

Gorham area hikes



by Jeffrey Ryan

There's nothing like that first day when spring isn't just in the air, it's drawn us out into our yards, neighborhoods and woodland trails to feel the warmth of the sun and grab a few hours of shortsleeve only freedom. It won't

be long before the parkas and heavy sweaters get stowed away for a few months.

Last Thursday, was the day for many of us. I took a drive out to Shaw Park to enjoy a walk on the historic trail and discovered that I wasn't alone. But even in these

days of social distancing, it wasn't a problem. People were well spaced over the trail system and did a good job of staying that way.

Leaving the parking lot, I turned right and followed the paved path down to the Hamblen Pedestrian Bridge before turning back into the woods to join the Gambo Loop. At the halfway point of this woodland trail, you emerge near the Presumpscot Riverbank to obtain a fine view of the current mill.

Just upstream at Gambo Falls was another sawmill that as far back as 1824 began making gunpowder. Sulfur from Sicily and saltpeter from India arrived by

See **Hikes**, page 8

GMS Yellow Tulip Project



Gorham Middle School Yellow Tulip Garden

The Gorham Middle School's (GMS) Civil Rights team has participated in The Yellow Tulip Project for several

years. The mission of the project is to "smash the stigma around mental illness and to build a community of people who

realize that hope happens when youth and community leaders work together." GMS has a yellow

See **Tulips**, page 8





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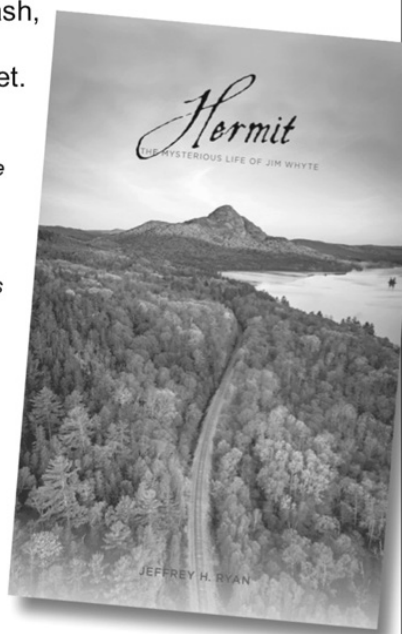
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— George Smith, Bangor Daily News

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Governor's Address: Rising to meet an even greater challenge—distance learning amid COVID-19

I am the daughter of a Maine public school teacher, so I know firsthand how important the work of Maine teachers is and the many challenges they have to overcome every day. Right now, our teachers and students are rising to meet an even greater challenge - adapting to distance learning amid this dangerous COVID-19 pandemic.

I want to thank all Maine teachers for their continued devotion to our students even as, in many cases, you care for your own children at home. We will get through this. In the meantime, you continue to guide your students through a very uncertain time and in-

spire them and set them on the path to a bright future.

While you do that important work, it is our responsibility to ensure that you, and all of our students, have what you need to stay connected during these difficult times.

Internet access is a necessity, not a luxury now and yet too many families lack access to high-speed internet, especially in some rural areas of our state.

Universal connectivity is more important than ever before during this pandemic as teachers try to stay connected to their students across Maine.

So, I am proud to announce that we have used federal funding and



Governor Janet Mills

donations to secure internet access and provide internet devices to facilitate at home learning for 100 percent of the Maine children who said that they needed it.

The Department of Education conducted surveys of all public schools and private schools who serve public school students to understand the connectivity needs of students statewide—21,845 students said they lacked connectivity. That's a lot

of kids. Based on data from the 75 percent of schools that responded, about 2/3 of them said they needed a wireless service contract and about a third said they just needed a device, you know a hotspot or something.

So, to meet that need, our Administration has acquired service contracts for all those students through three different service providers, nearly all of which are for WiFi-enabled Galaxy Tablets that can be used as learning tools and hotspots or hotspots only.

Through one service provider, the Department of Education was also able to order MiFi, a wireless router that acts as a mobile WiFi hotspot. And, to fulfill the device

only needs, the Maine Department of Education ordered (more than) 7,400 laptops.

The Department of Education is continuing to survey schools to determine further connectivity needs and they are reaching out to both higher education institutions and adult education programs to determine their students' connectivity needs.

As we work on returning to in-classroom instruction when it is safe to do so, these new devices will allow Maine students to stay engaged remotely with their school no matter where they live, regardless of their zip code or their family circumstances.

I want to thank the many generous donors

and Maine's Congressional Delegation for their advocacy and support which made this possible.

To all Maine students, I know this school year has been very difficult, but I am proud of the way you have pushed through to continue your education. We will need your skills to create a brighter future for everyone in our state.

And to Maine's teachers, please know that we deeply appreciate all you do for our children and for the State of Maine. I hope that these devices and these service contracts provide some measure of relief amid a challenging situation to you and your students.

NRCM statement regarding CMP corridor

The Natural Resources Council of Maine recently issued the following statement from Clean Energy Staff Attorney Sue Ely in response to the decision by the Maine Department of Environmental Protection (DEP) to issue a final permit for the controversial Central Maine Power (CMP) transmission line.

"[The] DEP permit fails to address the fact that CMP's proposed transmission corridor would result in no real reduction in global carbon pollution while inflicting enormous harm on Maine's North Woods and the local communities and Mainers who depend on it for their livelihoods. This project

remains a bad deal for Maine. The best path forward for Maine people is to focus on the creation of hundreds of real, local clean energy projects that create thousands of long-lasting jobs here at home, not a destructive transmission corridor with no climate benefits designed primarily to deliver billions in profits to CMP's shareholders and Hydro-Quebec."

CMP and Hydro-Quebec have already spent an astounding \$9 million on an extensive political campaign to try and defend their flagging power corridor proposal. CMP's deeply unpopular proposal is widely opposed by Maine people. According to a 2019 poll, 65 percent of Main-

ers oppose the project. Twenty-five towns have already voted to oppose or rescind their support for the project, as have the Androscoggin and Franklin County Commissioners, two of the state's largest unions, and the Sportsman's Alliance of Maine.

The U.S. Army Corps of Engineers and U.S. Department of Energy are still reviewing the CMP corridor for applicable permits.

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

Stamps feature garden from Maine Botanical Gardens

American Gardens stamps new release features a garden from

the Coastal Maine Botanical Gardens, the largest botanical garden

in New England. This release is posted to usps.com.



American Gardens stamp sheet

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Shaw Brothers construction on Route 25

The MDOT Route 25 project from Westbrook to Gorham began in June of 2019 and is tentatively scheduled to be completed for the end of August 2020.

This project, that Shaw Brothers is contracted with the MDOT on, consists of a new water main and storm drainage that was completed in the fall of 2019 as phase

one by Gorham Sand & Gravel. Beginning in the Spring of 2020, Shaw Brothers began the second phase of the project which consists of milling the existing pavement, constructing/reconstructing sidewalks, installing new traffic signals at four intersections and paving.

Shaw Brothers will finish the rest of milling for the project starting this

week with Coastal Road Repair, which is taking place at nights. Once that is complete, Shaw Brothers will continue to work during the days on sidewalks and ADA ramps, and AD Electric will continue to install new traffic signals. Once this work has been completed, Shaw Brothers will switch to nights and pave the rest of the project.



