

Gorham area hikes



by Jeffrey Ryan

Henry David Thoreau once said, “I think I cannot preserve my health and spirits unless I spend four hours a day at least—and it is commonly more than that—sauntering through the woods and fields absolutely free from all worldly engagements.”

While I appreciate the sentiment (and practice it whenever I can), there are days when 30 minutes of restorative walking is about all we can squeeze in.

A recent rainy weekday was just such a time. I got up from the keyboard and drove over the (Presumpscot) river and through the woods to arrive at the Cummings Preserve Trail. Located just downstream from the Dundee Dam, the one-mile “lollipop” trail presents a wonderful

stroll along the historic Cumberland and Oxford Canal, opened in 1832 to provide a 38-mile navigable passage between Harrison and Portland for shipping barrel staves, firewood and apples among other things.

Before heading down the trail, I recommend the brief side-trip over the footbridge below the Dundee Dam, where a side trail leads upstream to a view of



the dam spillway. After returning to the parking area, walk down the dirt road to the portage trail, which is also the start of the one-mile loop. The trail ends at the river’s edge near Dundee Falls, then loops back to the parking lot.

With due respect to Thoreau, that 30 minutes of rainy-day solitude followed by a steaming mug of coffee was just the health- and spirit-preserving gift I needed.

The Cummings Preserve Trail is 1-mile in length with a trail rating of easy. The property is managed by Presumpscot Regional Land Trust. For more info 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.

“Split the Tab” gift card campaign a tremendous success



By Jeffrey Ryan
#GorhamStrong
Team Eyes Second Round:

“Wow. That was something. We practically sold out our gift cards in two days!”, said David Willis, board member of both the Gorham Business Alliance and the Gorham Business Exchange, when asked about the initial response to their innovative “Split the Tab” campaign. Developed to help local businesses weather the economic impact of Covid-19, the gift card program provides a donor match that turns a \$10 purchase into a \$20 gift card. The proceeds

go directly to the local businesses, so they can benefit from an influx of cash during these economically challenging times.

With only a few gift cards still available from round one of the campaign, Willis says that the organizations are hoping to offer a second round featuring additional businesses, such as auto repair shops and fitness studios.

Contributors Wanted:

The bulk of the seed money to launch “Split the Tab” was provided by the GBA and GBE. (One-fifth of the funding was raised

through GoFundMe contributions). Round two will rely almost exclusively on funds raised through GoFundMe. Willis notes that contributions are tax deductible and that 100% of the funds raised will support Gorham businesses. “It’s a great way to help our friends and neighbors get through this tough time.”

For more information, visit www.GorhamStrong.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.

Cabin fever got you down?

Escape with Maine’s most intriguing Hermit.

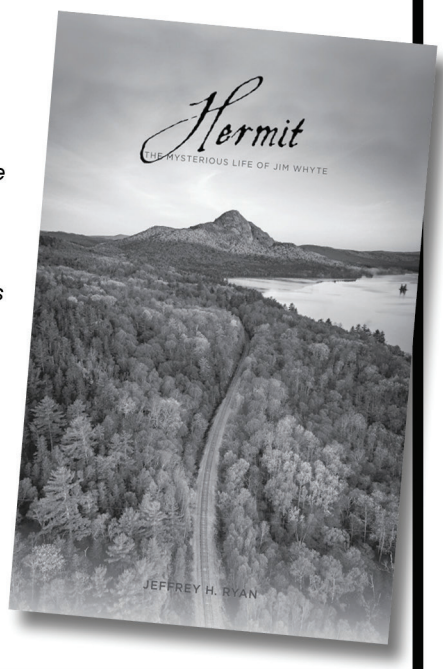
“Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it’s based on real people and real events.”

— 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	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
10 INCH CHEESE PIZZA \$8.50 - toppings extra	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	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
CHEESE CALZONES \$8.50		

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 and ads online at

www.GorhamWeekly.com

Four CMCC students named to All-Maine Academic Team



Joshua Gagnon



Kate McPherson



Steven Ouellette



Leon Twitchell

Four students from Central Maine Community College (CMCC) are among the twenty Maine community college students named to the 2020 All-Maine Academic Team. The students were selected in recognition of outstanding academic achievement, leadership, and service. The CMCC students receiving the award, which includes a \$500 scholarship from the Maine Community College System Board of Trustees, are Joshua Gagnon of Poland; Kate McPherson of Litchfield; Steven Ouellette of Auburn; Leon Twitchell of Bryant Pond.

Gagnon has been a high honors student in the Precision Machining Technology program. An Air Force veteran, Gagnon is considered the “go-to person” for the younger students in the

program who need assistance. A member of the Phi Theta Kappa (PTK) Honor Society, Gagnon plans to graduate in May.

McPherson has earned President’s Honors as a student in the Computer Technology program. She is president of the CMCC chapter of PTK, which under her leadership achieved five-star status. The recipient of the Coca-Cola Leaders of Promise scholarship last fall, McPherson has also been selected as a semi-finalist for the PTK All-USA Academic Team scholarship. She plans on transferring to UMA to continue her education in technology.

Ouellette has earned high honors in General Studies and plans to transfer to UMaine Orono to study mechanical engineering (his dream job is to design cars).

Very active in campus activities, Ouellette is PTK treasurer and has been involved in everything from fundraisers to Red Cross blood drives to “Escape Room” outings!

Returning to school at age 53 can be intimidating, but all Twitchell has done is consistently earn President’s Honors in the Building Construction Technology program. The recipient of the Roland “Doc” Hanaford Scholarship last fall, Twitchell expects to begin theology studies for a bi-vocational ministry, serving his community with his hands while at the same time providing spiritual leadership for those in his church.

The All-Maine Academic Team is a program of Phi Theta Kappa, an international honor society for two-year colleges.

Letter to Editor Coronavirus and prostate cancer

We are all totally focused on Covid-19 and that is as it should be, but at the same time we do not want to forget those who have other medical issues and in the Maine Coalition to Fight Prostate Cancer (www.mcf-pc.org) we are focused on the men and their families who are on their prostate cancer journey.

Our One2One Confidential line is open, and we have many trained

volunteers whose PCA experiences can be matched with any man or woman who contacts us. If you call 207-441-5374 or 1-855-552-7200 x 801 and leave a message someone will get back to you.

We have support groups operating throughout the state and though they cannot now come together in person, many are still keeping and forging their connec-

tions through Zoom. A list of our groups along with telephone numbers is maintained on our website.

We are a statewide nonprofit serving the prostate cancer community for over 16 years and our website offers reliable links and information about Prostate Cancer.

