

Guest Column

Positive works!

By Janice Pompeo of John & Janice Real Estate Team

As self-employed people ourselves (realtors), we have seen the swift impact the current situation has had on those businesses around us on so many levels. We would like to not speak of the negative but focus on the positive. We see local businesses around us reopening (with respect to the CDC guidelines) and many patrons so thankful to be able to leave their homes and have interactions with others.

Recently Sebago Brewing, at 616 Main



John and Janice. Photo by Kelly Carey Photography.

Street Gorham, re-opened their brewery and tasting room. This was a highly anticipated event for many of the local fans! They put a large tent up filled with

socially distanced tables and chairs on the lawn beyond their already current patio (the tent was provided by Party Time Rentals; another locally See **Positive**, page 9



Sebago Brewing's new tented patio for re-opening.

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.

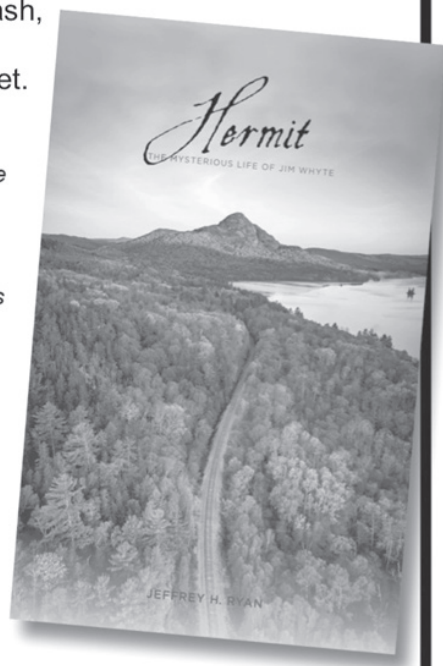
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— 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

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



Gorham Aroma Joe's now open

Gorham Aroma Joe's is open every day from 4:30 a.m. to 10 p.m., for drive-thru, Door Dash/Uber Eats, take-out and in the café with limited dining seats.

Aroma Joe's asks that their customers to please wear masks and follow six feet social distancing. Some dining tables and seats have been removed to ensure the six feet apart standard is adhered to, as well as the addition of floor stickers for waiting in line. There are also sanitizing stations with sanitizer wipes and hand sanitizer, along with extra cleaning measures for the employees to follow.

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Newsmakers, Names & Faces

Hebron Academy's new Director of Admission and Financial Aid



Mr. Edwin Núñez

Hebron Academy is excited to announce that Mr. Edwin Núñez has been named the new Director of Admission and Financial Aid. Núñez has worked in various roles at Hebron since 2012 including dormitory parent, coach and Spanish teacher, and on-campus international student program coordinator. He spent three years as the Senior Associate Director of Admission at Thornton Academy in Saco, Maine. Núñez rejoined Hebron in 2019 as the Director of International Relations and Recruitment.

As Head of School, Dan Marchetti remarks, "Edwin brings a global perspective and leading industry practices to his leadership of our dy-

amic Admissions team. He is experienced, driven, and creative in his approach to how best to make Hebron available to as broad a range of mission appropriate students as possible. We look forward to all of the great work he will do in advancing the mission of our school."

A Costa Rican native, Núñez received his B.A. in Economics and Chinese Language and Literature from Middlebury College. Prior to enrolling at Middlebury, he attended boarding school at Li Po Chun United World College in Hong Kong. He continued his internationally-focused education with six months of collegiate study in China at the Beijing Institute of

Education and Zhejiang University of Technology.

"It's a dream to lead admissions for Hebron Academy - an institution I love, with unique strengths to share," Núñez said. "I am looking forward to working with the team and the rest of the Hebron community to build a clear strategy, trust, and accountability. I'm also excited for our next phase of growth, where we will invest wisely in innovations that will truly create value for Hebron Academy. And above all, I am excited to find and get to know the next classes of students who will join us at Hebron, where they will be empowered to live out our mission every day."

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 indi-

viduals 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 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 *See Autism, page 12*

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Newsmakers, Names & Faces

Silver and Gold Mass honors Maine couple

“Faith is our truth,” said Meredith Charest. “We turn together to God with grateful hearts, thankful for each other and our family.”

Their stories, lives, and the strength of their faith are inspiring, and on Sunday, 30 Maine couples were honored for their nearly one thousand, five hundred combined years of marriage during the Silver & Gold Mass at the Cathedral of the Immaculate Conception in Portland.

Couples who are celebrating major milestone anniversaries were invited to register this year, but all were welcome to participate in the celebration of the goodness of Christian marriage.

“Today, we want to mark those milestone anniversaries which speak to us of the enduring power and strength of married love,” said Bishop Robert Deeley who celebrated the Mass on Sunday. “This morning as we come together, we are honoring the people in our diocese who are marking special anniversaries of marriage this year. We had some thirty couples contact us who are celebrating twenty-five, forty, fifty or even sixty years of marriage this year. This year, we are unable to have everyone come together for this celebration. It is another ‘virtual’ gathering. But it is no less wonderful to honor these special anniversaries.”

This year, due to the COVID-19 pandemic, the Silver & Gold Mass was live-streamed, but a commemorative program and slideshow featuring some of the couples’ wedding pictures was assembled (viewable at [\[diocese.org/olff/silver-gold-mass\]\(http://diocese.org/olff/silver-gold-mass\).\)](http://www.portland-</p>
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An astounding twenty-three of the thirty couples (many of the participating couples pictured below) have been married at least fifty years, including Michael and Nancy Boyington of Monroe. When Michael met Nancy, he was in the U.S. Marine Corps, and she was a college student at Mount Ida in Massachusetts, but something inside sparked for both of them, a fire that God has helped keep lit for fifty-one years.

“We hold the values of kindness, generosity, giving to others and loving friends and family the best we can. That’s what we admire most about each other. Sometimes it feels like the spirit of the ‘Gift of the Magi,’ when each of us would rather give more to the other. It feels so much better to give,” said Nancy. “We have love and respect for each other and love of God. Without him, we are nothing and we have nothing.”

Laughter is also key, as in Mike’s assessment of a successful marriage.

“Make sure you always say yes to her,” he said. “She’s always right!”

“He does have a terrific sense of humor,” said Nancy. “Don’t take things too seriously.”

Mike and Loyce Bolduc of Biddeford are celebrating their 50th anniversary this year. A long way from their first meeting at a Valentine’s dance when they were juniors in high school.

“After four or five break-ups, we always got back together and knew this would be destined to last for a long time,” said Mike.

For fifty years, there has been a kiss and an “I love you” to start and end each day for the Bolducs, a perfect mix of romance and reality.

“There is a lot of give and take, mostly give, and many sacrifices and good communication along the way,” said Mike, before agreeing with Mike Boyington’s assessment. “Plus admitting that she is right all the time!”

Now twenty-five years married, Mark and Meredith Charest first met at Mass at St. Pius X Church in Portland.

“Mark sat a little bit closer from the week after Easter until July and finally asked me out,” said Meredith. “We dated for a year, were engaged for a year, and married at St Pius X.”


She has known he was the one since an otherwise ordinary skiing trip over twenty-five years ago.

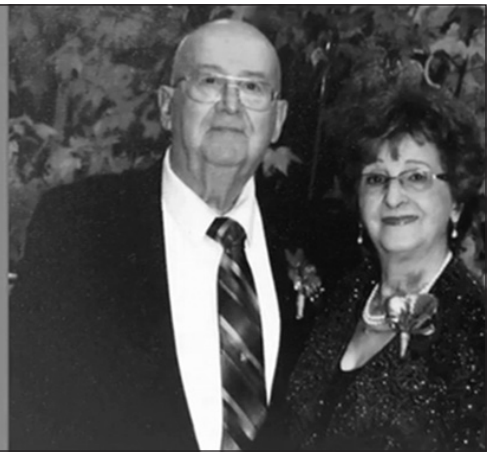
“I was following a group of friends on a trail at Mt. Abram that was too hard and I fell. Mark stopped to help me up and I said ‘I’m cold, I can’t ski this.’ Mark said ‘It’s okay, I’ll carry your skis down, and we can get some cocoa and warm up.’ I was not a fun date, but he was so kind and lovely and caring.”

