

Guest column

A piece of woodland solitude in a most unlikely place



map, then headed into the woods. The trail is easy to follow, and has some nice amenities including two bridges and three benches along the route. The only place that's a little tricky is at the location of the second bench, which is a few feet to the left of the main trail. It's easy to think that the trail continues beyond the bench, but not so. Return to the main trail and turn left (slightly uphill) and you'll be on the right track.

The trail emerges from the woods behind the Fluid Technologies building, then follows along the edge of the woods to meet Enterprise Drive near a streetlamp. Cross the street, then

See **Woodland**, page 8

By Jeffrey Ryan

I am always on the lookout for trails, but this is one of those little gems that I discovered by accident. Boy, was I glad I did!

When the architects designed the Enterprise Business Park in Scarborough, they added two nice features that are often omitted — pedestrian friendly sidewalks running the length of the two roads leading inland (Enterprise Drive and Technology Way) and a sweet woodland trail along the Nonesuch River, which is more like a brook in this part of its journey.

Combining the two provides a nice 20-minute walk over gentle terrain.

I parked in the roundabout at the end of Technology Way right near the trail kiosk and



Gorham Food Pantry supporting the community



Bill Couch, co-Executive Director of the pantry, Alison Smith, and Diane O'Neill Board President.

The Gorham Food Pantry has continued to support the community during the pandemic by providing food to residents via weekly "drive through" pantry opportunities. As the pantry supports its clients, the entire town of Gorham has actively supported the pantry through monetary and food donations. Residents have been so faithful in food donations that a second bin has been installed at the top of the ramp at the pantry. As supplies initially became thin at the beginning of the pandemic, so many

people have stepped up in so many ways.

The most recent example is Alison Smith, age 13. Smith has made about 250 masks since the pandemic began. Some have been donated to the Maine Veterans' Home and the rest were sold for \$3.00 each with all of the proceeds going to the Gorham Food Pantry. In addition to mask purchases, Smith also received donations, which she passed along to the pantry. Smith recently presented the Gorham Food Pantry with a check for \$635.00.

Thanks to Smith and many, many other community members, the Gorham Food Pantry continues to be able to provide food to neighbors in Gorham. Small donations can be left anytime in the bin. Large donations (via Amazon, for example) can be shipped to their location at 299-B Main Street in Gorham. Monetary donations can be made via their website at www.gorhamfoodpantry.org, and clients can check that same website for current days and hours of operation.

Maine's Original Social Distancer

He arrived in Monson flush with cash, lost every cent, then made it back. All the while, he was hiding a secret.

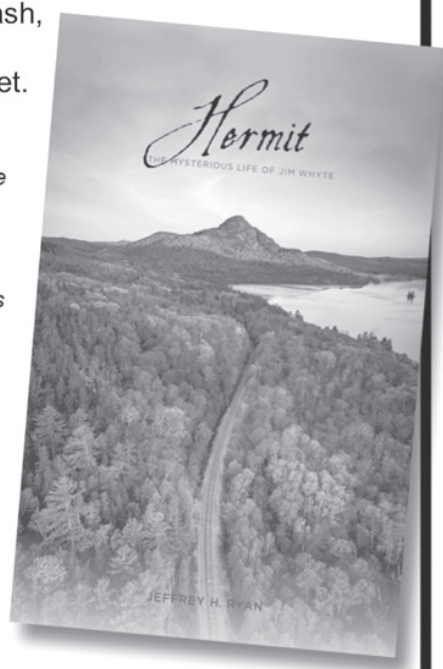
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— Bill Bushnell, *Bushnell on Books*

"I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio."

— George Smith, *Bangor Daily News*

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Governor's Address: We want to save both the lives and livelihoods of Maine people.

Last week my Administration unveiled the "Keep Maine Healthy" plan to protect the health of Maine people while encouraging tourists to visit Maine safely, supporting our small businesses and their workforce during these crucial summer months.

The plan is the result of weeks of discussion and engagement with tourism and hospitality folks, business owners, chambers of commerce, public health experts, lawmakers, town officials, and others.

Here are the basics:

Under the plan, adults – not children – who took and received a negative COVID-19 test within 72 hours before a visit, may forgo the 14-day quarantine upon arrival in Maine.

A negative test indicates that, even when they come from areas with a higher

prevalence of the disease than Maine's, such people are unlikely to have COVID-19 with a negative test or to spread it to Maine residents and other visitors and workers.

So, we strongly urge visitors to "Know Before You Go," meaning they should get tested and receive their test results in their home state before coming to Maine.

We are exempting residents of New Hampshire and Vermont from testing and 14-day quarantine altogether, as of Friday June 12th, because the prevalence of active cases of COVID-19 in those states is pretty similar to Maine's based on population.

By contrast, in places like Massachusetts, New York, and New Jersey – where nearly half of Maine's tourists come from – the virus is eight to eleven times more prevalent than in Maine. Those individuals will be able to stay in a lodging facility in Maine starting



Governor Janet Mills

June 26th.

We are also stepping up our game on symptom checking to keep everybody safe.

The Department of Health and Human Services has teamed up with Maine community colleges to enlist students in the health professions so they may go out and ask visitors in those high-traffic places in tourist destinations about symptoms and offer advice on staying healthy.

We are also offering financial incentives to the towns to develop their own COVID-19 prevention and protection plans – that's federal money to help the towns develop these plans.

Throughout the coming weeks and months, Maine CDC will monitor epidemiological data, as it has throughout the entire re-opening process – case trends, hospitalization rates, reports of COVID-like symptoms, as well as health care readiness and capacity.

There is no question that the COVID-19 pandemic has loomed large over our tourism industry – an industry that is already severely affected by travel restrictions on Canadian visitors; by a downturn in the economy nationally and by a decrease in consumer spending across the country.

Some people are afraid that tourist traffic will increase the spread of the virus, while many small businesses fear that if visitors don't come, they will have to close their doors permanently.

Well I am also deeply concerned about our economy. But boy I can

think of nothing worse, nothing more devastating than an outbreak or resurgence of this deadly untreatable virus at the height of tourist season. Nothing would be worse for our economy and for the tourism industry in particular. I want visitors and staff and the public all to know that they are protected, by every means possible.

You know I get messages every day from people who are grateful that Maine has remained a safe state to live in and that the hard work of our public health people has kept our numbers low. This new plan aims to keep those numbers low and to keep people safe. And it is working.

Just the other day one person wrote:

"My husband works in healthcare... in Maryland. [Other than] FaceTime, I haven't seen him since early March. We [were planning] ... he would drive from Maryland ... to Maine, [so] we were upset with

Gov. Mills' announcement [and] concerned that he wouldn't be [coming into] the state so he proactively took a COVID-19 test... He learned just two hours ago that he's COVID positive. He is asymptomatic... [but] this was a clear shot across the bow for our family [and] we have an extended "familial bubble" that includes an immuno-compromised family member which may have led to devastating consequences."

This family's story is exactly why we developed this plan. By creating layers of protection to reduce the risk of transmission of the virus we can protect the public health, establish Maine as a safe place to visit, and invite tourists to come here safely and support our economy.

We want to save both the lives and livelihoods of Maine people.

Maine REALTORS® host virtual Hill visits

The coronavirus scuttled the plans of fifty Maine REALTORS® to travel to Washington, D.C. in May to meet with Maine's Congressional delegation to discuss real estate policy matters nationally and in Maine. Instead, Maine's REALTOR® leaders from across Maine connected virtually with Senator Susan Collins, Senator Angus King, Representative Chellie Pingree, and Representative Jared Golden to

deliver Maine's latest residential and commercial real estate market information, current perspectives on the federal financial relief programs available to Maine businesses and households, and recommendations for future federal real estate policy directives.