Gorham Town Council weekly report

MUNICIPAL NEWS

Tax Due Date Extended | The Real Estate and Personal Property Tax due date for the second installment of the 2019-20 tax bill was moved to June 15th per the Gorham Town Council's unanimous vote at their recent Special Meeting. Payments can be placed in Baxter Memorial Library's Book Drop (71 South St); sent via U.S. Mail to Town of Gorham, Attn Tax Collector (75 South St, Ste 1); or *Credit Card payment via Maine PayPort Service or over the phone by calling the Town Clerk's office at 222-1670 (*fees apply). When paying by check, please include your current phone number on the check so we can reach you for any discrepancies. Cash not preferred. Please call 222-1670 for assistance.

Gorham Facilities Closure Extended | All Town of Gorham Facilities will remain closed to the general public through May 31, 2020 in conjunction with Governor Mills' Executive Order 49 signed on April 29, 2020. The closure applies to all Municipal buildings and recreation facilities, which includes all soccer fields, multi-purpose fields and playgrounds unless otherwise posted. Town departments will remain operational with reduced staffing levels onsite to perform essential services only. We will continue to support online services, mailing services and phone services. Please call or visit our website for further updates.

Extended Compliance Dates for Certain Motor Vehicle Laws During COVID-19 Emergency | All re-registrations are extended through 30 days after the Emergency Order is lifted. All temporary plates from in-State dealer sales are extended through 30 days after the Emergency Order is lifted. Go to https://www.gorham-me.org/sites/gorhamme/files/uploads/temporary_registration_letter_for_private_sales.pdf to print a temporary registration letter for private sales that you need to keep in your car until you can register once the Town Clerk's Office re-opens. Go to https://www.gorham-me.org/sites/gorhamme/files/uploads/temp_plate_load_waiver.pdf to print a temporary registration letter to allow Commercial vehicles to carry a load.

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Subscribe for Town News at www.gorham-me.org/subscribe

Postcard with Municipal News: A postcard was mailed to all Gorham taxpayer addresses last week to advise of the tax due date extension (to June 15), Gorham facilities closure extension (through May 31) and extended compliance dates for certain motor vehicle laws during the public health emergency.

In addition to the mailer, citizens can stay informed by subscribing for future Town News and Announcements at www.gorham-me.org/subscribe. For assistance with questions, residents

can call (207) 222-1600 to reach a department directory.

Municipal Office Reopening Discussions: Last week, department managers and the Town Manager met remotely to begin the planning of reopening certain Town offices and functions. Staff will be developing a reopening plan for public reference and a separate outline with expectations for employees. The public reopening plan, once available, will be published with local media, on the Town website and listserv, and on Facebook.

Upcoming Meetings/Events:

- 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.
- June 1, 7 p.m., Planning Board Meeting, Zoom Webinar.

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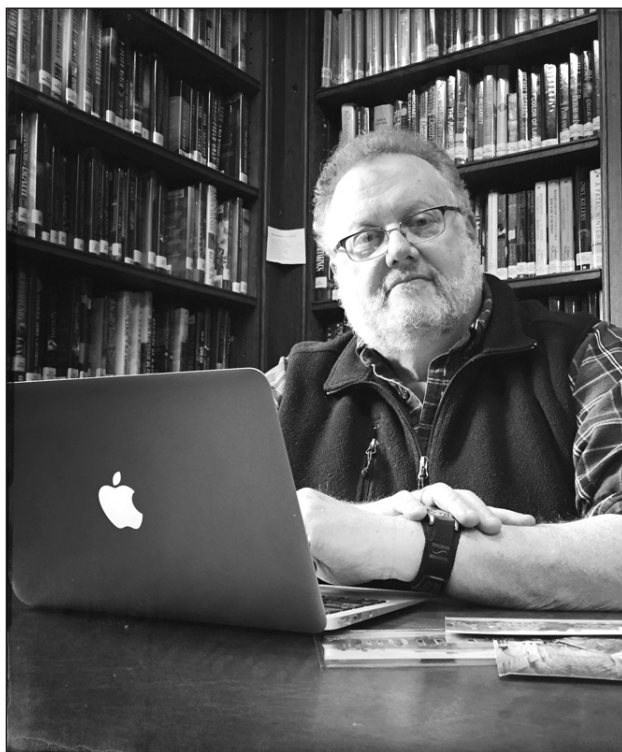
What's Going On

Bailey Library to host Earl Brechlin

The Bailey Library in Winthrop will virtually host author and registered Maine guide Earl Brechlin on Tuesday, May 26 at 6:30 p.m. The event is the fourth in a 10-part series celebrating Maine's bicentennial that will explore outdoor recreation in Maine and is sponsored by Kennebec Savings Bank.

The public is invited to attend via Zoom by visiting baileylibrary.org/athome and navigating to the "Virtual Events" tab. Attending is free and open to all, but attendees will need a high-speed internet connection, and a device capable of running the Zoom software or app. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

Brechlin will give a slideshow presentation about Maine's iconic landscapes, and the search for meaning and



renewal in the Maine wilderness. Brechlin explores Maine from Kittery to Eastport, from Fort Kent to Monhegan, focusing on the natural wonders, quirky characters, remarkable inventors, and haunting ghosts and legends. Whether it's Moxie Nerve Food, the North American Wife Carrying Competition, alleged UFO abductions along the Allagash, or Katahdin's role in creating "Bambi," Brechlin celebrates all that makes the state unique.

Brechlin's newest book "Return to Moose River" was released by Down East Books and includes more than a dozen essays chronicling adventures across Maine. In 2019 the book won the John Cole Award for Maine-themed Nonfiction at the annual Maine Literary Awards. Brech-

lin is also the author of more than a dozen books on all things Maine and New England, including hiking, paddling and antique postcards. A former Maine Journalist of the Year, he worked for nearly 40 years in the state's newspaper industry and was the founding editor of the Mount Desert Islander. He is a regular columnist for Islandport Magazine, and his work has appeared in the Boston Globe, Newsweek, and The New York Times among others.

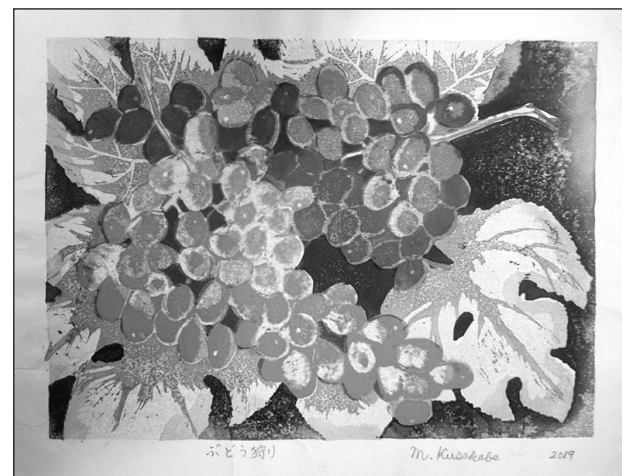
A graduate of the University of Maine Forestry School, Brechlin's family roots include Maine author Ruth Moore and lighthouse heroine Abbie Burgess. For several years, he operated a small independent bookstore in Bar Harbor featuring Maine authors and illustrators.



Maine-Japan printmaking exchange celebrates five years

Common Street Arts in Waterville will host a collection of prints by artists from Maine and Aomori, Japan now through July 18 at the Hathaway Creative Center in downtown Waterville. The traveling exhibition is part of MAPS (Maine-Aomori Printmaking Society), a cultural exchange program sharing art and artists between Maine and Aomori. The MAPS initiative is celebrating five years of collaborative exhibitions and artist exchanges. MAPS will be on view virtually through Common Street Arts' social media channels including Facebook and Instagram. Common Street Arts will provide associated virtual programming through its Afterschool Art Club Facebook series and provide additional video content to share the exhibition with viewers. There will also be opportunities to purchase prints through the Maine Aomori Printmaking Society.