“We clicked early on and just knew,” said Mark.

“You pray about it, look for the good, and be grateful,” said Meredith. “It is a commitment you make and you have to expect good and bad times. The tough times make the difference. The romantic part changes and you have to stick to the commitment.”

For Phil and Carmen Rioux of Lewiston, the venue for love at first


Louise & Donald
Oakes

65 years




Edwina & Dalton
Ludden

60 years



Denise & Gerry
Deshaies

60 years



sight was Latin class in 1965.

“I saw this person of the female persuasion who had two black eyes. She reminded me of a raccoon. I found

that quite intriguing and wanted to know more,” said Phil.

A first date of skating ended up being postponed after Phil, one of seven children who all

insisted on coming on the date with him, was late to pick her up.

“It happened to be April 1, and Carmen was sure that I was playing an
See Silver, page 16

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What's Going On

During a pandemic, Maine is still open for dumping

Interstate travel during COVID-19? Massachusetts visitors are restricted, but not their waste. While Governor Mill's Executive Order mandates a fourteen day self-quarantine to prevent the spread of the corona virus from hotspot locations like Boston and New York, Maine has not yet limited the amount of interstate waste travelling into Maine from these same locations.

Currently a loophole in the State's waste regulations allows out-of-state waste to be funneled through processing facilities in Maine and classified as Maine-generated waste. This classification makes the waste eligible for disposal in State-owned landfills.

A proposed change to Maine's Waste Management Rules presented by the community group Don't Waste Maine, would be a critical step toward closing the gap. The proposed change redefines Maine Waste as waste generated in Maine, and adds definitions of Environmental Justice and Equal Protections for citizens adversely affected by waste facilities across the state.

"Even during a pandemic, Maine is allowing hundreds of thousands of tons of out-of-state wastes to be brought in and landfilled in our state," said John Banks, Natural Resources Director for the Penobscot

Nation. "The result is that we've become the dumping ground for states to our south. It is time to correct this massive injustice."

Maine law declares a state-owned landfill is only supposed to be reserved for Maine waste. However, it is estimated that forty percent of waste disposed of at the State-owned Juniper Ridge Landfill (JRL), approximately ten thousand truckloads annually, originated from outside Maine. Most of the imported waste is classified as Construction and Demolition Debris (CDD), which has been banned from disposal in Massachusetts landfills.

Ed Spencer, a neighbor to JRL explains, "Our neighbors in Massachusetts continue to tighten their rules on waste disposal and we are calling on Mainers to join us in telling the Board of Environmental Protection that we need to do the same."

Dana Colihan, Maine Community Organizer at Toxics Action Center agrees, "During a pandemic, it has become crystal clear we need to address underlying public health issues, including the contamination from waste facilities. We need to manage our waste better, but more importantly we need to protect our communities better. Mainers who live next to landfills are

speaking out and the state must listen."

Throughout the licensing process, the disproportionate impact of toxins on the health and well-being of local communities where landfills are located has often been ignored. The rule change calls for the Department of Environmental Protection, when making a determination of public benefit for landfill licensing and expansion, to consider the impacts of these operations on equal protections and environmental justice for communities at risk of being disproportionately impacted by the waste facility.

A public hearing has not yet been set during the COVID-19 crisis, however the Board of Environmental Protection (BEP) is now accepting comments regarding these proposed rule changes. The public can submit comments on the proposed rule change to the BEP through emails to rulecomments.dep@maine.gov.

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Over 2,930 consumers share feelings on social distancing

The Southern Mid-coast Maine Chamber (MACCE), surveyed consumers across the state on their feelings on social distancing in business and how it impacts their patronage decisions. A total of 2,939 respondents answered the 20 question "Consumer Attitudes About Masks and Social Distancing in Maine Businesses" survey, conducted online from June 4 to June 12, 2020.

The purpose of the survey was to provide business owners with key insights into what consumers value in terms of social distancing and to try and determine whether adhering to social distancing could have any effect on consumer confidence. The survey contained four categorization questions, 15 social distancing questions and one open-ended question inviting survey feedback. The survey results were filtered into five categorization categories; thus, the results are presented in five ways. The five categorization filters were: Overall results, by Age, by County, by Knowing Someone with Covid and by Knowing Someone in the High-risk Category.

Key findings from the overall results include:

1. One fourth of all survey respondents said they have left a business they intended to purchase

something at without purchasing it because they felt unsafe due to those around them not practicing safe social distancing practices.

2. An additional

1/4 of respondents said they would leave a business without purchasing an item if they were to be in that situation— thus a majority of respondents said they have done this or would do this (Q10)

3. Similarly, over 50% of respondents said they have vowed to not return to a business that had unsafe social distancing practices (Q11)

4. If your business or employees are not social distancing adequately, you have about a 1 in 3 chance, according to this survey, that a customer will either write a negative social media post about your business or tell a friend or family member about it (Q12)

5. If your customers don't follow social distancing there is a 40% chance a customer will write about it on social media or tell a friend or family member that it happened at your business (Q13).

6. Question 15 offered 11 statements that respondents could agree with about how they react when they see social distancing guidelines not being followed, and the six most popular overall answers were:

(1) "I will reach out to friends who I know are high-risk for infection and tell them to avoid that business" 41.1% (1207 responses).

(2) "I will consider not returning to that business next time" 39.6% (1164 responses)

(3) "I won't return to that business in the future" 28.2% (829 responses)

(4) "I will leave that business immediately" 27.3% (803 responses)

(5) "It doesn't bother me" 24.5% (719 responses)

(6) "If they force me to wear a mask, I will go somewhere else" 21.4% (629 responses)

7. Two thirds of survey respondents say they would travel over 10 miles to shop and eat in a community that pledged to follow safe social distancing practices, or at least consider doing so (Q17).

8. Over half of survey respondents say they would shop and eat in a safe community if it were 25 miles or more away, or at least consider it (roughly 1/4 said they would and 1/4 said they'd consider it) (Q18).

9. 1 in 10 respondents said they would travel over 50 miles to do the same and an additional 23% said they would consider going 50 miles to do it (meaning 1/3 of respondents could) (Q19).

Key findings from the Age, County, Knowing Covid, and Knowing Someone High Risk were:

1. Questions 5-9 compared how much value respondents put on five aspects of social distancing. When analyzing these results, 21.2% more respondents in the 60+ age group valued these social distancing aspects than those in any other age group (other subgroups were 18-29, 30-39, 40-49, 50-59).

2. When analyzing the same results for Questions 5-9, 16.6% more respondents who Know Someone with COVID Complications valued these social distancing. *See Distancing, page 13*

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Parishes to become part of Prince of Peace Parish



Holy Trinity Parish in Lisbon Falls

Effective July 1, 2020, Holy Trinity Parish in Lisbon Falls and Our Lady of the Rosary Parish in Sabattus will become part of Prince of Peace Parish, currently comprised of the Basilica of Saints Peter & Paul, Holy Cross Church, and Holy Family Church, all in Lewiston.

“As a longtime parishioner of Our Lady of the Rosary and having been a member of the cluster committee from the beginning, I am happy to now see the process come to its final stage,” said Connie Chasse. “Our Lady of the Rosary in Sabattus will now merge with four other churches and we will all be one parish. It’s exciting.”

“This act of bringing our cluster under an umbrella resulting in creating one parish will allow us to continue to flourish in our faith, especially in these challenging times we are going through,” said Ivan Boudreau, a parishioner of Our Lady of the Rosary. “A special prayer goes out to our parish priests and to Bishop Deeley for their guidance and direction.”

“What an exciting time to be part of our parish! Our faith community is increasing. We will be a larger, more robust parish. We will have greater opportunities as one body to reach out to our community and expand and grow our ministries and services,” said Barbara Moran, a parishioner of Prince of Peace.

