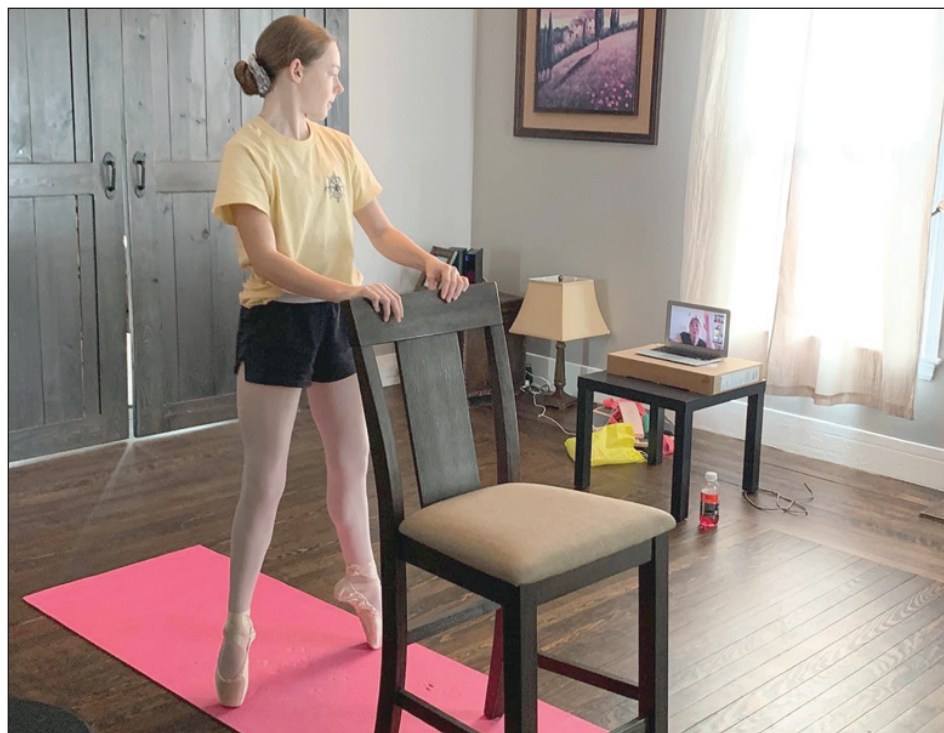


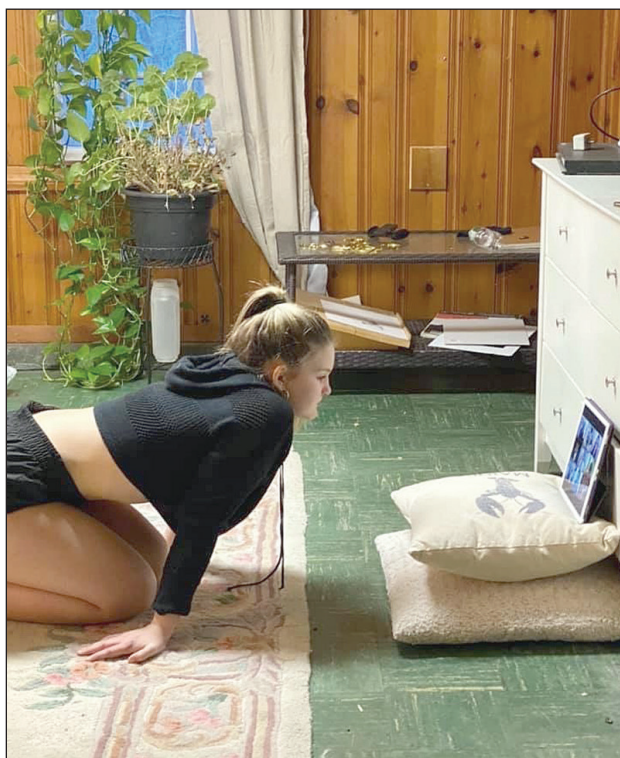
Let's Dance!



Story by Jeffrey Ryan. Photos courtesy of Dance Studio of Maine.

The studio space in the center of town may be quiet, but the Dance Studio of Maine hasn't lost a step. Just one week after closing the studio due to Covid-19 related concerns, Owner/Instructor Trish Moulton and her instructors were running a full schedule — 80 classes a week — using a combination of live video and chat rooms to keep their students connected, and most importantly, dancing.

See *Dance*, page 8



Guest Column

Gorham area hikes

by Jeffrey Ryan

Spring may have taken a while to arrive this year, but it finally seems like we've achieved that "several sunny days in a row" pattern capable of shaking us out of our doldrums. Even the temperatures seem to be rising to the occasion.

I scooted over to the Black Brook Preserve recently to check in on spring's arrival in the woods and fields off of Windham Center Road. The 105-acre parcel has a nice trail system offering a variety of hikes surrounding the property's namesake Black Brook. Where there's water, there's wildlife. And on this warm spring day I was serenaded by red winged blackbirds and white throated sparrows while a pileated woodpecker chipped in on percussion. The mixture of woodland and open fields is said to attract deer, coyote, porcupines, wild turkeys and partridge as well, although my timing wasn't quite right to witness the complete menagerie.

I chose to hike counterclockwise on the outer loop, a 1.7-mile easy stroll skirting the edge of the property. Going



counterclockwise meant starting in the woods and ending in the fields. The woods walk was really pleasant and surprisingly mud-free, given two preceding days of rain—a testament to the trail layout and the Presumpscot Regional Land Trust's installation of over 600 feet of "bog bridges" over particularly wet areas.

At the halfway point in my hike, I stopped to take in the headwaters of Black Brook. From this

point, the brook flows six miles through Windham before joining the Presumpscot River. Staying on the Outer Loop, the trail climbs gently out of the woods to emerge into open fields. From here, you can follow a marked snowmobile trail back to the trailhead or backtrack through the woods using the Outer Loop or a combination of other trails to return to your vehicle. The snowmobile trail was pretty boggy on

See *Hikes*, page 8

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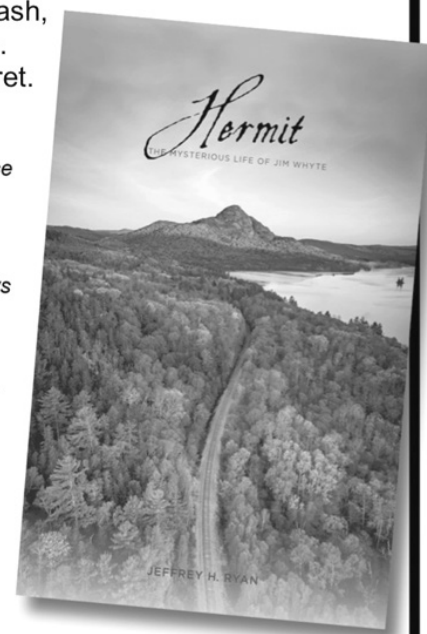
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— George Smith, Bangor Daily News

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Amtrak Downeaster temporary service suspension extended

Husson University planning for fall reopening

Spring 2020 Projects

The Northern New England Passenger Rail Authority, in partnership with Pan Am Railways and Amtrak, are expediting the completion of a number of projects along the Downeaster rail corridor during the temporary suspension of Amtrak Downeaster service related to COVID-19.

- Enhanced train equipment and facility cleaning at the Brunswick Layover.
- Surfacing and spot tie replacements.
- Timber replacement on Fore River Bridge.
- Track panel replacements on ballast deck bridges at Common St., James St., and Beach St.
- Completion of new Rockingham Siding and replacement of grade crossings at Swampscott St.
- Major tie replacement project.