Keep well, keep safe and keep in touch.
Sandra and Ole Jaeger, Georgetown, Maine.

CMCC waives admissions application fee



The sun sets over the campus of Central Maine Community College in Auburn. The college has waived the application fee for fall admission.

Central Maine Community College has announced that it has waived the application fee for fall semester admission. Any student who applies to the College will have the \$20 fee automatically waived. Anyone interested in applying for fall admission to CMCC can do so online by clicking the blue “Apply Now” button on the CMCC homepage at www.cmcc.edu. A high school diploma or com-

pletion of a state high school equivalency certificate (GED, HiSET) is required for admission. Additional requirements for certain programs are explained in the Admissions section of the CMCC website.

CMCC offers over 40 career, technical, and transfer programs that prepare students for rewarding careers or transfer to four-year colleges and universities. The college boasts a wide

range of services and activities, including residence halls, the Learning Commons, Math and Writing Centers, Mustang Fitness Center, and a new Esports Arena. A fully-lit, turf athletic complex opened last fall.

For assistance or more information, contact the Office of Admissions directly at enroll@cmcc.edu or (207) 755-5273. The fall semester opens August 31st.

Kayaking Stimulus Package!

2 - Old Town Vapor 10 Cloud Kayaks



2 - Old Town Outfitter PFDs



\$1200

TAX INCLUDED!

2 - Magic Aluminum Paddles



SHAKER HILL
Outdoors

271 Maine Street, Route 26, Poland


www.shakerhilloutdoors.com

Open 7 Days a week

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


998-5390


WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Nicole Lajoie
Licensed Agent


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





CHAMPOUX INSURANCE
DELIVERING ON THE PROMISE

150 East Avenue - Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com



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

Online events from Baxter Memorial Library in Gorham



Ravenclaw Librarian Heidi Whelan.

Looking for May entertainment? Look no further! The Baxter Memorial Library Youth Services Department has added tons of great resources, program videos, and educational games for kids, teens, and tweens on their revamped Youth Services pages at baxterlibrary.org. Take a peek if you are missing the library.

The Library staff is working hard to bring the library to you. They offer 2 regularly occurring events, Afternoon Chapters with Mr Jeff and Story Time with Ms. Heidi.

Afternoon Chapters with Mr. Jeff is available on the library's Facebook page Tuesday through Friday at 2 p.m. Tune in to hear the latest from the book "Holes" by Louis Sachar.

Story Time with Ms. Heidi happens every Tuesday and Thursday at

9:30 a.m. on the library's Facebook page. Story



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



Mr. Jeff Baxter Memorial Library Youth Services Assistant.

time often features special guests like Ms. Heidi's dog Finn and her cat Donovan.

And don't miss the one-time event, Harry Potter Mug-gle 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.

Chilaquilles recipe



This is a great recipe to use up old corn or flour tortillas or tortilla chips. If using tortillas, leave them out in the open overnight so they dry out, as you want them to be crispy on the edges.

Ingredients:
 6 - 6" tortillas cut into small wedges or 2 cups Corn Tortilla chips
 Cold Rotisserie Chicken (or cooked chicken) 1/2 bird, dark and white meat picked
 Olive or vegetable oil 2 tbs

Frontera Red Chile Enchilada Sauce 1 Package

Cacique Cotija Cheese, crumbled 1/2 cup
 Cacique Queso Fresco, shredded 1/2 cup
 Fresh Cilantro, sprigs 1/4 cup

Optional:
 Red onion, thinly sliced 1/4 cup
 Fresh Jalapeno, thinly sliced 1/4 cup

Directions:
 Pull chicken off the bone and dice into small-er pieces.
 On stovetop, heat a

large skillet over medium high heat.

Add oil to pan and heat then add tortilla or tortilla chips. Sautee for 4 minutes until fragrant.

Add diced chicken to pan and heat additional 4 minutes till chicken is warmed.

Add packet of Frontera Enchilada Sauce and bring to a simmer.

Remove pan from heat and top with cheeses, cilantro, and optional onion and jalapeno. Serve warm. Enjoy!

O'Reilly's Cure Restaurant & Bar

O'Reilly's Cure Restaurant & Bar is located at 264 US-1, Scarborough. They are open Monday through Wednesday 4 to 7 p.m., Thursday 12 to 7 p.m.,

Friday and Saturday 12 to 8 p.m. and Sunday 3 to 7 p.m.

O'Reilly's offers curbside takeout, with delivery through Uber Eats coming soon! To

place an order online visit <https://www.toasttab.com/o-reillys-cure/v3> or call (207) 517-2222. For more information and a full menu visit <https://www.oreillyscure.com>.

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

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



Lillian Baker
 Office Manager
Lillian@GorhamWeekly.com

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



Millie Barnard
 Managing Editor
Editor@GorhamWeekly.com

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



Lacey Rollins
 Outside Rep
Info@GorhamWeekly.com

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

What's Going On

Nursing students take test in parking lot computer lab



CMCC nursing students Elsie Marston, left, and Autum Koch, right, are pictured here right after they completed the ATI exit exam in the "parking lot compute lab" at the college.

Thirty-two second-year nursing students at Central Maine Community College (CMCC) took an ATI exit exam recently in the "parking lot computer lab" at the College. This enabled them to take the test with proper social distancing and the required faculty proctoring. The students completed the exam

while sitting in their own vehicles, connected to the college's Wi-Fi. This exit exam, which is factored into the students' final grade, is also a predictive test designed to mimic the NCLEX (National Council Licensure Examination) the students will be taking in the near future.

While the CMCC

campus has been closed due to COVID-19, any students who lacks such access at home are able to get free Wi-Fi in the parking lot lab. They can also borrow a laptop by calling the IT department. An IT technician then brings a laptop to them, all the while observing proper safety protocols.

The Live from Home Concert Series: Craig Stutsman

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.

Craig Stutsman will perform May 9 at

7:30 p.m. Tickets are not necessary for the Live from Home concerts. Audience members will be encouraged to donate to help the organization recover lost revenue due to postponed shows, and to support the performers, many of whom are also facing canceled shows and loss of income.

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

Southwest Harbor and Tremont Chamber cancels events

Due to the Coronavirus epidemic shutdown, the Southwest Harbor & Tremont Chamber of Commerce Board has had to make some difficult choices about their 2020 Schedule of Events.

The Chamber is concerned about the health and safety of their residents, seasonal workers and visitors.

Therefore, they are canceling events where large gatherings would naturally form, because large gatherings are not allowed right now and it is not known when that ruling will be lifted. This year, we will not be holding a fireworks display on July 4th, and due to the long lead time needed for organizing Oktoberfest, we are post-

poning our Acadia's Annual Oktoberfests' 25th season celebration until 2021.

