

Announcement of the Madison Essay winners



Logan T. Vail

The Gorham Republican Committee announces the winners of the Seventh Annual Madison Prize for Written Excellence. This essay contest was open to all sixth, seventh and eighth grade students who live in the Town of Gorham. This year there were entries from 37 very talented and thoughtful students.

The question this year was, "Is the United States a Republic or a Democracy? Explain Why Our Form of Government is Better."

Entries were scored on knowledge, clarity of ideas and persuasiveness. One winner and two runners up were selected by the Committee. The essay awards each runner

up a scholarship of \$100. There were many strong contenders, but this year the runner up prizes are going to Logan T. Vail (grade eight) and Moortada Beshir (grade eight). Congratulations Logan and Moortada!

The first-place



Moortada Beshir

winner is awarded a \$250 scholarship. This year, the Committee is very proud to announce Aislyn M. McLean (grade eight) as the winner of the Madison Prize for Written Excellence. Congratulations Aislyn!

In years past scholarships were awarded in person at the Gorham Middle School Spring Assembly. Regrettably, that was not possible under the current circumstance so the Gorham Middle School Principal, Quinton Donahue, was gracious enough to host a FaceBook Live event on Thursday May 21 to announce the winners.

The Committee would like to thank the Gorham Middle School staff for its support and all the students who par-

ticipated for their hard work and their passion for knowledge. You make Gorham extremely proud! Stay healthy and have a wonderful summer.

Judges were Marilyn Amoroso-Committee Chair; Liesl Turner-Committee Vice Chair; Jim Means-Committee Member and GRC Chair; Judith Falk-Committee Member; Jim Falk-Committee Member; and George Vercelli-Committee Member.



Aislyn M. McLean

Guest column

Gorham area hikes: Scarborough Marsh



by Jeffrey Ryan

If you've been following my hiking series, you've probably noted that I have been pretty faithful to staying within a few miles of Gorham Village. This week, I decided to take a stroll a little further afield by visiting a stretch of the Eastern

Trail in Scarborough. It was a nice day, so I expected a fairly crowded trailhead. I was right, but I still didn't have a problem finding a parking space. And the trail wasn't crowded either. With miles to explore on foot or on bicycle, people disperse pretty quickly.

If you haven't

walked on the Eastern Trail, you're in for a treat. The path largely follows the railroad bed of the old Eastern Railroad, the first railroad to connect Boston to Portland, which operated from 1842 to 1945. The Eastern Trail (which extends from Bug Light Park in South Portland to Kittery) is actually part of a 3,000-mile trail known as the East Coast Greenway, which extends from Key West, Florida to Calais, Maine.

What is fascinating about this area of Scarborough is that the

See hikes, page 16

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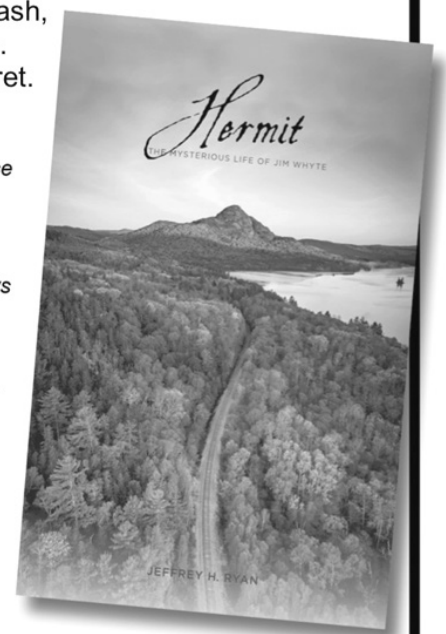
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Governor's Address: The hope of our past and the faith in our future are with us this past Memorial Day

This has been an extraordinarily difficult year, 2020, for our country and for our state. There is pain and illness, death and unemployment, and financial loss.

But it is on Memorial Day that we remembered how much else we have been through, how we survived those times and how we will survive and rise again.

This is the anniversary year of many other difficult years. Forty-five years ago, the end of the Vietnam War which sent 48,000 Maine men and women to that far-off battleground and took the lives of more than 340 of our people in Maine.

Sixty-seven years ago, the end of the Korean conflict, "the forgotten war" so called, which took the lives of

more than 33,000 Americans, including at least 244 Maine soldiers.

Seventy-five years ago this month, V-E Day, the fall of the Third Reich, and, later that year, the end of the Second World War in which 80,000 Maine people served and more than 2,000 perished in battle.

I think of those people, the hardships they faced with uncertain fates, in Normandy and Belgium and Pacific islands.

Memorial Day brought respect and a sense of history as we honored those who perished to preserve our country and to protect our freedoms. It brought grief for the families of those recently lost including at least ten war heroes whom we have lost to the deadly coronavirus and whose families are unable to celebrate



Governor Janet Mills

their lives.

When I think of those who served their country, I think of the courage they showed in the toughest of times.

Those Mainers who served and fought with determination and great hope for our collective future. A determination that I respect today. And a hope that I feel again today.

Seventy-five years ago last month, we lost one of the most vital people of the Twentieth century — Franklin Delano Roosevelt who led us out of the Great

Depression and then led the American people through war, calling on us to speak with one voice, one heart, with determination, and dignity, showing what our nation is capable of as we fight against a formidable foe and formidable odds.

The odds we face today are great as well.

We know what to do.

We are not raising rifles and bayonets, or dodging land mines or dropping bombs on an enemy whose face and flag we know.

We are not walking into battle in foreign fields and forests.

We are facing an enemy that is real but unseen, as sure a killer as any enemy we have ever fought in our history.

We are fighting this foe as a nation and as a state, not with bullets, but with hygiene, not

with soldiers huddled in bunkers but with social distancing everywhere we go, not with torpedoes but with face coverings. These are our strange and novel armaments, our only sure ammunition against this enemy. And we are all soldiers in this fight.

We arm ourselves this way to protect ourselves and protect people whose names we do not know — the people we meet on the street; who work in the restaurant, or the packing plant or the store; the nurses, doctors and people who care for the sick; and the veteran who deserves to live the remainder of that heroic life with health and happiness, not to be felled by a painful contagion far from family and friends.

We face great odds this year, as we did 75 years ago.

But we have the same hope and the same faith in the future, the same commitment to community that drove our predecessors not only to serve and survive, but to rise again, a unified nation.