Since 2015, curators Jeff Badger and Jiro Ono have coordinated the exchange of ten prints each year from artists in Maine and Aomori. The prints have been exhibited in Maine and Japan and now the collection numbers over a hundred works. The prints exchanged in 2019-2020 will be exhibited at Common Street Arts in Waterville from May 18 through July 18. The same collection was shown at the Aomori Arts Pavilion in Japan during the Citizen Culture Days in October 2019. "We're thrilled to be partnering with MAPS and look forward to showcasing this beautiful collection of prints. It's a wonderful



Michiko Kusakabe, *Grape Hunting*, 2019, Woodblock print

partnership and we are so pleased to be able to serve as a virtual venue," says Patricia King, Vice President of Waterville Creates.

The official relationship between Maine and Aomori has been in place for over 20 years, but the fascinating connection between the two states goes back to the wreck of a ship from Bath off the Japanese coast in 1889, resulting in a daring rescue of American sailors by Japanese villagers. In addition to MAPS, Friends of Aomori — the all-volunteer non-profit that supports the partnership — also supports high-school exchange programs, educational workshops and events, and economic development opportunities. "The MAPS print collection has grown into a beautiful representation of the diversity and excellence in printmaking that can be found in both Maine and Aomori. Our goal is to exhibit this dynamic and growing collection all over the State of Maine. We are proud to partner with Common Street Arts to share the work with the people of Waterville and neighboring communities," says Badger.

The MAPS 2020 collection features work

by: Lydia Badger, Stephen Burt, Susan Groce, David Harmon, Mary Hart, Emiko Kamada, Hitoshi Kikuchi, Osamu Kitamura, Michiko Kusakabe, Tadashi Saito, Hiroshi Takehana, Kiyohiro Toriyabe, Raegan Russell, Allison Derby Hildreth, Pilar Nadal, Noriyuki Ota, Lisa Pixley, Deloris A. White, David Wolfe, Tamiko Yamaya, and Tuya Yasuta.

MAPS is presented by Friends of Aomori and made possible by the generous support of the Rines-Thomson fund of the Maine Community Foundation and Ocean House Gallery and Frame.

Waterville Creates! connects artists, organizations, and the public with arts and cultural events and programs happening in our community. Supporting and promoting arts education, exhibitions, theatre, film, music, and dance that is accessible to all, Waterville Creates! is leading the effort to make Waterville an exciting cultural destination and a thriving, vibrant community. For more information about the ongoing community capital campaign for the Paul J. Schupf Art Center visit www.downtownartscenter.org.

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Theater at Monmouth postpones 2020 (R)evolutionary season



For the first time in the theater's history, Theater at Monmouth will not produce a Summer Repertory Season. After months of planning for the 51st Season, the theater will remain dark for the foreseeable future. While TAM had been preparing patrons, artists, and staff for the inevitable, having paused ticket sales in early March, they were surprised by Governor Mill's announcement of the Four-Stage Plan to re-open Maine on April 28.

"We surveyed our patrons early on and had an idea of what they would and wouldn't do in response to the continued spread of the coronavirus and what guidance they would be looking for from state and national officials before making a decision to come to the theater again," said Dawn McAndrews, TAM's Producing Artistic director. "On April 28, we expected that the Governor would announce an extension of the Stay Healthy at Home mandate and were hoping for guidance on how best to move forward during the pandemic. Governor Mill's announcement confirmed that arts organizations and particularly theaters would not be opening for some time. We recognize that many patrons will be disappointed by the news but due to the continued threat of COVID-19, we've decided to postpone the 2020 season."

TAM's Board President, Ryan Dumais, agreed, "Since early-March, the Board of Trustees has been monitoring developments surrounding COVID-19. It had been our hope that the situation would improve more quickly and that we might be able to go ahead with our 51st season of classic theater here in Monmouth. Unfortunately, things have not turned out that way. After nearly two months of meeting, planning, and strategizing, the Board came reluctantly to the conclusion that it has no alternative but to forego production of our 51st

season in the summer of 2020, and to move that season instead to the summer of 2021."

Before the Governor's announcement of the four-stage plan to re-open the State, it was already clear that it would be extraordinarily difficult to go ahead with TAM's summer season in a way that protected the health and well-being of audience and company members. Any lingering hopes that somehow, someday, the season might happen were dashed with the announcement of plans for reopening the State. Unfortunately, under that plan, theaters will be among the last classes of establishments to re-open. Closing, though not easy, was the right and responsible decision for the well-being of company members and audience.

Theater at Monmouth previously cancelled its spring Page to Stage Education Tour PACHANGA! Latinx Stories for Kids in consultation with school administrators. This annual tour brings adaptations of classic literature to elementary and middle school students throughout Maine and into New Hampshire. McAndrews continued, "We looked for ways to bring this production to students through video or live streaming but with actors and director coming from New York City, it would have been impossible to guarantee the safety of artists and our community."

Theaters across the country have shuttered, and many artists find themselves suddenly unemployed. It is essential that Maine's only Classical Repertory Theater

does not collapse. By making the difficult choice to postpone productions this summer, TAM hopes to ensure that it will survive until next year and thrive in the summers to come.

TAM's 2020 (R)evolutionary Season was scheduled to begin public performances on June 27 and conclude August 27. The season was programmed to celebrate Maine's Bicentennial, the 100th Anniversary of Women's Suffrage, and the Election Year. Summer Repertory plays included Shakespeare's Cymbeline directed by Eddie DeHais and Julius Caesar directed by Bill van Horn; the Maine premiere of Mat Smart's The Agitators directed by Josiah Davis; a World Premier of Callie Kimball's Sofonisba directed by Dawn McAndrews; Edward Albee's Seascape directed by Kate Bergstrom. The Family Show, Aesop's Guide to Friendship adapted by Dawn McAndrews and directed by Ian Kramer, annually reaches young people and the young at heart.

TAM currently plans to produce the plays of the (R)evolutionary Season in 2021. Thanks to an outstanding group of artists, technicians, and administrators, the summer was on its way to being one the theater's strongest yet; and they look forward to coming back stronger than ever in 2021.

"We believe that arts are essential during times like these but until there is a vaccine and universal testing, it seems impossible to bring people together in the intimate space of any theater and ensure the safety of all.

What's Going On

Live from Home concert series featuring Connor Garvey

Know that this is not a curtain call. This is only an intermission. And we will be back for the next act."

Find TAM on <http://twitter.com/TAMonmouth>, <http://www.facebook.com/TAMonmouth>, <https://www.instagram.com/theateratmonmouth>, <http://theateratmonmouth.org/>.

Theater at Monmouth, founded in 1970, was named the Shakespearean Theater of Maine in 1975. The theatre's mission is to present innovative approaches to Shakespeare and other classic plays through professional productions that enrich the lives of people throughout Maine. Since its founding, TAM has produced expertly crafted, engaging productions in its three-month Summer Repertory Season entertaining audiences from 36 states and through Education Tours annually reaching more than 15,000 students.



Connor Garvey

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.

Connor Garvey will perform on May 22 at 7:30 p.m. Tickets are not necessary for the Live from Home concerts. Au-

dience 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 here on our website and Facebook.

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Arts & Entertainment

The Bookworm in Gorham offering pick up

The Bookworm would like to thank their loyal customers during this strange and difficult time. Since the store closed to foot traffic back in March, they have been accepting special orders

for books, gifts, puzzles and gift certificates. Arrangements are made for safe pick up with social distancing. The store will continue this practice until they are able to safely welcome customers back into

the store. The Bookworm thanks you for being here over the past thirty years!