AmtrakDowneaster.com

The Northern New England Passenger Rail Authority (NNEPRA) announced today that the temporary suspension of all Amtrak Downeaster passenger rail service, will remain in effect through May 31, 2020 in alignment with the "Stay Safer at Home" Executive Order recently announced by Maine Governor Mills and others travel restrictions imposed in Boston.

NNEPRA is working in partnership with Amtrak, Pan Am Railways and station communities to prepare for the return of service later this spring. Pan Am Railways has expedited a series of track improvement and maintenance projects along the Downeaster corridor to take place this spring to

avoid construction-related service interruptions later in the year. This includes the replacement of timbers on the Fore River railroad bridge in Portland, ME and 15,000 railroad ties in New Hampshire, as well as other grade crossing and surfacing work.

Train equipment used in the operation of Downeaster service is undergoing enhanced cleaning, and Amtrak has implemented new cleaning and disinfecting protocols nationwide which will be in place on Downeaster trains when service returns. Stations are being updated with signage and other enhancements to promote public health and physical distancing, and the number of passengers

per train will be limited when service returns so riders are able to adhere to CDC physical distancing guidelines. Complete information about the steps Amtrak is taking to protect the health and safety of their passengers and crews is available at Amtrak.com

The public should be advised that railroad tracks are still active. Freight trains will continue to operate, as may some Amtrak trains for mechanical and training purposes. Trespassing on railroad tracks and/or within the railroad right of way is extremely dangerous and against the law.

For additional Amtrak Downeaster information visit: AmtrakDowneaster.com.

Husson University announced today that it is preparing to welcome students back to campus when the fall semester resumes on August 31, 2020 with an optimistic eye toward resuming classroom instruction and campus life.

"Husson will be welcoming students back to our campus in the fall, provided health authorities at the local, state and federal level deem it safe to reopen. Prudent planning is currently underway that will allow us to transition back from remote learning to on-campus operations," said Husson University President Robert A. Clark, PhD. "Our first priority is to protect the health of our campus community, including students, faculty and staff. During the next several months, we will be watching the developments of the coronavirus pandemic closely. We are committed to planning and delivering a safe return to our campus learning environment."

"Students from across the United States and 34 countries are looking forward to returning to campus," said Pamela Kropp-Anderson, dean of student life. "We hope to welcome both new and returning students in the fall. We are all mindful of the importance of safe practices for our whole community."

The final decision about reopening Husson's campus will be made over the summer. The University's plans depend on the continued decline in the number of COVID-19 cases. More information about reopening in the fall will be shared with the University's campus community and the public

as the situation develops.

During the coronavirus epidemic, the University has been working tirelessly to ensure Husson University students receive a quality educational experience. The movement away from classroom instruction to online remote learning has not changed this important priority.

Classroom instruction continues to be valued at Husson University. "Husson has always emphasized small class sizes and individualized, personal attention," said Lynne Coy-Ogan, EdD, senior vice president for academic affairs and provost. "With small class sizes, Husson University won't have to contend with some of the challenges facing other colleges and universities whose classes have more than 50 students in large lecture halls and auditoriums. Our average class size of 19 students makes social distancing more manageable."

As part of the planning process for the fall, Husson University may need to institute a series of temporary contingency plans designed to protect the health of students. These potentially necessary precautions could affect dining services and other activities. Over the summer, classes will continue to be delivered utilizing remote instruction. In addition, all University personnel that remain on campus are being encouraged to maintain social distancing, wash their hands frequently and use hand sanitizer.

When the coronavirus pandemic first began, Husson University put in a series of practices that helped protect the campus community from

disease transmission. As of April 30, 2020, no students, faculty or staff members have contracted COVID-19 while on Husson University's campus. This record is a testament to the careful attention and quick action the University put in place to protect the health of their campus community. It is part of Husson's ongoing commitment to putting the needs of students first.

This student-centric orientation is one of the reasons why Husson continues to be a superior value. The University works hard to keep tuition low. The combination of low tuition and educational excellence help make Husson University an affordable value.

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities,

Husson University has come to represent superior value in higher education. Our Bangor campus provides advanced knowledge in business; health and education; pharmacy studies; science and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

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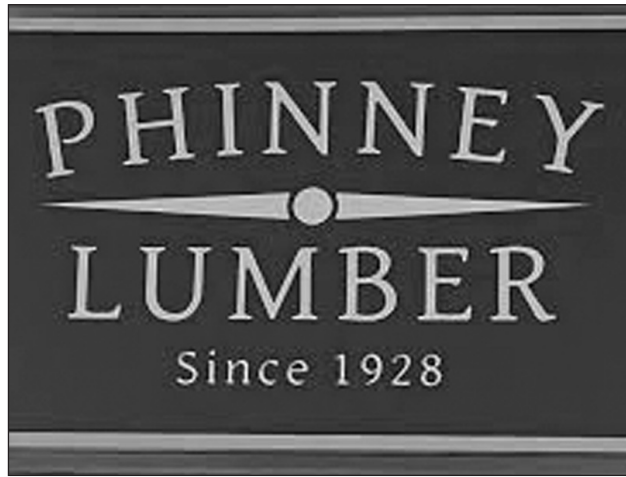
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Phinney Lumber in Gorham helps nurse in California



Phinney Lumber

“Can I buy the Envo mask and a set of filters?” came the message through Phinney Lumber’s Facebook page.

“Sure!” was the brief response from Phinney’s social media monitor, Francine, as it was 9 p.m. Eastern time and she was at home watching a movie. “Call the store in the morning and we’ll get you all set up.” And that’s how the little lumber yard from Maine connected with an ER nurse named Christine in Anaheim, California.

“I have been looking for N95 masks everywhere. Our hospital is not able to get them, and the staff just puts their masks on their car dashboards in hopes that the UV light from the sun will kill the virus,” explained Christine, “we are really struggling here in Anaheim. Homelessness is a big issue; we can’t keep the people in one place. The beaches are crowded because people don’t want to stay home anymore. We are trying to test people with blood tests and swab tests to see if they have developed antibodies, and if they haven’t, we can tell them to stay home, but that is all we can do. The people want out.”

As healthcare workers succumb to the virus, N95 masks are becoming a necessary but hard to find accessory. As luck would have it, Chris-

tine found the protection she needed all the way across the country in a small hardware store in Gorham, Maine.

Envo masks are reusable N95 respirator masks used by tradespeople and in industrial environments. They are manufactured in Hampton, NH and are sold by building supply dealers like Phinney Lumber to protect construction and manufacturing workers. Coincidentally, the N95 rating is effective at protecting health care workers from the COVID 19 virus. “Finding you was really a blessing,” said Christine, “thank you

so much; I can’t even tell you how I feel right now.”

When President Michael Phinney heard the story, he sent Christine ten extra mask filters and a nod of approval. “It doesn’t surprise me that he did it,” said marketing manager Francine Morin, “we’ve been giving away toilet paper, finding ways to get hand sanitizer and masks and other necessities to our customers, and just helping out in every way we can.”

In this unprecedented time, one which is dramatically impacting the way small businesses function, the well-being of employees and customers is top priority. Business will come back when it comes back; right now, it is time for helping others, and the team at Phinney is doing just that. Author and civil rights activist Maya Angelou said it best this way: “At the end of the day people won’t remember what you said or did, they will remember how you made them feel.”



Envo mask



Stethoscope

Pub style mac n’ cheese

Created by Chef Dorene Mills

This mac n cheese uses beer in the cheese sauce, and pairs it with a crushed pretzel topping.

Ingredients:
 Macaroni:
 Elbow or Cavatappi Pasta 16oz Dry
 Butter ¼ Cup
 Garlic Powder 1 tsp
 Onion Powder 1 tsp
 Ground Mustard 1 Tbs
 Flour ¼ Cup
 Salt 1 tsp
 Ground Pepper ¾ tsp
 2% milk 2 ¾ Cup
 Amber or lighter beer ¾ Cup
 Shredded Cheddar 2 Cups
 Shredded Gruyere 1 Cup
 Topping:
 Crushed Pret-

zels 1 Cup
 Butter 3 Tbs

Method of Prep:
 Preheat oven to 375°F. Prep a baking dish with butter or spray release.