The hope of our past and the faith in our future are with us this Memorial Day, as we raised our heads high, facial coverings on. Our souls rise, as we show, with these simple measures, our love for our neighbor, our respect for the freedoms and safety of all citizens, our great love for our state, and our love for our nation.

Wear the mask to show you care. Wear the mask with pride, in honor of every patriot.

God bless you. God bless the State of Maine this Memorial Day week.

Start Up Scale Up grant program awards \$200,000



Sean DeWitt, president of Our Katahdin, highlights opportunities for the future of the Katahdin region economy during the Katahdin Summit in Millinocket in January 2020. Photo John Hafford, Designlab.

In its first year of grantmaking, the Maine Community Foundation's Start Up/Scale Up Grant Program is providing \$200,000 to 10

Maine nonprofit organizations that are helping new ventures start and grow through shared workspaces and incubator and accelerator programs.

The 2020 grantees are:

Catholic Charities of Maine, Lewiston, to create a makerspace that will develop skilled immigrant textile workers through onsite textile businesses from contract work for manufacturers.

Coastal Enterprises, Inc., Brunswick, to expand its programming to support, advise, and guide rural women entrepreneurs.

Engine, Inc., Biddford, to launch IGNITE incubator in partnership with the Office of Innovation and Economic Development at the University of Maine to support entrepreneurs whose competitive advantage is design.

Main Street Skowhegan, to support Scale Up Skowhegan, a plan for economic growth that is grounded in data, encourages innovation and entrepreneurship, and supports business development.

New England Arab American Organization, Portland, to launch an entrepreneurship program for Arab American and New Mainer women so they may gain skills, support and knowledge about starting small busi-

nesses.

Our Katahdin, to develop affordable space in downtown Millinocket to incubate small businesses and create a vibrant environment for entrepreneurs and community to connect and access resources.

Piscataquis Regional Food Center, Dover-Foxcroft, to develop a strategic plan for acquiring specialized commercial food processing equipment as part of a program to incubate regional food product businesses.

Sunrise County Economic Council, Machias, to provide co-working space, broadband access and training, programming for cohorts, and business incubators for Washing-

ton County small businesses.

Tear Cap Workshops, Hiram, to support Rent-a-Bench maker-space program and to develop a new workspace for an entrepreneur or artisan.

UpStart Maine Inc., Orono, to build a pool of mentors in the Bangor region available to scalable startup companies in the programs of the UpStart Maine coalition.

The next deadline for applications is April 1, 2021. For application and guidelines, visit www.mainecef.org. Questions about the grant program should be directed to Senior Program Officer Maggie Drummond-Bahl at mbahl@mainecf.org or (207) 412-0839.

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Guest column

Gorham Superintendent update

By Heather J. Perry

A big question that keeps popping up has to do with the “what if” scenario of schools opening (either partially or fully) in the fall. Parents are asking “what if I am still concerned for my child’s health and don’t want to them to return to school?” Thankfully, that is pretty easy to answer because we care so much about our students, and for that matter our staff! We are not interested in putting anyone’s health at risk when we work to re-open our schools. The fact of the matter is that in whatever scenario we think about we know that there will be some students and some staff that will be unable to return to face-to-face instruction because of health concerns. Until there is a widely available vaccine or until there is a widely available method of testing students and staff for COVID-19, I believe that statement will continue to be true and therefore, we must plan to provide educational programming for students and families in this situation.

So to make a long story short (sorry, I know already too late), as we think about how schools may re-open in the fall, we are planning to make

sure we can continue to provide educational programming for those students who need to remain home to get that programming virtually. I do not yet know exactly what they may look like or you child’s virtual teacher may be, but we will endeavor to find a way to support all our learners, whether they can come back in the fall face-to-face, or if they remain in a virtual mode. I do hope this helps to let parents know that we will provide some choice in this area - as long as parents also know that we feel strongly that the best educational programming is delivered face-to-face.

I also want to make sure folks are clear on our plans for Summer 2020 programming. Our special education department will be operating an extended school year program for qualifying students this summer via distance learning. This program will begin July 6 for those students who are eligible. In addition, we will be providing a very small and very controlled optional program for students in the Functional Life Skills Programs across grades K-12 to work in a face-to-face setting for short periods of time over the

summer. This optional instruction will be focused on helping these students learn about proper sanitization and hygiene techniques that will be needed when school re-opens (in whatever form) this fall. Other than this very small and controlled face-to-face program, all other programs will be offered virtually.

Gorham High School (GHS) will offer a two week “credit recovery” program at the end of June for qualifying students. This program will also be “virtual” in nature. GHS will be notifying students if they qualify for this program by the end of the school year. If you have questions as to whether or not your child qualifies for this program, please reach out to Mr. Jandreau and he can help you to answer those questions.

Also, we are going to be allowing all students to keep their current devices this summer. We’re doing this for two major reasons (1) because we are unsure of how the school year will open and we want these devices to be in the hands of the majority of our students in case we need them to begin the

See Super, page 11

London broil steak and pepper fajitas

Prepared by Chef Dorene Mills

Yields: 4 servings
Prep Time: 45 minutes (includes marinating)

Cook Time: 15 minutes

Ingredients:
London Broil 1 Package (1.5 – 2 lbs)
Vegetable Oil ½ Cup

Red Wine Vinegar or white wine ¼ Cup
Water ¼ Cup

Garlic Clove, smashed 2 each
Ground Cumin 1 Tbs

Ground Coriander ½ Tbs

Salt ½ Tbs
Black Pepper 1 tsp

Red Bell Pepper, seeded and sliced 1 each
Sweet Onion, skinned and sliced 1 each

Fajita sized tortillas 1 package

Cotija Cheese at least ½ cup

Method of Prep:
Whisk together oil, vinegar, water, garlic clove, cumin, coriander, salt and pepper to make the marinade.

In a large container or zipper bag, add the London Broil and marinade making sure the meat is covered. Allow to marinate for at least 30 minutes up to 24 hours in the fridge. Pull meat and allow to come up to room temp before cooking.



Slice peppers and onions into same thickness. Set aside.

If using stove top: preheat large frying pan or cast-iron pan to Medium High heat and add in 2 Tbs oil. Pull London Broil from container and scrape off excess marinade. Reserve all marinade to the side for future step.

Add London Broil to the pan and cook to desired doneness — for this recipe, medium rare is recommended, about 5 minutes each side. Remove London Broil from pan and allow to rest on a separate plate.

