



# TWIN CITY TIMES

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## City of Lewiston to be home to nationally recognized art



An original work of art by nationally recognized Auburn native, Andy Rosen, will be installed in the canal between Baxter Brewing and Bates Mill #5 in Lewiston in the summer of 2021. The Lewiston City Council unanimously voted in favor of the new addition. Life-like foxes will grace the area and will be a conversation piece for residents and visitors alike.

On February 19, 2019, the Lewiston Au-

burn Metro Chamber of Commerce and LA Arts announced that the Maine Arts Commission (MAC) had awarded a MAC Creative Communities = Economic Development Phase 2 Grant of \$75,000 for implementation of Cultural Plan LA. In-kind support was committed by the Chamber, LA Arts, and Lewiston and Auburn, and the Maine Arts Commission is an independent state agency supported by the National Endowment for

the Arts.

Proceeds would be used to utilize arts and culture to spur economic development and enhance the image of Lewiston and Auburn to attract residents, tourism, and new investment through public art installations.

Mayor Mark Cayer notes, "The grant program recognized that the economic contributions public art makes to local economies is vast. Since See Art, page 11

## SeniorsPlus reflects on Older Americans Month 2020

May is traditionally Older Americans Month, and 2020 is no different except the circumstances surrounding May this year are very different.

With the challenges presented by the COVID-19 crisis, SeniorsPlus, Western Maine's designated Area Agency on Aging, has faced expanded operations since March as a result of increased community demand that it has never seen before. Services at SeniorsPlus include information and assistance, short-term care management, Medicare counseling, caregiver support and respite, money management, and nutrition.

"Our staff will tell you they have never been busier," said Betsy Sawyer-Manter, President and CEO of SeniorsPlus, noting that the organization has remained in operation throughout the pandemic. "In addition to the increased demand for food, our squad of social workers together with our other employees have had to develop new systems to ensure our interactions with our clients are not interrupt-



The Nutrition team at SeniorsPlus, Western Maine's designated Area Agency on Aging, practices social distancing while packing shelf-stable meals for its Meals on Wheels clients at the gym in the US Army National Guard building in Lewiston. The Lewiston-based Meals on Wheels kitchen and distribution center are located in a building leased from the National Guard, but with the coronavirus, the Guard donated use of the gym for Meals on Wheels at SeniorsPlus.

ed and remain strong."

Education Classes now offered online include "Coping with the New Normal within the COVID-19 Pandemic Support Group" and "Zoom 101," as well as the usual exercise classes, health and wellness classes including evidence-based courses, and our usual array of

support groups which includes Coping with Grief and Caregiver Support.

Meanwhile, with the increase in homebound people without nearby supports, meal delivery soared. "In April, as the pandemic in Maine surged, our meal delivery program hit a high of 1,800 meals See SeniorsPlus, page 16



Subway located at 133 Lisbon Street; Lewiston will re-open on June 1<sup>st</sup>, 2020

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### Lewiston Subway opens June 1



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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](http://www.mainecef.org). Questions about the grant program should be directed to Senior Program Officer Maggie Drummond-Bahl at [mbahl@mainecf.org](mailto:mbahl@mainecf.org) or (207) 412-0839.

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# Newsmakers, Names & Faces

## City of Lewiston statement: COVID19 procedures

The City of Lewiston is currently in the process of evaluating when municipal buildings can be fully opened to the public, with the safety of residents and employees a priority. CDC guidelines are being strictly adhered to as to COVID19 social distancing, wearing of masks, and sanitization.

As of Monday, May 18, some municipal services at City Hall, 27 Pine Street, are available on site by appointment only. Offices that will be receiving residents by appointment only are the City Clerk's Office, Treasurer's Office, and Economic and Community Development via use of the Park Street entrance. Numbers to call to arrange an appointment are 513-3124, 513-3131, and 513-3126, respectively. City staff will ensure that the number of residents in the building at the same time meets CDC guidelines.