Please continue to follow the Governor's guidelines to help control and limit the spread of this virus. For more information please contact Cynthia Crow at 207-244-9264 or office@AcadiaChamber.com.

Maine tourism relief fund

The Maine Tourism Association and Poland Spring® 100% Natural Spring Water, part of the Nestlé Waters family, recently announced the official launch of "The Maine Tourism Relief Fund, Founded by Poland Spring and the Maine Tourism Association." Thanks to a generous donation of \$100,000 by Poland Spring and the work of the Maine Tourism Association, one-time grants will be made available to Maine's tourism businesses and employees who have been impacted by a loss of business, or decrease in income, due to the COVID-19 crisis.

Stay-at-home orders mandated by the state have closed restaurants, retail outlets, and attractions, and left small motels and B&Bs empty. Camps, cottages, and outdoor attractions have been forced to delay their season opening — significantly reducing their opportunity to earn income. These delays also prevent many Mainers from the seasonal employment that so many depend upon. Tourism supports over 110,000 employees in Maine. Around one in three of

Maine's private sector wage and salary employees work for businesses with fewer than 50 employees.

"Our mission is to keep the tourism businesses sustainable, which fits into our mission of why we are an association," said Tony Cameron, CEO of the Maine Tourism Association. "Tourism is the backbone of Maine's economy, and that is why the industry needs to be supported in this difficult time. These small businesses are what makes Maine a unique and special place to live - and visit! They give us great food, excellent service, and give us experiences that make memories that last a lifetime. We hope that by creating this fund, we can help protect the industries that Mainers and visitors alike will enjoy for many years to come."

100% of the money donated to the Maine Tourism Relief Fund founded by Poland Spring and the Maine Tourism Association will be given directly to fund recipients.

"175 years ago, Poland Spring started out as a small Maine business and tourist destination, and we are proud to team up with the Maine Tourism Association to help support today's small businesses in the tourism industry," said Tara Carraro, Executive Vice President and Chief Corporate Affairs Officer for Nestlé Waters North America, which owns the Poland Spring brand. "We believe in the power of coming together as a community during difficult times and hope that this fund will provide some relief to those whose work makes Maine so special."

"We are thrilled to be joining forces with Poland Spring to create

this fund," said Cameron. "They have always been supportive neighbors and an important part of Maine's history. We greatly appreciate their generous support."

In addition to Poland Spring, contributors to the fund include Experience Maine and Bissell Brothers Brewing. The latter two companies are selling Maine-made products, a portion of the proceeds of which will be donated to the fund. Links to these products can be found on the Maine Tourism Relief Fund website.

Subject to the availability of funds, a one-time grant of \$500 for individuals or \$1,000 for businesses with fewer than 50 employees will be disbursed directly to the applicant following the review and confirmation of eligibility, within approximately seven days of the closing of the application process. Awards will be limited to one grant per household.

Note that the application period closes on Friday, May 8. The grants are awarded through a lottery system of all eligible applicants. They are not awarded on a first-come, first-serve basis so applicants have time to gather the required documents and complete the application. More information, including the application form and information on how to donate to the fund to help Maine tourism businesses can be found on the website <https://www.maine-tourism.com/maine-tourism-relief-fund/>.

Please contact me Alison P. Sucey at (207) 458-3069 or apsucey@mainetourism.com, or Tony Cameron, Maine Tourism Association CEO, at 207-899-5853 or tcameron@maine-tourism.com.

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.



Amirault Scholarships awarded

Two high school seniors with strong work ethics grounded in family and faith have been chosen as the winners of the 2020 Lila Grace Sullivan Amirault Scholarships, each receiving \$4,500 to put towards their college tuition.

"It was immediate excitement, immediate. I read the email, and it was like, 'Oh, my gosh,'" said Avery Greco, a student at Saint Dominic Academy in Auburn.

"I was very excited about it. It will make the financial burden a little bit easier to go to college and possibly grad school after that," said Daniella Niedermeyer, a student at Cheverus High School in Portland. "I also feel honored because I know some of the other people who applied, and I have a lot of respect for them. I think they deserve it probably more than I do."

The Lila Grace Sullivan Amirault Scholarship Fund was established in 2013 by Patrick Amirault, now deceased, through the Catholic Foundation of Maine. Amirault established the fund to honor the memory of his wife, Lila, and to show gratitude for the care and quality education he received while attending a Catholic school in Malden, Massachusetts, where he grew up, one of nine children in a poor family. To be eligible for the scholarship, students must be accepted at an accredited college or university and must plan to work while attending college.

Greco and Niedermeyer have displayed strong work ethics, leadership skills, and a commitment to serving others throughout their high school years.

"Avery is very thoughtful and respects fellow students and teachers," wrote Anne Pontbriand, her religion teacher. "A knowledgeable student, Avery always put her best into whatever she is preparing for, both in and out of class."

"Daniella is a deep thinker, an excellent student, leader, and communicator," said Valerie Webster, her guidance counselor. "She ranks near the top of her class and is a kind, sincere, and caring young woman."

"Trying to be a good person means a lot to me," said Niedermeyer.

er. "I think if everyone did that, it would make the world a better place."

"I want to be the best I can be," said Greco. "I want to be thoughtful. I want to be giving."

Greco has long displayed those qualities. She became an altar server at Our Lady of the Rosary Church in Sabattus at a young age and has also served as an extraordinary minister of holy Communion during school Masses.

Greco volunteered at the Good Shepherd Food Bank in Auburn and at St. Mary's Regional Medical Center in Lewiston, and she helped decorate homemade wreaths for the Christmas by the Lake Fair held at St. Philip Church in Auburn. In addition, as a member of the St. Dom's tennis team, she volunteered for Special Olympics, keeping score for matches.

"It was so fun to see them compete against each other and to see them get excited about getting a point," she said. "I just felt so happy to be a part of such a great organization."

Greco has been a captain of the tennis team for three years, and for the past two years, she has been a captain of the field hockey team. She and two friends also started a volleyball/spike ball club at the school.

"We would just play, and play, and play," she said. "We would get people in my class involved. It was just so much fun."

Niedermeyer has also been active in sports, participating in cross-country, swimming, and track. Like Greco, she also helped to bring a new club to her school, a garden club. She and five other



Avery Greco



Daniella Niedermeyer

students built raised beds on the Cheverus grounds and even brainstormed ideas for keeping the garden watered when school was not in session. Their hope was to grow enough produce to donate to a soup kitchen.