For more information call (207) 839-2665 or visit <https://www.facebook.com/BookwormGorham/>.

Nonesuch River Brewing offering food, beer and cocktails to go



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 available through 2DineIn, UberEats and CarHop.

Check out their new menus: Car Side Cocktails, <https://nonesuchriverbrewing.com/car-side-cocktails/>; Lunch and Dinner Food,

<https://nonesuchriverbrewing.com/lunch-dinner/>; Dessert, <https://nonesuchriverbrewing.com/dessert/>. For more information visit their website at <https://nonesuchriverbrewing.com/>.

Portland Stage cancels August co-production with MSMT

Portland Stage and Maine State Music Theatre (MSMT) have canceled their August 2020 co-production of Ring of Fire in consideration of the safety and comfort of our patrons, artists, staff, and volunteers due to the Covid-19 emergency.

"We do not take this shift in our programing lightly," said Anita Stewart, Executive and Artistic Director of Portland Stage, "and we appreciate the significant impact these decisions can have

on the health and safety of our communities during these times.

The theatres are asking that if patrons have the resources, they convert the value of tickets into a tax-deductible donation that will be split evenly to benefit both organizations. Refunds are also available.

MSMT recently announced the cancellation of its 2020 summer season, and Portland Stage has cancelled its public performances through

the end of May.

"Hopefully we have just hit the pause button on this great show and will be able to bring it back to audiences next year," said MSMT Artistic Director Curt Dale Clark.

Patrons with tickets to Ring of Fire should contact Portland Stage to expedite ticket donations and refunds at 207-774-0465, www.portlandstage.com, or boxoffice@portlandstage.org.

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Farm fresh: How nutritious are our crops?

When COVID-19 forced Americans to eat more meals at home, the opportunity was there at least hypothetically to switch to a healthier diet, giving the body's immune system a much-needed boost at a time when fighting off disease is critical.

Unfortunately, many crops grown on American farms aren't as healthy and nutrient-rich as they could and should be, says Steve Groff (www.stevegroff.com) author of the upcoming book, *The Future-Proof Farm*, and founder of Cover Crop Coaching, which educates farmers and farm advisors about effective cover crop use.

Cover crops are plants that are grown not to eat, but to improve the soil. Better soil produces more nutrient-dense crops, Groff says, which in turn can provide that help to the immune system.

"Historically, farmers have not had an incentive to grow nutrient-dense food with a larger amount of vitamins and minerals," he says. "Farmers are paid based on the quantity of their yield, not the quality. From their perspective, why enrich the soil the crops are grown in if that doesn't lead to a greater yield? But when the soil is enriched with healthy minerals, so are

the crops."

Change is in the air, though, and there are reasons more farmers should start focusing their attention and efforts on nutrient-dense crops, Groff says. Those include:

1) The evolving public attitude. The attitude of indifference toward food quality has been changing as evidenced by the existence of such businesses as Sweetgreen, the restaurant chain that specializes in salads; the Row 7 Seed Company, which specializes in organic seeds; and numerous other ventures that have taken the pulse of the public in recent years. "Individual farmers who see what's coming have been joining that trend toward better nutrition," Groff says.

2) The limits of vitamin supplements. It's true that consumers can turn to vitamin supplements to make up for what's lacking in their food, bolstering their immune system that way. But people also want to enjoy the taste of a good meal when they are getting their vitamins and minerals, which a pill doesn't provide, Groff says. "Taste is also linked to the quality of the soil," he says.

3) Food companies are getting on board. Some food corporations are already turning to farmers who can provide the more nutritious food

that those companies want to sell to their customers, Groff says. General Mills in particular has taken an interest in working to improve the likelihood of healthy crop yields. The company has invested more than \$5.5 million in initiatives to improve soil health.

"I feel strongly that people need to be responsible and boost their immune systems with nutritious foods as a strategic way to stay healthier," Groff says. "And everyone seems to agree with the multivitamin makers who say that our food is not as nutritious as it once was. But the solution needs to directly address that deficiency in our food. It all starts with regenerating the soil. It will produce more nutritious food when we allow it to do its job."

Steve Groff (www.stevegroff.com), a lifelong farmer, is the founder of Cover Crop Coaching, which educates farmers and farm advisors about effective cover crop use. He also does international regenerative agriculture consulting and is the author of the upcoming book *The Future-Proof Farm*. He has conducted well over 150 webinars and online training sessions, and has consulted for private companies, as well as for the USDA and several universities.

iLookOut for child abuse

As children and families face added challenges and increased isolation as a result of the COVID-19 pandemic, there is growing awareness of the need to be prepared to identify children who are at risk for maltreatment.

The current situation also underscores the importance of the safety net of mandated reporters who are obligated by law to report when they have reasonable suspicion that child abuse has occurred. A collaboration between Maine's Office of Child and Family Services and Penn State's Center for the Protection of Children has positioned Maine to be at the forefront of preparing those who work with infants, toddlers and preschoolers to protect vulnerable children.

iLookOut for Child Abuse is a free, online, interactive training program that uses a video-based storyline to teach people the signs and symptoms of child maltreatment, and what to do when they are concerned about a child.

iLookOut has already been shown to increase knowledge and change attitudes about child abuse and its reporting. An ongoing study

in Maine, sponsored by the National Institutes of Health, is evaluating iLookOut's ability to improve the actual quality of reporting.

"iLookout provides a unique opportunity to gain knowledge and expand upon that knowledge with gamification and badging, all while positively affecting the quality and quantity of mandated reporting calls to child welfare," said Pamela Prevost, evaluation and registry manager at Maine Roads to Quality.

iLookOut was first introduced in Maine two and a-half years ago to select childcare facilities. As of April 15, it is available to all early childhood professionals in the state. A preliminary version of iLookOut was first launched in Pennsylvania in 2014 and is soon to be updated to the version in Maine that has undergone extensive evaluation.

"Thousands of Pennsylvania's early childhood professionals have chosen iLookOut for their mandated reporter training," said Marnie Aylesworth, executive director of The Pennsylvania Key. "As a state-approved and evidence-based training program, iLookOut uses an

innovative approach to build consistent practices for recognizing and reporting abuse."

Because a variety of factors related to the COVID-19 pandemic are placing children at greater risk for maltreatment, early childhood professionals throughout Maine need to know that iLookOut is now available to them online, free of charge. It is endorsed by organizations including Maine Roads to Quality, the Family Childcare Association of Maine and Maine's Department of Health and Human Services.

"What stands out about iLookOut is their research demonstrating the effectiveness of this training, the innovative gamification it includes, and the confidence this training gives to childcare providers in complex reporting circumstances," said Kimberlee Belcher-Badal, executive director of National Workforce Registry Alliance.

Editors: Dr. Benjamin Levi, pediatrician at Penn State Children's Hospital and professor of pediatrics and humanities at Penn State College of Medicine, is available for interviews about iLookOut for Child Abuse.

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.