Mask use is preferred in the building unless underlying medical conditions prevent an individual from wearing one. In addition, when appointments are made, the City asks that only one family member attend unless more individuals are required to complete a transaction.

Lewiston Mayor Mark Cayer continues to encourage residents to interact with municipal staff at a distance when at all possible. "The COVID19 public health pandemic is still a stark reality in our world today. As such, the City of Lewiston has provided multiple ways to do business while staying apart, as social distancing is the safest and wisest thing to do right now." Ways to do city business from a

distance are as follows:

**How To Do City Business From a Distance**  
Do City Business Online: [www.lewistonmaine.gov/cityonline](http://www.lewistonmaine.gov/cityonline).

**Using Mail:** Lewiston City Hall, 27 Pine Street, Lewiston, ME 04240

**E-mail—Use Our Staff Directory:** [www.lewistonmaine.gov/citystaff](http://www.lewistonmaine.gov/citystaff)

**Telephone:** 207-513-3000

**Drop-Box on Park Street Side of City Hall:** Water bills, tax payments, etc. Residents should clearly label their envelope with name, address, and contact number, as well as specify the department that the envelope should go to.

**FAX Machine:** 207-784-2959 (GA: 376-3229).

**Car Registration—Private Sale:** For a private sale, a State of Maine document can be utilized as a temporary registration at [www.lewistonmaine.gov/private-salereg](http://www.lewistonmaine.gov/private-salereg).

**Social Services:**

All communication with General Assistance (GA) will continue to be conducted by telephone. Requests for additional verifiable information to determine eligibility can be responded to via email, fax, the drop-box outside of Lewiston City Hall, or postal mail. Office Phone 513-3000, ext. 3263. The GA fax number is 376-3229. The Social Services Office mailing address is City of Lewiston, 27 Pine Street, Lewiston, Maine 04240.

Additional City of Lewiston COVID19 response updates are below:

**Economic and Community Development:** The department is facilitating grant and deferred/forgivable loan programs for income-qualified businesses and individuals who are unable to meet their rent, mortgage, or other expenses because of COVID19 related income. See COVID19, page 16

## Community Concepts announces new CFO

Community Concepts will welcome a new Chief Financial Officer in August. Laura Gormley, who joined the community action agency in March of 2017 as the Director of Finance, will become the new Chief Financial Officer. Kevin Mahoney, who has served as the Chief Financial Officer since 2017, will be retiring effective July 31.

Gormley has spent 20 years in the accounting and finance field, working for both

non-profit and for-profit organizations. She has strong accounting, budget forecasting and analytical skills as well as experience in lean processes. During their time at Community Concepts, Mahoney and Gormley have implemented changes in financial month-end processes, allocation methodology, and introduced quarterly forecasts.

Prior to joining Community Concepts, Gormley had been a Senior Budget Analyst at



Laura Gormley

Martin's Point Healthcare. She has a bachelor's degree in Accounting and Finance from the University of Southern Maine.

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MAY 2020

### LEWISTON PUBLIC SCHOOLS

KINDERGARTEN REGISTRATION INFORMATION

#### KINDERGARTEN

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

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

**QUESTIONS:**  
kinderprekreg@lewistonpublicschools.org

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

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

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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](mailto:amorong@cmcc.edu) or Connor Sheehy at [csheeny@cmcc.edu](mailto:csheeny@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](http://www.maine.gov/dhhs) and [www.maine.gov/dhhs/ofi/](http://www.maine.gov/dhhs/ofi/).

## 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](mailto: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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Tuesday/Thursday/Friday 9 - 11:30

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Kennebec, Somerset, Knox, Lincoln	207 - 622 - 4731
Androscoggin, Oxford, Franklin	207 - 784 - 1558
Cumberland, York, Sagadahoc	207 - 774 - 8211
Veterans Unit	207 - 400 - 3229
Native American Unit	877 - 213 - 5630
KidsLegal Unit	207 - 400 - 3233

Learn more at <https://ptla.org/covid-19> and [www.ptla.org](http://www.ptla.org).