"I really like gardening," she said. "I really like the idea of farming in general. You know exactly where the food comes from, and I think it's a life skill. You can learn a lot of character lessons from gardening, like success and failure and that hard work pays off. It's just very simplistic in that way and very natural."

Niedermeyer has volunteered at one of the Preble Street Soup Kitchens, cooking meals, and she is the president of Cheverus' Key Club, which puts on a Turkey Drive every Thanksgiving, serving hundreds of area families.

"I find a lot of value

See Amirault, page 13

What's Going On

MAY 2020

LEWISTON PUBLIC SCHOOLS

KINDERGARTEN REGISTRATION INFORMATION



KINDERGARTEN

Must be 5 years old by October 15, 2020
*Students currently attending Lewiston Public Schools Pre-K do not need to participate in the K registration process.

REGISTRATION LINK:
<https://bit.ly/LewistonKPKReg>

QUESTIONS:
 kinderprekreg@lewistonpublicschools.org

Please complete the Google Form (link provided) to put your child on the list for Fall 2020.

Respective schools will coordinate scheduling appointments to complete registration forms and provide necessary documentation once able.

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.

SHAKER HILL Outdoors

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

Aspire Gorham takes career exploration online



Nearing the end of its second year, Aspire Gorham is rising to the challenge of continuing to offer engaging, informative career exploration opportunities to students in all grades.

“This initiative has never been about traditional classroom learn-

ing,” Aspire Gorham Project Manager Maureen O’Brien explained. “Since Day One, we have been trying innovative ways to get kids of all ages thinking about their futures. When the district transitioned to remote learning, it made perfect sense for us to

move our programming online, too!”

The response from students has been enthusiastic. So far, forty high school students have participated in career conversations via Zoom, including a lively discussion with Broadway performer and 2007 Gorham High School graduate Andrew Wojtal. Wojtal talked about his journey from Gorham to New York City, where he eventually landed a role in “Hamilton”.

Students also talked with Tom Nelson, who graduated from GHS last year. Nelson shared his thoughts about making the transition from high school to St. Anselm College. “This was probably my favorite talk yet. It was super relatable because it was

DlynDesigns™ Studio highlights art student Alden Rofe

DlynDesigns™ Studio would like to highlight Alden Rofe a seven-years-old art student in second grade. He enjoys art chats

with Mrs. McColl on Zoom. They talk about his art plan, art tools and his process as he creates his art pieces online with Mrs. McColl. He is a

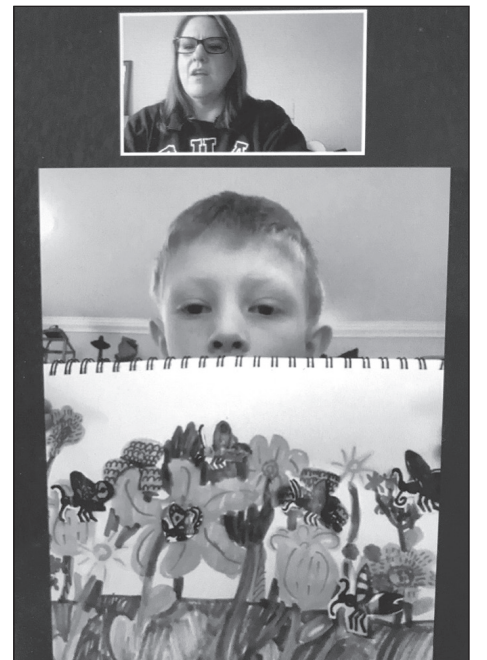
young scientist as well as a talented young artist.

Rofe’s butterfly garden was hand drawn in marker and inspired by a

See Art, page 11



Alden working on his art.



Alden’s zoom art chat with Mrs. McColl.

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 Ragu** / Pineland Farm Feta, Chopped Mixed Olives - 24
- Orecchiette Pasta with Chicken & Broccoli** / Garlic Butter, Wilted Kale, Parmesan - 22
(Vegetarian Orecchiette available with Pesto)

ENTREES

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

SIDES

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

DESSERTS

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



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

Parking lot Masses in Maine

In accordance with Governor Mills' plan to safely reopen the state, Bishop Robert Deeley is permitting the celebration of public Masses in the parking lots of Maine's Catholic churches, but with strict protocols (listed below) in place for the protection, safety, and health of all participants. The Masses are in addition to the many live-streamed Masses that are being offered at most Maine parishes since the suspension of large gatherings in the state. A list of the live-streamed Mass at Maine parishes can be found here: www.portlanddiocese.org/live-streamed-masses.

Starting last weekend, two venues will begin hosting outdoor Masses. All are welcome to attend both Masses.

On Sundays, parking lot Masses will be held at Saint Dominic Academy's Auburn campus on 121 Gracelawn Road at 10 a.m.

"Mass will be offered on an outdoor platform to raise the sanctuary space so that it can be more visible to all cars in the parking lot," said Fr. Seamus Griesbach, chaplain at the academy, who will celebrate the Mass. "A small number of volunteers will assist in traffic direction and parking. Those in attendance will need to follow the guidelines set by the state and the diocese, and the number of cars will be limited to 80."

The Mass will be live-streamed on Fr. Griesbach's YouTube channel for those who wish to view it online.

Also, on Sundays, parking lot Masses will be offered in the parking lot of Geiger, located on 70 Mount Hope Avenue in Lewiston, at both 8:30 a.m. and 10:30 a.m.

"It is our hope that the 10:30 a.m. parking lot Mass will also be live-streamed on our parish's website and Facebook page," said Fr. Daniel Greenleaf, pastor of Prince of Peace Parish in Lewiston. "In addition, we will be having daily parking lot Masses at the front of Holy Family Rectory in Lewiston at 8 a.m., Mondays through Fridays, weather permitting."

Starting this weekend (May 9 and 10), St. Anne Parish in Gorham will begin offering parking lot Masses on Saturdays at 5:30 p.m. and Sundays at 9:30 a.m.

"Masses will be celebrated from the second story, outside, rectory deck at St. Anne in Gorham with an unobstructed view from inside your car," said Fr. Lou Phillips, pastor of St. Anne.

Any additional parking lot Masses across the state will be added to the updating list at www.portlanddiocese.org/ParkingLotMasses.

Protocols for the parking lot Masses, issued by the Diocese of Portland, include:

Holy Communion will not be distributed until everyone's safety can be assured through the adoption of appropriate protocols.