Fr. Daniel Greenleaf is currently the pastor of all three parishes and will continue to serve as pastor of the expanded Prince of Peace Parish.

“I really want to thank all of the priests who, over the years, have done the hard work of bringing the parishes to where they are now,” he said. “Together, we will all be stronger.”

Fr. Greenleaf has assured parishioners that

being in communion as one parish will not mean that all of the churches will have to look and serve in the same way.

“I think that it is enriching to keep the local traditions and devotions,” he said. “The exciting difference is that now, these traditions will be appreciated by the entire parish. I am looking forward to seeing how this can make us a stronger Church in the area.”

To approve Fr. Greenleaf’s recommendation of merging these two parishes into Prince of Peace Parish, Bishop Robert Deeley ensured that all of the necessary canonical steps were followed, which included reviewing the discussions held in all

three parishes, hearing the consultation of the Presbyteral Council, and obtaining the consent of both the College of Consultors and the Diocese of Portland’s Finance Council.

Holy Trinity Parish was established in 1995 when St. Anne Church in Lisbon (founded in 1885), Ss. Cyril & Methodius Church in Lisbon Falls (founded in 1923), and Holy Family Church in Lisbon Falls (founded in 1888) joined together to form the new parish. Our Lady of the Rosary Parish was established in 1975 after the Dominicans, who cared for a mission church in Sabattus from 1905 to 1975, transferred it to the Diocese of Portland.



Our Lady of the Rosary Parish in Sabattus

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Credit rating agencies reaffirm strength of MaineHealth

Two credit rating agencies continued to give northern New England’s largest health system high marks for its financial strength even though the COVID-19 pandemic has had a significant financial impact.

Portland, Maine – S&P Global Ratings and Moody’s Investors Service each endorsed MaineHealth with strong credit ratings last week despite the toll that COVID-19 has taken on the healthcare system in 2020.

On Wednesday, S&P reaffirmed its A+ rating for existing bonds as well as for the organization as an issuer of new bonds. On Friday, Moody’s offered a similar opinion of MaineHealth’s credit worthiness, reaffirming its rating of A1-stable. Because of the impact of COVID-19 on the hospital system’s finances, S&P did change its outlook rating from “positive” to “stable,” noting that “revenue pressure and market volatility stemming from COVID-19 has dampened financial perfor-

mance” in the current fiscal year. This revised outlook, however, is stronger than S&P’s overall “negative” outlook for the entire healthcare industry.

“Obviously, the last four months have been challenging,” said Al Swallow, MaineHealth’s Chief Financial Officer. “These reports affirm our belief, however, that we remain well positioned to support our patients, care team members and our communities in the years ahead.”

Earlier this year MaineHealth, which consists of nine local health systems in Maine and Carroll County, N.H., said that it expected lost revenues related to the coronavirus pandemic to be around four hundred million for the 2020 calendar year, assuming that there is not a dramatic increase in infections in its service area.

MaineHealth has received approximately one hundred ten million from the government in pandemic relief funds and hopes it is eligible for about forty mil-

lion more, but that still leaves it with expected COVID-19 related revenue losses of approximately two hundred, fifty million for the year.

Fortunately, as noted in the credit rating reports, MaineHealth entered the crises in strong financial shape, and it is expected that, once the pandemic has passed, the system will return to financial health. Already, MaineHealth has started to bring back services that were idled in March as part of its pandemic planning, putting in place extensive safety protocols on behalf of its care team and patients.

Because of its financial strength, MaineHealth has committed to maintaining the jobs and pay of its employees through the current fiscal year, even for those employees who had been idled due to the earlier cancellation of elective and non-urgent procedures. Going forward, MaineHealth has said it will continue to prioritize its care team members as it works through the crisis.

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Online events Gorham library

Baxter Memorial Library is pleased to offer the following events:

Thursday, July 9:

Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 10:

Baby yoga, 9:30 to 10 a.m., 6 weeks old to new walkers: 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. This class will focus on nurturing the baby/caregiver bond through gentle massage,

stretching, and singing. Restorative poses will be included for the caregiver. (A registration form for the Zoom link to this session will be posted online at least a week before the event.)

Scavenger Hunt, 10:30 a.m., all ages: It is the perfect time of year to take a walk on one of Gorham's many beautiful trails! Mr. Jeff has created a fun-filled scavenger hunt for you to take along on your walk. Can you find everything on the list? Print it off at home or have it downloaded onto an adult's device.

Monday, July 13

Earth Toddlers, 10 a.m.: Five-week weekly program is geared towards children ages 18 months to 36 months. Join Ms. Dani on Facebook, Mondays at 10 a.m. for activities, stories and crafts. Through exploration and fun, we will learn how to respect and appreciate our earth.

Monday July 13, A for Animals; Monday July 20, R for Recycle; Monday July 27, T for Trees; Monday August 3, H for Habitat.

Tuesday, July 14

Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 15

Virtual Pet Show (all ages) 10:30 to 11:10 a.m.: Show off your special pet at our Virtual Pet Show on Zoom. Does your cat have the best purr? Is your snake the best dancer? Your hamster does what?! Ms. Heidi will officiate with Mr.

See *Library*, page 11

Portland Observatory closed for 2020 summer season

Greater Portland Landmarks had hoped to welcome visitors to the Portland Observatory this summer with safety protocols in place. After consultation with the City of Portland and careful consideration for the health of staff, docents, and visitors, it has been determined that the Observatory cannot safely open at this time. The unique conditions at the Observatory, including the single staircase and the increasingly small floor area on the upper levels of the building, make it impractical, even with additional safety protocols.

"This was an incredibly challenging decision and we are so disappointed that we can't share this iconic landmark with locals and visitors this year. The Tower is such a special place in Portland and reflects the strength and ingenuity of our community. The Observatory has seen a lot in its 213 years on Munjoy Hill and will continue to stand tall as we work together through these difficult times", said Sarah Hansen, Executive Director of Greater Portland Landmarks.

Greater Portland Landmarks is offering

ways to experience the Observatory through online content. Videos of docents sharing their favorite stories about the Observatory are available for free on the Landmarks website (portlandlandmarks.org/observatory) as well as the Portland Observatory Facebook page (@PortlandObservatory). Landmarks will also not be holding any neighborhood walking tours this year. In lieu of the organization's long-standing walking tour program, Landmarks debuted a popular series of free, virtual walking tours this spring, which are available on the Landmarks website (portlandlandmarks.org/self-guided-walking-tours).

Built in 1807, the Portland Observatory, a National Historic Landmark, is the only remaining maritime signal tower in the United States. In partnership with the City of Portland, Landmarks has been educating all visitors, including thousands of students, about the Tower's role in maritime communication, its significance to Portland's maritime and social history, and its restoration and preservation.

Greater Portland Landmarks plans to reopen the Portland Observatory in 2021 and again offer the opportunity to experience Portland's history and climb to the top for unparalleled views of Portland and Casco Bay.

Founded in 1964, Greater Portland Landmarks' mission is to preserve and revitalize greater Portland's remarkable legacy of historic buildings, neighborhoods, landscapes, and parks. Landmarks works to increase the public's connection to greater Portland's historic built environment by providing leadership, advocacy, educational publications, programs, and resources, and by acting as steward of the Portland Observatory for future generations.

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

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SeniorPlus Education Center online

It's hard to believe that July is here already! SeniorPlus Education Center (The Center) hopes you are well and enjoying the beautiful Maine weather while it lasts. The Center may be unable to reopen their physical Education Center locations but will continue to offer virtual workshops until it is safe to reopen in person. They hope you have enjoyed their recent offerings and will consider joining some of the scheduled programs for July. As The Center continues to expand offerings, they welcome you to reach out with any class topics you'd like to see on the calendar. They also welcome questions or comments that you might have. Contact edcenter@seniorsplus.org or call (207) 795-4010.