"The US Bureau of Economic Analysis estimated that the real estate industry accounted for \$12.2 billion, 18% of Maine's Gross State Product, in 2019," says

Tom Cole, 2020 President of the Maine Association of REALTORSs and Managing Broker of Better Homes and Gardens Real Estate The Masiello Group in Brunswick. "The real estate industry is an economic driver nationally and in Maine, and our REALTOR® members are best-positioned to offer critical industry insights to Maine's Congressional delegation."

Maine REALTOR®
See Realtors, page 13

Maine Community Bank reopen lobbies, pledge support

On Monday, June 15, 2020, Biddeford Savings and Mechanics Savings, divisions of Maine Community Bank, re-opened their bank branches to the public, following a three-month closure of their lobbies as a response to COVID.

"Our response to the pandemic was swift and our major goals were to keep the community and our employees safe while continuing to provide seamless, critical services to our custom-

ers," explained Jeanne Hult, President and CEO of Maine Community Bank. "Our shift put the emphasis on drive-thru. Now we are ready to re-open fully and are confident about the health and safety precautions we have put in place."

The pandemic, however, is not Maine Community Bank's sole concern. Our cities and towns are in turmoil over the legacy of racial injustice in America. The times demand that we do better by all our citizens.

In an effort to be part of the solution, Maine Community Bank will be supporting programs to help heal communities and is pledging \$5,000 each to two non-profits (to be announced in July) that are committed to helping at-risk youth in building healthy lives: physically, socially, emotionally and academically. Maine Community Bank believes these organizations can and will help our next generation achieve a healthier, more harmonious future.

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Newsmakers, Names & Faces

Maine dog is finalist in American Humane Hero Dog Awards

Based on nearly half a million votes cast by animal lovers across the country, “Dolly Pawton” and “Aura,” two dogs from Naples and Brunswick, have advanced to the semifinals of the 2020 American Humane Hero Dog Awards®. Dolly is one of only three dogs in the nation to vie for the title of the nation’s top service dog of the year and Aura is only one of three in the guide/hearing category. If either win their respective category, they will compete with six other heroic hounds for the top title of “American Hero Dog” at the annual award show. The American Humane Hero Dog Awards is sponsored by the Lois Pope LIFE Foundation and will be broadcast nationwide as a two-hour special on Hallmark Channel. The show will be broadcast in conjunction with the network’s pet adoption advocacy initiative, Hallmark Channel’s Adoption Ever After, which aims to empty shelters and end this country’s epidemic of pet homelessness.

Dolly Pawton is a cardiac alert dog, trained to alert her owner if their blood pressure or heart rate become dangerous. According to Dolly’s handler, “she helps me to function without having to depend on others. Dolly helps in every aspect of my life, including reducing my social anxiety. I was a victim of domestic violence which caused PTSD. I struggled to get out of bed not just because of my health but because my self-confidence was horrible. Because of my fears, it was much easier and safer for me to stay home. People have no idea the pain I

was in before Dolly. Dolly gave me the self-confidence and inspiration to write and illustrate a children’s book called Pawsibly the Best Medicine. It is a biography of Dolly told with a bit of humorous fiction. We bring her book to schools to educate children about service dogs.”

Aura is a trained hearing service dog whose handler lost his hearing after a rocket attack in Afghanistan. According to her handler, “I went from being a blown-up deaf person to a person who now feels safe and secure in the world. She never has a day off and I rely on her to keep me safe. She provides me with the confidence I need to interact in the world.”

Dolly and Aura are just two of 21 heroic hounds who were chosen by the American public to advance to the semifinals from a field of 408 remarkable candidates. The public is invited to visit www.HeroDogAwards.org between now and July 16 to vote once per day in each of the seven Hero Dog categories. The winning dog in each category will take part in the nationally televised Hero Dog Awards this fall, and this year’s top American Hero Dog will be revealed.

The seven categories for 2020 are: Therapy Dogs, sponsored by World Pet Association; Service Dogs, sponsored by Lulu’s Fund; Military Dogs, sponsored by the Lois Pope LIFE Foundation; Law Enforcement Dogs; Shelter Dogs; Search and Rescue Dogs; and Guide/Hearing Dogs.

During the past nine years, Americans have

cast millions of votes for more than a thousand dogs, all seeking the coveted title of American Hero Dog. The program reaches more than 1 billion people each year and draws the support and participation of top celebrity dog lovers from all over the world. Hosts, judges, award presenters and entertainment acts have included Jay Leno, Billy Crystal, Betty White, Ariel Winter, Vivica A. Fox, Rebecca Romijn, Alison Sweeney, James Denton, Beth Stern, Bindi Irwin, Derek Hough, Richard Marx, Katharine McPhee, Michelle Beadle, Whoopi Goldberg, Denise Richards, Lisa Vanderpump, Chelsea Handler, Martin Short, Jewel, Wilson Phillips, John Ondrasik, Carson Kressley, Miranda Lambert, Pauley Perrette, Kristen Chenoweth, Naomi Judd, Eric Stonestreet, Danica McKellar, Shannen Doherty, Sarah Michelle Gellar and many, many more.

Future key dates for the 2020 American Humane Hero Dog Awards (all rounds open and close at 12 p.m. Pacific Time): 2nd Round Voting, May 28 through July 16; 3rd Round Voting, July 30 through September 10; Hero Dog Awards Broadcast, Fall 2020, exact date/time to be announced.

All rounds open and close at 12 p.m. Pacific Time. And because behind every hero pet is a hero vet or veterinary nurse, please be sure to cast a daily vote for your favorites in the 2020 American Humane Hero Veterinarian and Hero Veterinary Nurse Awards®, sponsored by Zoetis Petcare (a U.S. See *Humane*, page 11

Autism and Developmental Disorders treatment facility

Maine Behavioral Healthcare has broken ground on a 28,000 square foot treatment, training and research facility located on the grounds of Spring Harbor Hospital. The project is a \$14.7 million, state-of-the-art facility created to meet the growing needs of Maine families and individuals with a diagnosis of autism and other developmental disorders.

Maine Health, Maine Behavioral Healthcare’s parent organization, is providing half of the funds to the project, and a capital campaign has raised over \$5.2 million from the community toward the other half, leaving a total of \$2.1 million to be raised over the coming year.

The project is led by Maine Behavioral Healthcare’s Vice President of Medical Affairs for Autism and Developmental Disorders Dr. Matthew Siegel, who is a nationally recognized expert in building programs to treat the emotional and behavioral challenges of this population. In fact, The Centers for Disease Control estimates that 1 in 54 children have autism and approximately one in six

children in the United States had a developmental disability, ranging from mild disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disability, cerebral palsy, and autism.

Treatment centers in Maine for these individuals and their families are scarce, as they require dedicated teams of professionals with training and experience with the population. In years past, many families have had to travel to Boston to access services.

“Our vision is to provide Maine people with access to a lifespan-oriented, full-service integrated treatment, research, and training center that will not only meet the needs of Maine families, but it will also generate new treatment models, and advance autism science for the benefit of all,” said Siegel. “We have reached the capacity of our current outpatient facility (in South Portland) and are well positioned to take the next steps in this exciting journey, which promises to benefit countless individuals and their families.”

Wendi O’Donovan of Falmouth, Maine

serves as co-chair of the Center’s capital campaign committee and knows firsthand what it’s like to live with a child with autism. In 2016 her son was among the first graduating class from Maine Behavioral Healthcare’s Center of Autism and Developmental Disorders (CADD) in South Portland so she knows how difficult it can be to find evidence-based services that meet the unique needs of adults like her son.

“I want my son to be able to continue the great strides he made at CADD but there are simply no options in this region,” O’Donovan stated. “These kids and young adults are able to thrive with the right type of care, so I want everyone to know how vital these services are and how much they mean to families like mine.”