For the present, parishioners are invited to participate in an Act of Spiritual Communion during these Masses; all parishioners will remain in their cars at all times; only people who live together should be in the same vehicle; churches/facilities will not be open for restroom use; social distancing must be maintained by those who minister at these Masses (celebrant, cantor, lector, etc.); cars must have one empty parking space between them in the parking lot; offertory collections will not be held during the

See Masses, page 13

The Live from Home Concert Series: Lindsay Mower



Lindsay Mower

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.

Lindsay Mower will perform May 7 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 on their website (<https://www.chocolatechurcharts.org>) and Facebook page (<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

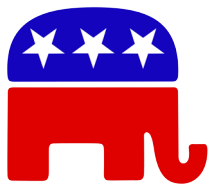


Mark Phillips
National Border Patrol Council, Local 2349
Executive Board
Houlton, Maine
15 years with US Border Patrol / 4 years on Southern Border



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

5 MORE TIPS TO PREPARE YOUR HOUSE FOR SALE

TIP #6 GET MINOR REPAIRS DONE
Make those minor repairs you've been putting off. I can help you assess what repairs will bring you the best return on investment.

TIP #7 CREATE A NEW LOOK
Try looking at your furniture in a new way and re-organizing it to best show off the room's features and create more open and inviting spaces.

TIP #8 CLEAN-CLEAN-CLEAN!
Make your home sparkle. Particularly if you have pets - you'll want to remove any odors or stains in the rugs and carpets.

TIP #9 REFRESH WALLS & CEILINGS
Give your home a fresh and clean look with a coat of paint on walls and trim. Magic Erasers work great for removing scuff marks on walls.

TIP #10 CURB APPEAL
First impressions count! Tend to the landscaping, clean out leaves, trim bushes, power wash siding, change outdoor light fixtures and plant flowers.

MAINE'S PREMIER TEAM
207-PREMIER

Better Homes and Gardens REAL ESTATE
THE MASIELLO GROUP

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

EXPERIENCE **QUALITY**®

Gorham Town Council weekly report

Real Estate & Personal Property Taxes Due Date Extended to June 15, 2020:

As voted and unanimously approved at the Special Town Council Meeting last Thursday evening, the Real Estate and Personal Property Tax due date for the second installment of the 2019-20 tax bill was moved from May 15, 2020 to June 15, 2020 due to economic hardship caused by the COVID-19 pandemic.

Payments can be either mailed, dropped off in a sealed envelope at the Baxter Memorial Library Book Drop, or paid online or over the phone (fees apply). For more information, please visit <https://www.gorham-me.org/home/news/real-estate-personal-property-taxes-due-date-extended-monday-june-15-2020>.

Extended Closure of Town Facilities Through May 31:

The Town of Gorham has extended the closure of Town Facilities until May 31 and

asks for the community's continued diligent efforts with reducing the spread of COVID-19 by following the CDC's recommended social distancing requirements, practicing everyday preventative steps including washing hands often and limiting time away from home per the 'Stay at Home' order unless for an essential job, essential personal reason or other necessary purposes as defined in the Governor's full Executive Orders.

The Town's full release regarding this notice can be viewed at https://www.gorham-me.org/sites/gorham/files/alerts/town_of_gorham_stay_at_home_order_and_closure_extension.05-01-20.pdf.

Spring Brush Drop Off at Public Works – Saturday, May 9 and May 23:

Public Works will be open May 9 and May 23 from 8 a.m. to 12 noon to accept brush from Gorham residents. Staff will be on site to promptly remove brush with equipment but can-

not assist with unloading brush at this time due to social distancing requirements. Please no stumps or commercial drop off.

Upcoming Meetings/Events:

May 7, 5:30 to 7:30 p.m., 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, Recreations office and Baxter Memorial Library closed.

THE john & janice REAL ESTATE TEAM

MAKING IT HAPPEN!

207.808.9557

bg | beangroup

Better Homes and Gardens REAL ESTATE | **THE MASIELLO GROUP** | **Fb.com/MainesPremierTeam** | **MAINE'S PREMIER TEAM**

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!**

Carter's Green Market in Gorham is ready for Mother's Day



Nellies Teas, local pottery, Wilburs of Maine Mother's Day chocolates.

Mother's Day is just a few days away. In addition to their normal hours (Tuesday and Thursday 10 a.m. to 6 p.m. and Saturdays 10 a.m. to 3 p.m.), Carter's Green Market will also be open Friday, May 8 from 12 to 5 p.m. Stop in for some delicious treats and special gifts for the mothers in your life!

Carter's Green Market is located at 18 Elm Street, Gorham. For more information, call (207) 222-0004.

Azul Tequila in Gorham open for pickup and delivery



Azul Tequila, cooking only with fresh ingredients, is open for curbside pickup and delivery.

Azul Tequila is located at 29 School Street, Gorham and are open Sunday through Thursday 12 p.m. to 8 p.m. and


Friday and Saturday 12 p.m. to 9 p.m. Call (207) 222-2008, (207) 222-2070 or order online at www.orderAzulTequila.com.



Harmons Floral bouquets.



Wilburs of Maine Tulip Truffles (4-pack).



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.



Uber Eats
GRUBHUB
Postmates
DOORDASH

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

MSAD 52 Adult and Community Education adapts



In the MSAD 52 community, learners, teachers and families are at the heart of everything. In this unprecedented time, they are thinking outside the box and helping support their community in any way they can. MSAD 52 has moved classrooms online to allow all learners to continue to interact, grow and work toward their educational goals. They offer regular online office and class hours throughout the day and evening to all students. Staff delivered laptops for those in need, offered technology support to students, access to ZOOM and Webex meetings, Google classrooms and directed them to local WIFI public ar-

eas when needed.

Stacey Keniston, ESL teacher, recently set up a parking lot meeting to deliver learning packets to her ESL students. "They looked so happy to see me when they pulled up next to me, we shared quarantine stories and our hopes for getting back to some kind of normalcy." Stacey remains connected with students via web classes, phone and emails.

Last Wednesdays, MSAD 52 academic students focused on life skills and cooking lessons. Using what students already have in their homes, MSAD 52 staff chooses a recipe and everyone cooks it "together" each week. Students also learn food

safety skills and get a chance to socialize as a group. A recent class offered was Making Meatballs, where students enjoyed learning a new skill and virtually visiting with each other and staff.

"The staff of MSAD 52 Adult Education went above and beyond to launch all their classes into an online format, completing the process in two days." Stated Razell Ward, Director. "It is wonderful to see all our students working so hard to embrace this new learning even in these difficult times. I am so proud of students and staff for their willingness to try out these new online learning experiences and staying connected. Although we miss seeing them each day, we are grateful they are still working towards their goals and doing so safely."