Cook noodles according to package directions for Al Dente. Noodles will cook a little longer when baked.

In a saucepan, melt butter and add garlic, onion and ground mustard powders. Add in flour and salt and allow roux to cook for 5 minutes, stirring occasionally.

Add in beer carefully, foaming will occur. Once foam has dissipated, add in milk and cook till sauce starts to simmer and thicken. Note: the alcohol will cook out of the beer.

Add in cheeses and



stir till melted. Add in noodles and toss to evenly coat and pour into prepared baking dish.

For the topping, melt the butter and toss with the crushed pretzels. Sprinkle on top of the macaroni and bake in the oven 15 - 20 minutes till bubbly and slightly brown. Keep an eye on pretzels as it bakes, and cover if they are browning too much.

Online events from Baxter Memorial Library in Gorham



Looking for May entertainment? Look no further! The Baxter Memorial Library Youth Services Department has added tons of great resources, program vid-

eos, 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 two 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 time often features special guests like Ms. Heidi’s dog Finn and her cat Donovan.

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What's Going On

NAMI Maine launches teen peer support text line

Maine's chapter of the National Alliance on Mental Illness (NAMI Maine) is pleased to announce the launch of the Teen Text Support Line, a new mental health program for youth 14 to 20 years of age living in Maine. The Text Line can be reached at (207) 515-8398. The Teen Text Support Line operates from 12 p.m. to 10 p.m. each day and provides adolescents who may need additional mental health support with a safe space to talk with another young person. Staff providing support via the Teen Text Line are between 19 and 23 years of age.

"NAMI Maine is focused on providing mental health support to all Mainers," says NAMI Maine CEO Jenna Mehnert. "We saw the

need to create a mental health peer support teen text line and were able to launch this new resource."

"In this time when routines are changing more than ever, it is important for youths to have some connection to others who can understand some of the struggles and disappointments that we are experiencing," says one Maine eighth grader. According to the 2019 Maine KIDS COUNT Data Book, Maine's youth have the highest rate of diagnosed anxiety in the nation and the country's third highest rate of diagnosed depression among children aged three to seventeen.

The Teen Text Line is not a crisis line. If you believe that you or someone you know could be in crisis, please do not

hesitate to connect with the Maine Crisis Line via phone or text at (888) 568-1112.

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the one in four Mainers who are affected by mental illness.

For more information on the Teen Text Support Line, visit www.namimaine.org/page/teentextline, or contact NAMI Maine's CEO Jenna Mehnert at (207) 907-0303 or jenna@namimaine.org.

For more information on NAMI Maine and its programming, visit www.namimaine.org or contact NAMI Maine's Public Relations Manager, Alicia Hynes, at (800) 464-5767, ext. 2308 or events@namimaine.org.

Crisis Management: Business leaders during COVID-19

COVID-19 has changed, at least temporarily, the world of work for many people as employees hunkered down at home instead of commuting to an office.

As a result, a lot of businesses are finding out just how strong their corporate culture is and how resourceful their employees are when managers aren't hovering nearby, says Shawn Burcham (www.shawnburcham.com), author of *Keeping Score with GRITT: Straight Talk Strategies for Success*, and founder and CEO of PFSbrands, the parent company of Champs Chicken, Cooper's Express and BluTaco.

"One thing my company has always done that I believe is beneficial in times like these is to help employees develop an ownership mentality," Burcham says. "Ownership thinking means taking accountability for the quality and success of your work, and it comes from actively encouraging a culture that promotes trust, communication, objectivity, and gives employees a stake in the outcome."

By necessity, many companies are now communicating by phone or video chats, which means having employees who take responsibility for their actions is more important than ever. Yet at the same time, the business's leaders still have decisions to make and orders to give to those employees.

That means, Burcham says, that it's also more important than ever for a company's leadership – and everyone who reports to them – to band together as one strong team.

"Fortunately, many of the things that make for a good leadership team in the best of times are the same ones that help the company successfully maneuver through more challenging times," he says.

Some of those include:

Promote transparency. Mistakes happen when people don't have the information, they need to do their jobs. When something affects others in the organization, Burcham says, make sure you put it on the "team table" so that everyone can understand what is happening and provide input.

Don't undercut others to make yourself look good. Disagreements can happen anytime people gather to discuss problems and solutions, but it's important to keep things civil. "Attack the issues, not the person," Burcham says. "Work through appropriate channels and be conscious of what your fellow leaders are trying to accomplish."

Make sure meetings are well organized. Everyone has endured meetings that took too long and got off track. Burcham certainly has and at one time he would have labeled himself anti-meeting. "I felt that meetings were a waste of time, because most of the meetings I'd been in were a waste of time," he says. Eventually, Burcham grudgingly accepted that some meetings are necessary, but he says it's important that they have an agenda, a start and end time, no sidebar conversation, and that next steps and accountabilities are created at the meeting's close.

Accept that a decision is a decision. It's all right for people to debate and offer differing opinions during the decision-making process, but once a decision is made everyone needs to support it, Burcham says. "You don't want situations where people continually reopen discussions about decisions that have already been made," he says. "And passive disagreement is not an option."

Know that calm is contagious – relax, look around, make a call. Several years ago, Burcham adopted this mentality and worked to make it part of his personal mis-

sion statement. When faced with situations or conversations that may not be going his way, he mentally takes his brain to this personal mission statement. Burcham says, "I'm naturally a very impatient person and always will be. My personal mission statement has helped me to better control my emotions and it's been a critical model as all of our companies work to navigate through these challenging times."

"In the best of times, successful company growth is dependent on the capabilities of its leaders," Burcham says. "As times grow difficult, how well the business fares also comes down to how well those leaders are able to rise to the occasion."

Shawn Burcham (www.shawnburcham.com), author of *Keeping Score with GRITT: Straight Talk Strategies for Success*, is the founder & CEO of PFSbrands, which he and his wife, Julie, started out of their home in 1998. The company has over 1,500 branded foodservice locations across 40 states and is best known for their Champs Chicken franchise brand which was started in 1999. Prior to starting PFSbrands, Burcham spent five years with a Fortune 100 company, Mid-America Dairymen (now Dairy Farmers of America). He also worked for three years as a Regional Sales Manager for a midwest Chester's Fried chicken distributor.

Maine Music Society postpones June A Gala Farewell concert

It is with a great deal of disappointment that the Maine Music Society (MMS) announces that A Gala Farewell, Artistic Director John Corrie's final concert, has to be postponed once more. The MMS Chorale is hopeful that it will be able to present this performance featuring many wonderful songs from John's past fourteen years on September 27, at 3 p.m. at the Gendron Fran-

co Center in Lewiston.

The MMS season is dependent on the directives from the CDC as well as the comfort level of its singers and patrons in attending such a gathering. MMS will publish an update in August.

For now, the Maine Music Society hopes everyone will stay healthy, looking forward to life beyond the pandemic.

If you have any

questions, please contact the business office at 333-3386 or email at info@mainemusicsociety.org.

Please note that the office is being staffed from home. It may take longer for you to receive a response from phone calls as opposed to receiving one from emails. The Maine Music Society appreciates your patience and understanding.

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Maine State Music Theatre responds to COVID-19 needs



Maine State Music Theatre (MSMT) is responding to meet the needs of the local community during the Covid-19 crisis by sewing fabric face masks.

The theatre is utilizing the skills of its MSMT Costumes division and a network of volunteers to make masks to support the efforts of Mid Coast Hospital, which in turn distributes the masks to family members and partner organizations, including long-term care and independent living communities in the region.