Place pan back on burner. Reduce heat to medium and add in peppers and onions. Allow to cook 5 minutes till tender, then add in ½ cup of reserved marinade to

the pan. Discard the rest. Cook the vegetables for an additional 2 minutes and remove from heat.

If grilling: preheat grill to high. Pull London Broil from container and scrape off excess marinade. Grill to desired doneness – for this recipe, medium rare is recommended, about 5 minutes each side. Remove London Broil from pan and allow to rest on a separate plate.

Grill off pepper and onion strips either directly on the grill or using a grill plate. Cook till just tender.

After resting, slice London Broil against the grain in thin pieces. Layer the meat into the center of the tortilla, topping with cooked peppers and onion, and crumbling cheese on top.



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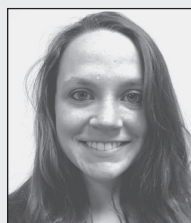


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What's Going On

Free summer classes at CMCC for the Class of 2020

Do you know someone graduating from high school this spring? CMCC (Central Maine Community College) has a graduation present for them!

Any Maine student who is graduating with the high school Class of 2020 is eligible to take advantage of free online

college classes this summer at CMCC.

CMCC is offering a special 8-week term starting June 1 and 6-week term starting in July. Students can explore their interests, earn college credit, and save money and time as they move toward their college and career goals.

It's easy to sign up!

To get started, students can check the course listing and registration information at <https://bit.ly/2LDmm8Z>. If they have questions, they can email one of the college navigators: Andrew Morong at amorong@cmcc.edu or Connor Sheehy at csheny@cmcc.edu.

Maine DHHS announces redesign of website

The Maine Department of Health and Human Services (DHHS) recently launched the first phase of a website redesign project that will modernize the Department's online presence and improve communication about critical programs and services provided to Maine people.

DHHS has begun building a new website that's more intuitive and useful for the public and providers, with a better design that prioritizes the information visitors most often seek, highlights updates about major initiatives and developments, and improves the experience for visitors accessing the website on mobile devices.

The project, which will roll out in phases over the coming weeks and months, marks the first full redesign of the DHHS website in more than two decades.

"Maine people rely on the DHHS website for information about programs and services that are critical to their

lives," said DHHS Commissioner Jeanne Lam-brew. "This project will help visitors, including mobile users in rural areas with limited Internet access, find the information they need and learn about our work to support health, safety, resilience and opportunity for Maine people."

DHHS partnered on the project with InforME, which manages the Maine.gov website and previously redesigned the websites of the Maine Emergency Management Agency, the Maine Department of Inland Fisheries and Wildlife, and the Maine Department of Administrative and Financial Services, among others.

The new website includes an updated homepage for DHHS, which highlights areas of high public interest, such as hotlines and crisis numbers, health insurance, child welfare, and news releases. Information on the DHHS response to the COVID-19 pandemic remains prominently

displayed.

The new website also includes a redesigned homepage for the DHHS Office for Family Independence (OFI), which includes information on programs such as Food Supplement and MaineCare. The website redesign does not change how people apply for OFI programs. The application portal for those programs, My Maine Connection, is undergoing a separate project to improve applicants' online experience.

In addition to OFI, DHHS will launch redesigned webpages for the remaining DHHS offices, such as the Office of Aging and Disability Services, the Office of MaineCare Services, and the Maine Center for Disease Control and Prevention, on a rolling basis over the next several weeks and months.

The DHHS and OFI homepages can still be found at their existing URLs: www.maine.gov/dhhs and www.maine.gov/dhhs/of/.

Hutchinson Center offers online public speaking training

Registration is open for an online public speaking program with Tom Dowd through the Hutchinson Center's professional development program. The program runs June 3 and 10 from 6 p.m. to 9 p.m. Registration is \$125 and need-based scholarships are available. More information is available on the Hutchinson Center website.

Distinguished Toastmaster Tom Dowd (also known as "Transformation Tom") will lead the two-part online version of Practical Public Speaking for Business and More. In-person versions of this program have been taught at the Hutchinson Center three times previously and several more are planned for 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.

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 addressed. 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 efficient-



Tom Dowd

ly. They'll learn to think quickly, speak logically, engage an audience and use the power of storytelling to increase audience attention.

This course is one of the first online professional development programs to be offered by the Hutchinson Center. Those participating in this course, being taught synchronously, will need access to reliable internet. 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 or (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, visit <https://hutchinsoncenter.umaine.edu/professional-development-programs/>.

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. See *Training*, page 13

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Resources for pick-your-own farms

University of Maine Cooperative Extension compiled resources into a new webpage dedicated to Best Management Practices for U-Pick Farms During COVID-19 (<https://extension.umaine.edu/>

agriculture/best-management-practices-u-pick-farms/).

The site offers guidance and practical tips on topics including proper sanitation, maintaining social distancing, safe handwashing systems,

and access to a recorded webinar featuring in-depth discussion about best pick-your-own practices for Maine farms. For more information contact Jason Lilley at (207) 781-6099 or jason.lilley@maine.edu.

How to draw on the power of perseverance during COVID-19

People's ability to keep up their spirits is being put to the test during the COVID-19 pandemic. Health concerns, job concerns, and disruptions to day-to-day routines have combined to create a challenging situation for Americans and for people throughout the world.

But for anyone wondering whether they can persevere through these difficult times, it's important to keep something in mind—others are likely counting on you, says Troy Nix (www.troynix.com), a motivational speaker, businessman and author of *Eternal Impact: Inspire Greatness in Yourself and Others*.

"Anytime you are in a tough place in life or in business, when you feel as if you cannot go on, you can summon energy from knowing you must carry the load so others can succeed along with you," says Nix, founder and CEO of First Resource Inc., an association-management company specializing in manufacturing networks. "Whether it's your employees, your co-workers or your family, you do not want to let them down."

"Here's the positive," Nix says. "People have inside themselves the capability to develop the kind of perseverance that will see them through the world's current health and economic crisis—and through future crises they are certain to encounter." His tips for developing that level of perseverance include:

Have a strong vision of the future. Olympic athletes often picture a perfect routine or a perfect race, playing it over and over in their minds until they can actually perform it. Similarly, Nix, who attended West Point, says the only thing that kept him from dropping out of the demand-

ing military academy was to visualize himself tossing his hat in the air on graduation day.

