

MK Kitchen in Gorham celebrates five years

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 "Marchegò", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
Caramelized Onion Tart / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / *vg* - 13
Seasonal Chef's Soup / *vegan* + *g,f* - 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 (*Ask Anthony* + 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 / *vg* - 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 / *vg* - 12/22
Gnocchi Mac + Cheese / Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs / - 12/22
Mushroom Risotto / Roasted Cimini & Shiitake Mushrooms, Butter Parmesan, Truffle Oil / *vg* + *g,f* - 14/26
Gnocchi with Braised Lamb Ragù / Wilted Kale, Pineland Farm Feta, Chopped Mixed Olives - 14/25

ENTREES

Panko Crusted Haddock / Almond Caper Butter Sauce, Lemon Risotto, Seasonal Vegetables / *g,f* optional - 25*
Grilled Faroe Island Salmon / Roasted Cimini + Shiitake Mushroom Risotto, Fried Brussels, Salsa Verde / *g,f* - 26*
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 / Whipped Potato, 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

Chocolate Mousse / Belgium Chocolate, Whipped Cream, Candied Walnut Crumbs / *g,f* - 9
Tiramisu / Mascarpone Cream, Coffee Ladyfingers, Chocolate Sauce - 9

MK Kitchen To Go Menu



MK Burger: 8 ounce local patty on a Toasted Brioche Bun with Pineland Farm Cheddar Cheese, Bacon Crumbs, Pickled Onion, Shredded Romaine, House Sauce & Hand-cut Fries.



Rigatoni Bolognese: Rigatoni Pasta topped with a Slow Braised Local Ground Beef and Pork Sauce with Tomato, Garlic, Onion, Carrot and Celery. Finished with Bacon and Parmesan Herbs. Comes in 2 sizes—one more of an Appetizer Size and one Entree Size.

Gorham area hikes

by Jeffrey Ryan.

Just over a 5-minute drive from Gorham Center, you'll find one of the gems of the Presumpscot Regional Land Trust's trail system. The Little River Preserve features a nice woodland loop that includes nice stretches along the sandy banks of its namesake water body.

Enjoying the outdoors while retaining social distancing measures has become challenging in some popular venues. Some parks in Greater Portland have been closed to vehicle access to discourage crowds from gathering. Fortunately, the Little River Preserve trailhead is still open. On one recent weekday, parking wasn't a problem and the other two visitors had a decent head start down the trail, leaving me plenty of room to explore with camera in hand.

The trailhead is located just over two-miles from the intersection of routes 25 and 201 (on the left as you are headed out of town—look for the small "hiker" sign). There is room for three or four vehicles.

The trail passes through a skirt of trees, enters a field (where you may be serenaded by red winged blackbirds), passes a few homes on



Aspen Lane, then enters the woods for good. After a brief hike downhill through mixed forest you come to a trail junction. I chose the blue trail to the right, which makes for a marvelous loop. This portion of trail leads down to the bank of the Little River, complete with a very relaxing bench. This time of year, you can sit for long spells without having to swat away a single bug—a rare treat indeed!

Leaving the bench, the trail follows the river upstream toward a small set of riffles, turns inland, then junctions with

a more difficult stretch of white-blazed trail. Proceeding on the blue trail takes you up through the woods toward the parking lot. The white trail adds a ½-mile more challenging loop to your hike. It also offers a few more views of the faster moving water of the Little River below before turning uphill and eventually back to a reunion with the blue trail.

The walk back to the trailhead features large eastern hemlocks, a nice, wide path and the opportunity to see and hear chickadees above
See Hikes, page 8

Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

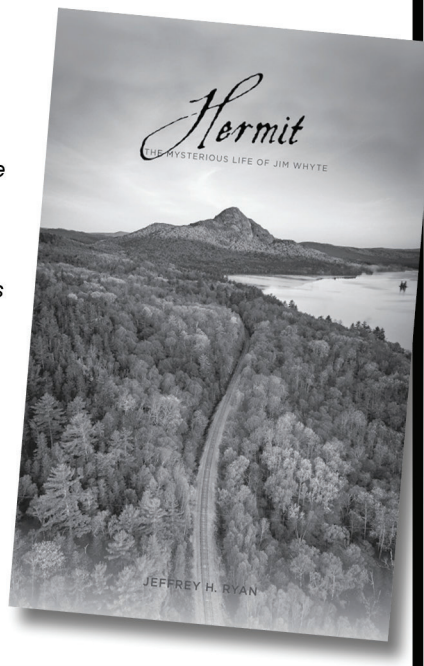
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— 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.



ON-LINE Ordering, DELIVERY & CURB-SIDE PICK-UP

HADDOCK CHOWDER!
Bowl \$7.75 Cup \$5.50

10 INCH CHEESE PIZZA
\$8.50 - toppings extra

CHEESE CALZONES \$8.50

ODDS & ENDS
Villain Wings
(Roasted w/ Garlic & Oregon) 10.95
Buffalo Wings 10.95
Mozzarella Sticks 6.50
Broccoli Bites 6.75
Jalapeno Poppers 6.75
Extra Dressing & Sauce .75

SANDWICHES
Small / Large
Meatball 6.75 - 8.75
Pastrami 6.25 - 8.25
Tuna Melt 6.00 - 8.00
Poor Boy 5.50 - 7.25
Veggie Italian 5.50 - 7.25
Italian 5.50 - 7.25
DBL Italian 6.00 - 8.00
Tuna Italian 5.75 - 7.75
Chicken Salad 6.25 - 8.25
Ham & Cheese 5.00 - 6.75
Genoa & Cheese 5.00 - 6.75
Roast Beef 6.75 - 8.75
BLT 5.75 - 7.25
Sausage (Hot or Mild) 9.25

CHICKEN SANDWICHES
Small / Large
Classic 6.50 - 8.75
Parmesan 6.50 - 8.75
Cordon Bleu 6.75 - 9.00
Club 7.00 - 9.25
Cajun 6.50 - 8.75
Buffalo 6.50 - 8.75

PASTA
(Served with Garlic Toast)
Spaghetti Plate 7.00
w/ Meatballs (Each) 1.00
w/Chicken Parmesan 10.95
w/ Sausage (HOT or MILD) 9.75

Temporary hours: Wed - Sat, 11 AM to 8 PM

FOR CURBSIDE PICK-UP call when you arrive (no texting).

Order Online: <https://app.upsolve.com/s/pizza-villa-portland>

Pizza Villa • 940 Congress St., Portland • (207) 774-1777

FREE e-subscription with all stories ad ads online at

www.GorhamWeekly.com

Governor's Address: Now is the time to let our true selves shine

It's finally spring. The crocuses and tulips are poking their heads through the soil, robins are singing. Meanwhile, we continue to fight one of the biggest challenges our state has faced in a hundred years.

The State of Maine has joined all other states in confronting the threat of the COVID-19 virus. Like other states, Maine has seen hundreds of people fall seriously ill and dozens of people die as a result of the virus.

All 50 states now have invoked their emergency executive powers. The President has declared every state a federal disaster area. And the overwhelming majority of states have issued strict "stay healthy at home" orders and orders pro-

hibiting large gatherings and many common recreational and business activities.

We all want life to return to normal as soon as it is safe to do so. Our hearts break to see closed storefronts and people struggling to make ends meet because of this crisis. Each day people call me and tell me their story and urge me to keep people safe while also doing what we can to protect the businesses and the lives and livelihoods of working men and women who are the heart and soul of our state.

At the same time, they and we know that reopening too soon and too aggressively could cause a secondary surge in COVID 19 cases, risking the lives of Maine people, overwhelming our healthcare system and further destabilizing



Governor Janet Mills

the economy. Nobody wants that.

That's the truth. And I'm not going to sugarcoat it.

Here in Maine, we are pursuing a cautious reopening, tailored to our state's own demographics and economic sectors. This approach won't be driven by artificial deadlines or generic guidelines. It will be driven instead by fact, science and public health, and it will be done in cooperation with the private sector.

Our basic principles are: Protecting pub-

lic health; maintaining health care readiness; building reliable and accessible testing; and prioritizing public-private collaboration.

The Administration's approach will utilize criteria and measurements being developed now by the Maine Center for Disease Control and Prevention that will lead to a phased reopening of our economy. We will share those measures shortly when they are finalized.

Meanwhile, the Department of Economic and Community Development will solicit ideas from industries and the various sectors of Maine's economy about how they can work with State Government to develop practical, reasonable, evidence-informed protocols to reopen.

We invite Maine people to take part in the discussion—give us your ideas about how we can safely restart the economy at <https://www.maine.gov/dec/d/>.

We also continue to process tens of thousands of new unemployment claims and sending out the \$600 weekly checks under the new federal program and planning how to process the new claims for self-employed individuals under this other new Pandemic Unemployment Assistance Program. We're getting through it.

While we work hard to get benefits out to all eligible people, while we keep track of outbreaks of the virus across the state, and while we plan on how to reopen businesses and activities, dreaming of going back to the way things were,

we also know that things will not return to normal soon.

Meanwhile we call on each other to reimagine how we do things, how we invent different ways of doing business, or shopping, or traveling, taking care not just of ourselves but of every man, woman and child in Maine, for whom we are all now equally responsible.