"We are grateful for the outpouring of support that we have received from the com-

munity and very appreciative of MSMT and the many volunteers who are sewing cloth masks on our behalf," said Judith Kelsh, Senior Director of Marketing Communications at Mid Coast Hospital.

MSMT recently announced the cancellation of their 2020 season – for the first time in their history – due to the Covid-19 emergency and limitations on public gatherings through the summer.

"We are all in this together," said MSMT Artistic Director Curt Dale Clark. "We can use this moment of crisis to find a way to support one another. We are proud to

be able to give back to the Midcoast community, which gives so much to us."

Anyone who needs a mask for themselves or a loved one is welcome to pick one up at Mid Coast Hospital's Parkview Campus, located at 329 Maine Street–South Entrance, in Brunswick, between 8 a.m. and 4 p.m., Monday through Friday.

Those interested in joining Maine State Music Theatre's "Masks for the Midcoast" effort can visit www.msmt.org/volunteer-positions. To donate to the theatre's Lifeline Fund, visit www.msmt.org/be-a-lifeline.

Maine AgrAbility webinar focuses on farmer stress, resilience

Maine AgrAbility will offer a free webinar for farmers examining increased stress due to the impacts of COVID-19, and available resources, May 20 from 1 to 2 p.m.

Stress, Resilience, and Resources: Responding to the Impacts of COVID-19 on Farms webinar topics will include how people are managing multiple stressors, how communities are developing support systems, and what information and resources are available for farmers and families during this time. University of Maine Cooperative Extension professor and human development specialist Leslie Forstadt will lead the program.

The webinar is free; registration is required. Register online. For more information or to request a reasonable accommo-

dation, contact Leilani Carlson, (207) 944-1533 or leilani.carlson@maine.edu. Maine AgrAbility is a collaboration

between UMaine Extension and Alpha One, funded by the USDA National Institute of Food and Agriculture.

What's Going On

Hutchinson Center online grant writing certificate program

Registration is open for an online Grant Writing certificate program with Jack Smith through the Hutchinson Center's professional development program. The program runs May 18 through 22. More information is available on the Hutchinson Center website.

Grant Writing course instructor Jack Smith, M.P.A., has taught over 1,500 grant writing programs, including seven at the Hutchinson Center in Belfast. He currently teaches grant writing certificate programs at the University of Southern Maine, Emory University, the University of Georgia and the Austin Center for Nonprofit Studies. The five-day grant writing course is offered from 9 a.m. to 3:30 p.m., with breaks throughout the day. Participants will earn a UMaine certifi-

cate in grant writing, and 3.0 CEUs/30 contact hours are available. At this time, this is the only Grant Writing Certificate Program that will be offered at the Hutchinson Center in 2020. The cost of the program is \$650 and need-based scholarships are available.

Given the economic implications of COVID-19, grant writing is poised to become an even more valuable skill for businesses, organizations, municipalities and individuals. Participants in this intensive program will produce a well-vetted grant proposal. Smith will guide participants step-by-step through the development of a proposal, identifying and evaluating the most appropriate funding sources, researching a problem, and supplying the documentation and statistics necessary for supporting a successful

grant proposal.

This course is the first of two online professional development programs to be offered by the Hutchinson Center. Those participating in these courses will need access to reliable internet. Both courses will be taught synchronously. In-person professional development programs will be available when the UMaine campuses reopen. In the meantime, the Hutchinson Center hopes to offer more online professional development programs on a regular basis.

For information or to request a reasonable accommodation, contact Michelle Patten, michelle.patten@maine.edu; 207.338.8002. For more information about upcoming professional development programs, to register online or apply for a need-based scholarship, go online.

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**ENJOY OUR
HOUSE MARGARITA
AT HOME!**

MARGARITA CONTENTS:
3.75 oz El Jimador Reposado Tequila
0.75 oz Triple Sec
Fresh lime juice

Phinney Lumber respond to community needs

Then weather is improving, this quarantine thing is getting old, and everyone wants to get outside and burn off some boredom. Phinney Lumber is helping customers do just that. From helping a local Girl Scout get materials to build a raised garden for her community to helping a young couple make a plan to build their own deck, the team at Phinney is listening to and responding to customer needs.

"It's tough, hanging



in there and not knowing how long this all will last, so we are doing what we can for our customers," says marketing and outreach manager

Francine Morin, "We recently acquired a limited supply of N95 masks and are expecting a shipment of hand sanitizer this See Lumber, page 11

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.

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

How to be a homebuyer right now...



207-PREMIER

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1. Find a good lender and get yourself a preapproval letter. We will need to submit it with your offer, and because of the health crisis, many sellers are only permitting preapproved buyers to enter their home. We have several trusted lenders and will gladly refer you to the lender who best suits your needs.
2. Hire an agent who will take the time to educate you on the process and listen to your needs, wants and concerns. That agent should understand the current market conditions to advise you how best to achieve your real estate goals. (Spoiler alert: that's us.)

FOR MORE TIPS & INFO GO TO WWW.PREMIERTEAM.ME

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SeniorPlus classes

Staff at SeniorsPlus continue to adapt to new ways of bringing programs to our communities. They will continue to host virtual workshops until it is safe to open up the physical Education Center locations. They hope you will consider joining some of the May programs. The staff is excited to share that they have expanded the May offerings to include more classes, groups, and exercise opportunities. Classes and workshops are free through the pandemic and will be hosted through Zoom. For most programs, participants must have access to a device with a camera. To register, email edcenter@seniorsplus.org or call SeniorsPlus at 795-4010.

Class offerings:

Zoom 101: Using Video Conference Technology to Stay Connected, May 19 or May 26 10 to 10:30 a.m. via Zoom.

Join us for a 30-minute class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

Fraud and Scams, Thursday, May 28 from 10 a.m. to 12 p.m., via Zoom.

This workshop will give you the information needed to determine what is real and what a scam is. What does fraud look like? What are the latest scams out there? How do you recognize

fraud? Find out what you can do to protect yourself and where do you go to report things, so others don't become the next victim.

Exercise classes:

Total Strength & Balance, Mondays 11:15 to 12 p.m. or 12:15 to 1 p.m., Wednesdays 11:30 to 12:15 p.m., Fridays 11:30 to 12:10 p.m. or 12:30 to 1:10 p.m., via Facebook. The Instructor is Linn Morin, Certified Trainer. There is no fee for the month of May, simply call and join the group!

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Light weights or soup cans, a basic bouncing ball and for some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are held online until the CDC lifts restrictions. To register or for more information, Call Linn at 523-9055.

Chair Yoga on Zoom, Fridays at 8:45 to 9:45 a.m. via Zoom. There is no fee at this time. You must have a computer, laptop, or tablet; sturdy chair on non-slip surface. The instructor is Mary Bishop, Certified Yoga Instructor.

Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability. Class limited to 10 participants.

Groups:

Caregiver Support Groups: Group 3: Thursday, May 29 from 8:30 to 10 a.m. Via Zoom (video or call-in option).

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone versus in-person.

Coping with the New Normal within the COVID-19 Pandemic Support Group, Wednesdays, May 20 and 27, 12:30 to 1:30 p.m. Facilitated by Beacon Hospice Staff via Zoom.

Are you struggling with figuring out purpose at home? Are you looking for information on some of the changes occurring within our society? Do you need some good news and support from others? Join us for a 4-week support group to discuss some of the challenges many of us are feeling emotionally, physically, and spiritually as we wrestle with these changes to our daily lives. Group size limited to 15 people.

2020 Totus Tuus summer program cancelled

After much prayerful consideration and discussion with participating parishes and families, organizers of the 2020 Totus Tuus summer program in Maine have announced it has been cancelled.