The campaign to build the new Center of Excellence has received broad community support with over 100 individuals, foundations and corporations stepping forward with significant gifts. Campaign co-chair Nancy Pond of Cape Elizabeth, Maine is a staunch advocate of the See *Autism*, page 11

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What's Going On

The Boxberry School closes

The Boxberry School in Harrison, Maine will close its doors at the end of the 2019-2020 school year due to enrollment and funding issues exacerbated by the current pandemic. Boxberry was started in 2003 by a group of parents who wanted an alternative educational experi-

ence for their children. Originally in Oxford, The Boxberry School moved five years ago to the campus of Fernwood Cove in Harrison. Adopting an Educating for Sustainability framework, the curriculum focused on place-based education and project-based learning. Integrating the arts throughout an interdisciplinary approach has been one of the long-held values of the school. The staff and board of Boxberry are grateful for all the families who have supported the school during the past 16 years and will dearly miss serving students in the local community.

Maine DHHS launches "Keep It Maine" campaign

The Maine Department of Health and Human Services (DHHS) announced last week that it is launching a new statewide campaign to emphasize the continued importance of public health measures that limit the spread of COVID-19, including physical distancing, wearing of cloth face coverings, and hand hygiene.

The "Keep It Maine" campaign encourages Maine people to continue taking actions that have helped to keep the state's COVID-19 infection and hospitalization rates low compared to other states. Adjusted for population size, as of last Monday, Maine ranked 42nd highest in the nation in terms of positive cases; 40th in the nation in terms of deaths; 30th in terms of patients ev-

er-hospitalized out of the 35 states reporting; and 15th in the percentage of people who have recovered out of the 41 states reporting.

"Maine people and businesses have limited the spread of COVID-19 by keeping to the Maine values that tie us together," said DHHS Commissioner Jeanne Lambrew. "We stay the course and we work together to do what's right for our loved ones, friends, and neighbors. The campaign's theme is built around this shared achievement. Let's keep it up. Let's keep it Maine."

The campaign includes social media and digital ads that will begin this week, followed in mid-June by television ads and a new website with shareable and printable educational materi-

als for Maine people and businesses. DHHS also plans to provide translated campaign materials to ensure its message reaches as broad an audience as possible.

Maine DHHS will work with partners in the health care, business, and other communities to amplify the campaign's messages.

Maine people can protect their health and prevent the spread of COVID-19 by staying home whenever possible, practicing physical distancing and wearing a face covering when not at home, practicing hand hygiene, and speaking with their health care provider if they experience symptoms consistent with COVID-19, such as shortness of breath, fever, and cough.

Spring and summer programming at The Root Cellar

In step with the Governor's reopening plan for Maine, The Root Cellar in Lewiston set in motion their first stage of programming post pandemic shut-down on June 1. Dubbed Sensational Spring, neighborhood teens and young adults are volunteering in a mentor/tutor capacity with very small groups of children in a two-session, day camp style program. The mentors, some returning from previous summer programming, are trained to work with children, meeting them where they're at and working to cultivate relationships. These teens and young adults will continue to develop their leadership skills throughout the summer as they mentor groups for Sensational Spring and for Super Summer (beginning July 6).

The children and mentors are put into small, S.U.P.E.R. Groups (which stands for Supporting, Uniting, Preserving, Empowering, Relationship Group). Each day is split into two sessions. The morning session, called Brain Food is from 9 a.m. to 11 a.m. During this session, the groups eat breakfast and work on writing, math, health science, and tutoring. The afternoon session, from 12 to 3 p.m., is extra-curricular activities focusing on sports, games, art and character development.

Although Sensational Spring has been going well for over two weeks, it has not been without some challenges.

The Root Cellar staff carefully prepared a COVID-19 Policy for their Spring/Summer

programming, with over 50 policies following CDC guidelines for day camps and recreation. Among these guidelines are the requirements that the groups are small and all children, mentors and staff are required to wear masks during any interaction.

"The kids have adjusted pretty well," says Mentorship Program Directory Allysa Morgosh, but it has definitely been a transition for everyone, especially compared to last Summer's activities at The Root Cellar. This difference in operations due to the pandemic is part of the reason Morgosh started Sensational Spring as a stepping-stone for this summer's Super Summer. It gives the kids time to "adjust to something different than they're used to at the Root Cellar," said Morgosh.

While this year has and will look a lot different than any other year, it has been filled with opportunities to bring God's kingdom to the neighborhood. Many needs have arisen due to the pandemic, a primary one being food security. For many children, school was the primary way they received nutritious meals for breakfast and lunch.

Along with expanded food pantry resources for the neighborhood, The Root Cellar became a primary location for breakfast and lunch distribution, in partnership with the Lewiston Public School System. Through distributing lunches, staff and volunteers at the Root Cellar have been able to connect with a significant number of families and children.

Accompanying the meals distributed every day were Brain Food worksheets for all levels of grade-school, prepared and distributed every morning by Morgosh, and staff members Emily Bollinge, and Victoria Derosier.

And despite having limited capacity amid the pandemic, the small groups have been a blessing in disguise. The required structure allows for "a phenomenal staff ratio of two to one. Because of keeping the groups small, we've made a tremendous impact in these kid's lives." Morgosh explains. These small SUPER Groups allow for relationship development and opportunity among friends and neighbors to cultivate social, economic and spiritual wholeness.

"We've had to get creative for field trip opportunities because of COVID-19 and social distancing," Morgosh says. However, because of this, the kids have gotten to experience new things. One example Morgosh shared was that two children learned how to ride bikes during the programming so far, when they had never been on a bike before.

The staff and volunteers are working hard to be a part of the neighborhood this summer despite necessary restrictions due to the pandemic and they look forward to a COVID-aware Super Summer beginning soon.

Stay tuned for more information on summer programming for The Root Cellar in Lewiston and The Root Cellar in Portland. You can also visit <https://therootcellar.org> for more information.

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NRCM appeals DEP permit for CMP corridor

Maine's leading environmental advocacy group, the Natural Resources Council of Maine (NRCM), last week filed an appeal of the Department of Environmental Protection's (DEP) permit for Central Maine Power's (CMP) controversial transmission corridor. NRCM called the permit fundamentally flawed and contrary to the interests of Maine people because the massive transmission line would cause long-lasting, irreparable damage to Maine's environment.

"The CMP corridor would be one of the most destructive projects in Maine history. DEP's permit for this project ignored the basic requirements of our state's environmental laws that protect the health of Maine's forests, waters, and wildlife," said NRCM Staff Scientist Nick Bennett. "What's worse, DEP refused to analyze the most important question concerning the project, the validity of CMP's claims about the corridor's impact on climate change. Without even considering this question, DEP blindly accepted CMP's misleading claims and incorrectly stated they justify the massive damage the project would inflict on Western Maine."

In its legal filing with the Board of Environmental Protection (BEP), NRCM argued that DEP's decision failed to meet the standards of Maine's environmental laws. NRCM also said that DEP had no authority to issue CMP's permit because only the BEP has jurisdiction over permits for projects of statewide significance. (See 38 M.R.S. §§ 341-D(2) and 344(2-A).)

"DEP's permit for this highly controversial project is clearly invalid, and we believe that BEP should reverse DEP's decision once it has reviewed the facts in this case," said NRCM Clean Energy Attorney Sue Ely. "First, the law requires that the BEP, not DEP, issue permits for projects of statewide significance, such as the CMP corridor. Second, it is clear that CMP's transmission line violates the Natural Resources Protection Act and Site Location of Development Act because of its harm-

ful impacts to Maine's environment."

As part of the DEP permitting process, NRCM joined with the Appalachian Mountain Club and Trout Unlimited to present clear and undeniable evidence that the CMP corridor would cause irreparable damage to Maine's environment and economy by:

Permanently fragmenting the largest contiguous temperate forest in North America, a globally significant resource; damaging hundreds of high-quality brook trout streams and ponds due to removal of trees that provide the shade and inputs of large wood that brook trout need to thrive; threatening the tourism and guiding industries, which are critical for the Western Maine economy; severely weakening the ecological webs that connect vernal pools and wetlands to each other through amphibian migration; bisecting the last large deer wintering area in the Forks region; and hampering development of Maine's own renewable energy industry, which would provide far more jobs and environmental benefit than the CMP corridor.