Despite the unprecedented nature of national school closures, MSAD 52 have the ability to continue education even when our doors are closed. Whether that is diploma credit classes, enrichment or offering Hiset practice opportunities on our Hiset program site. The Hiset program site offers a place where

See MSAD, page 13

MAY 2020

LEWISTON PUBLIC SCHOOLS

PREK REGISTRATION INFORMATION

Registration Link:

<https://bit.ly/LewistonKPKReg>

Questions:

kinderprekreg@lewistonpublicschools.org

PreK Registration

Must be 4 years of age on or before October 15, 2020

Please complete the Google Form (link provided) to put your child on the PreK list for Fall 2020.

Respective schools will coordinate scheduling appointments to complete registration forms and provide necessary documentation once able.

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!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295

buck@pro-pc.us

Buck Buchanan
A+, MCP Certified Technician

Guest Column

A healthier lifestyle: Starting healthy habits



by Catherine Wilson,
On Purpose WellBeing Center

How can you start healthy habits when you've got all this crap going on? Well, I've always been a Crusader advocating that the World is our Fitness Center and if you have any health you can create habits to change it, so I have some great ideas for you. I have found that implementing a good habit will help to dissipate a not so healthy habit.

The idea that you cannot stay healthy right now and gaining the COVID "19" pounds joke is really just a coping mechanism and can be nipped in the bud right now. Please, do not take this the wrong way, I understand that all of this is hard. However, it's time to stop making jokes and not taking care of yourself because of all that's going on. If you think about it, you probably have had more time to move right? Well, it's all okay, you get to do it now! The best thing is that you get to start a new habit any and every day.

It has been my experience that clients who are starting a new good habit start forming that habit in 21 days and then it is implemented into their lifestyle in six weeks. I have also found that week five is the toughest. So, if any of my clients have reached the sixth week, I can pretty much

start to back off with extreme accountability and move into teaching more self-sustaining functions. It's so exciting to see clients starting to realize that they really can do something to change their life, to feel better, and to see a difference. I always remind them that it was all them, I just got the joy of moving with them on their journey!

Here are a few tips for starting healthy habits:

1. Start with being aware that you can actually be exercising throughout your day. Take laundry for instance. Do a correct form squat every time you reach down to get laundry out of the basket and put in the washer. While your laundry is in the washer, devote that time to be active. Dance in your living room, go for a walk. If you are beginning, just shoot for 15 minutes, or as much as you can do. It's always great to start less than what you may be able to do and you just might start to look forward to doing laundry! Now you've found your way to Cardio!

2. Whenever you notice you have something heavy in your hands lift it ten times. When you take that gallon of milk out of the fridge, lift it ten times. It's getting to feel the body, realizing how it works, and implementing things until you get a little more curious about what else you can do. Even adults can play through exercise, and then all of a sudden, you want to find more ways to move, lift, bend, and stretch—you've found your way to Strength!

3. If you have stairs in your house, every time you go up the stairs commit to going back down

and up one more time before you continue on to do what it was that brought you up the stairs. If you don't have stairs at your house find every chair in your house and every time you go to sit down, sit down and stand up, on every single chair before you settle in. Making this a game with your family or loved one can be fun! Each one of you can set the prize for yourself, so if you win its attached to a feeling of joy! Now you've found your way to endurance!

4. In the morning and at night sit on your bed or floor. Reach in directions you're not used to, slowly and holding your core stable. It's so important to stretch your body. You will be amazed on how much it changes your life when you feel limber and not so tight—you've found your way to flexibility!

5. Remember you need all five components of fitness to become part of your lifestyle to see results. Start slow and learn about each component and how it fits best into your lifestyle; Cardiovascular, Muscle Strength, Muscle endurance, flexibility, and body composition.

It's pretty cool that starting good habits is one step toward stopping a bad one. The good habits change your life! Keep the good in focus and, in my experience and the experience of clients that I've journeyed with that stuck with it, you'll see good results. Starting is always easier than quitting!

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

USM among most affordable online schools in the nation

A just-released report on affordable online schools has named the University of Southern Maine (USM) as its Number 33 school in the nation.

The organization — Online Schools Report — compiles practical information for college seekers and publishes its ranking of the top 50 affordable online schools. Its new list includes Indian River State College in Florida, University of Missouri-St Louis and Texas A & M University-Commerce.

University of Maine at Fort Kent was ranked at 42nd and the University of Maine at Augusta was ranked 46th. The three University of Maine System schools were the only New England institutions to make the list.

"In a time of uncertainty, we couldn't be prouder that this national ranking speaks to our seasoned reputation in offering a large portfolio of online courses and

programs in addition to our experiences on-campus and through internships," said Jared Cash, USM's vice president for Enrollment Management and Marketing. "We know that families are gearing up in the year ahead to be more prudent with their finances. We are committed to ensuring superior affordability, flexible online modalities that offer students to remain close to home, and career-aligned majors that have a proven return on investment in the marketplace."

Online School Report crunches data from a number of sources, including National Center for Education Statistics, the Bureau of Labor Statistics, Payscale, and the College Scorecard. Each school's commitment to online education, admission rates, student satisfaction and alumni debt are part of the ranking, the publication said.

"The University of Southern Maine's online degree in leader-

ship stands out from the crowd," read the Online School Report. "At USM, you'll be able to learn the ins-and-outs of guiding groups by pursuing one of the school's bachelor's or master's degrees. Those already accepted into the program can pursue an accelerated degree option to make sure they step into a leadership role as soon as they can."

Situated in Maine's economic and cultural center, the University of Southern Maine is a public university with 8,000 undergraduate and graduate students taking courses online and at campuses in Portland, Gorham and Lewiston-Auburn. Known for its academic excellence, student focus and engagement with the community, USM provides students with hands-on experience that complements classroom learning and leads to employment opportunities in one of the nation's most desirable places to live.

Aspire

Continued from page 6

coming from someone within our age group, and I really like the casual, conversational style," eleventh grader Grant Nadeau said.

At the elementary and middle school levels, students will have a chance to "Try It Online". Modeled on this year's successful seventh grade Try It Day, students can opt to participate in virtual sessions built around hands-on activities. Topics include The ABCs of Sign Language, 10-Minute Songwriting, and Fitness Class Choreography, with more likely to be added before the

end of the school year.

"We were able to offer a variety of opportunities this year, and students have given us lots of valuable feedback," Career Coordinator Eliza Kenigsberg said. "We are thrilled to have a way to keep the momentum rolling!"

Art

Continued from page 6

bouquet of flowers in his home. Rofe also drew butterflies in marker separately from his zoom session and applied them to his garden with clear tape, making this piece a collage. Rofe is a true creative thinker and pas-

sionate about art. He enjoys creating dragons from paper and so much more.