After all, you know, Maine is not just a state or a way of life or a dot on the map with 1.3 million people, or some place between the 42nd and 47th parallel on the globe. Maine is a community of souls, a state of givers and doers, of people with ideas, courage and compassion. Now is the time to let our true selves shine.

Riding To The Top elects new board member



Lindsey Lombardo

Riding To The Top Therapeutic Riding Center recently elected Lindsey Lombardo of Yarmouth, Maine to its Board of Directors.

Lombardo is the Norway Savings Bank, Freeport Maine branch

manager. She joins RTT board members Janis Childs, Brandon Cohen, Casey Etter-Bobb, Steve Flynn, Gary Plummer, Carissa Robb, Hilda Sastre and Jim Small in leading the nonprofit.

Founded in 1993, Riding To The Top Therapeutic Riding Center's (RTT) mission is enhancing health and wellness through equine assisted activities and therapies. RTT is a PATH Intl. Premier Accredited Center (Professional Association of Therapeutic Horsemanship International). Located just west of Portland in Windham, Maine, RTT is the state's only year round PATH Intl. Premier Ac-

credited Center solely dedicated to serving people with disabilities through equine assisted activities and therapies. More than 250 clients visit annually, assisted by certified instructors, over 160 volunteers, and a herd of 18 horses, all specially trained to assist with therapeutic riding, carriage driving, equine assisted learning and hippotherapy. RTT is a community-based nonprofit, receives no federal or state funding and provides scholarships to over 60% of its clients. For more information about client services, volunteering, or making a gift, please visit us at www.ridingtothetop.org or call 892-2813.

MCCS Students of the year honored

Seven students chosen as the 2020 Students of the Year at Maine's community colleges were honored last Wednesday in a special online presentation.

"We are in awe of what these students have accomplished," MCCS President David Daigler said after the students and the nominating deans spoke during a Zoom webinar. "It's sincerely the highlight of the year."

A recording of the presentation is available on the MCCS Vimeo and YouTube channels (<https://vimeo.com/410716701> and <https://youtu.be/y7PU6Ahclmc>).

The students were selected by faculty and staff at their college for their academic success and their campus and community involvement. In addition

to being named Student of the Year, each student received a John and Jana Lapoint Leadership Award in the amount of \$1,000. The Lapoints both served as trustees of the Maine Community College System. After John's death in 1995, Jana Lapoint helped establish the fund for the annual awards.

"I know how proud [John] would be of all of you. We both would encourage you to never give up, keep pursuing your dreams, never accept it can't be done, and always give back to society whenever and whatever you can," she told the students. "You all have my deepest respect and admiration for all your accomplishments."

The 2020 Students of the Year are: Central Maine Com-

munity College: Kate McPherson, Computer Technology, of Litchfield; Eastern Maine Community College: Ethan Preble, Human Services, of Birch Harbor; Kennebec Valley Community College: Mason Peterson, Liberal Studies, of Waterville; Northern Maine Community College: Marcel Chalou, Water Treatment Technology, of Easton; Southern Maine Community College: Liam Woodworth-Cook, Liberal Studies/English Concentration, of South Portland; Washington County Community College: Clinton Dakin, Engine Specialist, of Stockton Springs; York County Community College: Billy Susanto, Computer Science, of Berwick.

Learn more about these students: <https://bit.ly/2yx4Yzp>.

Kayaking Stimulus Package!

2 - Old Town Vapor 10 Cloud Kayaks **\$1200**
TAX INCLUDED!

2 - Old Town Outfitter PFDs

2 - Magic Aluminum Paddles

Open 7 Days a week
Monday - Friday 8am - 5:30pm,
Saturday 8am to 4pm
Sunday 8am to 2pm
998-5390

SHAKER HILL
Outdoors
271 Maine Street, Route 26, Poland
www.shakerhilloutdoors.com

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE

"Protecting your assets, by finding the right products and pricing, is how I deliver on the promise."

Trusted Choice

Voted by Market Study as Best Insurance Agency in Greater LJA for the 7th year running!

Nicole Lajoie
Licensed Agent

CHAMPOUX INSURANCE
DELIVERING ON THE PROMISE
150 East Avenue - Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com

Gorham Action Team for Youth

**Through These
DOORS**
Domestic Violence Resources & Advocacy

YAAP

**Need some support?
We're still here!**

If you:

- want to talk about your relationship or someone else's
- are in a home with domestic violence

We are here to:

- listen & support
- safety plan
- help you access resources

**24/7 Helpline
1 (800) 537-6066**



Gorham Action Team for Youth would like to remind the Gorham Community that for many, being housebound means increased exposure to, and

new challenges with, domestic abuse and dating violence. In such situations, it can be helpful to know that support is just a phone call away. Through

These Doors' is a free and confidential helpline for intimate partner violence and is available 24/7 to people of all ages, genders, and sexual orientations.



We want to help

Community members with a public message can send it to us to share.

Businesses can send us updates on their status to be published at no charge.

**Please email us at
info@GorhamWEEKLY.com**



Lamp for sale

Partylite Spring Water Candle Lamp.

Mint condition, never used. Now retired.

Includes stand, votive cup and shade. \$40 cash only. FMI (207) 329-0753.

Gorham WEEKLY

28 State Street, Gorham, ME 04038
Info@GorhamWeekly.com
(207) 558-8488



Laurie A. Steele
Publisher/CEO
Laurie@GorhamWeekly.com



Lillian Baker
Office Manager
Lillian@GorhamWeekly.com

ADVERTISING
For advertising information email Ads@GorhamWeekly.com or call 207-558-8488.

DEADLINE
Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday.

PRESS RELEASES
All submissions, including photos must be emailed to the editor, Editor@GorhamWeekly.com.

PROOFS
Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

©TWIN CITY PUBLISHING, INC 2020. FOUNDED IN 1998
All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.



Millie Barnard
Managing Editor
Editor@GorhamWeekly.com



Lacey Rollins
Outside Rep
Info@GorhamWeekly.com

FREE e-subscriptions at www.GorhamWeekly.com

What's Going On

"FrontLine WarmLine" help Maine's health care workers

A new volunteer phone support service, the FrontLine WarmLine, launched last week to help Maine health care workers and first responders manage the stress of serving on the front lines of the fight against the COVID-19 pandemic.

The FrontLine Warmline serves health care professionals, such as physicians, nurses and counselors, as well as emergency medical services personnel, law enforcement, and others who are directly responding to the pandemic in Maine. The line is staffed by volunteer professionals activated through Maine Responds, including licensed psychiatrists, psychologists, therapists, social workers, and nurse practitioners, who can help callers to deal with anxiety, irritability stress, poor sleep, grief or worry and, if needed, connect them with additional supports.

The FrontLine WarmLine is available to clinicians and first responders from 8 a.m. to 8 p.m., seven days a week by calling (207) 221-8196 or 866-367-4440. Text capability will be added soon.

The FrontLine WarmLine is a joint effort of the Maine Department of Health and Human Services (DHHS), Maine Department of Public Safety's Emergency Medical Services (EMS), Maine Association of Psychiatric Physicians, The Opportunity Alliance, Maine Psychological Association,

and the Maine Chapter of the National Association of Social Workers.

"Maine's health care professionals and first responders have worked tirelessly to protect Maine people in response to the COVID-19 pandemic," said DHHS Commissioner Jeanne Lambrew. "We recognize that this work takes an emotional toll so we're proud to support the FrontLine WarmLine as a resource offered by behavioral health peers who know how to help."

"Maine's first responders and health care providers put themselves under great stress responding to this pandemic," said Jessica Pollard, director of the DHHS Office of Behavioral Health. "It's important for these dedicated professionals to know we're here for them and are ready to support them in managing the completely expected reactions they may have. We thank all of the volunteer professionals who are pitching in to help."

"As always, Maine's first responders and EMS clinicians are dedicated to continuing to provide high-quality services and care to the people they serve, but it is equally imperative that we serve them with resources like the FrontLine WarmLine to help manage the stress, anxiety, and worries associated with responding to the ongoing COVID-19 pandemic," said Maine EMS Director Sam Hurley. "Maine EMS is wholly supportive of the FrontLine Warm-

Line and encourages all first responders and EMS clinicians to reach out for a helping hand."

"It's been inspiring to see Maine's mental health community stepping up to support Maine's front line in this pandemic," said Ed Pontius of the Maine Association of Psychiatric Physicians. "All the clinicians and others caring for patients—Maine's first responders and law enforcement—are doing an important job for all of us. We know how tough this work can be on them. We are glad to be able to support them and their crucial work, and we join all of Maine in appreciation of their courage and heroic efforts for all of us."

The FrontLine WarmLine will be available until further notice.

For those who are not health care workers or first responders but are experiencing emotional distress, several other 24/7 resources are available: Statewide Crisis Line: 888-568-1112; Intentional Peer Support Warmline to speak with staff who have lived experience with mental health conditions: 866-771-9276; Suicide Hotline: 800-273-TALK (800-273-8255); 211 and 211maine.org can provide general COVID-19 information, including how to access behavioral health and social service resources; Maine DHHS Office of Behavioral Health resources guide at <https://www.maine.gov/dhhs/samhs/coronavirus.shtml>.