"This project cuts through some of the best and most intact brook trout habitat in Maine. Brook trout are an iconic Maine species, and Maine is the last, best hope for brook trout surviving into the next century in the U.S.," said Bennett. "From the perspective of brook trout conservation, you could not put a worse project in a worse place."

CMP's deeply unpopular proposal is widely opposed by Maine

people. According to a 2019 poll, 65% of Mainers oppose the project. Twenty-five towns have already voted to oppose or rescind their support for the project, as have the Androscoggin and Franklin County Commissioners, two of the state's largest unions, and the Sportsman's Alliance of Maine.

"Instead of destroying Maine's North Woods so CMP and Hydro-Quebec can make billions in profit, Maine should be investing in local clean energy projects that will actually reduce pollution and deliver long-lasting, good-paying jobs for Mainers," said Ely.

CMP and Hydro-Quebec have already spent an astounding \$9 million on an extensive political campaign to try and defend their flagging power corridor proposal, and Hydro-Quebec has been forced to pay a record ethics fine for campaign finance violations. With five months until the November election, this spending frenzy is on track to be the most money ever spent to defeat a citizen initiative in Maine.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor.

Collected signatures to repeal rank choice voting



Martin Meaney, Jack Wibby at the Gray Recycling Center

In May 2020, members of the Gray Republican Committee (GRC) started collecting signatures for a People's Veto to L.D. 1083 to Repeal Ranked Choice Voting in Maine's Presidential Elections. The signature drive is a project of the Maine Republican Party.

To bring the repeal question to the November ballot, volunteers must have submitted

63,067 signatures of registered Maine voters by June 15, 2020, presented to the office of the Secretary of State.

The Gray Republican Committee's first effort was staffed by Jack Wibby, Oram Lawry, and Martin Meaney, who set up a table outside the Gray Recycling Center from 8:00 a.m. until 12 noon on Sunday, May 24, 2020.

Later in May, Mar-

tin and Suzanne Meaney set up tables outside their residence on two separate occasions.

The members of the Gray Republican Committee collected sixty-five signatures, which have been submitted to the Maine GOP.

More information about the Gray Republican Committee can be found on their website at grayrepublicans.org.

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Arts & Entertainment

Fifth graders get a chance to "Try It Online"

From fixing a dented fender to communicating with someone who is deaf to forecasting the weather, fifth graders at Village Elementary School had a chance to explore a variety of careers during "Try It Online" sessions last week. The fifth-grade team of teachers had planned to hold a "Try It Day", but with the shift to remote learning, activities moved to the virtual world through sessions on Zoom.

NEWS CENTER
Maine Meteorologist Jessica Conley brought a message of persistence and resilience to her presentation. Students wanted to know what it's like to be on television, and if she ever gets nervous. Conley assured them that, while her nerves no longer get the best of her, she had to work hard and practice to become comfortable in front of an

audience. "I don't have a really outgoing personality, so it was hard for me at first. But if I can do it, anyone can!" Conley told them. She urged the students not to give up once they find something they really want to do.

Conley also gave them a chance to try their hand at forecasting using weather models that meteorologists use.

Sign language instructor Tani Vincent, from the Maine Educational Center for the Deaf and Hard of Hearing, explained how she found her calling – in kindergarten! "I was invited to learn some sign language to communicate with some students in my school, and I loved it," she told students.

In an activity called "Maine Signs", students learned how to sign a variety of words, including ocean, lighthouse, moose, and blueberry.

Then they competed to see who could identify the signs quickest.

There are more jobs at Moody's Collision Centers than most people realize. Ben Moody shared and narrated a video highlighting some of them. Students saw how damage is assessed, different methods for fixing dents, and the process for painting a vehicle after it is repaired.

Asked what it takes to get hired at Moody's, he told the students they look for people who are willing to learn, work hard, and solve problems.

Send all items for **Names & Faces** to **Editor@GorhamWeekly.com**. Deadline is **Friday by five**.

Carters Green Market ready for Father's Day

Come to Carters Green Market for a nice variety of Father's Day cards and gift items including specialty chocolates, hot sauces, various grooming products, plenty of craft brews and more!

Carters Green Market is located at 18 Elm St, Gorham and are open Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday 10 a.m. to 3 p.m. For more information call (207) 222-0004.



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Penobscot theatre dramatic academy to offer online classes

Penobscot Theatre Dramatic Academy is pleased to announce Summer Zoomin', a virtual summer theatre camp. Students ages 4 to 18 will have the opportunity to participate in a full theatrical experience while maintaining the safety of sheltering in place at home. Ben Layman, Director of Education said, "We are so excited to pair with our own beloved teachers as well as local and regional artists to provide this innovative program. There is something for everyone, and we couldn't be happier to be able to maintain student safety and provide challenging and fun content!" All classes will be offered through the Zoom format and end in a streaming performance experience.

The Tempest by William Shakespeare. Session One: July 13 through 31 (Ages 8 to 18) Monday, Wednesday, and Friday from 1 to 4 p.m. Students will explore Shakespeare's most magical play with instructor Ben Layman, while participating in daily acting warm up and workshops with local and regional performers. The session will culminate in a live streaming performance on July 31. \$300.00

Night Of The Living Dead (Radio play)

Based on the classic film script by George A. Romero. Session Two: August 3 through 21 (Ages 13 to 18) Monday, Wednesday and Friday from 1 to 4p.m. Instructors Ben Layman and Neil Graham will coach students in creating this new adaption of the classic spooky tale. Daily acting warm-ups and workshops in voice acting, audio production and sound effect design will be offered. This session will end with a live streaming performance of the radio play as well as a broadcast on local community radio on August 21. \$300.00

Tiny Tales: (Ages 4 to 7) Session 1: July 13 through July 31; Session 2: August 3 through 21, Monday, Wednesday and Friday 11 to 11:30 a.m.

Tiny Tales is an interactive storytelling workshop for our youngest friends! Students will work with instructor Ben Layman on the basics of performance and expression through movement. A parent or other guardian will be required to accompany students in this class. \$50.00

Tap and Jazz for Musical Theatre: (Ages 8 to 18) Session 1: July 13 through July 31; Session 2: August 3 through 21, Monday, Wednesday and Friday from 1 to 2 p.m.

A Musical Theatre dance intensive! Students will work with special guest instructor Joseph Cullinane of the Joffrey Ballet. No dance experience is necessary! \$180.00

Register at https://boxoffice.xprinttixusa.com/penobscot/donate?w=education&utm_source=DA+ZOOMIN+SUMMER+PR&utm_campaign=DA+ZOOMIN+SUMMER+PR&utm_medium=email.

All classes have a limited enrollment. Students must be enrolled via our website at penobscottheatre.org prior to the first class. Full payment will be required at the time of registration. Any questions can be directed to Ben Layman, Director of Education, at education@penobscottheatre.org or (207) 462 4347.

Penobscot Theatre Company is America's Northeastern-most professional, year round theatre company, owners of the historic Bangor Opera House, a 501(c)3 not-for-profit organization, producing a wide variety of plays and musicals each season. For a complete list of show times, pricing and more information about the season visit www.penobscottheatre.org.

Maine Music Society cancels 2020-2021 season



Maine Music Society Choral

The Maine Music Society Board of Directors regretfully decided to cancel its entire 2020-21 season including John Corrie's final concert, A Gala Farewell, that had been postponed to September 27. The Directors made this decision after careful review of recent studies done regarding the virus and choral singing, and in response to recommendations by several national choral

organizations. They were advised that it will not be safe to rehearse or perform until the threat of the COVID-19 pandemic can be controlled. The safety of their audience and chorale members must come first.