To register for our Online Education Center offerings, please edcenter@seniorsplus.org or call SeniorsPlus at (207) 795-4010.

Online class offerings for July:

Zoom 101: Using Video Technology to Stay Connected: Tuesday, July 14 or July 28, 10 to 10:30 a.m. Instructor: SeniorsPlus Staff. Location: Zoom

Join for a 30-minute class to become more familiar on how to

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

Medicare Made Simple: Thursday, July 16, 2:30 to 4:30 p.m. Instructor: SeniorsPlus Staff Location: Zoom.

Join this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Telehealth & What You Need to Know: Tuesday, July 21, 10 to 11:30 a.m. Instructor: Androscoggin Home Health Care + Hospice Staff. Location: Zoom

Interested in learning more about Telehealth in light of the

current pandemic? If so, join Androscoggin Home Health Care + Hospice for discussion on their new Telehealth Program and how the new platform can deliver for you!

Trivia: Thursday, July 23, 2 to 3 p.m. Instructor: SeniorsPlus Staff. Location: Zoom.

Love Trivia? Looking for something to do? Come join SeniorsPlus for trivia hour!

Journalism, Truth and Healthy Communities

Date: Thursday, July 23, 22 to 3 p.m.

Instructor: Judy Meyer, Executive Editor of the Sun Journal, Kennebec Journal and the Morning Sentinel

Join Judy for her presentation - she'll discuss the importance of newspapers and our evolution into an increasingly digital platform. There will be time for Q&A.

What Matters Most: Tuesday, July 28, 1 to 2:30 p.m. Instructor: Beacon Hospice Staff. Location: Zoom

Join us as we discuss decisions regarding advanced directives, power of attorney questions, and determining what matters most during these challenging times. We will explain what an advanced directive is. See **Education**, page 13

Wreaths Across America to host hybrid live/virtual 5K

Wreaths Across America (WAA) has announced that its Stem to Stone 5K Road Race to be held in Columbia Falls, Maine, on Saturday, July 18, will continue as planned as a live race that runners and supporters can participate in. However, understanding that there may be people who want to participate but have personal concerns regarding COVID-19, it will also be held as a virtual event. The live 5k race will be run in accordance with the CDC's recommendation for large gatherings stemming from concerns surrounding the pandemic.

This sixth race in a series of eight, is in partnership with event management and timing company CompetitorME, and was announced earlier this year and features eight 5K road races peppered throughout the year. Some of these races have been converted into a virtual races in places like Nevada and Colorado, however, this race will be unique as it will be the only hybrid live / virtual 5k race held this year. Registration for vir-

tual participation will be open through race day.

Visit <https://runsignup.com/Race/ME/ColumbiaFalls/WreathsAcrossAmericaStemtoStone2020RaceTour-MAINE> to register.

"The goal of this race series is to build community awareness and understanding of the organization's yearlong mission to Remember, Honor, Teach," said Karen Worcester, executive director, Wreaths Across America. "However, in light of the current health crisis, we feel these races have taken on even more meaning by providing the opportunity for people to safely participate in something healthy and fun, while supporting and giving back in their own community during this uncertain time."

Each individual virtual race registration sponsors a fresh, balsam veteran's wreath to be placed by volunteers on National Wreaths Across America Day, Saturday, December 19, 2020, at more than 2,100 participating locations nationwide. During check out, registrants can designate the Sponsorship Group

or participating Wreaths Across America Location they'd like the wreath sent to. To find a cemetery near you to support visit <https://wreathscrossamerica.org/pages/search?searchType=location>.

"We're hopeful that families use this as an opportunity to teach community spirit, as something as simple as running on a treadmill, can be transformed into something with significant meaning for so many," added Jonathan Kelley, Owner, CompetitorME.

Both the live and virtual participants will receive personalized racing bibs (on which participants are encouraged to write the name of the person that they are running for) and commemorative finisher medallions, with event t-shirts being provided to the first 200 people to register before race day! There is also a digital app in which they can also use in order to feel more connected to the fun called RaceJoy. This app allows its participants to hear special See **Wreaths**, page 13

MK KITCHEN TO GO MENU

APPETIZERS + SOUP + SALADS

- Blue Cheese Stuffed Baked Dates** / Greens, Bacon Crumbs, Toasted Peanut Brittle, Balsamic Syrup / g.f - 12
- Cheese Board** / Silvery Moon "Manchego", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
- Caramelized Onion Tart** / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / Vgt. - 13
- Sage Roasted Butternut Squash Soup** / Toasted Pepitas - 8
- Gathered Greens** / Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / g.f - 8
- MK Wedge** / Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / g.f - 9
- Braised Farm Beets** / Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / g.f - 11
- Grilled Romaine Caesar** / Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing / - 9 (Add Anchovy + 2)

PASTAS + GRAINS

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

ENTREES

- Pan Seared Scallops** / Truffle Roasted Crimini + Shiitake Mushroom Risotto, Green Beans, Beurre Monte / g.f - 18/32*
- Grilled Faroe Island Salmon** / Sage Roasted Butternut Squash Risotto, Fried Brussels, Pomegranate Gastrique / g.f - 27*
- Chicken Under a Brick** / Bone-in Breast, Whipped Potato, Seasonal Vegetables, Lemon Emulsion / g.f - 24
- Slow Braised Boneless Beef Short Rib** / Horseradish Mashed Potato, Seasonal Vegetables, Mushroom Sauce / g.f - 28
- Grilled Filet Mignon** / Herb Roasted Fingerlings, Pearl Onions, Wilted Greens, Foie Gras Butter, Beef Sauce / g.f - 34*
- Spice Rubbed Pork Loin** / Smoked Bacon Elbow Macaroni and Cheese, Cheddar, Fried Brussels Sprouts, BBQ Sauce / - 24
- Pulled Pork Sandwich** / Chipotle BBQ Pulled Pork, Coleslaw, Grilled Brioche Bun, House Fries - 14
- MK Burger** / Cheddar, Bacon Crumbs, Shredded Romaine, Pickled Onion, House Sauce, Brioche Bun, Herb Fries - 15

SIDES

- Fried Brussels Sprouts** / g.f - 9 - **Pan Roasted Vegetables** / g.f - 9

DESSERTS

- Warm Chocolate Cake** / Marshmallow Gelato, Sea Salt Toasted Peanuts / g.f - 10
- Chocolate Mousse** / Belgium Chocolate, Whipped Cream, Candied Walnut Crumbs / g.f - 9
- Tiramisu** / Mascarpone Cream, Coffee Ladyfingers, Chocolate Sauce - 9

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Seniors Not Acting Their Age Senior Revelations on the Dead River



A kayaker paddles Hayden's Falls on the Dead River

The first time I canoed the Dead River thirty-five years ago, the dam release was 1,000 cubic feet per second (CFS). The seemingly huge waves, mammoth holes, and powerful currents were the most intimidating whitewater I had ever experienced. As is true with many aspects of life, one's perspective changes over time.

As the years passed, my skills improved and I acquired higher performance canoes and kayaks. Elevated river levels became more appealing. When a friend inquired as to my favorite Dead River volume, I unflappably responded 5,500 CFS was my preference. She thought I was embellishing but at the time, it was the truth. The transformation had been augmented by pad-

dling with more accomplished companions and learning to roll.

The importance of rolling a canoe or kayak in whitewater can't be overstated. It's a game changer. Without a roll, capsizing results in swimming. Canoes, kayaks, paddles, and other gear are lost unless quickly recovered in often difficult and sometimes dangerous circumstances. Experienced companions are invaluable in these predicaments but they can't always assist with a rescue. In short, swimming in whitewater can run the spectrum from inconvenient to life threatening.

Once a roll is refined, the boater's whitewater world changes dramatically. Initially, most devotees roll frequently as they challenge more difficult rapids. At some

point, another realization enters the mind of the nascent paddler; being upside down in whitewater is a precarious position and rolls sometimes fail. For many including me, avoiding the need to roll has become a priority.