## 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](mailto: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](http://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.*

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

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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](http://www.mainehealth.org/healthy-communities/access-to-care).

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# Arts & Entertainment

## CLT to hold fundraising silent auction



Assigned print of this award-winning work Edward Little High School - The Early Years by local artist Anita F. Poulin is one of the items available in the CLT silent auction. The building is CLT's home and is now called the "Great Falls Performing Arts Center."

The L-A Community Little Theatre (CLT) will hold its second annual "Not So Little" Silent Auction beginning June 10.

Auction organizer Emily Flynn notes that community and theatre members have generously donated some wonderful items including

unique dining and recreational experiences, music lessons, theatre memorabilia, signed books, art works, gift cards, and more.

A very special item in the auction is a print of the painting titled Edward Little High School - The Early Years, donated and signed by the

artist Anita F. Poulin, owner and founder of Greenwood Gallery of Maine. The painting won the 1st Place People's Choice Award during Auburn's First Annual Art in the Park Art Show last June.

Proceeds will help CLT make up for lost income due to the COVID-19 pandemic. "We have had to cancel three of the five shows in our 80th season, as well as our summer youth and teen programs, notes Flynn. "Our fundraising efforts must make up for our lost income, so that we can continue to pay our bills while we weather this storm."

All auction items can be viewed currently at [www.32auctions.com/cltnotsolittleauction2020](http://www.32auctions.com/cltnotsolittleauction2020). Auction bidding will go live starting at 5 p.m. on June 10 and will continue through 8 p.m. on June 24.

## Auburn's Mount Apatite: A "gem" of a city park

The City of Auburn, in partnership with the Friends of Mount Apatite (FOMA) group and Central Maine New England Mountain Bike Association (NEMBA), are pleased to announce improvements — and reminders — as springtime weather entices users to Mount Apatite Park.

Mount Apatite Park, a 325-acre wooded park located in the western portion of the City of Auburn, offers a wide variety of recreational opportunities not often found in municipal park settings, and features approximately four miles of trails for non-motorized uses such as hiking, mountain biking, cross-country skiing, and snowshoeing.

Staff and volunteers have made many recent upgrades including the installation of informational kiosks and pet waste stations at each of the entrances (Garfield Road and Small Road). Visitors are reminded that all Auburn parks including Mount Apatite are "carry in/carry out" locations, and Auburn's ordinance requiring dogs to be leashed is always in effect. To help keep the beautiful trail system clean, trash receptacles have been placed at each



Informational kiosk at Small Road entrance

entrance for the disposal of trash, pet waste bags, and other items.

New signage along the main trails has been installed to help guide new (and experienced) users toward entrances. Additional signage for the trail system, entrances, and parking areas are planned for summer/fall.

Rainy spring days bring muddy trails, so it is critical that users obey "trail closed" signs when they are posted. If you wander onto a trail that is muddy, please turn around. It requires great time and effort to build trails and to repair them. The goal is for users to avoid leaving any trace of themselves behind.

All visitors are re-

minded to observe 6-foot social distancing recommendations while enjoying Mount Apatite; gather in groups of 10 people or less; and use face masks when social distancing cannot be maintained.

A variety of users enjoy spending time at Mount Apatite Park, including walkers, runners, mountain bikers, dog walkers, families, and even miners exploring the abundant minerals that can be found at Mount Apatite. All are encouraged to respect one another and the park. The City of Auburn welcomes all visitors to Mount Apatite and asks that everyone work together to safely use and enjoy the park and trails.

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# 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](http://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](mailto: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.

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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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- 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

## Seniors Not Acting Their Age Three generations on the Ossipee River



A canoeist catches an eddy on the Ossipee River

I'm old but I have young whitewater friends. Some are very young. I've been paddling with the Galway family for over a decade. Ryan and Shweta are about the same age as my sons. Consequently, their paddling children, Mason and Krea, are young enough to be my grandchildren.