MMS will endeavor to find other ways to celebrate John Corrie's 14 years of growth, fun and amazing music with MMS. Meanwhile, friends and patrons are

welcome to send a personal note of thanks and best wishes to John via the MMS office. The address is: John Corrie, Maine Music Society, 46 Cedar Street, Lewiston, ME 04240

On a positive note, members of the MMS Chorale are sharing music that they love through the MMS Facebook page, accessible through the website, www.mainemusicsociety.org.

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!)
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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

Woodland

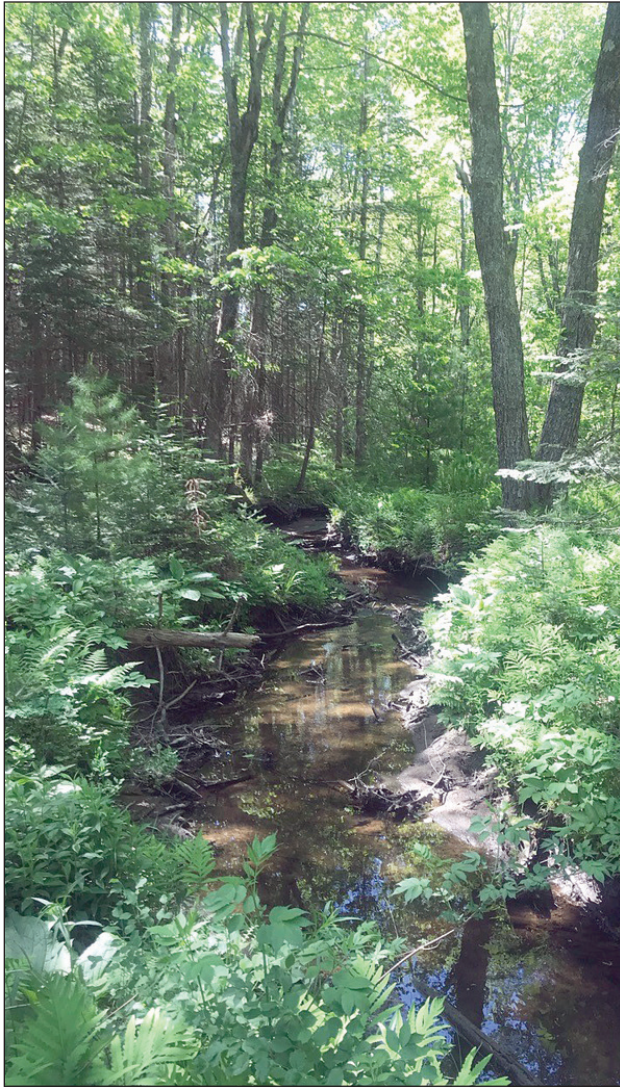
Continued from page 1

take a left, following the sidewalk down Enterprise Drive and Technology Way back to your vehicle.

According to the trail map at the kiosk, there are plans to add another one mile plus of woodland trail to the system, which will be a nice addition. Even without, it's nice to find a little pocket of solitude to enjoy, especially when some of the more well-known local trails are crowded.

Next week, I'll cover the 10-mile second leg of the pedestrian and bike friendly Sebago to the Sea Trail.

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



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QUESADILLAS flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.

<p>CHEESE - 6.95 CHEESE & BEAN - 7.95 GRILLED STEAK - 11.95</p>	<p>SEASONED GROUND BEEF - 9.95 BRAISED MUSHROOMS - 9.95 SHREDDED PORK - 9.95</p>	<p>CHAR GRILLED CHICKEN - 9.95 HOUSEMADE CHORIZO - 9.95 BBQ PULLED PORK - 10.95</p>
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Add rajas to any quesadilla (sauteed peppers & onions) - 1.95

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On Purpose Well Being Center reopened



While businesses struggle to stay afloat, On Purpose Well Being Center continues to morph into what we call a home and community!

After On Purpose Well Being Center (OPWBC) was closed down due to COVID19, a deer runs through the studio, and guidelines change for re-opening, Catherine Wilson, owner of OPWBC clears the way and sets the blueprint for outdoor workouts, one on one personal training and finding exercise enthusiast a new home with welcome arms.

OPWBC is offering 1 on 1 personal training inside and classes outside. They will be complying with the CDC and keeping the facility clean and disinfecting

any equipment after every use. They ask for attendees to dress appropriately for outside classes (bring a hat). They sell bottled water, but you can bring your own as well. You can also bring your own bands and weights if you prefer.

OPWBC offers personal training, small group classes, and both secular and Christian faith-based programs. Wilson is one of four certified Revelation Wellness Instructors in Maine and holds her faith-based classes "near and dear to her heart." She loves to walk with you through your journey to well-being —not just physical but mind and body and spirit.

The center is also offering a free first time visit for the Sunlighten Far Infrared. The new technology of Far Infrared Sauna has many benefits: Repeated infrared treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventative role for sauna use for arteriosclerosis, Lyme disease, pain

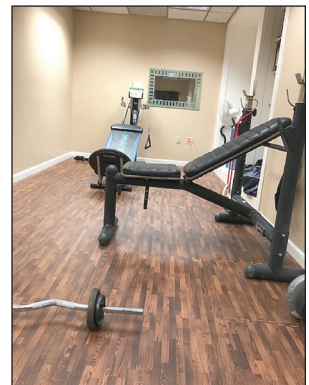
relief, weight loss, improves circulation, and detoxification.

Amanda Kezal owner of Holistic Pathways offers a yoga practice at On Purpose Well-Being Center. We are hopeful they will come back to gather in-studio August 3 to finish summer session together. If the guidelines change, they would love to get together sooner. They continue to practice online at holisticpathways.com with following schedule: Monday 9 a.m. Gentle; Tuesday 6:30 p.m. continuing Yoga; Wednesday 9 a.m. Yoga with Weights; Wednesday 6:30 p.m. Yoga Fusion

The complete membership at OPWBC will give you the opportunity to take advantage of all services. This membership includes unlimited virtual classes (in case you oversleep, or work piles up), unlimited outdoor classes, and unlimited sauna visits! What else do you need to reboot to the healthiest you after your stay at home for three months. Join a community of both male and females who want to get their body, hearts

and minds back on track! Right now, OPWBC is offering a 10% off your first purchase as a gift in celebration of their one year anniversary! If you have had a workout home and it has been closed due to COVID19, they will honor you a second month at 10% off.

OPWBC staff wants to know how they can help you get back on track! They also offer a trainer app that helps you stay accountable for your weekly workouts which includes your assessments and a guide to your eating habits through myfitnesspal. There will be masks, sanitizer, and a very responsible team to help everyone stay safe. Other eight-week class passes are also available. Do Everything On Purpose!



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Students awarded The Leon A. Gorman Endowed scholarship

Nine Maine community college students were awarded scholarships in honor of Leon A. Gorman for the upcoming 2020-2021 academic year.

This is the fifth year the Leon A. Gorman Scholarship has been given. For the past three years the scholarship has been awarded to one student from each of the seven community colleges. This year the scholarship was expanded to support three students at Southern Maine Community College, the largest college within the Maine Community College System. Each of the nine Leon A. Gorman Scholars will receive an award equal to a full year of tuition at a Maine community college.

The Leon A. Gorman Endowed Scholarship was established in 2014 by the children of Leon and Lisa Gorman in honor of Mr. Gorman's 80th birthday. The scholarship supports Maine community college students who demonstrate strong academic achievement, financial need, and a commitment

to community service, a hallmark of the scholarship's namesake.

"This scholarship was so meaningful to my father who understood the importance of the community colleges and their hardworking students. He would have been proud to be associated with these smart, motivated and dedicated recipients who devote so much of their time and energy to their education, families and communities," said Jennifer Wilson on behalf of her family.