My friends and I have navigated the Dead scores of times. The volume has been as high as 15,000 CFS. Most have acquired sufficient expertise to play the river rather than paddle it, rolls rarely required. Nothing lasts forever and old age insidiously advances. Recently, I've found my self-assuredness waning, particularly doubts about my ability to roll in crucial situations. This spring, I resolved to attend scheduled pool rolling sessions in advance of the whitewater season to hone my skills. Alas, the pools were closed due to the pandemic.

When my friend Ryan announced he was organizing a weekend outing on the Dead River, my son Adam and I signed on. However, both of us were wary given our lack of rolling practice. The weather cooperated and the water temperature rose to 67 degrees at Adam's home on Pleasant Pond. Meeting on a warm sun-



A kayaker plans his route on Lower Poplar Falls

ny afternoon two days before the trip, we both had successful calm water rolls. My confidence was buoyed.

Ryan did an outstanding job arranging a shuttle that provided for sufficient social distancing. The water level was 4,000 CFS when we arrived at the Spencer Stream launch during a rain shower. Several small groups of paddling friends were there along with a few million uninvited blackflies. The way the airborne scourge invaded my space, you'd have thought they owned the place.

The sixteen miles of almost continuous whitewater to West Forks is considered Class III/IV in difficulty at 4,000 CFS. The first rapid, Spencer, is relatively easy. The waves at the bottom seemed more

substantial and challenging than I recalled. Uncharacteristically, I was anxious despite the encouraging rolling practice.

Progressing downriver, I found myself choosing conservative routes as the rapids increased in difficulty. Maneuvering through Minefield, Hayden's, Elephant Rock, and Mile Long to a traditional rest stop above Upper and Lower Poplar Falls, I managed to avoid calamity despite a near upside down experience in a consequential hole on Mile Long.

While enjoying our respite, I realized I'd been descending the most difficult route on Class IV Lower Poplar for so many years I was no longer familiar with a more cautious alternative. Fortuitously, an-

other paddler knew an easier passage and we successfully negotiated the complex rapid.

The next day, Adam, Ryan, friend Jason, and I were back for a 2,400 release. This time we embarked from the Gravel Pit access, shortening the trip to twelve miles. The lower level was just what the river doctor ordered. Relaxed and confident, I chose sporting descents on all of the difficult rapids. When we arrived at Lower Poplar, an old man and three kids rode the big breaking waves on river left, skirted around perilous Pyramid Rock, avoided an intimidating hole that is a notorious boat flipper, and caught a tiny eddy on the left bank. The remainder of the outing was concluded with ease completing a glorious

See Seniors, next page



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Seniors

Continued from previous page

day on the Dead, without rolling.

My new favorite senior level is 2,400 CFS!

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



A canoeist paddles Elephant Rock Rapid on the Dead River



A kayaker paddles next to Pyramid Rock on Lower Poplar Falls on the Dead River

Positive

Continued from page 1

owned Gorham business of the Allens located at 25 Elm Street). Their employees are maintaining strict guidelines and procedures so that all guests can feel comfortable getting back out and enjoying a brick oven pizza — oh, and a locally brewed beer!

We recently spoke with one of the owners, Brad Monarch, and his future outlook on business was cautiously good. He, like many others, are hoping that

people will stay safe going out and supporting the business. They have a plan in place to open all of their restaurants in the next two months. He said that it is very important to have properly trained staff and for customers alike to be respectful of others and do their part.

We met with Paul and Bri, owners of the Blue Pig, they too shared an optimistic view of what lies ahead. They added more tables outside (that they built themselves we must add!) and have done the necessary changes to adhere to the

guidelines. "Business has been great since our re-opening" said Paul. There have been lines outside their door waiting for an empty table!

The overall message that we would like for you take from this is to support local businesses. Gorham has so many small businesses that flourish only because of you — get back out there and let's get our local economy strong once more!

Of course, it goes without saying, we are always here for all of your Real Estate needs!



The Blue Pig's new patio for re-opening.



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Maine Women's Fund announces nearly \$140k in Grants



ArtVan, and all the other grantees, will be bringing their tools of change to women and girls across the State.

The Maine Women's Fund announces annual grant funding totaling \$138,975 to 16 nonprofit organizations dedicated to transforming the lives of women and girls. In the past 30+ years the Maine Women's Fund has made over 490 bold investments totaling more than \$2.6 million to 230 organizations investing in the power of

women and girls across the state. "Our generous donors and sponsors allow us to fund new and established organizations so that they have the resources to strengthen women's rights, create new opportunities, and economic well-being," said Dr. Candace Wadsworth, board member and Chair of the Grants

Committee. The Grants Committee received letters of interest from 68 non-profit organizations of various sizes and from all areas of the state. Each member of the Committee reviewed all requests and participated in a group discussion; from there, 27 of those organizations were invited to submit a more detailed proposal. After further assessment and due diligence by the committee, 16 organizations were selected for funding based on: strengths of the program and organization; the clearly identified need for the program; the diversity of geographic area and populations reached through the program; and opportunities to make the greatest impact and further the mission across the Maine Women's Fund six funding areas: education, financial skills and literacy, healthcare, leadership, personal safety, and policy.

2020 Grant Awards (listed in alphabetical order): A Company of

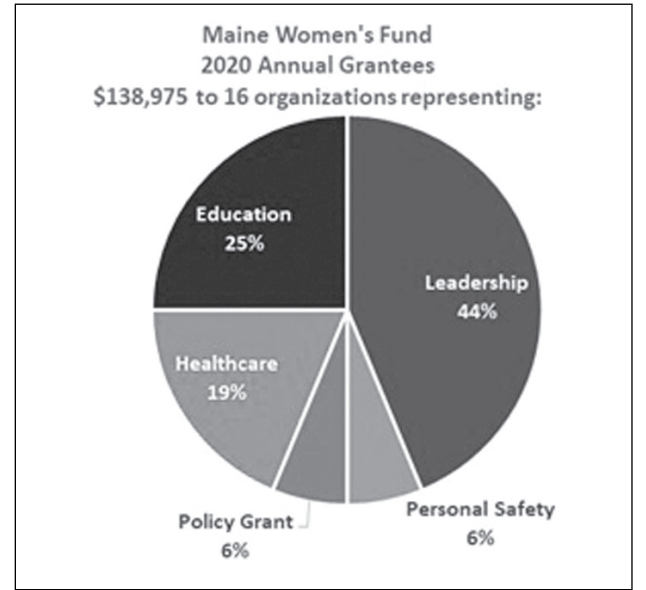
Girls builds self-confidence and resiliency, cultivates leadership skills, and creates a community of tolerance and acceptance where uniqueness is celebrated and creativity thrives through experiences in theater, visual and culinary arts.

ArtVan serves children ages 3-18 in 390 family apartment units in Bath, Brunswick, and Auburn through regularly scheduled visits. Their art therapy approach lets poverty-related stressors be pro-actively and externally expressed through art.

The Elder Abuse Institute of Maine will pilot a hotline aimed at helping Maine's 16,000 home health workers to identify elder abuse and to report cases more effectively and frequently. Only 1 in 24 cases of elder abuse is currently reported.

The Hope and Justice Project, Inc. will implement wellness recovery action plan workshops in 3 areas of Aroostook County to provide survivors of domestic violence with a working plan for achieving their wellness goals.

The League of Women Voters of Maine Education Fund will



This year, Women's Fund funded Financial Skills and Literacy grants through our CASH Maine capacity building initiative.

enhance the ability of women from underrepresented communities to impact the decisions that affect their lives, and support the role that women continue to play in securing democratic rights for all.

Mabel Wadsworth Center is Maine's only independent, non-profit, community-based feminist health center. Our funding will support a feminist model of care focused on sexual and reproductive health through education, advocacy, and clinical services.

Maine Children's Alliance advocates for

policies to support the 12,000 female-headed households and 14,000 children living in poverty in Maine, such as expanding access to education, job training, and improved work-family policies and food security.