One of the many benefits of Penobscot Paddle and Chowder Society membership is exposure to a large cross section of outdoor enthusiasts from very young to real old. I'm in the latter category. It's not unusual to have an age spread of forty to fifty years on club trips. I don't recall the specific adventure, but that's how I met the

Galway family.

Ryan and I have shared exciting whitewater escapades in West Virginia, Pennsylvania, upstate New York, and Quebec. Normally, we spend a long weekend paddling rivers in New Hampshire during the spring with our mutual friend, Eggman. Unfortunately, the pandemic precluded that immensely entertaining tradition this year. On several occasions, I've joined the entire family to paddle the Deerfield River in Massachusetts and West River in Vermont.

When we first started paddling together, Krea was a toddler and Mason a little boy. Ryan and Shweta found creative ways to get them

safely involved in paddling utilizing a small raft on easy rivers and various other arrangements. As time passed, Ryan and Mason progressed to become an excellent tandem canoe team that effectively navigated challenging Class III rapids. Now, Mason is as tall as his Dad and paddling a solo canoe. Krea has replaced her brother in the bow of Dad's canoe. In a household of canoeists, Shweta inexplicably gravitated to two blades, electing to kayak instead.

For many years, a Class I/II section of the Ossipee River in South Hiram and Cornish has been a very popular club trip in the spring. Due to the pandemic, the club has cancelled all sched-

uled trips for the present over concerns about limiting group size and ensuring adequate social distancing. When Ryan announced that he and Shweta were planning a family outing on the Ossipee, I negotiated an invitation to join them. My role as a pseudo outdoor photographer provides me with at least dubious bargaining leverage. The Eggman was also able to broker an invite. A lousy photographer, he's more entertaining than I.

My wife Nancy no longer partakes of cold-water spring paddling but occasionally accompanies me to run shuttle and socialize, at a physically suitable distance, of course. The Galway family and Eggman were able to arrange a shuttle that met social distancing guidelines. Since we had an accept-

ably small group and a plan to remain sufficiently separated on and off the river, we were good to go.

A rare occurrence this spring, the weather was beautiful when the gang met next to the fire station in South Hiram. Watching the family organize for the trip was pleasantly reminiscent of similar adventures with our sons several decades ago. Alas, those halcyon days are relegated to very fond distant memories.

Completing a long carry down a significant decline to the river, the excursion began with a test of skills. A river wide ferry at the end of a Class II rapid was the first challenge. The Galway clan finessed the maneuver out-performing Eggman and me who were typically unremark-

able. A feisty rapid was encountered around the first bend. Mason and Eggman were on their surfing game while the tandem team and Shweta successfully negotiated between potentially boat flipping holes and breaking waves.

Anticipating numerous surfing opportunities, I brought my RPM kayak instead of the more comfortable Mamba. The decision was a poor one. The RPM caused serious discomfort in my aging arthritic hips throughout. The Mamba is a slug and an abysmal surfing boat, but comfortable. The RPM is going back on the rack, maybe forever. Or, at least until memory of my geriatric limitation fades.

Progressing through a continuum of ex-

See *Seniors*, page 16



A kayaker paddles a rapid on the Ossipee River



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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](http://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](http://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](http://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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# Art

Continued from page 1

public art is a magnet known to bring people to a community, we are excited to have Mr. Rosen's work here in Lewiston as a continued example of our city's vibrancy and positive vision for the future."

"Research shows communities with widespread public art see a multiplier effect on the local economy. Public art gets people out and will continue to draw people into the LA region," said Shanna Cox, President and CEO of the Chamber. "We are excited to be part of this effort which directly aligns with our mission to be part of an engine for economic vitality."