Harold Alfond Foundation grants \$1M to Good Shepherd

The Harold Alfond Foundation has awarded Good Shepherd Food Bank, Maine's largest hunger-relief organization, a \$1,000,000 grant to support hunger relief efforts that are underway across the state of Maine in the face of the COVID-19 crisis.

Good Shepherd Food Bank, a member of the Feeding America network, is working with its partner food pantries, meal sites, shelters and schools across the state to meet the needs of Mainers who are struggling to provide enough food for their families.

"The impacts of COVID-19 in Maine have created a perfect storm for our food bank and our community hunger-relief partners," said Good Shepherd Food Bank President Kristen Miale. "Our food supply is down, our operation-



al processes have been upended by social distancing, and the need is growing as more Mainers are facing unemployment and other challenges. Weighing all of these factors, we estimate our expenses related to the COVID-19 response will exceed \$6M over a six-month period."

"The grant from the Harold Alfond Foundation comes at a perfect time, and we are so grateful for the Foundation's foresight and generosity," continues Miale. "One hundred percent of this funding will be deployed across the state

in the form of food and funds for our partner hunger-relief agencies."

"We all know that access to healthy food is critical for good health, learning, and growing, and that many Mainers are struggling to put food on the table at this unprecedented time," said Greg Powell, chairman of the Harold Alfond Foundation. "The innovation and teamwork at Good Shepherd Food Bank and across the charitable food network in Maine is as inspiring as it is in need of support. So, the Foundation is

See *Alfond*, page 12

Country Club members raise \$127K for Good Shepherd

Before the COVID-19 crisis hit, Lincoln County had over 4,000 food-insecure residents, knowing this and seeing the impacts of the pandemic across the nation, Paul Coulombe, owner of Boothbay Harbor Country Club, issued a challenge to the club's members to support Good Shepherd Food Bank and offered to match all donations up to \$50,000. In less than two weeks, his call was answered by over one hundred donors, who came together to meet the challenge.

"The outpouring of support from our members from all over the country to help the most

vulnerable in Maine has been extraordinary," stated Paul Coulombe, owner of Boothbay Harbor Country Club and local philanthropist. "To see our members come together during this great time of need is truly heartwarming. It's a great feeling to be able to provide Good Shepherd Food Bank with \$127,087 which will undoubtedly, have a tremendous positive impact on Maine families in need—including our neighbors on the Boothbay peninsula."

Approximately 200,000 Mainers rely on Good Shepherd Food Bank's network of over 450 partners every year. On a normal day, the Food Bank and its partners provide more than 68,000 meals. For Mainers already facing food insecurity, COVID-19 means the very real danger of lost wages, further difficulty accessing enough food, and an increased reliance on the charitable food network. Add onto that the school closures and job losses, and we know that even more Mainers will be and are struggling.

"The generosity of the Boothbay Harbor Country Club's employees and members, coupled with the generous matching support from

Paul Coulombe, will go a long way in helping us serve our most vulnerable during these unprecedented times," said Kristen Miale, president of Good Shepherd Food Bank. "Our partner, the Boothbay Region Food Pantry, has transitioned to a no/low-contact model of drive-up distributions, which serve the community every Friday from 11:30 a.m. to 1:30 p.m. The local schools are also providing curbside lunches Monday through Friday."

The majority of the Food Bank's partner agencies have moved to distributing pre-packed shelf-stable food boxes, meant to help families stretch their food budget for one month. With food costs of \$38 per box, these emergency food boxes represent the bulk of the Food Bank's unanticipated expenses. Donations from the Boothbay Harbor Country Club family will be used to support Good Shepherd Food Bank as they purchase food for these boxes and ensure that their partner agencies will be able to distribute them at no cost to Mainers.

For more information or to donate to Good Shepherd Food Bank's COVID-19 Response Fund, please visit www.feedingmaine.org.

Urban Edge Hair Studio

(207) 212-9440

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!

MICHAEL G.



Good Shepherd Food Bank projects \$6.3M in new costs



Good Shepherd Food Bank, Maine's largest hunger-relief organization, announced that an estimated \$6.3 million in additional resources will be needed over a six-month period to help Mainers struggling with hunger as a result of the COVID-19 crisis. This represents a 150 percent increase to the baseline six-month operating costs.

This announcement comes on the heels of a release earlier this month from Feeding America that estimated that its entire nationwide network of 200 food banks could experience a total of \$1.4 billion in increased expenses over six months.

Rising unemployment and poverty due to quarantine and stay-at-home orders are impacting people already at risk of hunger and could result in up to an additional 67,000 Mainers experiencing food insecurity, an increase of 39 percent, based on projections using Feeding America's Map the Meal Gap data.

The challenges posed by COVID-19 are amplified as food donations to Good Shepherd Food Bank and its network of more than 500 partners decline, due to increased consumer demand and supply chain challenges, and less shelf-stable food is available for purchase. Furthermore, hunger-relief agencies are seeing a sharp decrease in their regular volunteer workforce, many of whom are retired senior citizens and school/corporate groups.

"The charitable food network in Maine has never seen challeng-

es like those posed by the COVID-19 situation," said Kristen Miale, president of Good Shepherd Food Bank. "Between the disruption to our supply chain and the understandable decline in volunteers across the state, our partner hunger-relief organizations are operating in the face of unimaginable change."

Based on a recent survey of its partners, which include food pantries, meal sites, shelters and schools, Good Shepherd Food Bank found that 90 percent of partners are experiencing increased demand, with 65 percent seeing both an increase in community members seeking assistance for the first time and regular patrons seeking more frequent assistance. Approximately 75 percent of the people seeking first-time help are doing so due to a result of job loss due to lay-offs or furloughs in the household.

The Root Cellar in Portland reports seeing an increase of 15 percent

in new families, plus a 30 percent increase in regular member attendance—families who would only come once in a while are now coming for every distribution. Similarly, the Ridge View Community School that runs a school pantry program in Dexter has gone from serving 40 to 50 families a week to 110 and the nearby Dover-Foxcroft Area Food Cupboard has gone from serving 85 households to 140, plus an additional 10 deliveries to home-bound community members.

This initial impact analysis of the COVID-19 crisis on the charitable food network in Maine is modeled on results from regular surveys of food pantries, meal sites, and other hunger-relief organizations, estimates about food purchases and other key cost drivers, as well as data from Feeding America and its Map the Meal Gap study.

For more information, please visit www.feedingmaine.org.

What's Going On

JMG gives \$300,000 to students for groceries

As families continue to struggle with the economic impact of COVID-19, JMG is partnering with its school partners to distribute \$100 Hannaford Supermarkets gift cards to 3,000 students and their families throughout Maine.

While Maine's K-12 public schools are continuing to provide free bagged breakfasts and lunches to students by scheduling pick up times, and even school bus deliveries, food insecurity continues to rise.

"The need is so great right now, and it just keeps increasing. JMG has taken the lead in this effort and is putting resources directly into the hands of our students and families at a time when they need it the most," says Eric Haley, Superintendent of Waterville Public Schools. "This is an ex-

ample of student-centered, results-driven partnership at its best."

JMG programs are hosted within Maine's public schools and higher education systems. JMG Specialists deliver a competency-based model, providing instruction for essential life and career skills, through personalized learning strategies. JMG has named its relationship-based approach a "continuum of support". It is the only nonprofit in Maine serving students from middle school through high school graduation, and into post-secondary education and careers.

There are 143 JMG programs in Maine, in all 16 counties.

"Students in all of the communities we serve have been telling their JMG Specialists they are struggling with getting enough food and other critical household

items," explains Craig Larrabee, JMG's President and CEO. "JMG serves as a bridge between public education and private business. I reached out to the private sector because I knew its leaders would want to do something to support Maine students. Unum was the first to say yes, and others quickly joined forces."

"Unum has learned from past investments that JMG Specialists have a deep understanding of their students. JMG's relationship-based network is one of the fastest ways Unum can get relief to our neighbors in need," says Cary Olson Cartwright, Unum's Assistant Vice President of Corporate Social Responsibility.

Bill Williamson, Maine President for Bank of America, says *See JMG, page 12*

WE ARE OPEN EVERY DAY!

The governor has considered Shaker Hill Outdoors as essential.



GARDEN CENTER OPEN
TACKLE SHOP OPEN
KAYAK SALES OPEN

OUR LANDSCAPE & HARDSCAPE CREWS ARE OUT WORKING



DELIVERY AVAILABLE ON ALL PRODUCTS

STAY SAFE AND BE SURE TO CALL IF YOU NEED ANYTHING

FREE Landscape & Hardscape Estimates.



271 Maine Street
Route 26, Poland

Hours: Monday – Friday 8am to 5:30pm
Saturday 8am to 4pm, Sunday 8am to 2pm

998-5390

Open 7 Days a week

Blanchard's Cash Fuel

#2 Heating Oil and K-1
Off Road Diesel (Dyed)
On Road Diesel (Clear)
Propane

225-3588

3 Conant Road, Turner
(on the Auburn/Turner Line)

Don't Shiver...We Deliver!

www.blanchardscashfuel.com

Arts & Entertainment

Gorham Town Council weekly report

Main Street Construction: The MDOT construction project on Main Street is still in full swing. Contractors are continuing intersection work and will be installing new traffic signals in the coming weeks. Shim paving has progressed and will continue on the project. Traffic delays may continue throughout the work schedule.