"I envisioned that day on every single one of the nearly 1,410 days I was on the academy grounds," he says. "People can get through our current times the same way. Try to envision what success will mean to you once this crisis is over."

Understand how others survived tough times. History is filled with stories of individuals or entire populations who struggled through the most difficult of times. Friends and family members who overcame health concerns, financial troubles or personal tragedies can be the source of such stories, too, Nix says. "Look at how they prevailed over challenges or obstacles in life," Nix says. "Draw lessons and inspiration from what they did."

Be okay with being uncomfortable. "People who consistently challenge themselves are more likely to persevere when they fail or when they encounter difficult times because they don't feel that failure is a permanent condition," Nix says. "The more times you put yourself out there

in tough situations and fail, the more failure just doesn't matter." Those who get comfortable and avoid risks don't develop that fortitude, he says.

"The one major thing that I've learned about perseverance is that we can all become mentally tougher," Nix says. "In the end, the only thing that makes a person give up and quit are the thoughts that drive their final behavior; it's all about mental fatigue. The question to ask yourself is this: Do you have the grit to overcome that fatigue?"

Troy Nix (www.troynix.com), author of Eternal Impact: Inspire Greatness in Yourself and Others, is the founder, president, and CEO of First Resource, Inc., an innovative association management company for America's manufacturers. Nix, a graduate of the United States Military Academy at West Point, served in the armed forces for a decade before moving into the business world.

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What's Going On

MaineHealth program keeping Mainers covered

With thousands of Mainers losing jobs and, often, employer-sponsored health insurance during the recent COVID-19 outbreak, leaders of a program at MaineHealth want people to know that assistance is available to connect them with resources to obtain new coverage and find affordable options for care.

The MaineHealth Access to Care Team specializes in assisting patients in getting the coverage and care they need. With more than 100,000 Mainers out of work due to the COVID-19 pandemic, program leaders say they remain ready to support those whose health care coverage has been impacted.

"Not all Mainers and patients in MaineHealth's service area are aware of the variety of programs we offer to assist with access to healthcare resources. We want to let them know

that we're here to help," says Kimberly Beaudoin, Access to Care Coverage Team director.

The help line for the Access to Care team is (833) MHHELP1 (833-644-3571). There is no charge to use this help line, as the program is fully funded and offered by MaineHealth. When an individual calls, they are screened for all state and federal programs and supported through the application process with the goal of ensuring access to comprehensive, affordable health care and an improved quality of life.

Access to Care also provides uninsured Mainers and those who do not qualify for public and private health insurance access to a team of Coverage Case Managers to help identify applicable programs. In addition to offering options related to insurance, the program assists with low-cost/free

prescription drug programs, donated health care services, connections to transportation, services for those experiencing homelessness and addresses other needs such as food insecurity, heating assistance, etc. Access to Care aims to take a holistic approach to assisting vulnerable populations.

"This program is in keeping with our vision working together so our communities are the healthiest in America," says Bill Caron, CEO of MaineHealth. "Access to Care works to ensure comprehensive, affordable health care and improve the quality of life. In these uncertain and trying times, we want anyone in need of support to reach out to us so that we can help."

For more information, visit www.mainehealth.org/healthy-communities/access-to-care.

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Arts & Entertainment

GMS Traveling Yellow Tulip Project visits more businesses

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 tulip garden outside by a bench for people to enjoy but since everyone is following social distancing, GMS thought it would be nice to have a traveling garden this

year to share with the community.

The GMS Traveling Yellow Tulip Project continues to travel across local Gorham Businesses, with recent stops at Hopes and Vines and GHOP (Gorham House of Pizza). 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/>.



The GMS Traveling Yellow Tulip Project at Gorham House of Pizza.



The GMS Traveling Yellow Tulip Project at Hops and Vines.

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.

Their house margarita is now available for takeout. They also

offer catering and family sized orders. Call (207) 883-8226 or visit <https://elrayotaqueria.com> for more information.

883-8226

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MARGARITA CONTENTS:
3.75 oz El Jimador Reposado Tequila
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Fresh lime juice
Shake well with ice and enjoy!

Gorham Library summer reading and discovery program

Starting on June 15 kids will be able to sign up for the Baxter Memorial Library Summer Reading and Discovery Program (SRDP) at www.baxterlibrary.org On or after June 15 look on the Youth Services page for a link to register and for a printable reading and activity tracker. You can use the tracker form provided or make your own!

The goal this summer is to complete 12 hours of reading and four discovery activities. Discovery activities

can be experiences such as taking a walk, trying a new vegetable, planting a seed, picking up trash, writing a letter to a friend, participating in a virtual library program, etc. Get creative!

The Friends of Baxter Memorial Library have made a pledge to donate \$1 for every child who completes the Summer Reading and Discovery Program, up to \$1,000! It's up to you kids to try to raise as much money as possible for one of these

great local charities and you get to choose which charity receives your donation. The choices are the Animal Refuge League of Greater Portland (ARLGP), Gorham Food Pantry or Gorham Backpack Program. At the end of the summer all SRDP finishers will also be entered into a raffle for one of ten \$10 Gift Cards to the wonderful local bookstore, The Bookworm! Make sure you register on the website so your name can be put in the raffle.

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Party Platters to go!

The impact of love amid COVID19

In the wake of the COVID19 pandemic, The Root Cellar ministries in Portland and Lewiston have shifted focus from normal programming to emergency response.

The Root Cellar works to cultivate community wholeness, and with financial and non-perishable food donations, their dedicated staff and volunteers have been able to remain open and provide an avenue to tangibly and safely meet the needs of Maine's most vulnerable urban communities.

Through the Friends and Neighbors Network (FANN) and emergency food pantry, The Root Cellar is having a powerful, positive impact on food security.

Since the pandemic hit Maine in mid-March, families are food secure with over 42,000 pounds of food having been distributed to more than 100 families through FANN so far.

Over 1,000 individuals have been served through the emergency food pantry.

"Brain Food" is an offering of prepared meals in partnership with the Lewiston School System and of grade level learning for Lewiston neighborhood students. In the last 10 weeks, over 10,000 meals have been distributed and over 6,000 grade level learn-



Each morning, Alyssa Morgosh (right) organizes new grade-appropriate school worksheets to go home with neighborhood students in Lewiston.



FANN food boxes are put together by a restricted number of staff and volunteers wearing masks and gloves.

ing materials have been distributed, completed and returned for a prize. In addition to this, 20 homes are visited each week, connecting with 51 kids.