The 2020 Leon A. Gorman Scholars are: Kacie Simpson (Lewiston, ME), Nursing, Central Maine Community College; Kateryna Bagrii (Levant, ME), Nursing, Eastern Maine Community College; Gregory LeCorps (Dixmont, ME), Sustainable Construction, Kennebec Valley Community College; Ethan Chadwick (Abbot, ME), Precision Machining Technology, Northern Maine Community College; Fazel Qaney (Westbrook, ME), Information Technology, Southern Maine Com-

munity College; Patrick Remedis (Bridgton, ME) Business Administration, Southern Maine Community College; Marcus Taylor (Wells, ME) Communications & New Media and Liberal Studies, Southern Maine Community College; Joshua Flaherty (Gorham, ME), Mechanical Technology, Washington County Community College; and Natalie Nguyen (Biddeford, ME), Health Studies, York County Community College.

Leon Gorman was passionate about the state of Maine. His investments in Maine's community colleges exemplified that passion. He understood that Maine's community colleges not only positively impact the lives of many aspiring individuals and their families, but also have a positive economic impact. Quite simply, he believed that well-educated community college graduates forge a bright future for the State of Maine.

"I want to offer a hearty congratulations to this year's Gorman Award, page 13

Parishioners return, Bishop Deeley discusses meaning of Trinity

"How nice to see you this morning!" said Bishop Robert Deeley. "We are grateful to God that we are able once again to celebrate and receive Eucharist together."

Last Sunday Masses capped the first week of public Masses in Maine since mid-March, when large gatherings were restricted as a result of the COVID-19 pandemic.

With an attendance limit of 50 people and a list of other protocols and safeguards in place, the first week was a successful one as many parishioners returned to pews while many others continued to participate in Masses via the extensive live-streamed Mass schedule in place throughout the Diocese of Portland.

During his homily at a Sunday morning Mass at the Cathedral of the Immaculate Conception, Bishop Deeley spoke about many of the visible safeguards in place, like social distancing and masks, as well as the efforts that parishes are making behind the scenes.

"Following each of the Masses, we are cleaning and sanitizing those spaces which have been used. That involves special supplies and materials and a lot



of work!" the bishop told the limited gathering in the pews and the large gathering watching online. "I am grateful for the great effort our parish staffs have done to get ready for this return. They have worked with their pastors diligently to follow the guidance we have received to do this as safely as possible. The cleaning materials are needed by everyone, but the supply is limited. It is also costly.

Thus, I am grateful for your continued use of the online giving for your parishes; more than ever, our parishes need support."

June 7 marked Trinity Sunday, which originated in the fourth cen-

tury and is celebrated on the Sunday following Pentecost. The Council of Nicaea in 325 affirmed the biblical view of Jesus as both fully God and fully human, as well as the belief in the Triune God.

"We acknowledge what we believe, God is Father, Son and Holy Spirit," said Bishop Deeley. "The liturgy focuses our attention on what the Scripture teaches us about God. God is love, a love which is expressed in the mystery of the Trinity. The Father, Son, and Spirit are one because God is love. The three live in love, the Father giving to the Son, the Son responding See Bishop, page 13

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Margaret E. Matthews, M.D. is closing her physical medical office in Auburn as of July 31, 2020.

Telemedicine visits will continue until office patients can transition to new providers.
Contact 795-6970 for more information.
In person visits continue for patients in facility care.

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Humane

Continued from page 3

business unit of Zoetis), starting June 11 right here: www.HeroVet-Awards.org.

“The American Humane Hero Dog Awards are our way of honoring the best of our best friends,” said Dr. Robin Ganzert, American Humane president and CEO. “This unique effort brings attention to the life-changing, life-saving power of the human-animal bond – something that has been a core part of our organization’s mission since 1877.”

“The Hero Dog Awards celebrate America’s often unsung heroes,” said philanthropist and Platinum Presenting Sponsor Lois Pope. “From those who defend our country to those who help us heal, guide us, protect us, and help find the lost, every single contender exemplifies the courage and heroism we seek to spotlight in this campaign. Our goal is not only to honor these magnificent dogs but to inspire America to reflect on the outsized contributions that animals make in our lives each and every day.”

For more information about the 2020 American Humane Hero Dog Awards, and to vote daily, please visit www.herodogawards.org. For more information on sponsorship opportunities, email Mari Harner at marih@americanhumane.org or call 1-800-227-4645.

American Humane is the country’s first national humane organization, founded in 1877. For more information, please visit www.americanhumane.org. Please follow us on Facebook and Twitter and to inquire about Hero Dog

Awards sponsorship opportunities, please email Mari Harner at marih@americanhumane.org.

Hallmark Channel, owned by Hallmark Cards, Inc., is Crown Media Family Networks’ flagship 24-hour cable television network. As the country’s leading destination for quality family entertainment, Hallmark Channel delivers on the 100-year legacy of the Hallmark brand. The network features an ambitious lineup of original content, including movies; scripted prime-time series; annual pet specials including, “Kitten Bowl” and “American Rescue Dog Show”; and a daily, two-hour lifestyle show, “Home & Family.” Additionally, Hallmark Channel is the exclusive home to world premiere presentations of the acclaimed Hallmark Hall of Fame franchise. Dedicated to helping viewers celebrate life’s special moments, Hallmark Channel also offers annual holiday programming franchises including “Countdown to Christmas” and many other seasonal offerings. Rounding out the network’s diverse slate are some of television’s most beloved comedies and series, including “The Golden Girls” and “Frasier.”

For more information, please visit www.crownmediapress.com. To visit the network website, please visit www.hallmarkchannel.com. Hallmark Channel on Social Media: Facebook, Twitter, Pinterest, YouTube.

Lulu’s Fund, which is part of the Timothy T. Day Foundation, was founded in 2012. Named after the Day’s beloved pug Lulu, Lulu’s Fund continues the Foundation’s ongoing commitment to supporting organizations in the an-

imal rescue community throughout the United States. Organizations that receive support from Lulu’s Fund are primarily those that rescue abused, neglected and abandoned dogs. Their focus is to treat existing medical issues, provide spay and neuter services, place dogs in safe foster homes, and ultimately find forever homes for the animals. For more information about the Foundation, visit www.tdayfoundation.org.

Autism

Continued from page 3

program.

Pond stated, “This is a tale of how Dr. Matthew Siegel and his remarkable team stepped forward to present a compelling case for a new and expanded services program for families. It’s a story of thanks to friends in Maine, New Hampshire and other New England states who stepped up. Families in New York and other regions combined friendships with foundations for support and with the unwavering commitment of Maine Health Leadership we’re getting close to realizing our financial goals. We’re excited and recognize that this is truly an extended community effort with an invitation for you to join the efforts and be part of this good news story.”

The new Center of Excellence is also guided by a community advisory council, composed of parents, providers, policy makers and advocates who support and inform the direction of the Center. Council member Cathy Dionne, who is also the President of the Autism Society of Maine (ASM), noted, “Expanding children services for autism is needed in our

state and having services for adults with autism is exciting as that is very limited. Our children do grow up, they need professionals who understand autism and can provide a service into their adulthood. ASM looks forward to our ongoing partnership with Maine Behavioral Healthcare.”

Scheduled to open in summer 2021, the project aims to bring a whole new level of care, research and provider training to Maine.

“MaineHealth is incredibly proud to support this effort and of the strides we have made to provide care for this vulnerable population,” said Petersen. “While we would ordinarily hold an in person groundbreaking ceremony, during this period of the COVID pandemic we will adhere to the social distancing guidelines as set forth by the state and CDC to maintain the health and safety of our community. Regardless, there is much to celebrate as we look forward to opening the new center next year.”

Gorham adopts outdoor dining policy



In response to the 2020 Coronavirus pandemic, the Town of Gorham has adopted the following Outdoor Dining Policy to encourage and better assist public dining options available under the current circumstances. The Policy does not require obtaining additional use permits or approvals from the Town.

Town staff is available to provide any assistance needed to businesses looking to open with public dining meeting the Outdoor Dining Policy. If you have any questions or wish to discuss further, contact Gor-

ham Economic Development Director - Kevin Jensen at 222-1628.