Remote Staff Meetings: Department Managers continue to meet remotely on a weekly basis to ensure that all municipal activities and operations are coordinated to the fullest extent possible. This week we were joined by the School Department Superintendent Heather Perry for updates on school department activities, time-

tables and to assist with their operations.

Upcoming Meetings/Events:

April 30 5:30 to 7:30 p.m. Tentative Town Council Budget Workshop, Zoom Webinar

May 4, 5:30 to 7:30 p.m., Tentative Town Council Budget Workshop, Zoom Webinar

May 4, 7 p.m., Planning Board Meeting, Zoom Webinar

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

May 6, 5:30 to 7:30 p.m., Tentative Town Council Budget Workshop, Zoom Webinar

May 7, 5:30 to 7:30 p.m., Tentative Town Council Budget Workshop, Zoom Webinar

May 12, 6 to 9 p.m.

Town Council Budget Workshop with School Committee, Zoom Webinar

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

May 13, 7 p.m., School Committee Meeting, Zoom Webinar

May 19, 8 a.m., Ordinance Committee Meeting, Zoom Webinar

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

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

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

Guest Column

A healthier lifestyle: Mind, body, spirit

by Catherine Wilson, On Purpose WellBeing Center

Let's face it, understanding what the phrase Mind, Body, Spirit actually means has raised big questions in the fitness and wellness industry. It seems to be the leader in helping people start and stay on a journey that can be very different than just working out! If you are confused, you are not alone! The concepts behind Mind, Body, Spirit can change your life, so I think it's time talk about the "Mind, Body, Spirit connection".

Let's break it down with each work and then find the common denominator to help make sense of why it's important for you to have this connection. As you noticed, I said "You". I



say that because it really is up to you! We were all brought up in different environments, treated differently, and with different lifestyles. I think that understanding that God made us unique in every way with a need for each of us to have our own individual journey

but with common denominators.

Starting with Mind, I found that over the last 25 years, everyone has been impacted and stored history within their minds. History can be a defensive and offensive mechanism, See *Mind*, page 11

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



207-883-TACO
www.elrayotaqueria.com

Takeout/Curbside pickup
MON-SAT 11AM-8PM

FOLLOW US ON
FACEBOOK AND INSTAGRAM
FOR UPDATES & SPECIALS

ANTOJITOS (APPETIZERS)

GOLDEN JET PINEAPPLE - 3.95
on a stick dusted with chile powder, salt & lime

FUNDIDO - 8.95
warm cheese dip with cilantro, rajas & your choice of mushrooms or housemade chorizo
Served with corn chips

MEXICO CITY STYLE CORN ON THE COB - 4.95
basted with chipotle mayo & dusted with cotija cheese

FRIED PLANTAINS - 6.95
with chipotle mayo

PAPAS FRITAS - 4.95
fried Maine potatoes drizzled with garlic aioli!

LOADED TOT NACHOS - 8.95
fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions

FRIED BRUSSEL SPROUTS - 8.95
tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños

YUCCA FRIES - 7.95
golden fried yucca fries served with a chimichurri aioli! and citrus habanero bbq dipping sauces

CHICKEN TAQUITOS - 8.95
three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée

CORN CHIPS - 1.50
w/ salsa - 3.95
w/ guacamole - 5.95
w/ salsa & guacamole - 8.95

CHEESE NACHOS - 5.95
w/ organic black beans - 6.95
w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95

Make your nachos **GRANDE** by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa **add 5.95**

QUESADILLAS flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.

CHEESE - 6.95
CHEESE & BEAN - 7.95
GRILLED STEAK - 11.95

SEASONED GROUND BEEF - 9.95
BRAISED MUSHROOMS - 9.95
SHREDDED PORK - 9.95

CHAR GRILLED CHICKEN - 9.95
HOUSEMADE CHORIZO - 9.95
BBQ PULLED PORK - 10.95

Add rajas to any quesadilla (sautéed peppers & onions) - 1.95

★ FRESH ★ LOCAL ★ SUSTAINABLE ★

We source locally grown and raised ingredients whenever possible and cook with sustainable seafood, naturally raised meats and organic black beans.
†Consuming raw or undercooked eggs or shellfish may increase the risk of food born illness

Can't stop, won't stop: Special Olympics Maine gets creative

5000 Maine children and adults with intellectual disabilities, rely on and look forward to the 75 events offered by Special Olympics Maine each year. The athletes train hard and get excited about all of the opportunities they usually have to be seen for their abilities and not their disabilities. For many of them, the state events are like their state championship. They also look forward to seeing old friends, spending time with their teammates, traveling to other towns for training or competitions, attending the dances, staying in dorms, earning medals and ribbons, getting free health screenings, and having people cheer for them when they compete.

Special Olympics Maine relies on several fundraising events throughout the year, as well as the generosity of others, in order to meet their 1.3 million dollar a year budget and to continue to provide opportunities to their athletes.

Like so many other non-profits, the COVID-19 Pandemic has resulted in all training, social and competitive events in Special Olympics to be canceled through June 10. Regional and state basketball tournaments, Spring Unified sports, State swimming, Spring Games and the largest event of the year, the state Summer Games. In addition, all live fundraising events have been canceled during this time as well.

Within minutes of announcing the cancellations, Special Olympic Maine staff (all 5 of them) pulled together to begin brainstorming how they would continue to offer opportunities to our athletes to stay physically, mentally and emotionally fit during the quarantine, how to keep them all feeling positive, and to keep them looking forward to events just as soon as we are safe to offer them. (and without money coming in, how would they make all of this happen, and still be able to offer events when the lock down is over)

Social Media has been the key. Through Facebook, and Instagram, Special Olympics Maine is offering daily workouts, cooking classes, stress management

tips, yoga, stretching, and strong mind activities. Volunteers and staff have been creating videos to share every day and have created a schedule of online events for everyone to follow.

Mondays are dedicated to fundraising. Special Olympics Maine is holding a raffle, selling tickets for \$20 each and the winner will receive three prizes—a snowmobile, a 4-wheeler, and a Sea-do! The drawing will be October 30. The staff are also holding an online auction and encourage people to shop

through Amazon Smile and choose Special Olympics Maine as their charity of choice. They also hope that people will send in donations to their state office. It is important to the staff to make sure people realize that Special Olympics is important, relevant, and even crucial for many of their athletes.

Tuesdays are dedicated to staying positive. Stress relief, meditation, finding activities that are fun and help keep the mind focus on good things that are happening. See Olympics, page 12

The Live from Home concert series: Kat Logan



Kat Logan

In the midst of postponed shows at their theater, The Chocolate Church Arts Center will present Live from Home, a series of concerts performed by regional musicians at home that can

be streamed online by audience members via Facebook.

Kat Logan will perform on May 1 at 7:30 p.m. Tickets are not necessary for the Live from Home concerts. Audi-

ence members will be encouraged to donate to help the organization recover lost revenue due to postponed shows, and to support the performers, many of whom are also facing canceled shows and loss of income.

The Chocolate Church Arts Center will continue to announce upcoming Live from Home performers their website (<https://www.chocolatechurcharts.org/>) and Facebook (<https://www.facebook.com/Chocolate-Church-Arts-Center-212223856285/>).

Stop Open Borders & 2020 Democrats Say No to Poverty, Crime, & Tyranny

Wednesday, DATE TBD, 2020

6:00 p.m. Refreshments ~ 6:30-8:30 p.m. Main Program

Many 2020 Democratic Candidates are calling for open borders. This informative program will demonstrate why those policies would harm America—and Maine.

OPEN BORDERS = NO BORDERS



Windham Veterans Center
35 Veterans Memorial Dr, Windham, ME

Tickets at the Door: \$1
(larger donations gratefully accepted)

Visit: grayrepublicans.org

Email: info@grayrepublicans.org

Twenty Minute Presentations by 3 Speakers, with Q&A & Discussion



KEYNOTE SPEAKER
Larry Lockman
4 Term Maine State Representative (R)
District # 137
Co-Founder
Maine First Project

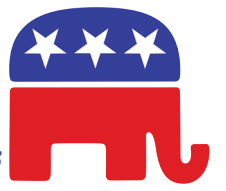


Mark Phillips
National Border Patrol Council, Local 2349
Executive Board
Houlton, Maine
15 years with US Border Patrol / 4 years on Southern Border



Peter Falkenberg Brown
Chairman, Gray Republican Committee
Conservative Writer & Author
Host of the "Love, Freedom, & the World" YouTube Channel
peterfalkenbergbrown.com

Co-Hosted by the Republican Town Committees of



Gray & Windham

Thanks to our Media Partners:

Sponsor List Not Complete

Co-Sponsored by the Republican Town Committees of:

- Cape Elizabeth
- Scarborough
- Casco
- South Portland
- Freeport
- Standish
- Gorham
- Westbrook
- New Gloucester
- Yarmouth
- Portland
- York Shoreline Republicans

Sponsor List Not Complete

and Co-Sponsored by



- Maine GOP
- Androscoggin County Republican Committee
- Oxford County Republican Committee
- Business Women's Republican Club of Greater Portland
- Maine Federation of College Republicans
- Maine First Project
- Mainers for Responsible Immigration
- Maine Taxpayers United
- State Rep Sue Austin, #67
- State Rep Rich Cebra, #68
- State Rep Matt Harrington, #19
- State Rep Lester Ordway, 23
- Former State Rep Cliff Foster, 67
- Former State Rep Mike Timmons, #45

Hikes

Continued from page 1

and chipmunks scurrying through the leaf litter below. Even with plenty of photo time factored in, I completed both loops in under an hour.