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- Cheese Board** / Silvery Moon "Manchego", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
- Caramelized Onion Tart** / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / Vgt. - 13
- Sage Roasted Butternut Squash Soup** / Toasted Pepitas - 8
- Gathered Greens** / Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / g.f - 8
- MK Wedge** / Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / g.f - 9
- Braised Farm Beets** / Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / g.f - 11
- Grilled Romaine Caesar** / Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing / - 9 (Add Anchovy + 2)

PASTAS + GRAINS

- Organic Quinoa Bowl** / Broccoli, Carrots, Green Beans, Cranberry, Spinach & Kale, Brussels, Almond / Vegan + g.f - 12/20
- Gnocchi Primavera** / Butter Roasted, Hand Made Ricotta Gnocchi, Seasonal Vegetables, Parmesan / Vgt. - 12/22
- Rigatoni Bolognese** / Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan / 13/24
- Handmade Ravioli** / Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta / Vgt. - 12/22
- Gnocchi Mac + Cheese** / Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs / - 12/22
- Butternut Squash Risotto** / Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / Vgt. + g.f - 14/26
- Mushroom Risotto** / Roasted Crimini & Shiitake Mushrooms, Butter Parmesan, Truffle Oil / Vgt. + g.f - 14/26
- Spaghetti with Braised Lamb 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

Hikes

Continued from page 1

barge from Portland harbor and were mixed with charcoal created in nearby forests to create 25 lb. kegs of powder. During the Civil War, two-thirds of the gunpowder produced for Union troops was made in this single factory!

Turning inland, the trail follows another historic landmark, the Cum-

berland-Oxford Canal Towpath, to reconnect with the paved trail.

If you're interested in a longer walk, you can make a big loop by taking the Mountain Division Trail back to the parking lot. All-Trails.com has a great map.

One note—The black flies and ticks are nearly as excited about spring as we are. Be sure to dress accordingly and

bring bug repellent.

Gambo Preserve Loop is 1.75 miles, with a trail rating of easy. The property is managed by Presumpscot Regional Land Trust. For more information visit www.PRLT.org.

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

Tulips

Continued from page 1

tulip garden outside by a bench for people to enjoy but since everyone is fol-

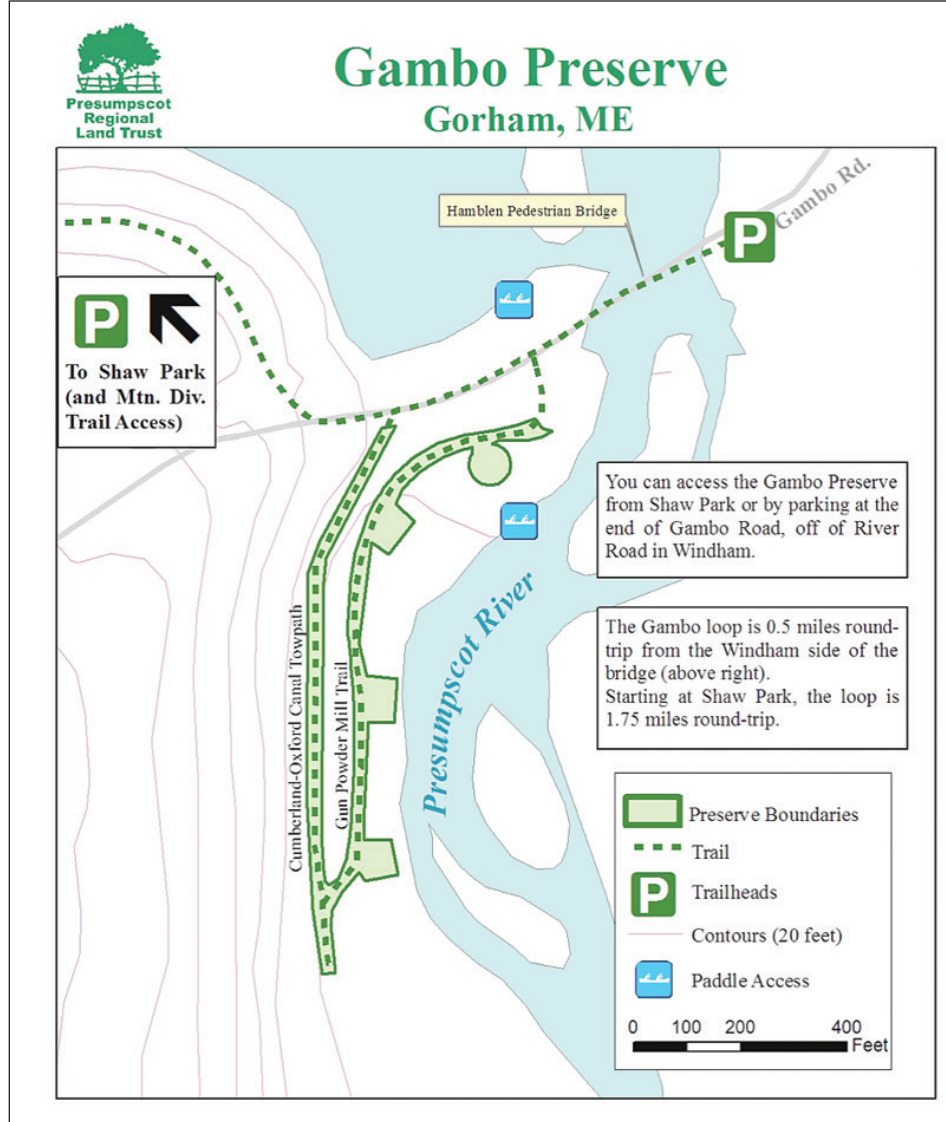
lowing social distancing, GMS thought it would be nice to have a traveling garden this year to share with the community. You can find the garden currently at Hops and Vines in Gorham.

If you are a business owner in Gorham and interested in the garden traveling to your business please reach out to gaty@gorhamschools.org or brooke.proulx@gorhamschools.org

For more information on the Yellow Tulip Project check out the website: <https://theyellowtulipproject.org/>.



Traveling Yellow Tulip Project



El Rayo offers delivery and takeout



El Rayo is open for takeout Monday through Saturday, 11 a.m. to 8 p.m. and offers delivery in Scarborough Tuesday through Saturday 4 p.m. to 8 p.m.

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Send all items for Names & Faces to the editor. Deadline is Friday by five pm.



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

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†Consuming raw or undercooked eggs or shellfish may increase the risk of food born illness

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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 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.



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.

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.

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.

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.

Afternoon Chapters

Story Time with

Upcycle Maine in Gorham has Facebook Live sales

As Upcycle Maine, 18 South Street in Gorham center, remains physically closed, owner Stephanie Sands

see's growth in her small business. As she approaches week number ten of being closed to the public, she finds the need for more helping hands!

Sands took to Facebook at the start of the closure and has been hosting a Facebook Live event each Friday night at 8 p.m. Each Friday from 8 to 9 p.m. hundreds of shoppers log on to claim hundreds of showcased items that are all made and sold by local artists and crafters from southern Maine. This social shopping hour has become a staple to people's week, giving them a little escape from the mundane.

One customer writes, "The perfect shop in Gorham center! You can find anything from jewelry, home decor, furniture, baby outfits, and so much more! The store is beautifully decorated by Stephanie, the owner! During COVID-19 quarantine, Stephanie



found a way to keep all her customers shopping through her Facebook live events. If you haven't caught one, they are a must! Every Friday night at 8p.m."

And another customer comments, "During the stay-at-home orders, Stephanie has been making it so easy to continue getting unique products, and the payment and pick-up process has been very smooth. Do yourself a favor and visit this

shop!" Stephanie Sands invites you to join as well! Log onto Facebook each Friday at 8 p.m. and go to Upcycle Maine Home Furnishings page and view the live sale! If you decide to purchase item(s), you will receive an emailed invoice to pay online and curbside pick-up will be offered the next week outside the shop in continuing to keep a contact free purchasing experience.

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Husson University 2020 Valedictorians and Salutatorian

Husson University recently announced that Janell A. Reece, Nicole Ann Tapparo and Paige Alexis Timko are this year's valedictorians. All three completed their degrees with a perfect 4.0 grade point average (GPA).