"Taking into account the social and re-

lational nature of the program itself, we felt that the program would not be able to adhere to the social distancing protocols currently in place in Maine," said Fr. Seamus Griesbach, director of vocations for the Diocese of Portland and program coordinator for

Totus Tuus.

Totus Tuus is a weeklong program that inspires a true longing for holiness in young people (grades 1-12). Over the last two summers, over 1,000 Maine teens and children have participated in the program. This

See *Totus*, page 13

LUNCH BUFFET
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Know Your Rights

Have questions about your legal rights in Maine? Unemployment, public benefits, eviction, foreclosure, debt, taxes, other area of law?



Pine Tree Legal Assistance provides free, civil legal aid to low-income Mainers. Our offices are closed for now, but we are taking calls:

Monday 12 - 2:30
Tuesday/Thursday/Friday 9 - 11:30

Aroostook County	207 - 764 - 4349
Washington, Hancock	207 - 255 - 8656
Penobscot, Piscataquis, Waldo	207 - 942 - 8241
Kennebec, Somerset, Knox, Lincoln	207 - 622 - 4731
Androscoggin, Oxford, Franklin	207 - 784 - 1558
Cumberland, York, Sagadahoc	207 - 774 - 8211
Veterans Unit	207 - 400 - 3229
Native American Unit	877 - 213 - 5630
KidsLegal Unit	207 - 400 - 3233

Learn more at <https://ptla.org/covid-19> and www.ptla.org.



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ANTOJITOS (APPETIZERS)

<p>GOLDEN JET PINEAPPLE - 3.95 on a stick dusted with chile powder, salt & lime</p> <p>FUNDIDO - 8.95 warm cheese dip with cilantro, rajas & your choice of mushrooms or housemade chorizo Served with corn chips</p> <p>MEXICO CITY STYLE CORN ON THE COB - 4.95 basted with chipotle mayo & dusted with cotija cheese</p> <p>FRIED PLANTAINS - 6.95 with chipotle mayo</p> <p>PAPAS FRITAS - 4.95 fried Maine potatoes drizzled with garlic aioli!</p>	<p>LOADED TOT NACHOS - 8.95 fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions</p> <p>FRIED BRUSSEL SPROUTS - 8.95 tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños</p> <p>YUCCA FRIES - 7.95 golden fried yucca fries served with a chimichurri aioli! and citrus habanero bbq dipping sauces</p> <p>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</p>	<p>CORN CHIPS - 1.50 w/ salsa - 3.95 w/ guacamole - 5.95 w/ salsa & guacamole - 8.95</p> <p>CHEESE NACHOS - 5.95 w/ organic black beans - 6.95 w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95</p> <div style="border: 1px solid black; padding: 5px; font-size: 0.8em;"> <p>Make your nachos GRANDE by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa add 5.95</p> </div>
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QUESADILLAS flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.

<p>CHEESE - 6.95 CHEESE & BEAN - 7.95 GRILLED STEAK - 11.95</p>	<p>SEASONED GROUND BEEF - 9.95 BRAISED MUSHROOMS - 9.95 SHREDDED PORK - 9.95</p>	<p>CHAR GRILLED CHICKEN - 9.95 HOUSEMADE CHORIZO - 9.95 BBQ PULLED PORK - 10.95</p>
--	---	--

Add rajas to any quesadilla (sauteed 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

Dance

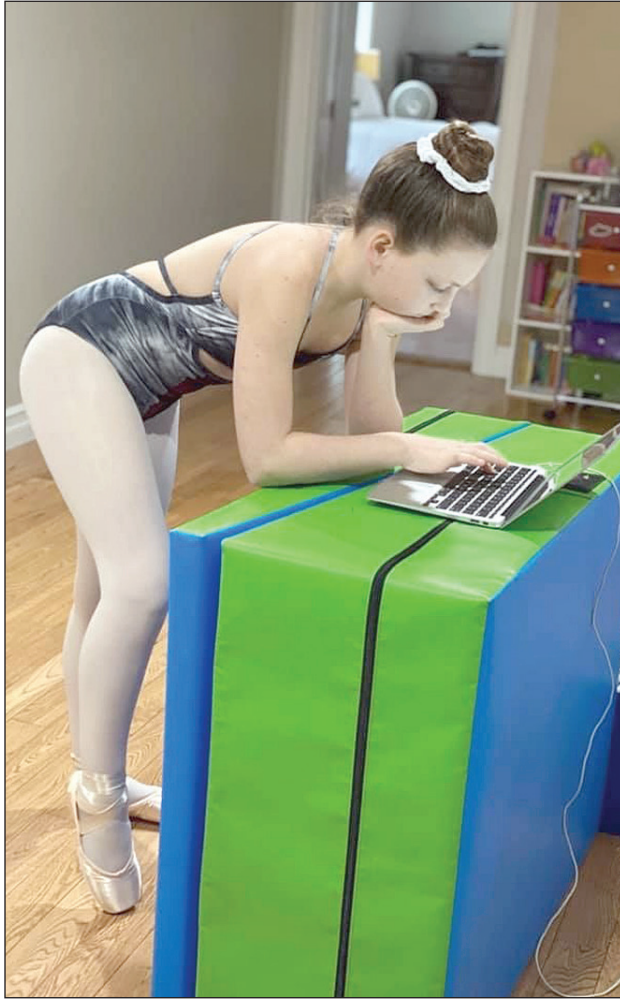
Continued from page 1

“Music makes you feel good, dancing makes you feel better.”, says Moulton. “We were committed to keeping the same schedule, teachers and routine, so our students could look forward to meeting at the same time as always. Parents love that, too!”

At a time when many public activities have been canceled, bringing dance into the home has been fun and healthy. With most families hunkered down at home, the dance classes play an important role in keeping people moving and connected to their teachers and peers.

“I really owe a lot to my team”, says Trish. “Everyone was onboard from day one and wanted to pick up classes right where we left off. We’re fortunate to be working at 100% and appreciate the support the dance community has shown us.”

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



Hikes

Continued from page 1

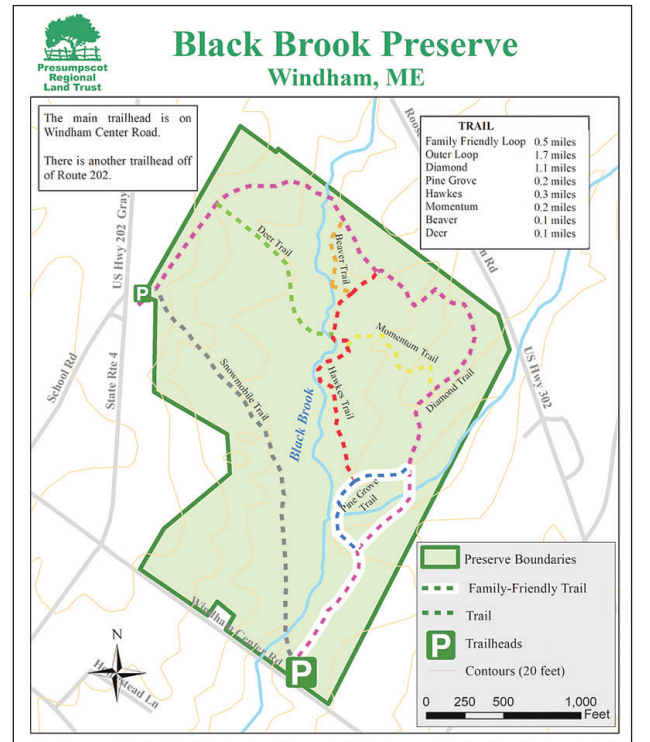
this day. If I had a “do over”, I would have gone back through the woods.

The trailhead, with room for a handful of cars, is located at 274 Windham Center Road. I would certainly recommend this hike for folks of all ages and look forward to visiting again when the full complement of wildlife is out and about themselves.