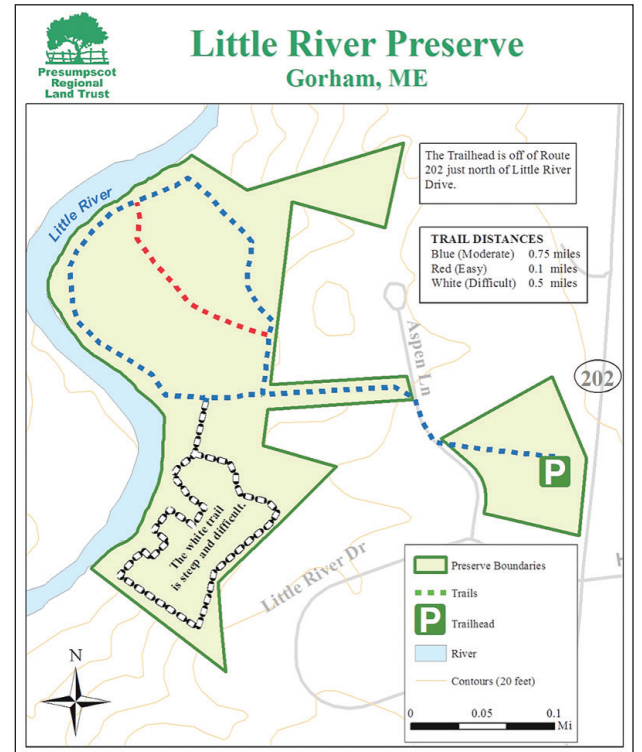
Kudos to the Presumpscot Regional Land Trust for providing this wonderful resource for all of us to enjoy.

Little River Preserve Trail is .75 to 1.25 miles long, with a trail rating of easy to difficult. It is managed by Presumpscot Regional Land



Trust. For more information, visit www.PRLT.org/.

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



THE
john & janice
REAL ESTATE TEAM

MAKING IT HAPPEN!

207.808.9557

bg | beangroup



Better Homes and Gardens REAL ESTATE | **THE MASIELLO GROUP** | **MAINE'S PREMIER TEAM**

 [Fb.com/MainesPremierTeam](https://www.facebook.com/MainesPremierTeam)

Make a no-sew face mask



- 1) Use a bandana or cut a piece of cotton fabric about 22"x 22".
- 2) Fold the top and bottom toward the center, then do the same again.
- 3) Slide a hair elastic over or lay a long piece of string (like a shoelace) toward each end.
- 4) Fold the outside edges toward the center and safety-pin together.

Loop the elastics around your ears, or tie the strings behind your head to wear!



Remember, your face mask can become a source of contamination if mishandled. Wash your hands before you put it on, then leave it on until you are home (no touching!). Wash your hands, remove the mask and place it in a large mug of water. Wash your hands again after handling the mask. Pop the mug into the microwave and heat to boiling to sanitize. **Stay safe!**

Gorham library online events



Baxter Memorial Library Youth Services Librarian Heidi Whelan hosts a virtual story time from her home with help from her cat Donovan.

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

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

Harry Potter Muggle Cakes: Live from Hogwarts-at-Home, Ravenclaw Librarian Heidi Whelan will temporarily put down the books and pick up a

mixing spoon. She will demonstrate how to prepare a magical mug-gle cake. Join her on Baxter Memorial Library's Facebook page at 2 p.m. on May 11.



Mr. Jeff Baxter Memorial Library Youth Services Assistant.

5 EASY TIPS TO PREPARE YOUR HOUSE FOR SALE

- TIP #1: DECLUTTER**
Start with the clothes closets. Remove items you no longer use/wear and prepare them for donation.
- TIP #2: GET ORGANIZED**
Clean out and organize closets, pantry, nightstands, garage, medicine cabinet, linen closet and junk drawers. Toss items you don't want to move later.
- TIP #3: DE-PERSONALIZE**
Start packing away the family photos and heirlooms. Cleaner walls and counters allow buyers to see themselves in the space.
- TIP #4: FRESHEN THE KITCHEN**
Deep clean your appliances. If you are including these in the sale of your home, this will make them much more attractive to buyers.
- TIP #5: SHINE A LIGHT**
Replace any burnt-out light bulbs or update to more efficient LEDs. Also make sure they all match, which will make for better photography.

MAINE'S PREMIER TEAM
207-PREMIER

For more tips & info go to www.PremierTeam.me

EXPERIENCE **QUALITY.**

THE MASIELLO GROUP

Holistic Pathways, LLC

381 Main St
Gorham
839.7192

YOGA ONLINE
YOGA LIVE

Making yoga easily accessible during stressful times

See our website for class schedule
www.holisticpathways.com

We Deliver.

SUBWAY Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

YOUNG AT ART

WHY THE ARTS ARE IMPORTANT FOR CHILDREN!

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

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

WWW.DLYNDESIGNS.STUDIO

207.332.1342

source: pbs for parents

The North Pond Hermit film



The North Pond Hermit is a 2014 Short documentary. It premiered at Camden Film Festival and did the festival circuit in 2015.

With all the social isolation happening, the director of the movie received many emails asking where people can see the film. So, the director has made it available for free on Vimeo (<https://vimeo.com/406217619>).

The North Pond Hermit tells the extraordinary story of Christopher Knight, aka The North Pond Hermit. Knight lived in the woods of Maine with no human contact for 27 years.

Technically, it was not what public health

experts name self-isolation as Knight crept into private summerhouses to steal all the food and supplies he needed to survive.

The strange burglaries—peanut butter went missing while jewels were left untouched—created feelings of uneasiness and frustration among the townspeople who increasingly grew wary of one another.

When he was finally arrested on suspicion of more than one thousand burglaries, “The Hermit” became, very much against his will, a polarizing figure and a national celebrity.

Christopher Knight’s story is valuable not because it con-

tains insights or tips for better coping with today’s imposed social distancing, but because it raises questions about our complex relationship with isolation—an object of both fantasy and aversion.

Moreover, “The Hermit” is a humorous, lighthearted film, which is what everyone needs at the moment.

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

Dunkin’ commits \$90K to support Maine relief organizations

In late March, the Dunkin’ Joy in Childhood Foundation activated \$1.25 million in emergency funding to support community-based health and hunger relief organizations across the country during the COVID-19 health crisis.

The foundation recently announced that \$20,000 of that funding has been granted and delivered to two Maine food banks to help meet the pressing needs within the local community: Good Shepard Food Bank of Maine in Auburn and Hampden received a \$10,000 grant; Skowhegan Community Food Cupboard also received a \$10,000 grant.

The grants are making a difference by funding such vital services as emergency food boxes and meal kits for families, and food and water for families in shelters. Both organizations also received a care package with Dunkin’ gift cards, as many are seeing a significant increase in the volume of people they serve and are facing unprecedented and costly challenges in the wake



of the pandemic.

“The Skowhegan Community Food Cupboard is incredibly thankful for the grant we received from the Dunkin’ Joy in Childhood Foundation,” said food cupboard President Jennifer Grenier. “Our number of clients is increasing with each distribution and we will be able to continue to serve the needs of households in our community for many months. It’s during the darkest times when we truly discover just how important our organization is and we wouldn’t be able to do what we do without the support of organizations like the Dunkin’ Joy in Childhood foundation.”

In addition to grant support, Dunkin’ has reached out to Maine hospitals, community health clinics, and hunger relief organizations throughout the state offering to deliver local hero care packages containing gift cards and coffee, with a commitment to provide another \$70,000 in gift cards. Dunkin’ began distributing these local hero care packages in March, and so far, 20 Maine organizations have received a total of 5,550 gift cards valued at \$27,750 along with 78 cases of Dunkin’ K-Cups and 15 cases of ground coffee.

“During these unprecedented times, Maine Dunkin’ franchisees are honored to help keep our local healthcare heroes running and provide emergency funds to hunger relief organizations playing a critical role for many communities,” said Maine Dunkin’ franchisee Colleen Bailey.

Dunkin’ has also launched an online gift card site, DunkinCoffeeBreak.com, so that guests in Maine and across the country can send a Dunkin’ eGift Card as a small token of appreciation to thank *See Dunkin’, page 12*

Got the kind of sand you DON'T want?



Winter Sand Sweeping & Spring Clean-up

Hot Rubber Crack Filling & Patching

New Installations • Concrete Reclaimed Asphalt • Loam

Roadmark Industries

Covering Southern Maine

(207) 240-5535

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.





If you're using a home based phone for your business it's time to upgrade to a business phone.



Find out how a business phone can save you money and help your business run smoother.

Call today for a demonstration!