Maine Trans-Net will address the increasingly hostile social and political attacks that leave trans people hurt (often physically) and isolated; this grant will support their goal of ensuring one support program monthly in all sixteen of Maine's counties.

New England Arab American Organization will provide a unique opportunity for New Mainer women to earn Child Development Associate certification. Participants will advance their skills and earn income while reflecting cultural diversity.

One Less Worries provides personal care products, including pads and tampons, which cannot be paid for with SNAP or WIC benefits, to those in need in Knox County while destigmatizing and normalizing periods through their Peer Support Program. See Grants, page 12

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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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Library

Continued from page 6

Jeff and Ms. Becky acting as judges. *Registration will be required. A link will be posted on the website at least a week before the event.

Thursday, July 16
Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 17
Toddler Yoga, less 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 toddler's with their co-ordination, motor-skills, and confidence in moving their bodies. A registration form for the Zoom link will be posted on the website at least a week before the event.

Monday, July 20
Earth Toddlers, 10 a.m.: Five-week weekly program is geared towards children ages 18 months to 36 months. Join Ms. Dani on Facebook, Mondays at 10 a.m. for activities, stories and crafts. Through exploration and fun, we will learn how to respect and appreciate our earth. Monday July 20, R for Recycle; Monday July 27, T for Trees; Monday

August 3, H for Habitat. **Tuesday, July 21**
Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 22
Zentangle Bookmark with Ms. Becky, 10 a.m., for all ages: Design your own zentangle bookmark. Suggested supplies are: a ruler, black fine point sharpie or any other fine point pen, and scraps of white card stock or other rigid paper.

Thursday, July 23
Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 24
Preschool Yoga, 9:30 to 10 a.m., ages 3-5: Join Ms. Heidi on Zoom for a Preschool Yoga class. This class will be a fun intro to balance poses, stretches, breathing exercises and yoga games. Kids who do yoga show an improvement in their social and emotional health along with confidence, and self-esteem. A registration form for the Zoom link to this session will be posted online at least a week before the event.

Scavenger Hunt, 1030 a.m., all ages: Jeff

has created a fun-filled scavenger hunt for you to take along on your walk. Can you find everything on the list? Print it off at home or have it downloaded onto an adult's device.

Monday, July 27
Earth Toddlers, 10 a.m.: Five-week weekly program is geared towards children ages 18 months to 36 months. Join Ms. Dani on Facebook, Mondays at 10 a.m. for activities, stories and crafts. Through exploration and fun, we will learn how to respect and appreciate our earth. Monday July 27, T for Trees; Monday August 3, H for Habitat.

Tuesday, July 28
Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 29
Braided Rag Rug, 10 a.m., ages 8+, or younger with adult help: Join Ms. Deb as she keeps fabric out of the landfill and turns tee-shirt scraps into a bright, colorful, braided rug.

Thursday, July 30
Librarian Grab Bag – Discovery Time, for ages 18 months to 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, July 31:
Baby yoga, 9:30

to 10 a.m., 6 weeks old to new walkers: Baxter Memorial Library Youth Services Librarian (and certified children's yoga teacher) Heidi Whelan will lead this sup-

portive community yoga class for babies and their caregivers. This class will focus on nurturing the baby/caregiver bond through gentle massage, stretching, and sing-

ing. Restorative poses will be included for the caregiver. (A registration form for the Zoom link to this session will be posted online at least a week before the event.)

Gorham Town Council update

Independence Day Holiday Closure and Trash Collection Information:

The Gorham Municipal Center, Administrative Offices, Recreation Office and Baxter Memorial Library will be closed on Friday, July 3rd in observance of Independence Day.

As there are no routes scheduled for collection on Fridays, there will be no changes to trash collection for the week of Independence Day.

New Curbside Trash Contractor Effective July 1, 2020:

In a press release issued on June 24, the Town announced that a new curbside trash contractor would begin curbside collection on July 1. The full details are as follows:

The Town of Gorham's new curbside contractor, Casella Waste Inc., began curbside collection July 1. There will be no changes to residential curbside collection or the PAYT (Pay As You Throw Program) currently being utilized

at this time. The Town trash bags or tags will continue to be required. Also note there will be no changes to the trash pick-up schedule or holidays observed and trash will still need to be curbside by 7 a.m. on your scheduled pick-up day.

Should you have any questions or concerns regarding the new curbside collection contractor, Casella Waste, please reach out to the Department of Public Works at (207) 892-3649, or Casella Waste direct-ly at (207) 464-0049.

Please visit <https://www.gorham-me.org/public-works-department/pages/trash-and-recycling> for more information on trash and recycling.

Outdoor Dining Policy Updated to Allow for Temporary Banners:

In early June, the Town adopted an Outdoor Dining Policy to encourage and better assist public dining options available under the current circumstances. The policy does not require additional permits or ap-

proval from the Town. The Town recently updated this policy to allow for temporary banners no greater than 15 square feet without a permit through September 7, 2020. Attached is the updated policy. Upcoming Meetings/Events:

July 14, 7 p.m., Gorham Conservation Commission Meeting, Zoom Webinar.

July 15, 8 a.m., Gorham Economic Development Corporations Meeting, Zoom Webinar.

July 16, 6:30 p.m., Zoning Board of Appeals, Zoom Webinar.

July 21, 8 a.m., Ordinance Committee Meeting, Zoom Webinar.

August 3, 7 p.m., Planning Board Meeting, Zoom Webinar.

August 4, 6:30 p.m., Regular Town Council Meeting, Zoom Webinar.

August 18, 8 a.m., Ordinance Committee Meeting, Zoom Webinar.

August 19, 8 a.m. Gorham Economic Development Corporation Meeting, Zoom Webinar.

August 20, 6:30 p.m., Zoning Board of Appeals Meeting, Zoom Webinar.

Volunteer opportunity in Gorham

The Lakes Region Senior Center is seeking someone to be the Editor and Publisher of their monthly Newsletter. They are located in Little Falls, Gorham.

Their present mem-

ber, who has been responsible for this, is retiring. He is willing to assist the new Editor in what is required and how it has been done. Computer and supplies will be provided. You do not need to be a

senior to apply. If you like working with a computer and have an interest in putting this together, please call Jeanne, Lake Region Senior Center President, at (207) 572-4042 or (732) 425-0604.

See all of this week's stories and ads online. Free!

www.Gorhamweekly.com



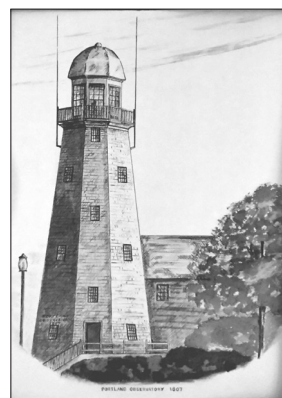
Recognize this old post-and-beam barn in Gorham?

Do you have details about it's origin or history?

Please email us with any information you have.

Laurie@GorhamWEEKLY.com

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Grants

Continued from page 10

riod Friendly project.

Restorative Justice Institute of Maine will partner with the residents of the Women's Correction Center to address harm and injustice through practices that build connection, equity, accountability, and healing.

Family Futures Downeast addresses multi-generational poverty by combining post-secondary, workforce and career pathways for parents while their children receive high-quality early education. Our grant will help raise parent voices.

Tree Street Youth supports youth of Lewiston-Auburn through programs rooted in academics, the arts,

and athletics in a safe space. They will build additional, intentional supports to reduce barriers to leadership experienced by young mothers.

Wabanaki Public Health's mission is to provide community-driven public health services to all Wabanaki communities while honoring their cultural knowledge, cultivating innovation, and collaboration. They are overseen by Tribal leadership.

Wayfinder Schools serves at-risk youth and teen parents, providing students the experience necessary to discover their strengths and skills, connect with their families, practice personal responsibility, contribute to community, and earn a high school diploma.

YWCA Central

Maine, who advocates for racial and gender equity, will offer a custom Parent and Child Together learning experience to introduce New Mainer mothers and children to the structure of a US early learning classroom.