The goal is to encourage more outdoor dining options to support Gorham’s local business community while keeping patrons safe. Please know staff value your feedback as they implement this policy, and are open to suggestions on ways to improve it.

Town of Gorham’s Updated Outdoor Dining Policy can be viewed at https://www.gorham-me.org/sites/gorhamme/files/news/outdoor_dining_policy_rev_06_03_20.pdf.

Nonesuch River Brewing

Nonesuch River Brewing continues to safely serve the community delicious food and drinks in their outdoor seating!

They are open

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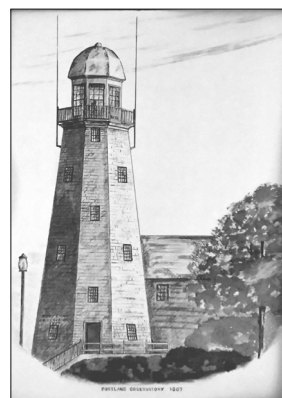
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“Delighted to Be Back”: Maine churches reopen

The parking lot had several cars waiting for me to open the doors,” said Fr. James Nadeau, pastor of Christ the King Parish in Skowhegan. “They were eager to get back to Mass.”

It was an experience felt by many Maine priests on Monday, June 1, as Catholics happily walked into churches across the state for the first time since public Masses were suspended on March 18 due to the COVID-19 pandemic.

“We were nervous back there because we knew there would be people here today,” joked Fr. Frank Murray, pastor of St. Paul the Apostle Parish in Bangor, to the faithful in attendance on June 1 at St. Mary Church. “I can see your smiling faces, even behind the masks. It’s an exciting day for us.”

“It was great making eye contact with people rather than staring into camera lenses,” said Fr. Louis Phillips, pastor of parishes in Windham, Westbrook, and Gorham. “There was a lot of excitement among the members of our daily Mass crowd. From my perspective, it was great hearing the people’s responses for a change.”

Participants at the Masses described feeling a range of emotions: happiness for being back,

joy for seeing fellow parishioners, surprise as they observed some of the protocols being followed to ensure the safety and protection of all involved, and gratitude for the chance to receive the Eucharist.

“I know it’s important to make my homily nice and brief as the masks are pretty uncomfortable,” joked Fr. Daniel Greenleaf, pastor of Prince of Peace Parish in Lewiston, during a Mass at the Basilica of Ss. Peter and Paul. “You didn’t come here to hear me anyway as you could have done that at home online. You’ve come to receive the greatest gift: Christ in the Eucharist. It’s so meaningful to watch that as a priest.”

“I was edified to see how much the people were hungering for the Eucharist. They were very gracious and grateful to have the opportunity. I made it a point to greet them as they arrived, from a socially acceptable distance, of course,” said Fr. Phil Tracy, pastor of the Parish of the Holy Eucharist in Falmouth. “I loved having a congregation and hearing the people’s part instead of listening to it in my head.”

“The folks that were here were delighted to be back,” said Fr. Bill Labbe, pastor of St.

Thérèse of Lisieux Parish in Sanford and St. Matthew Parish in Limerick. “They participated well and accepted all the protocols with humility and generosity.”

Attendance was capped at 50 people, masks were worn by all attending Mass, and pew seating arrangements were unique to each church. Social distancing guidelines were maintained, including during the distribution of Holy Communion.

“All went well,” said Fr. Gregory Dube, rector of the Cathedral of the Immaculate Conception and pastor of the Portland Peninsula and Island Parishes. “People took the ushers’ guidance well and Holy Communion went very smoothly. People were very happy to be at Mass.”

“I thought it went really smoothly, and it felt pretty much like a normal Mass, other than the little bit of instruction we got,” said Charlie Fitts, a parishioner. “I thought it was great.”

“We’ve worked pretty hard at having a system in place, both a physical system and a social system, and it seems like it’s working really well,” said Carolyn Mitchell, a pastoral associate at the Cathedral, who served as one of the ushers on Monday



afternoon. “It’s been really nice to see people, and I’m seeing people from multiple parishes, so it’s not just cathedral parishioners attending this Mass.”

After each Mass, the seats and pews were sanitized and knobs, door handles, and other touched surfaces were cleaned.

Understandably, for many, it is not yet time to return to Mass in person. 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 parishioners won’t be able to attend in person due to the capacity restrictions or if they are at a higher risk for severe illness from COVID-19.

“There weren’t

many familiar faces from the older daily Mass crowd on Monday,” said Fr. Tom Murphy, pastor of All Saints Parish in Brunswick. “It may sug- See Churches, next page



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Thursday, June 18

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. 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!

Thursday, June 18

Grand Central Wine Bar reopens for outdoor seating. Visit <https://www.grandcentralwinebar.com/> for more information.

Friday, June 19

Baby Yoga: Baxter Memorial Library Youth Services Librarian (and certified children's yoga teacher) Heidi Whelan will lead this supportive community yoga class for babies and their caregivers from 9:30 to 10 a.m. This class will focus on nurturing the baby/caregiver bond through gentle massage, stretching, and singing. Restorative poses will be included for the caregiver. Recommended for babies 6 weeks old to new walkers. A

Calendar

Send your submissions to the Editor. More online.

registration form for the Zoom link to this session will be posted on the website at least a week before the event.

Monday, June 22

Stuffed Animal Portraits: Bring your favorite stuffy to the art table! Join Ms. Dani on Facebook to learn how to paint your favorite stuffy's portrait using paint and lots of love! Suggested supplies to gather before the program are paints, brushes and/or cotton swabs, water and paper. If you do not have paint, use markers or pudding. No paper? No worries. Grab a paper bag or wrapping paper. This is a great family activity for all ages. Parents you can paint too.

Tuesday, June 23

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. 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!

Wednesday, June 24

Vegetarian Sushi with Ms. Heidi, for all ages: Watch Vegan Shark Librarian Ms. Heidi on Facebook as she prepares colorful fresh vegetable sushi. Fun for anyone who wants to learn more about sharks and tasty food!

Thursday, June 25

UMaine Extension offers webinar on ticks from 1 to 2:30 p.m. led by Griffin Dill and Dr. Beatrice Szantyr. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 262-7726 or donna.coffin@maine.edu.

Thursday, June 25

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. 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!

Friday, June 26

Toddler Yoga, Class appropriate for confident walkers to age 3: Toddlers and their caregivers are invited to join our Toddler Yoga class on Zoom. Ms. Heidi Baxter Memorial Library Children's Librarian and certified children's yoga teacher will be leading a Toddler Yoga class. In this supportive community class toddlers will be introduced to games, songs, and movements that will help toddlers with their co-ordination, motor-skills, and confidence in moving their bodies. A registration form for the Zoom link will be posted at least a week before the event.

Sunday, June 28

Annual Silver and Gold Anniversary Mass at 10 a.m., live-streamed from the Cathedral of the Immaculate Conception in Portland on www.portlanddiocese.org/online-Mass and [**FLAGSHIP CINEMAS**](http://www.</p>
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facebook.com/Portland-Cathedral. Couples who are celebrating major milestone anniversaries of 25 years, 40 years, and 50 or more years in 2020 may register, but all are encouraged to participate. Registration is open at www.portlanddiocese.org/olff/silver-gold-mass.

Monday, June 29

Unicorn on Roll, all ages: Join Miss Becky on Facebook as she teaches you how to create your own paper roll unicorn. For this craft you will need the following items: 1 empty toilet paper or paper towel roll, paints, paintbrush, scissors, glue, glitter, ruler, yarn, black and pink

markers, and scrap paper for ears and horn. Get creative with your supplies. If you don't have paint, use markers or crayons. Don't have yarn? Use string, rubber bands or strips of paper.

Tuesday, June 30

Librarian Grab Bag – Discovery Time, for ages 18mons-5yrs: Join the library staff on Facebook at 9:30 a.m. 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!