Buck Buchanan
A+, MCP Certified Technician

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295

buck@pro-pc.us

Mind

Continued from page 6

that weighs any new information before making a choice about changing your mind. I like to remind my clients to take a new idea in and to not muddle it up with sources from the past. Every day is a new day and evaluating it through history can be a detriment choice. I offer my clients to give that thought to your spirit let it decide whether or not it should be applied and then you are off the hook! It might sound a little hokey pokey but consider this: You are offered a new journey to better health and you take in the thought. Your first reaction is, "Well I've done this before and it didn't work" or "I have never had time for programs," last but not least, "I worked out with a trainer before and got hurt." Now consider how you would feel if it were to work this time, if your journey with a different trainer becomes a friendship, if this time was considered your time. Work from your spirit of joy. The first thought is not your responsibility, but the second thought is. It all depends on "what" you filter the first thought through; mind and spirit need to have a relationship.

Second, Spirit. Let's first define Spirit. Webster dictionary says it is a force within a human being thought to give the body life, energy, and power. Wow! Wouldn't you rather have "that" make your decisions especially when you are tired, annoyed, depressed, etc.? Or you can go with a Christians definition; the Holy Spirit. Again, Webster Dictionary defined it as a being (as a ghost), whose existence cannot be explained by the known laws of nature. That is definitely

someone I want to make my decisions! That takes me way off the hook if I make the wrong decision. But honestly for me, it has never been wrong—it has worked! Either way, human emotions do not attach to the spirit inside us, so literally asking the spirit to make the decision of the prior questions about starting a new journey to better health would only consider the well-being for your body not all the past experience. Your Spirit and your body need to have a good relationship. How does your spirit tell you what to do? Have you ever bought a red car and then all you see is red cars? Have you ever said "what a coincidence" when you were needing a new jacket to wear with the dress you just found in the back of your closet, shows up on the front page of your favorite store's ad? Or maybe you just became friends with someone and that person is perfect to help you through a hard to time that just happens to come your way? The spirit has ways to talk to you through people, circumstances, and, if you are a believer, very commonly through the bible.

Third, the body. We all know the definition. If the main, central, principle vessel that we are using through this life is not as healthy as it was made to be, don't you think we may just need to consider using our mind sensibly in connection with our spirit that only considers the best for our body? Quite the circle huh? Next time you consider something new, consider the common denominator between Mind, Body, Spirit—you!

Catherine Wilson, On Purpose WellBeing Center, 381 Main Street Suite 4, Gorham. 207-222-0142. Onpurposewbc.com.

Support for USM college students

The Recovery Oriented Campus Center (ROCC) staff and peers have come together to create innovative and accessible ways to keep students encouraged and connected amid COVID-19.

In early March, USM announced that their campuses would close and all classes would be moved online. This was a major change for faculty and students. It has also been a difficult time for everyone at USM, especially graduating seniors who will not be able to enjoy a commencement celebration in May.

Geared toward peer support and recovery, the ROCC pulled together with Health and Counseling Services to create numerous online support groups,

including a grief support group and a group specific for the graduating class of 2020.

The ROCC wants USM students to know they have a safe place to "gather" (currently via zoom and Facebook) with peers and talk about whatever it is they are struggling with, from day to day stresses and anxieties, to substance use, eating disorders and more.

For more information about the ROCC visit <https://usm.maine.edu/recovery-oriented-campus-center>. For more information about USM Health and Counseling services, visit <https://usm.maine.edu/uahcs>. To sign up for the ROCC's newsletter, email roc-cusmmail@gmail.com.

Gorham Food Pantry registers new families



Volunteers prepare for pantry hours last Thursday, April 16th (they are much further apart than they appear in the pic).

The Gorham Food Pantry has registered over 40 new families in the first two weeks of April, and they expect that number to continue to rise in the coming weeks as families continue to feel the economic impact of the Stay at Home order. The pantry is open every Thursday morning from 10 a.m. to 12 noon and is available to all Gorham residents. Those visiting for the first time can either email the pantry in advance at director@gorhamfoodpantry.org or can simply show up during pantry hours with a copy of a current utility bill (CMP, water, etc.) with a Gorham address. The pantry is now a drive-through pantry, with clients remaining outside in their cars for intake and grocery delivery.

The Pantry has always relied heavily on food and monetary donations from the community, and the Gorham

community has certainly stepped up to meet the need! Volunteers have found a full bin on more than one occasion, and cash donations continue to come in as well to help bridge any gaps in food. Monetary donations can be made by visiting <http://www.gorhamfoodpantry.org/donate>.

Current food needs for the pantry include Ramen Noodles; boxes of Mac & Cheese (or cups); 1 lb. bags of coffee; baking goods (cake, brownie, cookie, muffin mixes); Capri Sun juice packets, boxes or containers; and cereal (either cold or oatmeal).

Keep up-to-speed on the latest needs by visiting / liking the Gorham Food Pantry Friends page on Facebook, and message them on Facebook with questions. The Pantry is grateful to their Gorham community for helping take such good care of its neighbors.

Guest column Must love weddings



Cynthia Chadwick-Granger

By Cynthia Chadwick-Granger

Weddings in 2020 will not be forgotten even amid the date changes, postponements and cancellations.

Wedding venues are closed and trying so hard to push the dates out to make it so brides can still have their fairytale big wedding! Wedding vendors are trying their best to accommodate their commitments and rebooking as much as they can.

Everyone breathe—you can still keep that day, you just can't have a large ceremony with

all your guests. Be creative! Have an intimate ceremony with just a few close loved ones and plan your large reception at a later date with all your guests or see if the Venue can rebook you on another date in the fall!

Yes, we can do Maine Weddings up until late October outside, and yes, it is very stressful that this is happening in the wedding season of 2020. However, I promise it will be okay and you can and will be able to work it out.

One thing that remains constant is your love for one another and your love for all your family and friends. We all will remember this time and we will be stronger, wiser and have much more compassion for everyone around us. *Cynthia Chadwick-Granger, owner of Vows For You, www.vowsforyoubycynthia.com.*



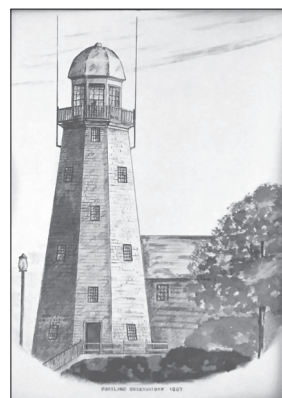
Recognize this old post-and-beam barn in Gorham?

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

Please email us with any information you have.

Laurie@GorhamWEEKLY.com

Historic Prints - Limited Quantity



Portland Observatory



Union Station, Portland

Prints of original Pen and Ink

Sold by Artist, Mary Jane of Gorham

\$25 for print without framing or matting • (207) 839-2179

Olympics

Continued from page 7

ing. Many of the athletes are separated from daily staff, their friends, co-workers and day programs that help keep them active and healthy so staying positive is extremely important.

Wednesdays are Weekly Warrior workouts where volunteers share workout videos of things our athletes and their families can do at home. At the end of each week the athletes get a certificate emailed to them and every four weeks their names go into a drawing for prizes.

Thursdays we focus on essential workers who are athletes and volunteers. It has been amazing to recognize Special Olympic athletes who are on the front line but unseen, working in grocery stores stocking shelves, working in factories, or cleaning offices, hospitals, police departments, etc.

Friday is fun day with cooking classes, learning to juggle sessions, opportunities for athletes and supporters to share their talents, and a chance to join the Special Olympics staff on themed Zoom parties.

Throughout the week, the staff will also be offering Healthy Athletes Tips from Healthy Athletes Clinical Directors, and Students at USM and UNE, covering things like taking care of your teeth, your hearing, your feet, etc. Through Healthy Athletes the Special Olympics team annually offers free health screenings at their state summer games, which will not be offered this year.

Information and activity kits are being mailed to families who do not have access to internet.

Special Olympics staff say the response has been incredible—hearing from parents who say they cannot imagine how they would get through this time with their child who has autism or an intellectual disability if it were not for the activities we are offering to keep them busy, active, involved and excited to see what's coming next. Athletes are calling and messaging the staff daily tell how much fun they are having.

In addition to the offerings for athletes, the Special Olympics staff are also trying to give back. They have dozens of athletes sending vid-

eos and messages out to sponsors and supporters thanking them for everything they have done in the past and reminding them of how much they mean to everyone involved in the Special Olympics. The staff is also doing thank-you's to essential workers.

To see some of the fun activities the staff has put together visit <https://www.facebook.com/SpecialOlympics-Maine/?ref=bookmarks>. To view some of the workout, cooking or inspirational videos, visit https://www.youtube.com/channel/UCLzReuMO78cpdNSI6OQcMrQ?view_as=subscriber.

If you would like to purchase a raffle ticket or make a donation call 207-879-0489 or mail to Special Olympics Maine 125 John Roberts Road Unit #5 South Portland, ME 04106.

Alfond

Continued from page 4

honored to help provide that support.”

Good Shepherd Food Bank annually distributes 25 million meals per year, about 70 percent of which is donated food from retailers. In these times when consumers are stocking up on supplies and eating at home instead of dining out, the Food Bank expects retail donations to diminish substantially and is actively purchasing nutritious shelf-stable food at wholesale prices to make up for the difference. Crops like potatoes and apples are also being purchased from Maine farmers.

In the first month of its COVID-19 response, the Food Bank has purchased more than two million dollars' worth of food, which is nearly double what the organization spends on shelf-stable purchased food in an entire year.