"Once again, our annual grants provide many supportive programs for all ages, with several different programs around the state specifically serving the ends of the age spectrum, and others specifically serving the middle of the age spectrum," said Kimberly Crichton, Executive Director. "Funding stretches from Aroostook to York County and reaches all five federally recognized tribal communities."

Since 1989, the Maine Women's Fund has been incubating and

investing in nonprofit organizations run by and for Maine women and girls. Through its \$2.9 million endowment, it makes annual financial investments in new and established organizations working towards its mission – to transform the lives of Maine women and girls through innovative programs and advocacy efforts. The Maine Women's Fund provides financial and technical assistance to the organizations it partners with to build capaci-

ty, achieve sustainability, and create space for new generations of women leaders. In the past 30+ years the Maine Women's Fund has granted almost 500 awards totaling more than \$2.6 million to 230 organizations investing in the power of women and girls across the state and Wabanaki communities.

The Maine Women's Fund is the only Maine foundation focused exclusively on advancing gender equi-

ty. In 2017, the Maine Women's Fund created a rolling Swift Social Justice Grants Program to complement the Annual Grants Program and stand with women and girls from communities disproportionately impacted by the current policy and social landscape as they address immediate threats or take advantage of opportune moments. The Safety First for Women Fund is the Maine Women's Fund first pooled emergency fund.

Learn more at www.mainewomensfund.org.

Calendar

Send your submissions to the Editor. More online.

Friday, July 10

"BRUNSWICK", encompasses an ArtWalk with music, dance, and theater performances in downtown Brunswick, from 4 to 7 p.m. For more information on this season's second Friday Brunswick or to sign up as a business sponsor or venue of the second Friday Brunswick, please visit the BDA website (brunswickdowntown.org) or email <mailto:admin@brunswickdowntown.org>, or call 729-4439.

Saturday, July 11

Maine Backyard Campout. Auburn residents who want to participate should connect with Auburn Recreation. Free campout activity kits are available to the first 20 families to register. Contact Darcey Gardiner at dgardiner@auburnmaine.gov or 333-6611 for details.

Johnny Ater & Friends summer concert at the Chocolate Church Arts Center 3 and 6 p.m. Tickets must be purchased ahead of time. Free parking available. For more information visit chocolatechurch.com.

com or call (207) 442-8455.

Outpatient Diabetes Self-Management Program

Informing and empowering those with diabetes to live well and effectively manage the disease

LOCATION:

Central Maine Medical Center, 12 High Street, Lower Level, Lewiston, Maine 04240

CLASS DATES:

Thursday, July 16, 2020 | 2:00 - 5:00 p.m.
Tuesday, July 21, 2020 | 2:00 - 5:00 p.m.

During the classes, participants will cover:

- An overview of diabetes, complications, hyperglycemia and hypoglycemia
- Medications for diabetes
- Diabetes process and treatment options
- Goal setting and problem-solving
- Nutrition management: meal plans, carbohydrate counting, cooking tips, dining out guidelines and much more.

Learn more by calling 207-795-7520.

Autism

Continued from page 2

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."

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

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Distancing

Continued from page 4

tancing aspects than those who Didn't Know Someone with COVID.

3. When analyzing the same results for Questions 5-9, 15.2% more respondents who Know Someone in the High Risk Category valued these aspects than those who Didn't Not Know Someone in the High Risk Category, or those Unsure if they Knew Someone in the High Risk Category).

4. Specific regional data is presented within the full report for those interested in the results from certain counties.

What the Southern Midcoast Maine Chamber, who administered the survey, is saying:

"Social distancing is good business, but we didn't know how impactful until this survey," says SMMC Executive Director Cory King. "It's not absolute- no survey is- but clearly 40-65% of Maine consumers factor social distancing and masking into their business patronage decisions."

"We knew there were some people who felt this way," King said, "but these numbers really bear it out. When 25% of respondents are saying they have left a business they are intending to purchase something at without purchasing it, that should perk up the ears of any business owner," King said. "When an additional 25% say they would do that if they feel unsafe, now you've got half of your potential customers saying they might walk out." King concluded.

"The full report breaks out a lot of the countywide data, and depending on where you live, it certainly changes your view," King summarized. "Covid case count could be a factor for how some people feel, though certain low case-count counties like Franklin and Washington counties both were very pro-social distancing."

"The age splits are decisive. Basically, most age groups are within 5 points of each other on every question, maybe 8 points." King says. "But the consumer over 60 years old in Maine is saying 'we want the masks and social distancing' 15-20% more than any other age group. In the oldest State in the country, that is a ton of consumers."

"Knowing people with Covid and knowing someone in the high-risk category was important too," King shared. "We wanted to find which group felt more strongly and it's still a toss-up. Knowing Someone with Covid had higher overall answers but knowing Someone in the High-Risk group had a larger statistical variance over their counterparts, so it's tough to say. Either way, both are major factors," King said

"It was a lot of work, but when almost 3,000 Maine consumers respond to your survey, you have a responsibility to show the data and trends as many ways as possible," King said. "I hope this can be instructive for town, county leaders and my fellow chamber of commerce directors."

For more information contact Cory King at executivedirector@midcoastmaine.com Cell: (207) 649-5282.

Education

Continued from page 7

where it should be kept, and how to share your wishes with your family.

Groups and exercises:

Coffee & Comfort - Bereavement Support Group: Monday, July 6, 3 to 4:30 p.m. Instructor: Beacon Hospice Staff. Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support, they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

Caregiver Support Groups: Monday, July 6 from 5:30 to 7:30 p.m., Thursday, July 30 from 8:30 to 10 a.m. Location: Zoom or Telephone.

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

Total Strength &

Balance: Mondays 11:15 a.m. to 12 p.m. or 12:15 to 1 p.m., Wednesdays 11:30 a.m. to 12:15 p.m., Fridays 11:30 a.m. to 12:15 p.m. or 12:30 to 1:10 p.m. Instructor: Linn Morin, Certified Trainer Location: Facebook.

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

Chair Yoga on Zoom: Fridays (No class July 10 and 31), 8:45 to 9:45 a.m. Instructor: Mary Bishop, Certified Yoga Instructor. Location: Zoom. No fee at this time. Must-haves: computer, laptop, or tablet; sturdy chair on non-slip surface

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

HEALTHY LIVING FOR ME: HL4ME has launched multiple virtual programs, including Tai Chi for Health & Balance, Better Health NOW, Better Health with Diabetes toolkit, Better Health with Chronic Pain toolkit, and our Living Well workshops!

Tai Chi for Health & Balance: Workshop series will meet twice weekly for eight weeks. 1 hour per session/class. Location: Zoom. No fee at this time.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Workshops are lim-

ited to 10 participants.

Better Health NOW! Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

Better Health with Diabetes: Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Similar to Better Health NOW, Better Health with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Diabetes toolkit materials in the mail prior to starting the workshop.

Better Health with Chronic Pain: Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Similar to Better Health NOW and Better Health with Diabetes, Better Health with Chronic Pain is a self-guided, evidence-based program. The program is designed

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to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Chronic Pain toolkit materials in the mail prior to starting the workshop.

Living Well Workshops through Zoom. Workshop series will meet once weekly for six weeks. Time will vary (approximately 2 hours per class). Location: Zoom. No cost.

Now offering Living Well with Chronic Pain, Living Well with Diabetes, and Living Well for Better Health workshops through Zoom!

Each workshop will cover a series of topics, some overlapping and some specific to the chronic condition of the workshop. If you're looking for help with managing your chronic conditions and would like to connect with others, these programs are for you!

REGISTRATION: To register for Online Education Center offerings, please email edcenter@seniorsplus.org or call SeniorsPlus at (207) 795-4010. If you'd like to learn more or register for Healthy Living for ME (HL4ME) workshops, please visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org to get started today!

Wreaths

Continued from page 7

messages from the organizers as they participate in the race.