Andy Rosen is best known in Maine for two installations in Casco Bay: Unpack, seven life-like dogs that Rosen created in 2015 and placed on the dilapidated pier on Portland's eastern waterfront, and in 2018, Tread was installed, a pair of deer emerging from the rising sea near the Ocean Gateway marine facility.

Working Group Co-chair Beckie Conrad noted, "Tread was supported in part by a \$10,000 grant from the Union of Concerned Scientists, and Rosen was one of only six artists in the US awarded funds to make an environmentally thoughtful climate installation." Both Unpack and Tread were highly photographed and drew many spectators.

On the selection of Rosen for Lewiston, Conrad continued, "Being a site for Andy's work is important to our community. Not only is he an Edward Little graduate who has gone on to become a respected artist, his work is also gaining national recognition and, as a result, will attract a wide audience, further supporting the intention of the grant."

For Lewiston's piece, Rosen is partnering with Morin Brick in Auburn to fabricate the material for the foxes that will form the installation Ledgers.

How Did Andy Rosen's Work Come to Lewiston? Lewiston's new public art piece resulted from the determination of collaborative work by the Lewiston Auburn Metropolitan Chamber of Commerce, LA Arts, the local Public Art Working Group, and the Cities of Lewis-

ton and Auburn. At the end of the grant's first year in December 2019, the Lewiston City Council adopted a Public Art Plan that was drafted by the Public Art Working Group, which included the process to select and install art on public sites.

In early 2020, the Public Art Working Group completed a Call for Art to Maine artists that attracted 11 submissions from across the State. Four finalists were interviewed following review of their proposed installations. During the selection process, local high school students, Sophie Therrien, ELHS, and Jacob Morin, LHS, joined the committee and offered insight into what

they believed would attract the attention of their generation as public art becomes part of the LA community. City representatives received the Working Group's proposal for the final selection for Lewiston before City Council input and vote.

Darby Ray, Working Group Co-chair and LA Arts Board member, added "The Creative Communities = Economic Development grant supports partnerships between municipalities and the cultural sector for economic development. LA Arts is pleased to partner with the Chamber on this grant, and we look forward to as much community involvement

as possible during the installation."

A Bit of Background: Appointees to the Public Arts Working Group were made by the Lewiston Auburn Metropolitan Chamber of Commerce, LA Arts, Arts and Culture LA, and the municipalities of Lewiston and Auburn—all partners in the implementation of Cultural Plan LA. Working group members include: Sabrina Best, Recreation Director, City of Auburn; Shoshona Currier, Director, Bates Dance Festival; Jody Dube, Art Teacher, Lewiston High School; William Low, Curator, Bates Museum of Art and LA Arts Board Member; Heidi

McCarthy, Economic Development Specialist, City of Lewiston; Tom Platz, AIA, Principal, Platz Associates; Darby Ray, Director of the Harvard Center for Community Partnerships at Bates College and LA Arts Board Clerk (group co-chair); Shawn Rice,

Art Teacher, Edward Little High School; Rebecca Swanson Conrad, Cultural Plan LA Advisor, LA Metro Chamber of Commerce member (group co-chair); Sheri Withers Hollenbeck, Owner, The Curio and Founder, Sunday Indie Market.



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

Wednesday, DATE TBD, 2020

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

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

### OPEN BORDERS = NO BORDERS



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



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

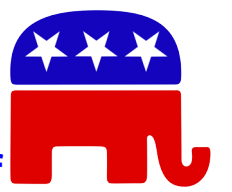


**Mark Phillips**  
National Border Patrol Council, Local 2349  
Executive Board  
Houlton, Maine  
15 years with US Border Patrol / 4 years on Southern Border



**Peter Falkenberg Brown**  
Chairman, Gray Republican Committee  
Conservative Writer & Author  
Host of the "Love, Freedom, & the World" YouTube Channel  
[peterfalkenbergbrown.com](http://peterfalkenbergbrown.com)

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- State Rep Rich Cebra, #68
- State Rep Matt Harrington, #19
- State Rep Lester Ordway, 23
- Former State Rep Cliff Foster, 67
- Former State Rep Mike Timmons, #45

## 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](http://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](mailto: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](mailto: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/](http://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.auburnuu.org](http://www.auburnuu.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](mailto: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](mailto: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](http://www.32auctions.com/cltnotsolittleauction2020). Auction bidding ends at 8 p.m. on June 24.