While all of the purchased food is going out to food pantries and other hunger-relief partners at no cost, Good Shepherd Food Bank knows that its community partners need more support.

“We are passing on a portion of the grant from the Harold Alfond Foundation directly to our statewide partners who are on the frontlines of fighting hunger,” said Miale. “Based on survey results, we know our pantries are experiencing increased expenses for labor, cleaning supplies, and gas for food deliv-

eries. These community partners have a long road ahead as Maine recovers from this crisis, and we hope that this flexible support will help them continue to meet the needs of our most vulnerable neighbors.”

A recent survey conducted by Good Shepherd Food Bank indicated that 90 percent of the food pantries it serves are seeing an increase in people seeking help.

“We just don't know what the tail end of this crisis looks like,” speculated Miale. “We are estimating that Maine's food insecurity rate could grow by as much as 39 percent in 2020, but how long will that last? And when might our traditional retail donations come back? There are many variables and we're responding to the changing information daily. We're innovating every day.”

“We have been buoyed over the past few weeks by the incredible generosity of our philanthropic supporters, including this most generous grant from the Harold Alfond Foundation,” continued Miale. “Mainers are helping Mainers. All of us are working together—that's how we'll make it through this.”

For more information, please visit www.feedingmaine.org.

Dunkin'

Continued from page 10

a doctor, nurse, first responder, teacher, grocery clerk, postal worker, neighbor or any hero in their life. For every card purchased at this site, Dunkin' will donate \$1, up to \$100,000, to the Dunkin' Joy in Childhood Foundation emergency funds, specifically for non-profits helping families affected by COVID-19.

Maine Dunkin' shops are open and have limited guest service to drive-thru ordering, carry-out, and delivery, with a select number of locations also offering curbside service.

For more information on Dunkin' and the Dunkin' Joy in Childhood Foundation's coronavirus relief efforts please visit dunkindonuts.com.

The list of organizations receiving support grows daily and includes: Southern Maine: Maine Medical Center, Northern Light Mercy Hospital, Southern Maine Agency on Aging, Southern Maine Health

Care, South Portland Food Cupboard, and York Hospital. Western Maine: Care and Share Food Closet in Farmington, Poland Community Health Center, Stephens Memorial Hospital in Norway, and Western Maine Health. Central Maine: Good Shepherd Food Bank, MaineGeneral Medical Center, Northern Light Mayo Hospital, and Redington-Fairview General Hospital. Eastern Maine: Northern Light Eastern Maine Medical Center and Loaves & Fishes Food Bank in Ellsworth. Mid Coast Maine: Lincoln Health, Pen Bay Medical Center, and Waldo County General Hospital.

JMG

Continued from page 5

the request from JMG met important standards, “We look for organizations that are really going to have an impact and make a difference, and that is why we contribute to JMG. It has the leadership, the scope of services, and scale needed. JMG is unique because it offers a full spectrum of support, and students know JMG is there for them.”

Eve Pelletier is a student enrolled in JMG's College Success program at the University of Maine at Fort Kent (UMFK). Formerly in foster care, Eve credits her JMG Specialist Susan Dubay with helping her with everything from applying for a tuition waiver to making sure she had her own laptop when Maine's university system had to close its campuses and move to a distance learning platform.

“My JMG Specialist is basically my go-to person for everything. I just started my first semester at UMFK this January, but my specialist started reaching out to me last August because she knew I was interested in going. She worked with me for months to make sure I was ready and to help me create my financial plan,” says Pelletier. “The coronavirus was a complete surprise, and it was shocking to have to leave campus. Now my JMG Specialist is my life-line while I am trying to figure out how to finish classes online.”

“We have physical distance, but our connections to students have never been stronger,” says Susan Dubay, the JMG

College Success Specialist at UMFK. “All of my colleagues, all JMG Specialists, are proactively reaching out to our students, providing consistency and comfort, asking students what they need most amid all the disruptions to their lives.”

JMG secured private donations from Maine employers and, the Harold Alfond Foundation agreed to provide matching funds—bringing total contributions to \$300,000 to help JMG students overcome food insecurity. Corporate donors include Unum, Bank of America, Hannaford Supermarkets, Procter & Gamble, Bangor Savings Bank, AT&T, Skowhegan Savings Bank, IDEXX, Machias Savings Bank, BerryDunn, E.J.Prescott, Pratt & Whitney, Kennebec Savings Bank, Hospitality Maine, Pike Industries and the Retail Association of Maine.

The Harold Alfond Foundation is committing additional resources to JMG to assist with anticipated emergency student needs caused by the pandemic.

“We consider JMG to be one of Maine's anchor organizations making important con-

HHRC celebrates 35 years

The Holocaust and Human Rights Center of Maine (HHRC) today is celebrating thirty-five years of Holocaust and human rights education and programming for Maine students, teachers and community members.

The HHRC was founded on April 23, 1985, when a group of Holocaust survivors, their families and allies gathered at the Blaine House to commemorate Yom HaShoah, the Holocaust Remembrance Day. Following the ceremony, Holocaust survivor Gerda Haas then led the group to file the necessary papers for a non-profit.

Thirty-five years later, the HHRC has a permanent home at the Michael Klahr Center located on the University of Maine at Augusta campus and continues to provide educational Holocaust and human rights programming through exhibits, events, in-school programming and, now, through online education.

Last week, the HHRC kicked off its

contributions to the state and economy,” says Greg Powell, Chairman of the Harold Alfond Foundation. “JMG's rapid response is helping to meet the needs of students during these challenging times, while also ensuring these funds go directly back into local stores to contribute to Maine's economy. We are pleased to make this worthy investment.”

All of JMG's school-based partners will receive a minimum of 20 gift cards for \$100 to local Hannaford Supermarkets and/or its affiliate stores. JMG Specialists will collaborate with school administrators to distribute the gift cards to 3,000 students and their families next week.

JMG is a statewide, private nonprofit that partners with public schools and private businesses to offer results-driven solutions to ensure all Maine students graduate, attain post-secondary credentials and pursue meaningful careers. JMG provides more than 11,000 students a year with the skills and experience they will need to reach their potential. JMG graduates become engaged members of their communities, productive adults in the workforce, and contributors to Maine's economy.

online Holocaust and human rights education program for students and teachers on Yom HaShoah with a virtual workshop about the Holocaust titled “Decision Making In Times of Injustice” for students and teachers from Lewiston, Maranacook and Messalonskee.

“We know that racism, anti-Semitism and hate are viruses too and that pandemics bring out the worst in some people even as they bring out the best in most of us. Given our extraordinary mission, history and resources, the HHRC has the unique power to stand up against hate by providing public, online tools to inspire and educate people to advance equity and inclusion,” HHRC Executive Director Shenna Bellows said. “Bringing Holocaust and human rights education directly to Maine students, teachers and community members where they are is of critical importance in a world that is relying more and more on technology and online learning.”

The HHRC started *See HHRC next page*

Calendar

Send your submissions to the Editor. More online.

Ongoing, daily

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

Ongoing, Tuesdays and Thursdays

Online Story Time with Baxter Memorial

Library's Ms. Heidi at 9:30 a.m.

Ongoing, Tuesday through Fridays

Afternoon Chapters with Baxter Memorial Library's 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.

Friday, May 1

Live from Home Concert Series featuring Kat Logan presented via Facebook Live stream on The Chocolate Church Arts Center Facebook page at 7:30 p.m. <https://www.facebook.com/Chocolate-Church-Arts-Center-212223856285/>.

facebook.com/Chocolate-Church-Arts-Center-212223856285/.

Saturday, May 2

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

Monday, May 11

Harry Potter Muggle Cakes: Live from Hogwarts-at-Home. Join Ravenclaw Librarian Heidi Whelan on Baxter Memorial Library's

FLAGSHIP CINEMAS

WWW.FLAGSHIPCINEMAS.COM

DOORS OPEN AT: 12:00pm

AUBURN
746 Center Street
Auburn Movie Hotline — 786-8605

**VISIT OUR WEBSITE OR
CALL THE HOTLINE AT
786-8605
FOR SHOWTIMES**

Facebook page at 2 p.m. as she temporarily puts down the books and pick up a mixing spoon. She

will demonstrate how to prepare a magical muggle cake.

Maine State music theatre cancels 2020 season

After much consideration and taking direction from the Federal CDC, Maine CDC, Bowdoin College, and the Town of Brunswick in regard to the Covid-19 crisis, Maine State Music Theatre (MSMT) is saddened to announce the cancellation of its 2020 summer season.

For 62 years, MSMT has been an integral part of summer in the Mid Coast, providing the public with Broadway-caliber performances that celebrate the magic and value of musical theatre, lift the collective mood of the region, and contribute to its shared economic health.

"The excellence of our history and all of the amazing people that have come before us to create this theatre weighs heavily on us at this time," said Artistic Director Curt Dale Clark. "We are the current shepherds of MSMT and are responsible for protecting all that has transpired in the past. That said, we also have a responsibility to the present and the future. There is simply no path to safely execute our season while protecting our patrons, employees, and the Brunswick community."

While other theatres might be able to reschedule shows for a future date, MSMT doesn't have that option. The theatre only has access to the Pickard Theater on the Bowdoin College campus from June through August.