To bring further attention to the mission, WAA will be holding a live free Virtual Concert on the WAA official Facebook page (<https://www.facebook.com/WAAHQ>) at 7 p.m. on Sunday July 19.

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission - remember, honor, teach - is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond.

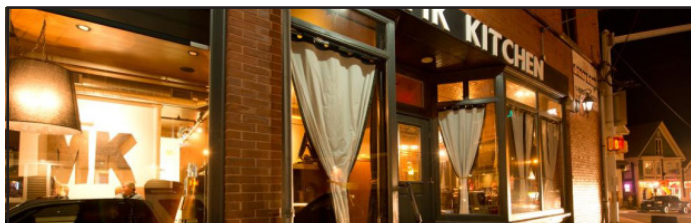
For more information or to sponsor a wreath please visit www.wreathscrossamerica.org.

CompetitorME is a proud, Maine-owned event management and timing company with clients in New England. We are about inspiring athletes and connecting communities. It is our pleasure to work with clients to direct safe, fun, and fair events for all ages, with a focus on creating a memorable participant experience. Our portfolio of events has expanded to include those honoring and remembering our Nation's Active Duty Service members, Veterans, or Nation's Fallen Heroes and their Gold Star Families. The CompetitorME team also serves on a committee for the Maine Gold Star Family Memorial to be built in Augusta, Maine.

For more information please visit www.competitorme.com.

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

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

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

Laurie@GorhamWeekly.com

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage

Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybell.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

BUSINESSES FOR SALE

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Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

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Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced

low for quick sale. (207) 883-0808

FOR SALE

Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

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

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

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Silver

Continued from page 3

April Fool's joke on her. As it turned out, skating was cancelled and I ended up watching *The Ed Sullivan Show* at her house."

"Our personalities are totally opposite, yet we complement each other beautifully," said Carmen. "In the five years we dated, I felt I would never meet anyone as sweet and loving as Phil."

Different personalities, yes, but far more similarities and shared beliefs.

"I think the key to a long marriage involves mutual respect for one another along with acceptance of our shortcomings and building on our strengths which seem to complement each other. Prayer and faith are a big part in making a marriage work along with patience and forgiveness," said Phil.

"A couple needs to buy in to the fact that marriage is forever and not dissolvable just because times may get rough," said Carmen. "Sharing the same faith has been most important to the success of our marriage."

Joe and Priscilla Angelo of Bridgton will celebrate their 50th anniversary on July 4, a long and winding road that began with a blind date.

"Priscilla's best friend was dating my friend, and these two friends introduced Priscilla and me," said Joe.

A long and happy marriage didn't seem likely at the start.

"When Priscilla and I started going out, there was no certainty at all. I then joined the Navy and was in Europe for three years. When I returned, Priscilla and I broke up."

But five years later, their paths crossed again, and in 1970, they were married.

"Whenever Priscilla and I turned away from one another, the opposite party was not ready to give up," said Joe. "One could attribute this to love or a guided faith. Jesus is the bedrock of our relationship. Sometimes we struggled and hid from him, thinking of ourselves first. However, we always turned back to Jesus and He was there."

David and Sandra Mansfield of Bangor also met on a blind date at a sorority function.

"I think we con-

nected right from the start," said Sandra. "We had a lot in common and talked for hours. We also went to a retreat, which bonded us further, before we were married. Faith has played a role in our marriage in terms of fidelity and communication. We came across our notes from the retreat and it has revitalized our marriage. We brought our daughter up in the Catholic faith, going to church every Sunday, and following her through all her stages of the Catholic faith."

Susan and Richard Cloutier were married fifty years ago at the Basilica of Ss. Peter & Paul in Lewiston.

"A long happy marriage is based on respect and love and that will help overcome any problems," said Susan. "We know we can depend on each other and the impossible will be possible."

Deacon Michael Boggs of the Parish of the Resurrection of the Lord in Old Town was married to his lovely wife, Janet, at St. Basil Church in Shively, Kentucky, fifty years ago. An amazing milestone, especially considering the conditions under which they met.

"Janet was being introduced to my roommate," said Deacon Michael. "But I saw her and fell in love at first sight."

It took him a couple of months to get up the nerve to ask her out.

"According to both of us, our first kiss on the front porch was it," said Deacon Michael.

"Our longevity secret is love and being there for each other."

He converted to Catholicism after ten years of marriage.

"But prayer and faith were there even before that," he said. "Our faith in God has always brought us joy and happiness, and continues to this day."

Steve and Kathy Beirne of Portland met in high school, discovering a similar interest in all things spiritual and religious, which can sometimes be difficult to find in fellow teens.

"We often say that we see God's hand in our lives in retrospect. I'm not sure that we felt that God was pulling us together as we were getting together, but as we look back, we say nothing else could have made this happen," said Kathy.

"She really listened to me, and it was

astounding that I found somebody who really enjoyed hearing me talk and who had interesting things to say," said Steve. "So, that really cemented itself over the length of the courtship."

The two were married in 1967 on the Monday of Easter Week. Seven children and fifty-three years later, their life together has been so fulfilling that they have spent decades trying to help others discover what they have. Their work has included offering marriage preparation and enrichment programs, writing books and newsletters, presenting retreats, and more.

"One of the things that keeps us going in terms of our marriage is the joy that we encounter with young couples and the insights that they have, said Steve. "Many of them have wonderful, wonderful insights. We're learning all the time from the experts but also learning from talking with young people about their life experiences and their hopes and dreams for their marriages."

"God has given us this work. We've learned so many tools to help couples be happy together and to help us be happy together and that's not separate from God's presence in our life, those things that we learned," said Kathy. "It's been an incredible adventure together. It's really been a lot of fun."

Bill and Mary Loring of Augusta have been married forty years, exchanging their vows at St. Patrick Church in Portland after initially meeting at work and discovering they were both Catholic and held common values.

"The longevity of our beautiful marriage is due to our faith in God, accepting that it is not always about yourself and having agreement on important matters," said Mary.

"The key to a long and happy marriage is supporting each other in life's experiences, working together, and thinking of the wishes of your spouse. We have prayed to God and relied on him during difficult times. We each see marriage as an agreement between our spouse and God."

"Faith kept us grounded as a family unit and also granted us the unwavering support of our church community during difficult times

Nancy & Raymond Biernacki



60 years



Nancy & Michael Boyington



51 years



Carmen & Phil Rioux



50 years



Elaine & Denis Lafreniere



50 years



as well as happy times," said Lynn Kelley, who was married to her husband, Frank, at Our Lady of Good Hope Church in Camden twenty-five years ago.

Though their stories could not be more different, the one common thread among these couples and their beautiful lives together is the presence of faith in their lives and the inspiration, strength, and love it has provided.

"We just realized we were meant to be together and that our union was orchestrated by God," said Sherry Kessler of Buxton. "David and I attribute our twenty-five years of marriage to the Lord himself. We've had many trials but God has seen us through it all and strengthened our faith as

a result of the challenges we've had."

"Faith is very important," said Susan Cloutier. "Prayers will help to give you the wisdom to deal with any crisis, and the strength to face any situation together."

"Jesus has always been near us in our fifty years together," said Mike Bolduc. "Faith has definitely been a centerpiece to our lives and we have tried to pass it on to our three siblings and seven grandchildren."

"Faith is our truth. We turn together to God with grateful hearts, thankful for each other and our family," said Meredith Charest. "Illness, death, stress, grief...it is all part of a marriage. It is often when we feel God's presence

most intimately. Having a common belief and a faith makes us feel we aren't in this alone and there are bigger issues in life no matter what you are facing."

"Pope Francis reminds us that marriage is the sacrament that attracts attention. People can see something happening in the life of the couple who are married," Bishop Deeley told the couples. "Though it is a source of grace for the couple, therefore, it is also a gift to the Church. And this is particularly the case when we see marriage lived faithfully for decades. It says that love is possible. It is a reflection of the very image and likeness of God."

All photos can be found on Gorham Weekly's Facebook page.