Note: It is always a good idea to check for ticks at the end of your hike (or after any time spent outdoors, including doing yardwork). I suggest checking your clothing, footwear, headwear and any exposed skin before you get back in your vehicle or go indoors.

Black Brook Preserve ranges from 0.3 to 1.7 miles, with a trail rating of Easy to Moderate. 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.



Thank you Gorham and surrounding communities for supporting the Ocean Gardens Restaurant and Tavern family during these pandemic times. It means a lot to all of us.

We are currently offering curbside pick-up Tuesdays through Saturdays from 3pm to 7pm Please call ahead to have it ready for you.

Check out our new a la carte menu!

- Lobsters, Fresh/Fried Seafood
- Prime Rib (Friday and Saturday until it's gone!)
- Baked or Baked Stuffed Haddock, Scallops, or Salmon
- Fisherman's Platter – a huge hit!
- Burgers, wings, haddock or chicken parmigianas, and more!

We are now offering the following desserts: cheesecake with strawberries, Mile High Peanut Butter Explosion Cake, Shain's of Maine Sea Dog Biscuits, and Wicked Whoopie Pies.



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Student at Narragansett School wins Casella Calendar Contest



Aylah

Aylah, a third grader in Mrs. Burns' class was chosen as a winner in the Casella Calendar Contest.

Her drawing was chosen out of 500 entries in the state of Maine. The drawings are about

the three R's—Reduce, Reuse, Recycle. Aylah's drawing will be in the 2021 Casella calendar.

Nonesuch River Brewing offering food, beer and cocktails to go



Nonesuch River Brewing staff showing off their Cocktails To Go (two in each container). Pictured l to r: Jeff Gambardella (Owner/Executive Chef) with El Jefe, Macy Stowell with Macy's Mule, Heather Lamontagne with Light as a Feather and Shanna Frantini with Shangria.

Nonesuch River Brewing is now offering curbside food, beer and to go cocktails! Their new hours of operation are Tuesday through Friday 3 to 8 p.m., Saturday 12 to 8 p.m., closed Sunday and Monday. Delivery is also avail-

able through 2DineIn, UberEats and CarHop.

Check out their new menus: Car Side Cocktails, <https://nonesuchriverbrewing.com/car-side-cocktails/>; Lunch and Dinner Food, [https://nonesuchriver-](https://nonesuchriverbrewing.com/lunch-din-)

[ner/; Dessert, https://nonesuchriverbrewing.com/dessert/](https://nonesuchriverbrewing.com/dessert/). For more information visit their website at <https://nonesuchriverbrewing.com/>.



2.0 IPA, Double IPA (Purple), Red (Red), Mojito (Lime Green), and Blonde (Blue).



Nonesuch River Brewing's new Seasonal Beer, Mojito IPA. A Sub-Lime minty salute to the start of summer!

If you'd like a story in Gorham Weekly give us a call!
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Online Summer Session Courses Begin May 18

Registration is open through the start of classes.

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Check the website at:

www.cmcc.edu/academics/programs/course-listing/

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

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Central Maine COMMUNITY COLLEGE



Food available at Mid Coast Hunger Prevention program



An MCHPP volunteer puts a box of food into a Food Pantry client's car.

Mid Coast Hunger Prevention Program (MCHPP) is operating an outdoor Food Pantry and Soup Kitchen for community members to access food in a safe and distant way during this challenging time. Grab and go meals are provided right outside the front door for any person who needs a freshly prepared meal. This program is no questions asked and open to everyone who wants to stop by; guests walk up one at a time to pick out their meal, ensuring social distancing between everyone.

The Food Pantry program is located in the back parking lot for guests to access during any of our open hours. A drive-thru style of service allows guests to remain in

their vehicles at all times. All you have to do is pull up, give your basic information, and pop your trunk. MCHPP volunteers load groceries straight into vehicles. Volunteers will also safely serve guests who do not have a vehicle. This program allows for a visit every two weeks. Groceries provided often include non-perishable items, bread, meat, produce, and sometimes dairy. Depending on inventory, pet food, baby food, diapers, and feminine hygiene products are available upon request.

These programs are available to anyone in need. MCHPP is located at 12 Tenney Way, Brunswick. The pantry is open during the following times: Tuesday 11 a.m. to 2 p.m. and 4 p.m. to 6

p.m., Wednesday 11 a.m. to 2 p.m., Friday, 11 a.m. to 2 p.m., and Saturday 12 p.m. to 3 p.m. Soup Kitchen Grab and Go Meals available Monday through Friday, 11 a.m. to 12:30 p.m. and Saturday 12 p.m. to 1:30 p.m.

Mid Coast Hunger Prevention Program is a nonprofit organization based in Brunswick and dedicated to the mission of providing hungry people with access to healthy food, working to improve the quality of their lives by partnering with others, and serving them in a manner that recognizes their dignity. For more information about MCHPP's services, hours, and volunteer opportunities, or to make a donation, please visit mchpp.org.

Pine Tree Camp develops innovative opportunities for summer

For the safety and health of campers and staff, Pine Tree Camp has cancelled all traditional camp sessions this summer and replaced those programs with innovative online programming for registered campers and one-of-a-kind Pine Tree Camp Adventure Day Passes for all Maine people with disabilities, providing access to the outdoors on a day pass capacity to a limited number of people at a time.

"Out of this time of uncertainty has come innovation, creativity and strength. We are innovating to improve and expand upon what we do and help the people we serve adapt along with us," said Noel Sullivan, president and CEO of Pine Tree Society.

Six weeks ago, the organization launched Pine Tree Camp to You; providing free access to daily programming that gives participants a chance to connect with others, engage in meaningful activities and get active through Zoom and Facebook Live.

This summer, Pine

Tree Camp to You will expand to provide six, week-long summer sessions for registered campers; including a curated activity box that will be sent to each camper as part of the curriculum designed by the Pine Tree Camp year-round and summer team.

Providing fully accessible opportunities for immersion in the outdoors remains a high priority and, to meet that important need, in July, Pine Tree Camp will offer Pine Tree Camp Adventure Day Passes. These passes will be available to all Maine people with disabilities and provide the opportunity to register to come with their families/caregivers for day use of Pine Tree Camp's fully accessible 285-acre campus. Pine Tree Camp's signature outdoor activities will be available – hiking on accessible nature trails, boating, kayaking, fishing and swimming – all provided in a safe, socially distanced manner supported by experienced staff. Details for reserving day passes will be available in June.

As Pine Tree Camp celebrates its 75th year, this significant milestone is also being recognized virtually through the Bath Savings Paddle for Pine Tree Camp. Registrants are asked to virtually participate on Saturday, June 6. Further details are available at this link, <https://www.pinetreesociety.org/events/paddle-for-pine-tree-camp/>.

Every summer, hundreds of Maine children and adults with disabilities arrive at Pine Tree Camp in Rome and their lives are transformed. Driving down the camp road, campers enter a world that is barrier-free, leaving behind the confines of their disability thanks to the camp's 285-acre, fully accessible campus. Campers actively participate in all the activities for which Maine is famous – kayaking, boating, fishing and hiking – experiencing freedom and independence. Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. Pine Tree Camp receives no state or federal funding and ninety-nine percent of campers require tuition assistance, which is provided by donors and sponsors. For more information visit www.pinetreesociety.com.

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Beginning 3/24, Tuesday through Thursday mornings from 6-7 a.m. will be reserved exclusively for customers 60+ and individuals identified by the CDC as being at high-risk. We won't be checking IDs, but request that all other customers support these vulnerable shoppers and wait until after 7 a.m. to enter the store.

Our store hours have also temporarily changed to allow for more time to clean, stock shelves and give associates additional time to rest – beginning 3/21, new store hours will be 7 a.m. – 9 p.m.