The Root Cellar

needs people like you to donate in order to sustain their work. Visit their website <https://therootcellar.org> to find out ways to love your neighbors in this time of uncertainty.

Remote wager on horse racing now permitted

The Maine Gambling Control Board has given final approval for Mainers to place bets on horse racing from anywhere in the state. With that approval, Hollywood Races went live in Maine last Thursday, giving residents the chance to place bets on horse races taking place anywhere in the world, including tracks in Maine once harness racing returns to action. Bets can be placed, and races can be viewed by using a computer, tablet, or phone.

"We are excited to bring this form of gaming to Maine," said Christopher McErlean, Vice President of Racing for Penn National Gaming, Inc. (Penn National). "This is a tried and tested use of technology for more people to get excited about the sport of

horse racing, any time of day, any day of the year, and allows Mainers to enjoy races taking places across the world from the comfort of their own home."

Hollywood Races, a subsidiary of Penn National's interactive division, is currently active in 23 other states. Any Maine resident 18 or older can go online to set up an account, as of May 20. After an account is established, racing fans can download the Hollywood Races app on their phone or tablet, watch and wager on their computer, or call in a wager over the phone. Penn National also owns and operates Hollywood Casino Hotel and Raceway in Bangor.

"With more and more racing coming back around the world, this is

nice timing for any racing enthusiast in Maine who has missed visiting simulcast wagering facilities, OTBs, or the tracks," said McErlean. "Importantly, a percentage of revenues from Hollywood Races will go to the state and support the harness racing industry in Maine, similar to what is in place at Hollywood Casino."

Once an account has been established and the user is authenticated, people can fund their accounts through credit card transactions, ACH transfers, or — when racing resumes at Bangor Raceway — directly at the track. Users must be 18 or older and pass a background check when registering for an account. To learn more, please visit www.hollywoodraces.com.

Arthritis and agriculture webinar

Maine AgrAbility and the Maine CITE Coordinating Center will host a free webinar on the prevalence of arthritis in agriculture on June 2 from 1 to 2 p.m.

Webinar topics include the ways arthritis can affect farmers, and how small changes in

routines and using assistive technology can help reduce its impact.

The webinar is free; registration is required. Information on registration and accommodation requests are on the Maine AgrAbility website.

Maine AgrAbility, a collaborative project

of University of Maine Cooperative Extension and Alpha One, is dedicated to helping farmers, fishermen and forest workers work safely and more productively. For more information contact (207) 944-1533 or leilani.carlson@maine.edu.

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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www.OceanGardensRestaurant.com

MK KITCHEN TO GO MENU

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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

Gorham High School Class of 2020

Congratulations to Gorham High School Class of 2020. For photos of all graduates, visit Facebook.com/GorhamWeekly.



Madison Firmin, Magna Cum Laude



Madisen Sweatt, Magna Cum Laude



Maeve Higgins, Magna Cum Laude



Laura Bolduc, Magna Cum Laude



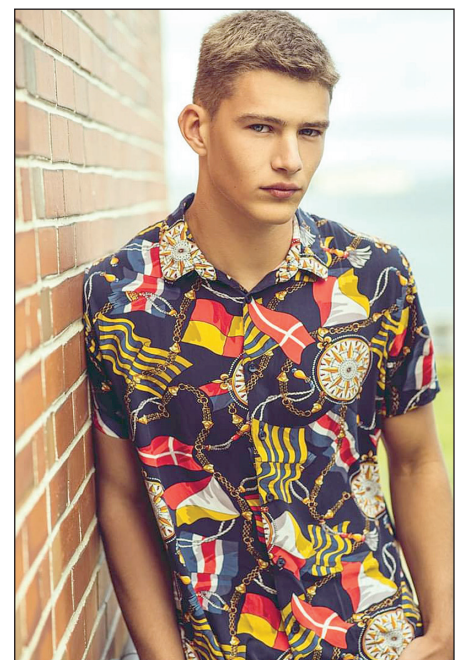
Paige Hume, Magna Cum Laude



Samuel Waggoner, Magna Cum Laude



Peyton Morton Magna Cum Laude



Romain Salvi, Magna Cum Laude



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<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 gray; padding: 5px; font-size: small;"> <p>Make your nachos GRANDE by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taqueria 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

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Gorham High School Class of 2020

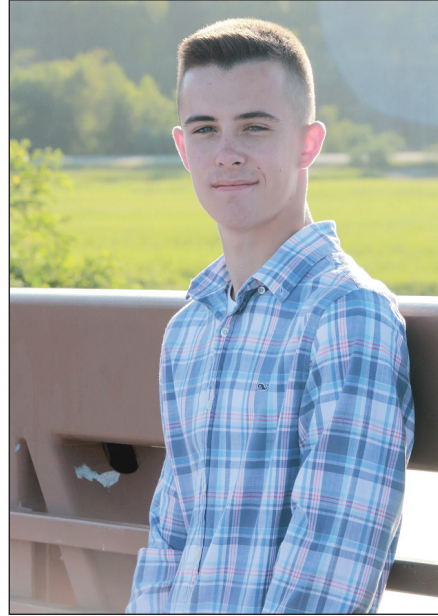
Congratulations to Gorham High School Class of 2020. For photos of all graduates, visit Facebook.com/GorhamWeekly.



Abigail O'Brien, Magna Cum Laude



Anthony Booth, Magna Cum Laude



Camden Sawyer, Magna Cum Laude



Carson Battaglia, Magna Cum Laude



Elizabeth Blanchard, Magna Cum Laude



Elyssa Johnson, Magna Cum Laude



Ethan Mercier, Magna Cum Laude



Haley Burns, Magna Cum Laude

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Parishes to offer indoor, public Masses with restrictions

Effective Monday, June 1, the Diocese of Portland is allowing Maine churches to hold public Masses with restrictions and safeguards in place.

“We are, of course, anxious to return to our churches and have the opportunity to celebrate Mass,” said Bishop Robert Deeley. “We have been preparing for the last few weeks for a safe restoration of Mass in accord with the guidelines of the CDC. There are a lot of things involved, but we want to make sure that we are doing everything we can to keep people safe and fulfill the mission of the Church.”

