ask for your money back

Extracurriculars canceled? Gyms closed? Daycare shuttered? Consider asking for make-up classes or time rather than asking for your money back. They need every penny you can afford to offer right now to stay solvent and pay employees.

7. Donate to local food banks

Food banks are crucial to helping families suffering financially during this crisis — like laid off restaurant workers, retail employees, and others. You can often make cash donations online or call ahead to arrange a drop off donation.

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





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Out & About with Rachel Morin

Spring, spring, glorious spring!

Story and photos by Rachel Morin

In light of our efforts to flatten the curve and keep our social distance, I have found myself watching for the coming of spring from various windows of my home. This is not the way I like to welcome spring. It brought to mind an essay I wrote a few years ago that seems especially poignant now as we are all so shut in and closed off. I thought it was appropriate to share it again...

I woke up this morning and looked out my windows to see the huge mounds of winter-weary snow burying my back yard all winter, had "magically" disappeared overnight!

Left in its wake are my 18 perennial flower beds in their brown/gray winter colors with accumulated winter debris—soft drink cans and candy wrappers dropped by careless walkers going by. Scattered, colorful plant markers, showing where new growth will soon appear, offering



The Bleeding Hearts came up as pretty as always, even purple tulips next to them.

signs of hope.

I see greenery emerging. Green stems spring from daffodils and tulips. Are those red stems from the graceful Bleeding Hearts? On closer inspection, I see three Bleeding Hearts bursting through the soil.

Multiple broken tree limbs lay willy-nilly across the back yard. Thankfully, I see the wooden rustic fence bordering my property is still standing upright.

Spring Season is here, a life giving, affirmation of rebirth in my perennial gardens. I look forward to this season every year. I am impatient to get busy and prepare for the growing

season.

The harsh winter is over. The memory of our three Nor'easters with the record accumulations of snow and the fierce winds adding to the high snow drifts is long gone. Time to move on!

I walk the neighborhood eager to see more signs of spring. There is winter tree damage for sure. Signs of neglect are uncovered by the melting snow. Little boys now see what became of their red, blue and green trucks overlooked in the fall clean-up. Are those Emma's pretty red mittens forgotten on the picnic bench?

Folks, clad in brightly colored spring-weather

er jackets, are out, rakes in gloved hands, cleaning out the brown, wrinkly leaves caught in shrubbery. Others have push-brooms and are sweeping out driveways. Everyone calls a glorious greeting about spring being finally here. I move right along, echoing their greetings, but eager to return home to assess my own situation.

Remembering my feverish attack on cleaning out my perennial beds two years ago, I reinforce my decision to pace myself and do "a little each day." The bursitis in both hips from that endeavor is still being treated with pool therapy. My daily walks are a must to keep limber and mobile.

This does not diminish my love of gardening which I learned from my mother in my pre-teen years, watching her plant purple, yellow and lavender pansies. Who knew, growing up, that I would delight in getting down on my knees and relish the feel and smell of the earth in my bare hands?

And my husband, in our early married years, reinforced this pleasurable pastime as I watched him plant tulip bulbs in our side yard and create his masterpiece vegetable garden in the backyard.

Moving to our new home 20 years later, the gardening of vegetables and berries became his project and mine, the

perennial flowers. This was a happy time we shared.

I am known as The Flower Lady in the neighborhood. My family, friends, neighbors and shut-ins enjoy receiving the colorful bouquets I bring them. This is my favorite part of gardening: the joy of sharing flowers with everyone. I even have requests when special occasions arise.

I took a poetry class at USM Lewiston Auburn Senior College a few years ago. Our assignment was to write an original poem every

week. Trying to come up with an article for this week, my spring poem was the inspiration for the springtime theme. With apologies to our Wesley McNair, Maine's Poet Lauriat 2011-2016.

Spring, 4-14-17,
Spring is here!/I burst outside,/Closed in too long./I walk the neighborhood/To see what I can see./Melting snow reveals/Winter's damaged trees./But look, perennial beds/Show green shoots rising./Daffodil and tulip stems/March boldly across beds.



Tulips blossomed shortly after my touring the neighborhood.



Winter damage was severe the year of the three Nor'easters.

Workers

Continued from page 1

stores are stocked—to the cashiers and store associates who are there to help—to the pharmacists for making prescription pick up easy and accessible—my whole family thanks you.

While I really want to give each and every essential worker a big hug, I know I cannot do that right now. Instead, our family will be sending these hugs by mail today to our friends at Walgreens in Lewiston and Auburn—with our many, heartfelt thanks.



Macaroni Kid is proud to partner with Walgreens for this campaign to thank their team members for continuing to stay open so we can take care of our families. The author has been compensated for her time.

Food

Continued from page 1

quick and easy access for our community and businesses. Our hope is to be able to share and access information quickly that is curated to challenges the community is experiencing today" shared Sam Chamberlain, #LA-adapts project manager, and a Chamber team member.

Amid the current crisis, the Chamber has worked to adapt and shift to the needs of the community and area businesses, working closely with business members to



Shanna Cox, President + CEO, Lewiston Auburn Metropolitan Chamber of Commerce.

address individual needs, share communications, and bridge partnerships with other members.

"We are working in tandem with our members and other partners to develop tools, resources, and share information in

the best possible fashion to support our businesses and community" said Cox.

An organization of community-minded businesses that serves Lewiston, Auburn, and surrounding communities, the Lewiston Auburn Metropolitan Chamber of Commerce is an engine for economic vitality and enhanced quality of life. Through issues advocacy, workforce development, and professional networking, the LA Metro Chamber helps business and community build, lead, and thrive. (lametrochamber.com)

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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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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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See UMaine, page 13



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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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Seniors

Continued from page 3

turned right.

Class V Lit-

tle Gorilla was next. Since threatening ice shelves extended into the main channel, the unanimous decision was to



Paddlers navigate around the ice on the Cathance



A Kayaker punches the hole at the bottom of Final Drop on the Cathance



A Kayaker Z Turn Rapid on the Cathance



A canoeist runs right of the Room of Doom on the Cathance

Word Search

As I sit here watching my seedlings grow I keep getting more and more exited to get my hands dirty and make my garden happy.

Garden Time

S	C	A	E	S	T	A	U	T	C	E	T	Y	M
R	P	E	M	N	A	I	B	T	M	A	O	R	R
E	S	E	S	A	Y	S	G	T	A	P	R	E	E
P	T	A	P	E	T	N	N	L	L	C	R	L	Y
P	P	C	T	B	G	A	I	A	M	E	A	E	A
E	P	N	A	G	L	O	C	K	E	G	C	C	G
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T	A	A	A	A	E	P	M	L	A	M	O	N	O
K	A	T	O	M	A	T	O	B	I	C	R	I	E

- 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!

portage. Final Drop provided the most entertainment. An extended complex approach ends with a consequential slide into a very menacing hole. The kayakers skirted right while the big boats powered through the keeper. Team shredder daringly decided to side surf the churning monster. At first, they had fun. Then not so much, but couldn't get out. Asked if they needed a throw bag,

"yes," was the unambiguous answer. Several minutes were required to pull them out using two bags.

Breaking through a short section of ice during the flat water fin-

ish, the Cat truly was the ice breaker. The club subsequently cancelled all trips until further notice.

Author of "The Great Mars Hill Bank Robbery" and "Moun-

tains for Mortals – New England," Ron Chase resides in Topsham. Visit his website at www.ron-chaseoutdoors.com or he can be reached at ron-chaseoutdoors@com-cast.net.

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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.

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.

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 program. *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.

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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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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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