"Our three valedictorians and one salutatorian are shining examples of academic excellence," said Husson University President Robert A. Clark, Ph.D. "Their hard work and dedication to their studies over the course of their academic careers sets a standard that every Husson University student aspires to. These students' remarkable accomplishments in their various disciplines along with their contributions to activities outside of the classroom exemplify the character and humility our university seeks to instill in every graduate."

Reece is from Corinth, Maine. She is graduating with a Bachelor of Science in communications technology with a concentration in audio engineering.

Topsfield, Massachusetts resident Nicole Ann Tapparo is graduating with two degrees. She com-

pleted both a Bachelor of Science in criminal justice and a Bachelor of Science in psychology with a Mental Health Rehabilitation Technician/Community (MHRT/C) Certification.

Paige Alexis Timko completed one degree and three certificates. At graduation, she will have completed a Bachelor of Science in legal studies with a pre-law concentration, a general paralegal certificate, a paralegal certificate in advanced civil practice and a paralegal certificate in advanced criminal practice. Timko is from Veazie, Maine.

This year's salutatorian is Canaan, Maine resident Julian Oakes. Oakes will be graduating from Husson University with a grade point average of 3.989. Similar to Timko, Oakes completed a Bachelor of Science in legal studies with a pre-law concentration, a general paralegal certificate, a paralegal certificate in advanced civil practice and a paralegal certificate in advanced criminal practice.

All four of these individuals will be recognized for their academic accomplishments along with the rest of the Class of 2020 at

Husson University's 121st Annual Commencement Exercises, on Sunday, October 18, 2020 at 1 p.m. The formal commencement exercises have been delayed due to the coronavirus epidemic.

In an effort to assist the many members of the Class of 2020 and their families who expressed an interest in celebrating students' academic achievements at the conclusion of the semester, Husson University has prepared a video presentation produced by the New England School of Communications. A pre-recorded video live streamed on May 15 and is available on Husson University's website.

The video includes remarks from the President; remarks from Husson University's Board of Trustees Chair; recognition of the valedictorians and salutatorian; the full list of all graduates, their honorary titles and hometowns accompanied by appropriate commencement music.

With 864 individuals earning a record 1068 undergraduate and graduate degrees, this is Husson University's largest graduating class in its 122-year history.

Allstate food drive and grant for Good Shepherd Food Bank

Many families are struggling to put food on their table during this pandemic. That's why 19 Allstate agency owners and financial specialists across Maine are hosting a virtual food drive for the Good Shepherd Food Bank through Friday, May 22.

In addition to the funds raised, Good Shepherd Food Bank will receive a \$10,000 Allstate Foundation Helping Hands® grant, in recognition of the volunteerism of these Allstate agency owners and financial specialists, which will provide 264 local families in need with an emergency food box.

"During a time like this, I am proud to support Good Shepherd Food Bank, as the employees and volunteers help local families put food on the table," said Portland Allstate agent Scott Parolin. "I've been a small business owner in this community for 15 years. It makes me proud to see us come together and support each other."

Community members who are able and want to provide sup-

port as well, may make a monetary donation directly to the Good Shepherd Food Bank via their fundraising page at <https://www.gsfb.org/donate/vfd/?id=4630>. Every \$38 donated will help provide an emergency food box for a community member in need.

"Since the beginning of the COVID-19 crisis, we have been surveying our network of hunger-relief partners, which includes food pantries, meal sites and schools, every two weeks," stated Kristen Miale, president of Good Shepherd Food Bank. "Over 91 percent of our partners are reporting an increased need in their communities. This grant and the funds generated from the Allstate Foundation's virtual food drive are essential to help us provide healthy perishable and non-perishable foods to our communities."

Good Shepherd Food Bank is one of thousands of organizations this year to receive Allstate Foundation Helping Hands Grants. These grants are secured

by agency owners, personal financial representatives and licensed sales professionals on behalf of the nonprofits where they volunteer.

Participating Allstate agency owners include David Bochtler, Auburn; Richard Moylan, Auburn; Peter DeSchamp, Augusta; Sandy Beaulieu, Bangor; Stephen Wilde, Bangor; Andrew Robichaud, Brewer; Jane Bell, Gorham and Gray; Heidi Johnston, Kennebec; Martin Bailey, Lewiston; Patti Gagne, Lewiston; Jonathan Knowlton, Lewiston; Amy Alward, Portland and South Portland; William Campbell, Portland; Pam Dodd, Portland; Scott Parolin, Portland; Chad Brewer, Presque Isle; Keith Drew, Rockland; Carlo Giraulo, Westbrook; Thomas Biczak, Windham.



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

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



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Guest Column

The ever-changing landscape of a household

By The John & Janice Real Estate Team

We are certainly living in an unprecedented time for most of us. We are seeing the “normalness” of life quickly changing before our eyes. People’s jobs put on hold or working from home. Companies trying to navigate the foreseeable future of the economy. Schools closing and trying to keep students



engaged online. Social distancing is taking over the once respected kind handshake with others. During this uncertainty I would like to focus on a subject matter close to families. Adult children moving home to live with their parents.

In an article by CNBC, they reported that in 2017, 31% of adult children (people over 18) were living at home with their parents. There are many reasons for this. The most common reasons that we have heard are student loan debt, outrageously high rents, and job opportunity.

If we look at these items and then include the pandemic’s effects in addition, it is understandable why one in four adults (ages 18 to 35) are living with their parents. Fear not parents, this doesn’t mean your child

is “lazy”, they are navigating in uncharted waters. It’s been studied that millennials have a much “closer” relationship with their parents than most of the past. They feel more open to discussions and creating a partnership.

There are some things I think are helpful to keep in mind should your adult child move back home. If the situation isn’t handled correctly it can cause issues and perhaps regression and less motivation for your child to eventually move out.

Some valuable ideas:

1) Set boundaries. This is not the time to “see how it goes”, this will only lead to frustration. It is important to set clear expectations from the start. Do remember that your child is grown,

so there needs to be communication from both of you.

2) They must be earning money. If they aren’t finding the full-time career move, they need to pick up a part-time job in the interim. It’s important that they continue to learn to budget and manage finances. We believe that charging them a piece of the household debt is important. Teaching them what it takes financially to run a household is vital information for their future success.

3) Talk together about the “End Game”. It’s important for your child to be setting goals for their future. It is also important that you as parents have some idea of when your life will change again.

Overall, the most important skill for this ever-changing landscape of a household is communication. It’s not about micro-managing or creating feelings of guilt. It’s family, you love one another. Your child loves you just as much as you love them, so talking about these things openly is the best way to cohabitate as a house of adults successfully.

Real estate and personal property taxes due date extended

The Gorham Town Council at their Special Meeting held Thursday, April 30, 2020, voted unanimously to move the Real Estate and Personal Property Tax due date for the second installment of the 2019-20 tax bill from May 15, 2020 to June 15, 2020 due to economic hardship caused by the COVID-19 pandemic.

To minimize the risk of COVID-19 exposure to employees and the public, payments can be made by the due date of June 15, 2020 via the following options: Placed in the Book Drop at the Baxter Memorial Library (71 South Street); Sent by U.S. Mail to the Town of Gorham, attention Tax Collector (75 South Street, Suite 1).

Credit/Debit Card payment online via the Maine PayPort Service <https://epayment.informe.org/payportonline/welcome>, or Credit/Debit Card payment over the phone by calling the Town Clerk’s Office at 222-1670.



Credit/Debit Card transactions over \$40.00 via MainePayPort, or over the phone with a Gorham Customer Service Clerk will be assessed a 2.5% service fee. All transactions that are \$40 or less will be assessed a \$1.00 service fee.