All public Masses were temporarily suspended on March 18 due to the outbreak of COVID-19. The dispensation from the obligation to attend Sunday Mass continues to be in place, and the extensive list of live-streamed Masses being offered at churches around Maine (www.portlanddiocese.org/live-streamed-Masses) will continue as most parishioners won't be able to attend in person

due to the capacity restrictions.

“Some of the restrictions may seem to be too cautious for the faithful who wish to return to public Masses at this time,” said the bishop. “However, ensuring the safety and health of our clergy, employees, students, volunteers, parishioners, and the greater community remains our top priority.”

Action plans and registration procedures are being developed at each parish, but there are guidelines that must be followed at all Maine churches:

No more than 50 people can be in attendance at any Mass. That includes the priest, lector, cantor, and other church personnel.

A fair and equitable registration process for parishioners who want to attend Mass must be established at each church/parish to ensure the restricted attendance capacity is not exceeded.

Anyone from outside of Maine who has not quarantined for 14 days in Maine prior to Mass may not attend.

Masks will be worn

by those attending Mass to protect against the projection of respiratory particles.

Pew seating arrangements will be established to keep each person at least six feet from the next person.

Communion will be offered with social-distancing guidelines adhered to in the form of six feet of space between recipients. The distribution of the shared consecrated wine for the faithful is still suspended. Holy water fonts will remain empty for the time being.

Seats and pews will be sanitized after each Mass. Every other pew will be used, and the flow of foot traffic will go in one direction if possible, to avoid crowding (separate entrance and exit ways, keeping within fire safety codes).

Churches will have proper resources available to clean the church following the Mass with staff members and volunteers receiving proper training and PPE equipment in advance. Cleaning will consist of all pews, knobs, door han-

See Masses, page 13

Maine International Film Festival new dates and venue



In response to social distancing requirements and in the interest of public safety and health, the Maine Film Center (MFC) will present the 2020 Maine International Film Festival (MIFF) in a new, modified format. The 23rd annual MIFF will be held July 7 through 16 with in-person screenings held exclusively at the Skowhegan Drive-In Theater in Skowhegan, Maine. The twenty-third annual celebration of American independent, international, and classic film will showcase nine feature films, comprised largely of World, North American, and East Coast premieres, as well as a program of Maine Shorts. Additional feature and short films will be made available for ticketed online streaming via the festival website, MIFF.org.

“We're elated to be able to host a terrific line-

up of films this summer, in spite of the difficulties that movie theaters across the country have experienced over the past several months,” said Mike Perreault, Executive Director of MFC. “While the festival may not exhibit the same number of films as in past years, we're confident that our 2020 MIFF program will reflect the world-class cinema that our patrons and community have come to appreciate. We're especially grateful that our partners at the Skowhegan Drive-In have agreed to host MIFF23. This all-too-rare kind of venue will be a great place for audiences to have a unique experience and enjoy movies from a safe distance.”

“While we'd love to be able to share with our audiences all the incredible cinematic discoveries we've made in working

on this year's festival,” said Ken Eisen, MIFF programming director, “we are truly thrilled to be embarking on what we are sure will be an exciting, safe, and joyful version of MIFF appropriate to the current conditions.”

“It is a privilege to have the opportunity to work with Maine Film Center to maintain the continuity of the Maine International Film Festival in this moment of unprecedented challenge,” said Donald Brown, owner of the Skowhegan Drive-In Theatre. “The Skowhegan Drive-In Theatre is a unique cultural attraction from an earlier era [and] MIFF is a resource for all of Central Maine. Together this summer, they will illuminate the night!”

The complete festival lineup, including titles that will be available for streaming, will be announced in June. Passes for the Festival are available to pre-order at MIFF.org.

The Maine Film Center (MFC) brings world-class independent film to Central Maine through Railroad Square Cinema, the only Sundance Art House Project cinema in Maine and the annual Maine International Film Festival, a 10-day celebration that attracts filmmakers and film aficionados from around the world, and by delivering impactful, accessible film exhibitions and education programs. MFC firmly believes that art and culture have the power to enrich lives, strengthen community bonds, and serve as an economic engine. MFC is a division of Waterville Creates! For more information visit <http://www.MaineFilmCenter.org>.

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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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Nonesuch River Brewing grand reopening

Nonesuch River Brewing is having their Grand Re-Opening on June 3. They will continue doing Curbside to go, including cocktails, 4 packs, dinners, desserts and more!

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/>.



Recognize this old post-and-beam barn in Gorham?
Do you have details about it's origin or history?
Please email us with any information you have.
Laurie@GorhamWEEKLY.com

Super

Continued from page 3

year and (2) we will be sharing online resources for families to continue to use over the course of the summer if they so choose. These resources will be free and will be intended to be parent/student led.

Finally, we will be operating a small pilot of a program called "Exact Path" for a very small number of Title I students as we seek to see how well the pro-

gram may work for students when school opens this fall. The program is aligned to NWEA assessments and would allow us to use assessment results to develop individualized online programs for student interventions as a means to assist students in recovering some of the learning that may have been lost this spring. This is just one of many different things we are looking at and this pilot will help us to determine if this is the right direction for more stu-

Our hope is that we will be able to provide excellent intervention services for all students who need it over the course of the coming school year, and then in the summer of FY 21 be able to provide even stronger summer programs for students most in need — all for the purpose of making sure that by the time we open up the 2021-22 school year, students are right where they need to be to be successful, both in the short and long term!

Gorham's Fire Chief retiring statement

By Robert Lefebvre

To my Family and friends, after serving for the last 36 years as Gorham's Fire Chief and 51 years in the Fire Service, I have decided it will be time to retire in early July. While this is one of the hardest decisions I have ever had to make, it is time.

There are so many people to thank:

Starting with my Dad for giving me the love this career.

To Chief Bry-

on Rogers for being a mentor and friend since this journey began. To Clyde Chapman and Larry Whitten for showing me the way in the beginning and for your friendship over all these years.

To all my Administrative Staff, all my Deputies, and Company Officers, you are the best, and to all the Department Members we have served in the past and serve now.

To my kids for

all the missed outings, ball games and more. To my wife Kandy—without your love support, I never could have done it,

To the community of Gorham for all your support over the years.

This has never been a job, but a journey that I have loved every day. To all I have met and worked with over the years, thank you. There is not a better family than the Fire Service.