Realtors

Continued from page 2

TORS® discussed the U.S. Small Business Administration's PPP and Pandemic Unemployment Assistance (PUA) programs; asked for co-sponsorship of the federal Securing and Enabling Commerce Using Remote and Electronic Notarization (SECURE) Act of 2020; and urged federal support of all efforts to improve Maine's telecommunications infrastructure for tele-working, tele-health, and educational opportunities.

"A robust communications infrastructure, including cellular technology and broadband, is imperative for Maine's economic growth and to expand opportunities for the sale of real property, both residential and commercial. Households and businesses moving to Maine demand high-speed connectivity," says Cole. "Our meetings with each of Maine's Congressional delegation affirmed their commitment to this shared goal."

Churches

Continued from previous page

gest that people are seriously cautious as they should be."

"There are some parishioners who were eager to return to Mass right away, while others are hesitant to return in person due to health concerns," said Fr. Kevin Upham, parochial vicar of Portland Peninsula and Island Parishes.

But even for those still participating from home, the sight of the faithful back again meant a great deal.

"We received a comment from someone who live-streamed the Mass remarking how wonderful it was to see people actually receiving the Eucharist," said Fr. Labbe.

"As a golfer, I never thought that people would need to make 'tee times' to attend Mass, but it went rather smoothly," said Fr. Tracy. "It was great to have more interaction with parishioners. I hope that the people watching on livestream had a better sense of participation in the Mass with having others present."

For more informa-

tion about Maine 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).

Award

Continued from page 10

man Scholars, who have demonstrated hard work, service to others and achievement, especially during such a challenging time. We are very proud of these students, and grateful that the enduring legacy of Mr. Gorman honors these impressive students who have worked so hard," said Maine Community College System President David Daigler.

Mr. Gorman was the longtime president and CEO of L.L.Bean. He was deeply committed to the people and places of Maine and recognized

the power and potential of Maine's community colleges to transform people's lives. He and his wife Lisa worked quietly behind the scenes supporting the colleges and the couple was central to the 2009 establishment and success of The Foundation for Maine's Community Colleges for which Mrs. Gorman continues to serve as vice chair.

Bishop

Continued from page 10

in complete trust to the Father's love, coming to save us, and the love of Father and Son becomes the Holy Spirit continually renewing love in the world, and guiding the work of the Church."

The feast of the Trinity is not to be seen as a theological problem but, rather, as a joyous statement about God.

"That revelation of God's kindly gaze on us, his children, offers us a very positive prospective," said the bishop. "God is not conceived as a solitary monolith but as a union of three persons in love. This one God, in three persons, is described as Love, and is

seen as full of love for all he has created and particularly, you and I, the men and women he has created. The invitation of the feast is, for us, those who benefit from this love of God, to live in that love."

The bishop said that what we learn about the Trinity last weekend can teach us more about the recent tragic death of George Floyd, the massive outpouring of anger and grief that has followed, and what is next.

"I was out for my walk one day during the week," the bishop told the assembly. "This day, I came upon some children playing. They were all black and happily enjoying their games. But on the sidewalk was the product of their afternoon artwork. They had drawn a colorful representation of the slogan of the demonstrations: Black Lives Matter. I thought to myself, why, ever, would these beautiful children ever think that their lives do not matter? Yet, when we talk to black people, they share with us that they do not believe our society values them. Systemic racism begins in

the attitudes of the individuals in a society. And, therefore, overcoming racism will begin with each person reflecting and acting personally, to change their view. Society will change when we change."

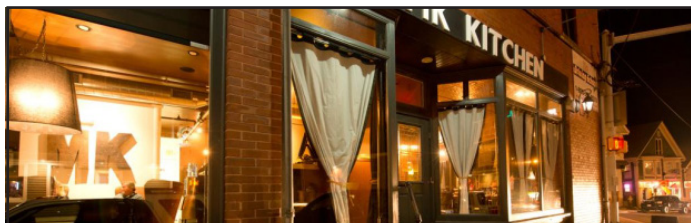
The response of Catholics must be to affirm their commitment to foster respect and justice for all people.

"The Trinity tells us of God's love for each of us. Let us resolve in our prayer today to do what we can to help those children I encountered know of that love and know that their lives matter, Black Lives Matter. God, Trinity, Love, who is with us in Jesus our Savior, and who guides us in the Holy Spirit, shows us the way."

The dispensation from the obligation to attend Sunday Mass continues to be in place. In light of that as well as capacity restrictions at this time, consider attending a daily Mass instead of a weekend Mass if you are able. Updates to the public Mass schedules at Maine parishes will be made at www.portlanddiocese.org/ReopeningChurches.

Restaurant Directory

Restaurant Name	Phone	City	Open?	Take-out?	Curbside?	Delivery?	Hours	Website
Junction Bowl	(207) 222-7600	Gorham	Yes	Yes	Yes	Yes		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



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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

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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

Support small businesses



John and Janice

By The John and Janice Team

In a time where there is more and more “social distancing” many homeowners are online taking “advice” from large online companies. Especially in a rural state

such as Maine, we think it’s vital for people to rely on local people.

Turn on any station and you will see and hear advertisements about big money sites that vendors actually pay to have their company/brand recom-

mended to real people like you looking for help and services. Does this mean that they actually deserve the recommendation, or does it mean that they paid enough fees to have a large marketing site push their business falsely?

Small businesses are struggling. They cannot afford to pay these big online sites to market their performance. Our suggestion — go old school. Ask your neighbors, ask your piers, look around and ask the right questions and don’t rely on an automated website that gives you advice based on how much money a vendor pays them.

The John and Janice Team have a list of local providers that we personally recommend with faith and respect. Our clients, both new and past, rely on us to help them navigate to the best local professionals to fulfill the needs that they encounter. From carpentry, septic, water, heating, plumbing, even restaurants — we are local. We take care of our local communities as well as our public.

The artwork of the late Father Paul Plante available

The long-admired artwork of Fr. Paul Plante is available for purchase on a website (www.paulplante.com) that serves as both a canvas of his immense talent and a tribute to his indelible legacy.

The work of Fr. Plante, who died in June of 2016, has been featured in art galleries around the country. His most famous work focuses on the eyes of songbirds, hawks, ducks, and other birds in 4 ½” x 4 ½” oil pastel paintings. The paintings reflect his fascination with birds, their spirit and their furtive nature. His portfolio also includes fish, plums, apples, and more. The work is searchable by collection and category on the new website.

Visitors to the site will also have the chance to explore a few of the many other contributions made by Fr. Plante during his life. One section features his homilies, while another is dedicated to his professional experiences and even includes the words of the artist himself.

“I look at my artwork with the same awe



that makes me wonder who I am as a person,” reads part of Fr. Plante’s writings. “In many ways, I’m discovering myself in my art. I also sometimes feel as though the depths of my being are exposed through my art. When the result in another person is joy or awe and wonder, it makes it all worthwhile.”

A Sanford native, Fr. Plante attended St. Ignatius Elementary and Junior High School taught by the Ursuline Nuns and the Brothers of Christian Instruction. He was ordained to the priesthood on May 8, 1971, by Archbishop Peter L. Gerety at St. Ignatius Church in Sanford. After his ordination, he served as chaplain of the Portland hospitals

(1971); parochial vicar at St. Louis Church in Auburn (1971-1975), St. Joseph Church in Biddford (1975-1976), and Holy Cross Church in Lewiston (1976-1985); parochial vicar as well as rector of the Cathedral of the Immaculate Conception in Portland (1985-1993); and pastor of St. John Church in Winslow (1993-2004) and Our Lady of the Lakes Parish in Oquossoc (2004-2016). In 2009, he was assigned as Vicar for Priests while remaining pastor of Our Lady of the Lakes.

At the request of Fr. Plante, all proceeds from the website will be given to the Roman Catholic Diocese of Portland to be used for diocesan needs.

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