Mrs. McColl, a private art teacher, currently offering art chats over Zoom to her current art students for no fee. "It's important for children to be able to express their creativity and to tap into their own imagination. The world may have stopped but children's creative minds don't, and I wish to foster and encourage their imagination and creative thinking by offering a positive art experience." Says McColl. For more information, visit <https://www.dlyn-designs.com/>.



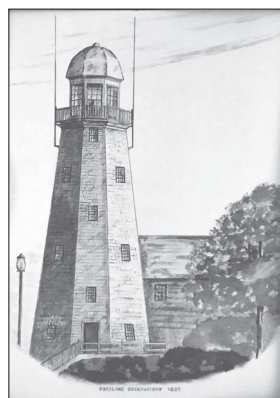
Recognize this old post-and-beam barn in Gorham?

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



Sexual Assault Prevention & Response Services

We listen. We Believe. We care.

Sexual Assault Awareness Month (SAAM) is an annual campaign to raise public awareness about sexual assault and educate communities and individuals on how to prevent sexual violence. It is observed in April.

Each year during the month of April, state, territory, tribal and community-based organizations, rape crisis centers, government agencies, businesses, campuses and individuals plan events and activities to highlight sexual violence as a public health, human rights

and social justice issue and reinforce the need for prevention efforts.

The theme, slogan, resources and materials for the national SAAM campaign are coordinated by the National Sexual Violence Resource Center each year with assistance from anti-sexual assault organizations throughout the United States.

The 1970s saw a significant growth for prevention and awareness of sexual violence across the country, following the general trend of social activism throughout the decade. Moving beyond

awareness of the issue, the Bay Area Women Against Rape opened in 1971 as the nation's first rape crisis center offering immediate victim services. With this heightened awareness of sexual violence, state coalitions began to form, beginning with Pennsylvania Coalition Against Rape in 1975.

As early as 1976, Take Back the Night marches rallied women in organized protest against rape and sexual assault. These marches protested the violence and fear that women en-

countered walking the streets at night. Over time these events coordinated into a movement across the United States and Europe. Because of this movement broader activities to raise awareness of violence against women began to occur.

In the early 1980s, activists used October to raise awareness of violence against women and domestic violence awareness became the main focus. In the late 1980s, the National Coalition Against Sexual Assault (NCASA) informally polled state sexual assault

coalitions to determine the preferred date for a national Sexual Assault Awareness Week. A week in April was selected. By the late 1990s, many advocates began coordinating activities and events throughout the month of April, advancing the idea of a nationally recognized month for sexual violence awareness and prevention activities. SAAM was first observed nationally in April 2001.

Survivors, advocates, and state coalitions mobilized around the creation and implementation of the Violence Against

Women Act in 1994. This bill was the first national law requiring law enforcement to treat gender violence as a crime rather than a private family matter. VAWA was also designed to strengthen legal protections for victims of domestic violence and sexual violence as well as expand services to survivors and their children

The National Sexual Violence Resource Center was established in 2000 by the Pennsylvania Coalition Against Rape and the Center for Disease Control. In 2001, the NSVRC co-ordinated the first formally recognized national Sexual Assault Awareness Month campaign, and still facilitates it today. In 2005, the campaign shifted to prevention of sexual violence and the first tool kits were sent out to coalitions and rape crisis centers across the country. Awareness for the campaign culminated in 2009 when Barack Obama was the first president to officially proclaim April as Sexual Assault Awareness Month.

With a combined history of over 90 years, the rape-crisis centers serving Androscoggin, Franklin and Oxford Counties have worked for change by educating our communities and supporting victim-survivors of rape, child sexual abuse and other forms of sexual violence.

Now these three agencies have joined forces and merged into one agency which covers all three counties. The new agency is named Sexual Assault Prevention and Response Services. This merger has allowed them to combine resources to better support their work, find some savings by combining expenses where possible, and ensure greater financial security.

Their 24 hour response line is 1-800-871-7741 (voice) and 1-888-458-5599 (TTY) Please call if they can help.

Mission Statement: Sexual Assault Prevention and Response Services works to prevent and eliminate sexual violence and promote healing and empowerment for people of all genders and ages who are affected by rape, sexual assault, child sexual abuse, sexual exploitation, stalking and sexual harassment.

We are grateful for and proud of the work of our colleagues at Sexual Assault Prevention and Response Services. Thank you for providing vital services to survivors when they need it most.

24-hr Helpline 1-800-559-2927 | www.safevoices.org

Allstate
You're in good hands.
Patti Gagne LUTCF
Exclusive Agent
Allstate Insurance Company
1220 Lisbon St Ste 102
Lewiston, ME 04240
Phone 207-783-4529
Fax 207-783-4612
PattiGagne@allstate.com

Personalized advice you can trust

Design Architectural Heating

Todd Hartford

141 Howe Street P.O. Box 7110 Lewiston, ME 04243-7110
Bus: 207-784-0309 Fax: 207-784-0527
E-mail: dah@megalink.net
www.designarchhtg.com

Online Summer Session Courses Begin May 18

Registration is open through the start of classes.

Lowest tuition/fees in New England!

Many courses open to high school students.

Check the website at:
www.cmcc.edu/academics/programs/course-listing/

***Summer Session II classes begin July 6**

Call 207-755-5292

Central Maine
COMMUNITY COLLEGE

Calendar

Send your submissions to the Editor. More online.

Ongoing, Wednesdays

Lewiston outdoor market (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.

Thursday, May 7

Live from Home Concert series featuring Lindsay Mower live streaming on Chocolate Church's Facebook page at 7:30 p.m. Tickets are not necessary, donations welcome. Visit <https://www.chocolatechurcharts.org> for more information.

Saturday, May 9

Live from Home Concert series featur-

ing Craig Stutsman live streaming on Chocolate Church's Facebook page at 7:30 p.m. Tickets are not necessary, donations welcome. Visit <https://www.chocolatechurcharts.org> for more information.

Monday, May 11

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

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

MSAD

Continued from page 10

students can practice their skills and be well prepared to take and pass the Hise test. MSAD 52 Adult and Community Education program remains active and is committed to positive learning experiences, whether online or in school. If you are interested in starting or completing your education with MSAD 52, email josee.castonguay@msad52.org or tricia.sawyer@msad52.org.

During the closure, reach out with any questions by calling 225-1013, your message will be responded to quickly. Like MSAD 52 on Facebook for updates and news and connect with them on the web at <https://msad52.maine-adulted.org/>.