Online events from Baxter Memorial Library in Gorham

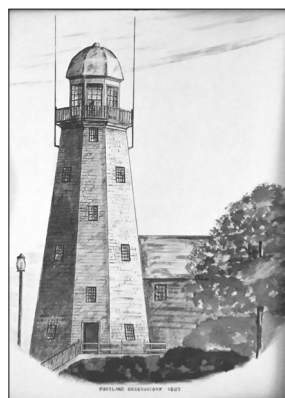
Librarian Grab Bag—Discovery Time: Log-on to the Baxter Memorial Library's Facebook at 9:30 a.m. every Tuesday and Thursday for Discovery Time. You never know which Youth Services staff member will

be performing. You could get a Musical Mr. Jeff, an Artistic Ms. Dani, a Movement Moment Deb, a Yogi Ms. Heidi, or an Artistic Ms. Becky. Tune in and collect them all!

Afternoon Chapters with Mr. Jeff: Mr. Jeff is

now reading "The Wild Robot". Tune in at 2 p.m. Tuesday through Friday on Baxter Memorial Library's Facebook to hear this fun book that has been described as a cross between "Wall-E" and "Hatchet".

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Portland Observatory



Union Station, Portland

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MaineCF awards nearly \$220,000 in grants to nonprofits



Fishermen, fisheries managers, and other marine stakeholders gather for a workshop at the Gulf of Maine Research Institute in Portland. Photo courtesy GMRI.

The Maine Community Foundation has awarded \$219,800 in community-building grants to 24 nonprofits across Maine through its Statewide Fund.

Grant recipients include: Gulf of Maine Research Institute, Portland, to pilot decision-support resources for coastal communities to develop the skills, knowledge, and processes needed to implement actionable plans to respond to sea-level rise; Maine Coast Fishermen's Association, Brunswick, to create a guide for fishermen that provides information and resources about mental health, wellness, and well being; OUT Maine, Rockland,

to develop trainings – for boards of directors of youth organizations and for school boards – to educate decisionmakers on how to create safety for LGBTQ+ youth.

MaineCF recognizes that many nonprofits are facing new challenges and making important changes to their work as a result of the Covid-19 pandemic. Because of this, all Community Building grant recipients are able to use these grants at their discretion. They may use the grants to fund the work that they proposed in their application or use the funding to address other important and emerging organizational expenses.

The Statewide Fund

is a permanent endowment that supports organizations that apply for multi-county projects. Applications go through MaineCF's Community Building Grant Program and are reviewed by a committee of leaders. The next proposal deadline is February 15, 2021. The application, guidelines and a complete list of 2020 grants can be found at www.mainecef.org.

The Statewide Fund is built through donations from the community. If you would like more information about the fund, please contact Director of Strategic Learning Cherie Galyean at cgalyean@mainecf.org or (207) 412-2017.

Update for Maine farmers with Commissioner Beal

University of Maine Cooperative Extension will host an update for farmers online 10 to 11 a.m., May 29, with Maine Department of Agriculture, Conservation and Forestry Commissioner Amanda Beal, and Bureau of Agriculture, Food and Rural Resources Director Nancy McBrady.

Topics will focus on the department's response to the COVID-19

pandemic and the impact on Maine's agricultural community. These include the efforts undertaken to date; producer concerns including labor, personal protective equipment, and federal assistance programs; and the ongoing coordination with agricultural partners and service providers in Maine, and regionally and nationally. Farmers and food producers will be able to share questions

or concerns during the session as time allows.

The session is free; registration is required. Register online. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 262-7726 or donna.coffin@maine.edu. More information also is on the program webpage (<https://extension.umaine.edu/piscataquis/agriculture/zoom/>).

UMF announces online Longfellow Young Writers workshop

University of Maine at Farmington and the Bachelor of Fine Arts Program in Creative Writing are pleased to announce a special online edition of the Longfellow Young Writers Workshop this summer, July 27 through 31.

For ten years, the Longfellow Young Writers workshop has nurtured young writers from Maine and around the country. Students work with supportive faculty from the BFA program in Creative Writing to hone their craft, challenge their assumptions and broaden their literary landscape. This year the tradition continues online with a series of writing courses around the special theme of nature and resilience.

Faculty include:

Éireann Lorsung, NEA fellow and multigenre writer; Gretchen Legler, two-time Pushcart Prize winner and essayist; Amy Neswald, screenwriter and New American Fiction Prize winner; and Shana Youngdahl, poet and young adult author whose debut novel was noted as a Best Book of 2019 for Teens by the New York Public Library.

In addition, to live zoom conferencing and daily classes with faculty, students will have access to a variety of online instructor-created and curated resources to foster creative community, support literary development, and give them a taste of Farmington's exceptional BFA program in Creative Writing.

This program is de-

signed for high school students entering their sophomore through senior years and is limited to 16 participants who are ready to connect with a staff of experienced authors and virtually meet peers serious about writing.

Registration is first-come, first serve. More information, application and link to a payment page are available at www2.umf.maine.edu/creativewriting/longfellow/.

The cost of the program is \$250, and UMF is pleased to offer two scholarships to female Maine residents in collaboration with the Maine Writers and Publishers Alliance at the Ilgenfritz Scholarship Fund. To be considered See UMF, next page



GRAY MAINE SUBWAY WE LOVE THE CLASS OF 2020



Subway in Gray Maine is donating One Free Footlong Subway Sandwich to all Graduating Gray New Gloucester High School Seniors! Gray Subway knows the meaning of community and giving back!

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

Librarian Grab Bag—Discovery Time: Log-on to the Baxter Me-

morial Library's Facebook at 9:30 a.m. every Tuesday and Thursday for Discovery Time.

Ongoing, Tuesday through Fridays

Afternoon Chapters with Baxter Memorial Library's Mr. Jeff at 2 p.m., on Facebook Live as he reads *The Wild Robot*.

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 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.auburnu.org.

Friday, May 29

Update for Maine farmers with Commissioner Beal hosted by University of Maine Cooperative Extension from 10 to 11 a.m. The session is free; registration is required. Register [online](#). For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 262-7726 or donna.coffin@maine.edu. More information also is on the [program webpage](#) (<https://extension.umaine.edu/piscataquis/agriculture/zoom/>).

Tuesday, June 2

Free webinar on the prevalence of arthritis in agriculture hosted by Maine AgrAbility and the Maine CITE Coordinating Center. Registra-

tion required. Information on registration and accommodation requests are on the [Maine AgrAbility website](#). For more information contact (207) 944-1533 or leilani.carlson@maine.edu.