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



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Obituary for Rev. Dr. William Henry Chadwick

Rev. Dr. William Henry Chadwick, 64, went home to be with the Lord on May 2, 2020, as a result of a motorcycle accident. He was born in Burlington, Vermont on August 19, 1955, the second youngest child of Lloyd and Margaret (Bissonette) Chadwick.

Bill grew up in Shelburne, Vermont, and was a graduate of Champlain Valley Union High School class of 1973. He went on to earn his BA from Johnson State College in 1977, and then a Master of Divinity from Gordon Conwell Theological Seminary, graduating in 1982. During his work career, he also completed a Doctor of Ministry at Fuller Theological Seminary.

While in seminary, Bill began his professional career as a student minister at Free Christian Church in Andover, Massachusetts, where he met Carol Anderson. They were married on May 27, 1984. He then began work at the Evangelical Bible Church in Wolfeboro, New Hampshire where he served from 1984 until 1990. Bill and Carol then moved to Gorham, Maine, where they raised two sons, Benjamin and Daniel, and Bill became pastor at the Stroudwater Christian Church in Portland, Maine, where

he served for 30 years.

Being an active husband and father brought much joy to Bill's life. Sports, hunting, fishing, boating, hiking and coaching were some of his favorite activities. He loved to keep busy by restoring antique cars. He was an avid reader. Bill also devoted a great deal of time as an active Rotarian in the Westbrook/Gorham club.

Bill's passion in life was serving his Lord which he did in a variety of ways. In addition to the ministry of the local church, he made countless mission trips throughout his life in hopes of helping those less fortunate. His travels included Nigeria, Mexico, Nicaragua, Guatemala, and locally to Washington County, Maine. He also authored a book, *Stealing Sheep*, in 2001, about the ethics of church growth.

One of Bill's greatest legacies in life will be how he communicated with others through the power of humor and laughter. Above all, Bill will be remembered as a truly selfless man who found joy in leading others to faith and helping them to fall passionately in love with Jesus Christ.

Bill was predeceased by his mother and father. He is survived by his loving wife of nearly 36 years, Carol Chad-

wick; his sons, Benjamin Chadwick and his partner, Talinga McClinton, and Daniel Chadwick; siblings, Barbara Guyette, Eileen Slattery, Marcia Moston and her husband Robert, Michael Chadwick and his wife, Georgie, and Janet Chadwick; mother-in-law Naomi Anderson, sister-in-law Judith Salibe and her husband Paul, and brother-in-law, Gregory Benoit; as well as many nieces, nephews, loved ones and friends.

Due to social distancing requirements, a private service is being planned for Bill's immediate family. A celebration of life will be held at a later point with a date and time to be announced. In lieu of flowers, memorial contributions in Bill's name can be made to Stroudwater Christian Church at 1520 Westbrook Street, Portland, ME 04102 or via the church website at Stroudwater.org. Arrangements are in the care of the Gorham Chapel of Dolby, Blais & Segee, 76 State Street, Gorham, ME 04038.

To send flowers or a memorial gift to the family of Rev. Dr. William Henry Chadwick please visit the Sympathy Store at https://www.dolbyblaissegee.com/store/funeral-service?icon=desktop_memorial_obituary_link#.

Gorham Subway offering Subway grocery



Chris Dubay manager of Gorham Subway with new Subway Grocery banner.

Stop by and visit Chris and his fabulous team at the Gorham Subway. Subway grocery is simple and convenient. The menu is detailed and has something for everyone. Login to shop. subwaygrocery.com for more information.



Lumber

Continued from page 6

week... we don't normally carry these, but our customers need them so we are getting them in."

In addition to carrying specialized items and giving away toilet paper, the Phinney team is also encouraging customers to get outside and take on some satisfying projects to combat boredom and relieve stress.

"This week we posted a grab-and-go yard cleanup package on our Facebook page, and I'm planning to post my own yard cleanup pics and ask customers to do the same," says Morin, "just to keep us all connected." Yard foreman Dana Phinney is doing his part by helping customers gather materials to build raised garden beds for growing vegetables at home.

"We have '2-by' rough hemlock in lengths from 4 to 16 feet" says Phinney, "it isn't chemically treated, so it's a good choice for raised bed. And by building the beds yourself, size and shape are limited only by your imagination."

Estimator Mike Franck is busy helping customers bring their DIY deck ideas to life. He can take your design and help you create a materials list and building plan to fit your skill level and your budget. The internet is teeming with videos and step by step directions, and with Mike's expert help and Phinney's free local delivery, customers can turn their deck building dreams into reality while waiting for the world to go back to normal. President Mike Phinney is a fan of DuraLife decking, an environmental-

ly friendly "green" and LEED certified deck material made in Biddeford, Maine. The product is non-toxic, made from recycled materials, and "it's made right here in Maine, which makes us feel good about it," says president Michael Phinney, "local is good." A 2018 study by the National Association of Realtors reported that a new wood deck will recover 106% of its value when the house is sold, so building a deck is not only a good get-outside project but is also a great investment.

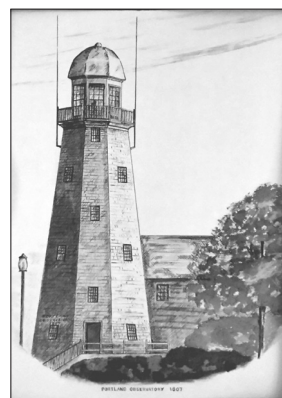
Phinney Lumber has been serving the community since 1928 and has weathered many local and national crises not unlike the coronavirus. They have done so by keeping focused on what is important, figuring out what the community needs and responding to that need.

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Chocolate Church Arts Center continues live stream shows

With events postponed at their theater at 804 Washington Street in Bath, The Chocolate Church Arts Center (CCAC) has been presenting Live from Home, a series of concerts performed by regional musicians in their homes that can be streamed online by audience members via Facebook. The shows will continue at 7:30 p.m. Friday, May 15 with musician and actor Zac Stearn, and at 3 p.m. on Sunday, May 17 with award-winning songwriter, Bosley.

The shows will be streamed via the Chocolate Church Arts Center's Facebook page, and will be free to watch. Audience members will be encouraged to donate to help the organization recover lost revenue due to postponed shows, and to support the performers, many of whom are also facing canceled shows and loss of income. All donations will be split evenly between the CCAC and the performing artist.

Zac Stearn, who is also artistic director of the Schoolhouse Arts Center in Standish, is no stranger to the Chocolate Church Art Center. Most recently, he performed as the lovable but grumpy elf, Crumpet, in the CCAC's production

of Santaland Diaries in December 2019. For his live stream show, however, Stearn will display his musical chops as a piano player and singer and will share songs from his soon to be released all-original album. This material is filled with toe-tapping rhythms and features lyrics by his musical partner, Neil Ruecker.

Bosley is the publishing name and soulful alter-ego of American singer, songwriter and producer Thomas Humphrey Mayer, jr. Bosley, who began his career in Baltimore, was voted Best Band 2014 by Baltimore Magazine, and has appeared alongside Sharon Jones and the Dapkins, Galactic, Easy Star All-Stars, Dr. Dog, and many other contemporary rock and soul acts. His music has been featured in series on HBO, Netflix, MTV, Comedy Central and in several feature films.

Bosley's debut album Honey Pig (2011) showcased the singer's talent for pop songwriting and a stylistic range from early James Brown to Tom Waits style jazz ballads, all channeled through Mayer's dynamic and powerful voice. In support of this album, and adopting a 1970's Soul Revue format, Bos-

ley began touring with an immaculately dressed nine-piece band complete with a horn section and choreographed backup singers.