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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](http://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](http://www.portlanddiocese.org/response-coronavirus)).

For more information, e-mail Dave Guthro, Communications Director for the Diocese of Portland, at [dave.guthro@portlanddiocese.org](mailto: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](http://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](mailto: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](http://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](mailto:allison.small@maine.edu) or Christy Alley, director of Early College at UMM, (207) 255-1268 or [christy.alley@maine.edu](mailto:christy.alley@maine.edu) to learn more about the application process. For more information, visit the Early College websites: [umaine.edu/earlycollege](http://umaine.edu/earlycollege); [machias.edu/earlycollege](http://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](mailto: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](mailto:extension@umaine.edu). Visit UMaine Extension Learn at Home for more online educational resources.

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## Seniors

*Continued from page 8*

arating rapids and fast currents, high water propelled us downriver. About midway, uninvited clouds blocked the sun and cooled the air eliminating any desire to stop for a break or snacks. The last rapid provided the largest

waves and most stimulating paddling of the day. Our intrepid band of seasoned whitewater paddlers aced it.

Shortly after joining the Saco River in Cornish, we arrived at the takeout completing another pleasurable day on the river with great friends, young and not so young.

“You are only young once, but you can stay immature indefinitely” – Ogden Nash.

*Author of “The Great Mars Hill Bank Robbery” and “Mountains for Mortals – New England,” Ron Chase resides in Topsham. Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be contacted at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).*



*The Galway family prepares to launch on the Ossipee River*



*A tandem canoe team navigates a rapid on the Ossipee River*

## COVID19

*Continued from page 3*

come losses. Information about the programs can be found at [www.lewistonmaine.gov/economic-support](http://www.lewistonmaine.gov/economic-support).

Lewiston Public Library: The Lewiston Public Library remains closed until further notice. Library Director Marcela Peres notes that communication continues with local and state officials to develop a reopening plan, and services will be resumed in phases when that can be done safely. However, please note that Library materials will be accepted for return in the Library drop box located on the Pine Street side of the building near the Lisbon Street entrance beginning on Monday, May 18. No late fines are being assessed at this time. Library digital services may continue to be accessed at <http://lplonline.org>.

Lewiston Recreation Division: All Lewiston Recreation Division in-person programming is cancelled for the summer of 2020, to include the Kennedy Park pool. Refunds for those currently signed up for summer programming are being processed. Recreation Superintendent Jason Hanken notes,

“City of Lewiston staff is daily monitoring the impacts and needed precautions regarding COVID19 and will continue to take safety measures to prevent the transmission of this highly contagious virus. It is Recreation’s plan to re-open in the fall for in-person activities, and we look forward to seeing children and families at that time. In the meantime, please stay tuned for REC-Tangles virtual opportunities, and we welcome your input as to what you’d like to see at [recdept@lewistonmaine.gov](mailto:recdept@lewistonmaine.gov). Thank you for your understanding during this challenging time.”

## SeniorsPlus

*Continued from page 1*

as compared with 800 a year ago,” said Sawyer-Manter. “This increase is in addition to the need to deliver boxes of shelf-stable food for our clients so that they have added food security during these unusual times. These deliveries of shelf-stable food are especially critical for our many clients who live in a rural area with no corner grocery store, family, or even neighbors near-

by.”

Older Americans Month celebrates the older adults who make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

Led by the Administration for Community Living (ACL) each May, Older Americans Month has been a special time to recognize these contributions nationally since 1963.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life of those we serve. Annually, SeniorsPlus serves more than 19,000 individuals and fields 120,000 phone inquiries.

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