For more information, please visit the Online Tax Payments page at <https://www.gorham-me.org/town-clerk/pages/online-tax-payments>.

For assistance with questions, please call the Town Clerk’s Office at 222-1670.

We strongly encourage you to either mail your payment, drop your payment off in a sealed envelope at the Baxter Memorial Library Book Drop, or pay online (fees apply). When paying with a check, please include your current phone number on the check so we can reach you for any discrepancies. No cash please.

For assistance with questions, please call the Town Clerk’s Office at 222-1670.

Biddeford factory recognized for community contributions

Thermoformed Plastics of New England (TPNE) will be giving Biddeford again with the help of the Sentry Insurance Foundation. Sentry chose TPNE as a leader in the community for providing face shields to first responders and healthcare workers. As part of the recognition, Sentry will gift \$2500 to two charities of TPNE’s choice. General Manager Paul Tyson said, “We appreciate the recognition and are pleased to announce our chosen non-profits are Good Shepherd Food Bank and the Biddeford Food Pantry. TPNE will continue to give back to the community – that’s what it’s all about in times like this.”

Both Good Shepherd Food Bank and the

Biddeford Food Pantry were notified earlier this week. Don Bisson, Biddeford Food Pantry Director said, “We really need the money right now to purchase food. Since the coronavirus, we are up 22 to 25% in terms of need. We are thankful Thermoformed Plastics of New England understands about giving back to the community.”

“Good Shepherd Food Bank is very grateful for this contribution, which will help provide meals to Mainers who are struggling during these uncertain times,” said Erin Fogg, Vice President of Development and Communications. “We know that so many of our neighbors were struggling to make ends meet before the

COVID-19 crisis, and now even more Mainers are need help to put food on the table. We are working as hard as we can with our community partners to meet the increased need.”

TPNE has donated more than 12,500 face shields in the past month. TPNE’s products have been in such demand the company will be making an announcement in the coming days about a new product. TPNE general manager Paul Tyson said, “None of this could have been accomplished without our employees. They have stepped up to the plate over and over again. We have one mission, get our products to the frontlines and keep as many people as safe as possible.”



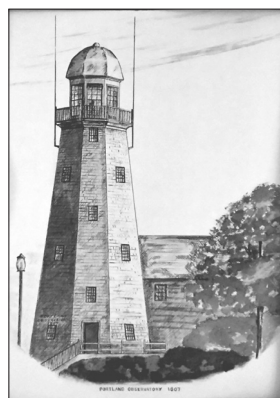
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Tri for a Cure goes virtual for 2020

Since the day after the 2019 Tri for a Cure, Maine Cancer Foundation (MCF) has been excitedly working towards plans for July 19, 2020 is “lucky” year 13 for an event that has come to be MCF’s largest fundraiser and which represents a celebration of women who have taken on a personal goal to swim, bike, and run while supporting a cause that is close to them.

After reviewing the public health considerations for reopening Maine as announced by Governor Mills on April 28 and communicating with the Maine Center for Disease Control and Prevention (Maine CDC), Maine Cancer Foundation has made the decision to change the 2020 Tri for a Cure scheduled for July 19 to a virtual event, taking place throughout the month of August.

While the logistical plans are shifting, the importance of Tri for a Cure remains. As is the case with a cancer battle, sometimes you must improvise, adapt, and overcome. MCF’s approach to this important fundraising event is no different. No one knows exactly what the coming months will look like here in Maine, but MCF knows that training and fundraising challenges

have arisen because of COVID-19. They also understand that everyone is dealing with a very fluid situation in terms of event/gathering restrictions, and that it is likely that MCF’s venue would continue to have limitations in the fall (particularly if students are back on campus). That makes postponing the event difficult.

For these reasons, and to honor the commitment while ensuring the safety of our participants, volunteers, sponsors, and community, MCF has made changes both to the logistics of the event and the fundraising requirements. They will continue to encourage fundraising, but no one will be penalized for falling short of the new minimum. They have also opened registration for more women to join the event. More information on the logistics of the virtual event can be found on the website (www.triforacure.org) and MCF will continue to send updates as they gear up for their first-ever virtual Tri for a Cure!

MCF’s motto has been “Cancer Tries. We TRI Harder!” and that will not change this year. While it is unfortunate that they will be unable to proceed in the manner that participants have come to expect, they are

excited about the opportunities that a virtual event offers. Most importantly, they will continue to stand up to cancer. While the everyone has all been at home, staying away from the gyms, the tracks, and the pools, cancer has not been canceled and is not practicing social distancing. It is critical to the people of Maine that everyone keep TRI-ing and don’t let COVID-19 keep you from helping our fellow Mainers. Cancer patients still need access to care and there still needs to be support screening and prevention programs to protect everyone from the harmful effects of cancer.

This year will look a little different, but the spirit of Tri for a Cure will persist, working together to ensure a better tomorrow for Maine.

Maine Cancer Foundation is dedicated to reducing cancer incidence and mortality rates in Maine. 100% of funds raised by the Foundation are used to benefit the people of Maine. MCF leads a state-wide effort to advance the most promising and effective cancer-fighting efforts available to the people of Maine through a combination of grant-based financial support and coalition building. Learn more at <https://mainecancer.org>.

Baxter Academy recognized with national award

Baxter Academy for Technology and Science was one of ten schools in the nation to be honored during National Charter Schools Week by the National Alliance for Public Charter Schools. The Above and Beyond Award recognizes Baxter for its emergency ventilator project, which is a finalist in the CoVent-19 Challenge, a competition judged by a panel of anesthesiology physicians at Massachusetts General Hospital and aimed at identifying an innovative ventilator to assist in meeting the global demands of the COVID-19 pandemic. Baxter’s design is one of seven finalists out of more than 200 entries from around the world, and it is the only high school to advance among teams from universities and professional engineering collaborations.

Baxter Academy is a project-based STEM high school with an emphasis on solving real-world problems. When the school moved to remote learning in March, engineering teacher Jonathan Amory identified that he and his students might be able to help overcome a projected severe shortage of ventilators in Maine. Working separately from bedrooms and kitchen tables, the team of students and alumni de-


veloped a mechanically robust ventilator from readily available parts. Three weeks later, when the ventilator was tested at the University of New England’s Interprofessional Simulation and Innovation Center, lab director Dawne-Marie Dunbar said, “What was very exciting was the data that we got from the patient simulator very much mimicked what we would see if it was on a real ventilator. To take parts that are readily available and basically put them together with three tools and to come up with a prototype that worked as well as it did on our patient simulator, we were fascinated.” The ventilator costs only about \$1,500 to produce.

Teacher Jonathan Amory is now leading his team of students to refine their design for the finals of the Co-Vent-19 Challenge, which culminates June 21. Whatever happens in the competition, as far as Amory is concerned, the lesson for his students is in the work: “They see that they can put their skills to use right away, that when there’s a crisis or a challenge that comes up, they can rise to the occasion and implement the skills that they’ve learned so far. They see themselves being relevant to finding solutions

to the problem.”

The Above and Beyond Award was earned by schools that took the extra step to serve not only their own students, but also the broader community—during the coronavirus pandemic, despite all the challenges that came with transitioning to online learning. “When schools nationwide transitioned to distance learning, it became clear to us that charter schools were setting a model for the rest of the nation on what it looked like to step up and care for their communities in the face of a global pandemic,” said Nina Rees, president and CEO of the National Alliance for Public Charter Schools. “There are many public schools that served their students well in the face of COVID-19, but the exceptional work of our Above and Beyond Award winners embodies compassion and caring for people outside their school community who also needed help. Their work is a model of servant leadership for the rest of the nation.”