In 2015, Mayer embraced sobriety and further dedicated himself to his music career, a period that resulted in the deeply personal and hysterically fun follow up album, The Dirty Dogs Radio Show. Bosley's third album, Unreal Fire, released in 2019, dances between the old and the new taking the vintage sounds of Stax and Motown and combining them with contemporary pop appeal.

Bosley currently lives in Berlin, Germany, where he is writing, recording and performing regularly. New singles are planned for release in 2020 and his fourth album, WAVES is currently in production.

Tickets are not necessary for the Live from Home concerts. Audience members may simply go to the Chocolate Church Arts Center's Facebook page at the time of the show, and they will be directed on how to watch. The Chocolate Church Arts Center will continue to announce upcoming Live from Home performers in the next few weeks.



Zac Stearn



Bosley



Zac Stearn



Bosley



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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.

Friday, May 15

Live from Home Concert series featuring Zac Stearn 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.

Sunday, May 17

Live from Home Concert series featuring Bosley live streaming on Chocolate Church's Facebook page at 3 p.m. Tickets are not necessary, donations welcome. Visit <https://www.chocolatechurcharts.org> for more information.

Tuesday, May 19

SeniorPlus class: Zoom 101: Using Video Conference Technology to Stay Connected 10 to 10:30 a.m. via Zoom.

Wednesday, May 20

SeniorPlus class: Coping with the New Normal within the COVID-19 Pandemic Support Group, 12:30 to 1:30 p.m. Facilitated by Beacon Hospice Staff via Zoom.

Tuesday, May 26

SeniorPlus class: Zoom 101: Using Video Conference Technology to Stay Connected 10 to 10:30 a.m. via Zoom.

Wednesday, May 27

SeniorPlus class:

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Coping with the New Normal within the COVID-19 Pandemic Support Group, 12:30 to 1:30 p.m. Facilitated by Beacon Hospice Staff

via Zoom.

Thursday, May 28

SeniorPlus class: Fraud and Scams 10 a.m. to 12 p.m., via Zoom.

Totus

Continued from page 7

summer, ten parishes were set to host the program in Fort Kent, Caribou, Bangor, Jay, Waterville, Lewiston, Windham, Brunswick, Saco, and Sanford.

"The heart of the Totus Tuus program is relationships: our relationship with God and our relationships with one another," said Fr. Griesbach. "The teams of college students and seminarians witness a joyful and active faith to the children and teens they meet over the summer in a way that simply can't be carried out online or at a distance."

Due to the uncertainty regarding the viability of summer programs this year, registrations had been far lower than previous years, making it difficult for organizers to move forward without risking a serious financial shortfall.

Fr. Griesbach is happy to report, however, that the program will be back, stronger than ever, in 2021.

"Totus Tuus is not going anywhere. We will be back next summer with two great teams of teachers ready to share the Catholic faith with Maine's youth once again!"

For any families who have already registered their children online, fees will be refunded in full in the coming days. Any questions or concerns regarding reimbursement may be sent to vocations@portlanddiocese.org.

Online professional development programs

Registration is open for two new online professional development programs through the University of Maine Hutchinson Center. The Online Grant Writing certificate program with Jack Smith runs May 18 through 22 and Online Public Speaking with Tom Dowd is June 3 and June 10. More information about both of these programs is available on the Hutchinson Center website.

Grant Writing course instructor Jack Smith, M.P.A., has taught over 1,500 grant writing programs, including seven at the Hutchinson Center in Belfast. He currently teaches grant writing certificate programs at University of Southern Maine, Emory University, University of Georgia and Austin Center for Nonprofit Studies. The five-day grant writing course is offered from 9 a.m. to 3:30 p.m., with breaks throughout the day. Participants will earn a UMaine certificate in grant writing, and 3.0 CEUs/30 contact hours are available. At this time, this is the only Grant Writing Certificate Program that will be offered at the Hutchinson Center in 2020. The cost of the program is \$650 and need-based scholarships are available.

Given the economic implications of COVID-19, grant writing is poised to become an even more valuable skill for businesses, organizations, municipalities and individuals. Participants in this intensive program will produce a

well-vetted grant proposal. Smith will guide participants step-by-step through the development of a proposal, identifying and evaluating the most appropriate funding sources, researching a problem, and supplying the documentation and statistics necessary for supporting a successful grant proposal.

Distinguished Toastmaster Tom Dowd (also known as "Transformation Tom") will lead the two-part online version of Practical Public Speaking for Business and More from 6 p.m. to 9 p.m. In-person versions of this program have been taught at the Hutchinson Center three times previously and several more will be offered in the fall. Dowd is a prize-winning speaker, and an award-winning and Amazon best-selling author, trainer and coach. As a member of Toastmasters International, Dowd exhibits consistent success in speech competitions and achieved the Distinguished Toastmaster status in 2015. The cost of Public Speaking for Business and More is \$125 and need-based scholarships are available.

Public Speaking is a useful course for business leaders, clergy, educators, managers, municipal employees, nonprofit workers, researchers and anyone who wants to improve communication skills. Throughout the program, public speaking through online platforms (such as Zoom) will be ad-

ressed. Program participants will learn how to relieve the stress associated with speaking publicly; become skilled in speaking with or without notes; and support their message most efficiently. They'll learn to think quickly, speak logically, engage an audience and use the power of storytelling to increase audience attention.

These courses are the first two online professional development programs to be offered by the Hutchinson Center. Those participating in these courses will need access to reliable internet. Both courses will be taught synchronously. In-person professional development programs will be available when the UMaine campuses reopen. In the meantime, the Hutchinson Center hopes to offer more online professional development programs on a regular basis.

For information or to request a reasonable accommodation, contact Michelle Patten, michelle.patten@maine.edu; 207.338.8002. The Hutchinson Center, an outreach center of the University of Maine, is committed to offering high-quality professional development programs to the greater midcoast Maine community. For more information about upcoming professional development programs, to register online, or apply for a need-based scholarship, go online.

The Hutchinson Center is an outreach center for the University of Maine in Orono,



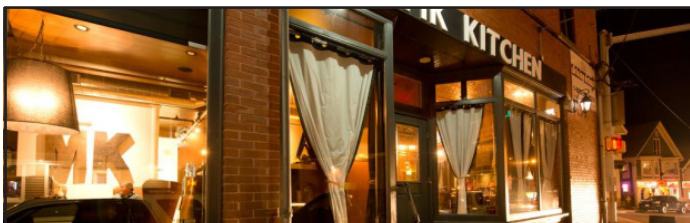
that serves as an educational and cultural center for the midcoast area. It is named for University of Maine President Emeritus Frederick E. Hutchinson. The mission of the Hutchinson Center is to broaden access to University of Maine academic and non-degree programs and services, lifelong learning opportunities, and professional and career development experiences using innovative approaches that increase synergy among University of Maine System entities, University of Maine departments and divisions, and that engage a wider Maine community.

The University of Maine, founded in Orono in 1865, is the state's land grant and sea grant university. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic

development, and community institutions in the Northeast and attracts students from Maine and 49 other states, and 67 countries. It currently enrolls 11,240 total undergraduate and graduate students who can directly participate in groundbreaking research working with world-class scholars. The University of Maine offers 35 doctoral programs and master's degrees in 85 fields; more than 90 undergraduate majors and academic programs; and one of the oldest and most prestigious honors programs in the U.S. The university promotes environmental stewardship, with substantial efforts campuswide aimed at conserving energy, recycling and adhering to green building standards in new construction. For more information about UMaine, visit umaine.edu.

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	
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Rigatoni Bolognese Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan \$13.00 \$24.00	Handmade Ravioli Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta /Vgt. \$12.00 \$22.00
Gnocchi Mac + Cheese Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs \$12.00 \$22.00	Butternut Squash Risotto Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / Vgt. + g.f \$14.00 \$26.00

MK Kitchen.net

APPETIZERS, SOUP AND SALADS

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

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Classified Ads

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

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

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