The timing of this decision also involves the uncertainty of when the Maine Center for Disease Control will deem it

possible for the 200 performers, technicians and designers to begin production rehearsals under one roof, which typically starts in May long before the audience of 600 per show start attending performances in June.

"While we won't have some of the production costs associated with producing shows on our stage, the preparation for these shows began a full 10 months ago," explained Clark. "Meaning much of our yearly budget has already been spent with no means of earning the income we rely upon both for this year and for the upcoming 10 months of preparation for 2021."

As a result of the lost revenues the cancellation brings, Clark hopes patrons will consider making a tax-deductible donation of their 2020 tickets or an additional charitable gift to support the MSMT Lifeline Fund—set up specifically to sustain the theatre during this challenging time.

Patrons with tickets to summer shows are asked to fill out the Ticket Return Form at www.msmt.org to expedite ticket donations and refunds.

After working through this unprecedented decision, which Clark admits will also be very hard on the many partner organizations and businesses that both support MSMT as sponsors, but also which benefit from the 60,000 plus theatergoers each summer, the theatre will turn its energy to the exciting 2021 Season planning

already underway, with hopes of announcing the season line-up in late June.

MSMT is also implementing plans to help and give back to the community, including making masks for Mid Coast Hospital's CHANS Home Health & Hospice patients and other local service agencies. MSMT is dedicating two employees for a limited time and recruiting volunteers to help with the project.

"We are very fortunate to have a network of talented volunteer 'stitchers' to help us," said Clark, "and we are so happy to be able to help."

MSMT will continue to give up-to-date information on its social media channels and website at www.msmt.org.

Maine State Music Theatre first opened its doors in 1959. 62 years later, this historic theatre continues to entertain, educate and delight audiences, bringing live theatre, music, and more than 60,000 patrons into downtown Brunswick annually.

Today, under the leadership of Artistic Director Curt Dale Clark and Managing Director Stephanie Dupal, MSMT produces four main stage musicals, a Theatre for Young Audience musical series, and a concert series, employing the talents of professional directors, designers, actors and technical staff from across the country. MSMT also offers free educational and engagement programs across the

HHRC

Continued from previous page

its weeklong commemoration of Yom HaShoah and its 35th anniversary with a virtual Yom HaShoah remembrance ceremony Sunday evening, hosting over 100 members of the public for reflections by the

children of Holocaust survivors, Rabbi Erica Asch of Temple Beth El and HHRC staff and board.

"We have a moral responsibility now and forever to never forget, to work toward never again and to do everything we can to confront prejudice,

discrimination and intolerance, said Bellows. "Despite the pandemic and school closures, the HHRC is committed to carrying on the legacy of our founders to ensure that the stories and lessons shared by Holocaust survivors are remembered and shared."

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.

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,

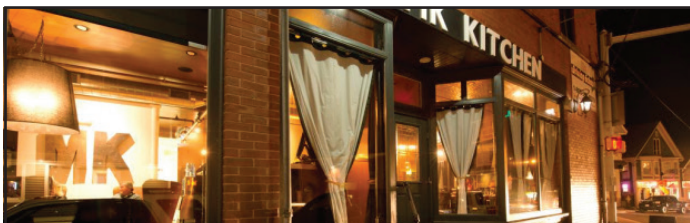
and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have 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.

**Best Source for Arts, Music
and Theater!**

Your Hometown Paper.

Restaurant Directory

Restaurant Name	Phone	City	Open?	Take-out?	Curbside?	Delivery?	Hours	Website
Junction Bowl	(207) 222-7600	Gorham	No	No	No	No	Closed	jctbowl.com
Dunkin' Gorham	(207) 839-7044	Gorham	Yes	Yes	No	No	Daily 430am-8pm	dunkindonuts.com
Lucky Thai	(207) 839-6999	Gorham	Yes	Yes	No	No	Daily 11am-8pm	Lucky-Thai.com
MK Kitchen	(207) 222-2588	Gorham	Yes	Yes	Yes	No	Tues-Sat. Preorder EARLY. Pick up 3:30pm -7pm	Mkitchen.net
Ocean Gardens	(207) 839-7651	Gorham	Yes	Yes	Yes	No	Fri-Sat 3 to 7	Oceangardensrestaurant.com
Jan Me II	(207) 839-4377	Gorham	No	No	No	No	None	janmee2.com
Aroma Joes - Gorham	(207) 222-2921	Gorham	Yes	Yes	No	No	Daily 4:30am-10pm	aromajoes.com
Angelo's Pizza, Gorham	(207) 222-2232	Gorham	Yes	Yes	No	No	Wed - Sat 12pm to 7pm, Sun - 12pm to 6pm	www.angelospizzagorham.com
Chia Sen chinese restuarant	(207) 883-7665	Scarborough	Yes	Yes	No	No	Daily 11am-9pm	www.chiasenme.com
O'Reilly's Cure Restaurant & Bar	(207) 517-2222	Scarborough	Yes	Yes	Yes	No	Daily 12pm-7pm	oreillyscure.com
Subway - Scarborough	(207) 885-5818	Scarborough	Yes	Yes	Yes	Yes	Daily 9AM-9PM	subway.com
Subway Scarborough – Rte 22	(207) 839-7900	Scarborough	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com
El Rayo Scarborough	(207) 883-8226	Scarborough	Yes	Yes	Yes	Yes	Mon-Sat 11am-8pm	www.elrayotaqueria.com
Chia sen Chinese restaurant	(207) 883-7665	Scarborough	Yes	Yes	Yes	No	Dailiy 11:00 am -9:00 pm	Www.chiasenme.com
Nonesuch River Brewing	(207) 219-8948	Scarborough	Yes	Yes	Yes	Yes	Wed-Fri 3pm-8pm, Sat 12pm-8pm, Sun 12pm-7pm	nonesuchriverbrewing.com
Bin Fin Poke	(207) 536-0416	South Portland	Yes	Yes	Yes	No	Mon-Sat 11am-8pm	bigfinpoke.com
Buffalo Wild Wings	(207) 541-9464	South Portland	Yes	Yes	Yes	No	Daily 11am-10pm	buffalowildwings.com
Chili's	(207) 773-1595	South Portland	Yes	Yes	Yes	Yes	Dailiy 11AM-9pm	chilis.com
Chipotle Mexican Grill	(207) 775-7730	South Portland	Yes	Yes	No	Yes	Daily 10:45AM-10PM	chipotle.com
Cracker Barrel	(207) 773-7530	South Portland	Yes	Yes	Yes	Yes	Daily 8am-8pm	crackerbarreltogo.com
Friendlys	(207) 774-7442	South Portland	Yes	Yes	No	Yes	Daily 11am-10pm	friendlys.com
Longhorn Steakhouse	(207) 780-0800	South Portland	Yes	Yes	Yes	No	Sun-Thu 11am-9pm, Fri-Sat 11am-10pm	longhornsteakhouse.com
Cracker Barrel	(207) 210-7291	South Portland	Yes	Yes	Yes	Yes	Daily 8am to 8pm	Crackerbarreltogo.com
Mcdonalds South Portland	(207) 761-2819	South Portland	Yes	Yes	Yes	Yes	Daily 6am-10pm	mcdonalds.com
Moes Original BBQ	(207) 956-7623	South Portland	Yes	Yes	Yes	Yes	Dailiy 11am-7pm	moesoriginalbbq.com
IHOP - South Portland	(207) 774-7475	South Portland	Yes	Yes	No	Yes	Daily 7am-2pm	ihop.com
El rodeo Mexican restaurant	(614) 254-4976	South Portland	Yes	Yes	Yes	Yes	Sun-Thu 11am-8pm Fri-Sat 11am-9pm	Elrodeome.com
Subway Standish	(207) 550-0012	Standish	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com
Big Fin Poké	(207) 591-0171	Westbrook	Yes	Yes	No	Yes	Mon-Sat 11am-8pm	bigfinpoke@gmail.com
Subway Westbrook - Main St.	(207) 854-3287	Westbrook	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com



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

MK Kitchen.net

APPETIZERS, SOUP AND SALADS

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

Would you like your restaurant in Gorham Weekly's Restaurant Directory? email us:

Laurie@GorhamWeekly.com

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage

Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybill.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business.

Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet

apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates.

Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN?

If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

HELP WANTED

Technical Field Manager

Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage

technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

HOME SERVICES

De-Clutter Your Home

Get Ready for Spring! Together we can organize and de-clutter your rooms. Your home will feel better and so will you.

Contact me to start a conversation, and schedule a free first visit.

K Mae Schares
207-749-9745
kmschares@gmail.com

HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

SENIORS

In Home Care

Visiting Angels - non-medical assistance living. Serving Lewiston/ Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/ outings. Call for FREE in-home consultation. (207) 740-9100.

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

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

Classified Ads

UP TO 40 WORDS!

\$ 10 PER WEEK
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our
bookkeeping office: 9 N. River Road #232
Auburn, ME 04210 or email it to us!

Visa Master Card

Card # 3 digits #
on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO:

NUMBER OF WEEKS TO RUN: _____



Weekly Social Media giveaways!

You dream it. We will build it.



No Money Down • Financing Available

Remodel • Kitchens • Bathrooms • Basements
Roofing • Siding • Windows • Garages • Additions

AMERICAN BUILDERS 
Custom Building & Remodeling

(207) 500-8100 • www.AmericanBuildersMaine.com