Baxter Academy is a public charter school with students who attend school in Portland daily, commuting from 54 Maine towns. National Charter Schools Week celebrates charter school achievements May 10 through May 16, 2020.




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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 22

The Live from Home concert series featuring Connor Garvey at 7:30 p.m. via The Chocolate Church Arts Center Facebook page.

Tuesday, May 26

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

Tuesday, May 26

The Bailey Library in Winthrop will virtually host author and registered Maine guide Earl Brechlin at 6:30 p.m. The public is invit-

ed to attend via Zoom. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

Wednesday, May 27

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.

Thursday, May 28

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

Friday, May 29

Concerts for a Cause to present Kathy Haley and Phil House

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in "Together Again—Sort of" at 7:30 p.m. live stream on Facebook from the First Univer-

salist Church of Auburn. For more information, call (207) 783-0461 or visit www.auburnuu.org.

Maine CDC urges precautions against tickborne diseases

The Maine Center for Disease Control and Prevention (Maine CDC) urges Maine people to take precautions against ticks during May, Lyme Disease Awareness Month.

This year's Lyme Disease Awareness Month theme is "Tick Tock," which reminds Mainers to slow down and take time to practice tick and tickborne disease prevention. Deer ticks, which can carry the germs that cause tickborne diseases such as Lyme, anaplasmosis, and babesiosis, are most commonly found in wooded, leafy, and shrubby areas, meaning most Mainers are at risk every day. Individuals and families spending more time outdoors, particularly during the COVID-19 pandemic, should take steps to limit their exposure to ticks.

Ticks are already active in Maine. The following four strategies help to prevent exposure to ticks and the diseases they carry: Use caution in areas where ticks may be found; use an EPA-approved repellent such as: DEET, picaridin, IR3535, and oil of lemon eucalyptus; wear light-colored clothing that covers the arms and legs and tuck pants into socks; perform tick checks daily and after any outdoor activity.

Health care providers reported at least 2,150 confirmed and probable Lyme disease cases to Maine CDC in 2019. The most commonly reported symptom was an erythema migrans or "bullseye" rash. Other common

symptoms include arthritis, fatigue, chills, fever, headache, and swollen lymph nodes.

Maine CDC continues to help educate Mainers on ticks and tickborne diseases. Some of these activities include:

Educational Videos: Maine CDC has short videos on multiple tickborne disease topics. These include tick identification, how to perform a tick check, tickborne diseases, repellents, and how to choose a residential pesticide applicator. All videos can be viewed through Maine CDC's YouTube Channel at: www.youtube.com/MainePublicHealth.

Traditional and Social Media Messaging: Check out the CDC's Facebook (www.facebook.com/MaineCDC) and Twitter (twitter.com/MEPublicHealth) profiles. We will post information about ticks and tickborne diseases throughout the month. Find informational materials on the Maine CDC website (www.maine.gov/lyme/month).

Virtual Education: With in-person instruction suspended for the 2019-2020 school year, Maine CDC's 3rd through 8th grade tick education is now virtual. Video presentations, games, and activity books are available at: www.maine.gov/dhhs/schoolcurricula.

For more information, visit www.maine.gov/lyme.

The Maine Tracking Network (MTN) offers a variety of Lyme disease, anaplasmosis, and babesiosis data in

the "Data Portal" at data.mainepublichealth.gov/tracking. It includes: Near real-time tickborne disease data for 2020, and preliminary data for 2019; tickborne disease data at the town-level from 2014 to 2018; the MTN will publish 2019 data early this summer; tickborne disease data by county, gender, and age for 2001-2018; tick submission data from 1989-2013, through a collaboration with the Maine Medical Center Research Institute's Vectorborne Disease Laboratory.

Tick identification and testing is available through the Tick Lab at the University of Maine Cooperative Extension. More information can be found at ticks.umaine.edu. Tick identification is available for free. Tick testing is available for \$15 with a three-day turnaround time. The tick testing service is available only to Maine residents. This testing service is for surveillance purposes only. Contact your health care provider for concerns about tickborne illnesses.

Tick testing data are available as tables, reports, and maps, and include real-time updates. These data can be found at <https://extension.umaine.edu/ticks/maine-tick-data/>.

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

Hannaford plans to hire approximately 2,000 associates

Hannaford Supermarkets recently announced plans to hire approximately 2,000 associates at stores throughout its five-state territory, including Maine, New Hampshire, Vermont, New York and Massachusetts.

The hiring effort is designed to support stores, existing associates and customers during a period of increased demand related to the global health pandemic, as well as providing additional capacity for Hannaford To Go curbside pickup service.

"We are actively growing the Hannaford

team and expediting our efforts to hire and train new associates. Expanding our team will allow us to better serve our customers while continuing to maintain a safe and healthy environment for our shoppers and associates," said Hannaford Supermarkets Director of Talent Development Scott LeClair. "Hannaford is an exciting place to work filled with a lot of opportunity. As a company, we welcome diversity, encourage career growth and celebrate teamwork. Our stores are a place where you can really make a difference right now."

Hannaford has hired

more than 2,200 store associates since mid-March. As part of this largescale hiring effort, Hannaford is working with major employers in the hospitality, tourism and retail industries to connect furloughed workers with open positions within its stores.

Available positions vary by store with an emphasis on front end, grocery stockers and Hannaford To Go. Full and part-time opportunities are available, as well as temporary positions. Interested applicants can visit Hannaford.com/Careers for more information and to complete an online application.

Maine plastics manufacturer creates new product line

Thermofomed Plastics New England (TPNE) has designed a new face shield called FaceShield Plus™. The new face shield allows for a high-quality band with replaceable face shields. The idea to reduce waste and bring costs down came to TPNE general manager Paul Tyson while working with Robert Stoddard, his operations manager. Tyson noted that many of the 3D printed headbands would break over time. After talking with his staff Tyson said it was clear that the rapid development of a new product was necessary. Tyson said, "We were looking for a longer-term solution that was less expensive and more efficient and we found it in the design and execution using injection molding

for Faceshields Plus™.

The injection-molded headband is produced using white polypropylene and is fastened with a white silicone adjustable strap. Each headband comes with 20 replacement shields. Tyson added, "We have been able to bring costs down on this product because the user retains the headband and silicone strap. What would usually cost three to four dollars per use can be brought down as low as 65 cents a use. There are obvious benefits to the environment by not continually discarding the headbands and swapping out the face shields."

TPNE has been a leader in Maine donating more than sixteen-thousand face shields since the Covid19 crisis erupted. This latest product

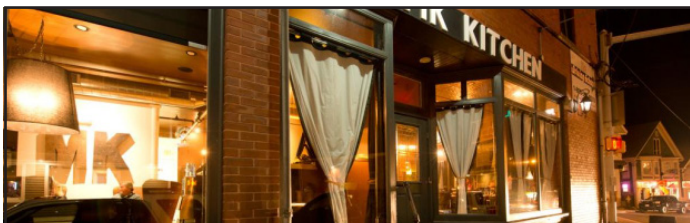
line will address the still persistent need for product and will make it affordable across multiple situations.

TPNE was started by Paul Tyson in 2003. TPNE is proud to support companies in a wide range of industries particularly medical, telecommunications, automotive, and electronic. Our customers are located throughout the country and overseas.

Send all items for Names and Faces to the Editor. Deadline is Friday by five.

Restaurant Directory

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



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

MK Kitchen.net

APPETIZERS, SOUP AND SALADS

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

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