Amirault

Continued from page 5

in my experiences with Key Club and this idea of service and giving back and seeing other people as worthy of this service," she said.

Niedermeier also volunteered at the Maine State Society for the Protection of Animals, a Windham-based non-profit that cares for horses that have been abused. She has also helped out at the Sunshine Fair, held during the summer at St. Matthew Church in Limerick.

Niedermeier and Greco both say their desire to serve comes from the example set by their families and the values that are part of their faith.

"My Catholic values influence what I find important and what I think has value. Part of it is being a good per-

son and making sure you are honest and true to yourself in all of your actions," said Niedermeier.

"I think, most importantly, it's just trying to embody how Jesus acted into our everyday lives," said Greco. "Treat others as you would like to be treated."

Greco and Niedermeier both excel academically, with grade point averages above 4.0, due to honors and AP courses. Both are members of the National Honor Society and both have been class leaders. Greco is her class vice president and a member of the student senate, while Niedermeier was her class vice president last year. Niedermeier is also on the debate team, and both are members of their schools' math teams.

As they look to college, Greco and Niedermeier both said they feel prepared thanks to the excellent education they have received.

"I think St. Dom's has done a great job preparing me for college. All my siblings (five) went through St. Dom's, and they've been successful in college, and they've been so prepared," said Greco.

"It's a very challenging curriculum, and it makes you work hard to really learn the material, which helps you build character," Niedermeier said about Cheverus High School.

Niedermeier and Greco say Cheverus and St. Dom's provided them a supportive environment in which to learn and grow.

"One of the key things about St. Dom's that I've always felt is the sense of community. I know they always talk about that in advertising,

but it's so much more. It actually is a community. All my teachers, I feel so comfortable talking to. I've grown up with probably eighty percent of the kids in our class. I've seen them grow up. I've seen them through their awkward stages, and I've seen them really thrive," said Greco. "It's almost like a brother-sister relationship, and I would never take that back."

"It's a very strong community," said Niedermeier. "I think the classes are especially challenging, which kind of brings people together in a way, so I like that. There is a general community atmosphere. We all get together for things like the Turkey Drive, and we all go to Mass in the gym, so that just makes for one big community."

That strong sense of community is one of the reasons why Niedermeier eyed Catholic colleges. She plans to attend Loyola University in Maryland, where she will likely major in psychiatry.

"I want to continue going to a Catholic or Jesuit school just because of the community and the different service aspects," she said.

Greco plans to major in chemical engineering at the University of Maine in Orono.

The Amirault Scholarship Endowment is just one of many endowments established through the Catholic Foundation of Maine to support the work of the Church in Maine. If you would like to learn about creating or contributing to a charitable fund, contact Elizabeth Badger, executive director of the foundation, at (207) 321-7820 or elizabeth.badger@portlanddiocese.org.

org. You can also visit the Catholic Foundation of Maine's website at www.catholicfoundationmaine.org.

Masses

Continued from page 7

Mass. Instead, parishioners are encouraged to donate to their parish online through WeShare (www.portlanddiocese.org/OnlineGiving) or by

mailing in donations to the parish office.

It is important to note that Catholics in Maine continue to be dispensed from the obligation to attend Sunday Mass. Even, then, as the diocese permits these drive-in Masses, Maine parishes are encouraged to continue offering live-streamed Masses, which have the capacity to reach a large number of our Catholic people, especially those who are trying to remain safe by staying at home. In addition, parishes will continue to offer drive-thru

confessions, drive-in adoration, as well as using social media platforms

to offer an assortment of other opportunities for prayer and educational program presentations. These and other opportunities can be found at the Diocese of Portland's Coronavirus Response page (www.portlanddiocese.org/response-coronavirus), which is updated several times daily.

For more information, contact Dave Guthro, Communications Director at the Diocese of Portland, at dave.guthro@portlanddiocese.org.

Community college students named All-Maine Academic Team

Seventeen Maine community college students have been named to the All-Maine Academic Team in recognition of their outstanding academic achievement, leadership, and service.

The students receiving the award and a \$500 scholarship from the MCCS Board of Trustees, are: Kate McPherson, Litchfield, Central Maine Community College in Auburn; Steven Ouellette, Auburn, Central Maine Community College; Joshua Gagnon, Poland, Central Maine Community College; Leon Twitchell, Bryant Pond, Central Maine Community College; Kateryna Bagrii, Levant, Eastern Maine Community College; Bangor; Alexandra Fairbrook, Old Town, Eastern Maine Community College; Amanda Diaz, Hudson, Eastern Maine Community College; Anisa Stowe, Jefferson, Kennebec Valley Community College in

Fairfield/Hinckley; Alison Basye, Fort Fairfield, Northern Maine Community College in Presque Isle; Brooke Weatherhead, Caribou, Northern Maine Community College; Justin Barry, Houlton, Northern Maine Community College; Juan C. Gonzalez, Scarborough, Southern Maine Community College in South Portland/Brunswick; Kiarra Richards, Weld, Southern Maine Community College; Emily Bosley, Marshfield, Washington County Community College in Calais; Sara Leeman, Baileyville, Washington County Community College; Emilie Landry, Berwick, York County Community College in Wells; and Melissa Pitt, East Kingston, York County Community College.

In addition, Emilie Landry (YCCC) and Justin Barry (NMCC) have been named Maine New Century Scholars for earning the highest

scores in the state on their All-USA Academic Team applications.

Landry has been named the 2020 Maine New Century Transfer Pathway Scholar. She will receive a \$2,250 scholarship.

Barry is the 2020 Maine New Century Workforce Pathway Scholar. He will receive a \$1,250 scholarship.

The New Century Pathway Scholarship program is sponsored by The Coca-Cola Foundation, The Coca-Cola Scholars Foundation, the American Association of Community Colleges, and Phi Theta Kappa. Only one New Century Transfer and Workforce Scholar is selected from each state.

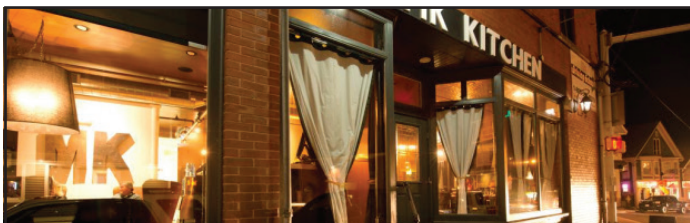
The All-Maine Academic Team is a program of Phi Theta Kappa, an international honor society for two-year colleges. Students are nominated and selected for the team by their college.

Follow us on facebook!

Don't miss our weekly giveaways!

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

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