Wednesday, June 3

Nonesuch River Brewing grand reopening June 3. They will continue doing Curbside to go, including cocktails, 4 packs, dinners, desserts and more! For more information visit their website at <https://nonesuchriverbrewing.com/>.

Wednesday, June 10

L-A Community Little Theatre "Not So Little" Silent Auction goes live at 5 p.m. All auction items can be viewed at www.32auctions.com/cltnotsolittleauction2020. Auction bidding ends at 8 p.m. on June 24.

FLAGSHIP CINEMAS

WWW.FLAGSHIPCINEMAS.COM

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12:00pm**

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CALL THE HOTLINE AT
786-8605
FOR SHOWTIMES**

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

Masses

Continued from page 10

dles, bathrooms, altars, musical equipment, and touched surfaces.

No social gatherings are allowed before or after any Mass.

Alcohol-based hand sanitizers will be positioned in churches.

In addition, older adults and people of any age who have serious underlying medical conditions and who might be at a higher risk for severe illness from COVID-19 are asked not to attend.

For more information about parishes' reopening plans, visit www.portlanddiocese.org/ReopeningChurches.

Any changes to the current schedules of live-streamed Masses, parking lot Masses, drive-thru confessions, parking lot and live-streamed adoration, and other special events will be updated on the Diocese of Portland's Coronavirus Response page (www.portlanddiocese.org/response-coronavirus).

For more information, e-mail Dave Guthro, Communications Director for the Diocese of Portland, at dave.guthro@portlanddiocese.org.

Training

Continued from page 4

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 communi-

ty.

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 state-wide 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.

UMF

Continued from previous page

for a scholarship, a double-spaced creative writing sample no more than five pages and 500-word statement of need should be emailed to shana.youngdahl@maine.edu. Word documents and PDF attachments only.

The scholarship deadline is June 15, 2020.

Tuition-free early college summer courses for high schoolers

Through a partnership between the Maine Department of Education, the University of Maine and the University of Maine Machias (UMM), tuition is waived for all qualified Maine high school students, covering full tuition for up to 12 college credits per year at the two universities. Eligible students are able to earn college credit while still in high school.

UMaine and UMM offer over 100 fully online summer courses suitable for qualified high school students. Course

start dates are in May, June, July and August.

Early college classes are taught by world-class faculty and meet general education requirements of the University of Maine System, as well as the majority of colleges nationwide. Students across the state will benefit from the flexibility and variety of early college courses offered this summer.

UMaine and UMM have a long history as leaders in supporting early college programming. UMaine's signature online program, Academ-e,

launched over 16 years ago. UMM offers early college certificates, offering 14 options with 10 available completely online.

The UMaine/UMM Early College Program is committed to providing quality teaching and learning, college-level rigor and academic integrity; access and support to under-resourced communities and first-generation students; and multiple layers of support to ensure student success, including a comprehensive orientation experience and academic ad-

vising.

Registration is online at explorec.maine.edu. Interested students and parents are encouraged to contact Allison Small, Early College Programs coordinator at UMaine, (207) 581-8004 or allison.small@maine.edu or Christy Alley, director of Early College at UMM, (207) 255-1268 or christy.alley@maine.edu to learn more about the application process. For more information, visit the Early College websites: umaine.edu/earlycollege; machias.edu/earlycollege.

RSU 16 student registration or PreK registration

For PreK and/or new student registration in RSU 16 (Poland, Minot, Mechanic Falls), families will email Jean McNally, jmcnally@rsu16.org, to set up an appointment on Mondays or Thursdays between 8 a.m. and 12 p.m.

to pick-up the registration packet at Central Office.

Once the packet is completed, families will return the packet to the Central Office by using the Transportation Department door, which has a drop slot, to return the

completed packet. Walk along the rear of the building to the employee entrance, clearly marked with a "No Admittance" sign. The secure mail slot is located next to the door handle, just below this sign.

Growing more Maine gardeners with UMaine Extension

University of Maine Cooperative Extension has a new online resource designed to encourage all the gardeners who are waiting for warmer weather and soil ready for planting.

Every week, "Growing Maine Gar-

deners" features a new activity and video demonstration suitable for all ages, including making seed tape and forcing branches to bloom indoors. The focus is family-friendly indoor and outdoor gardening projects, includ-

ing tips on getting the most out of Maine's brief growing season.

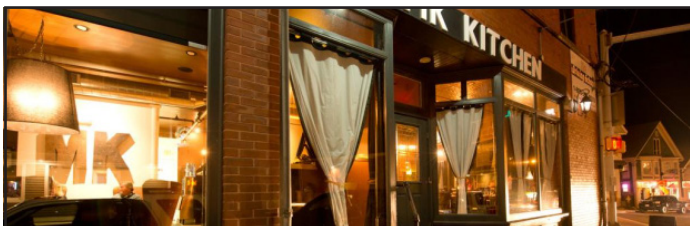
For more information, call (207) 581-3877 or email extension@umaine.edu. Visit UMaine Extension Learn at Home for more online educational resources.

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Restaurant Directory

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



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

MK Kitchen.net

APPETIZERS, SOUP AND SALADS

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

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

Laurie@GorhamWeekly.com

Hikes

Continued from page 1

railroad wasn't the only transportation system that made its mark here. In fact, adjacent to the marsh (where the Scarborough Industrial Park now stands) was the site of the first Portland Airport. Charles Lindbergh flew into the airport twice in the 1930s before the airport moved to its current Stroudwater location.

On this bluebird sky day, my friend, Rick, met me with a couple of crabmeat sandwiches in hand. We ambled north to the metal pedestrian bridge, then scrambled down the bank to sit on a few rocks while we ate. It was near high tide and we saw something neither of us had ever seen in this part of the marsh — a small power boat with a striper fisherman at the helm. It wasn't long before he headed back downstream, and solitude prevailed.

Back on the trail, we walked a few miles north, passing through the marsh into a wooded section bordering Wil- lowdale Golf Club and eventually arriving at Black Point Road, where

we turned back toward our parking spot. High- lights along the way in- cluded several ibis and heron sightings and a stunning array of spring colors.

If you go, please beware that noontime is the most popular time for folks to be out. A midmorning or midafter- noon arrival is your best bet.

The trail is 4-miles with a trail rating of easy. The property is managed by Eastern Trail Alli- ance. For more infor- mation visit www.east- erntrail.org and www. MaineTrailFinder.com.

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



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