

Grand Central Wine Bar reopening soon



Karen Nason, owner of Grand Central Wine Bar. Gorham Weekly photo by Jeff Ryan.

Story by Kiely Callahan

Karen Nason has been the owner of Grand Central Wine Bar since last November, and it has been a great addition to the town of Gorham. She is excited to announce it will be open within the next two weeks. She has owned businesses in New York and New Jersey, gaining significant experience over the years. Born and raised in Gorham, Nason decided it was time for her to come back home, where the opening of Grand Central Wine Bar was successful from the start.

She obtained a Class A lounge license,

because it made the most sense for the business. When COVID-19 hit, the governor forced all places to close. Since then, restaurants have reopened for takeout, outdoor and some indoor seating. However, the license that was bought for Grand Central Wine Bar is different from other restaurants that have been able to reopen. It means it's a lounge bar, not a restaurant, and that is why they are not open. Nason says she wants everyone to know, "We do not want to be closed, we have to be." Nason has patiently been waiting to be given the okay and move onto the next stage.

Kegs are being donated, and a friend of Nason's is donating a cube for the outside. The price to open is \$6,000. She is working with the state to open up soon, and to ensure the atmosphere will be safe. There have been rumors that the Wine Bar was closing, but Nason has no intention to do that. She states, "We are not closing, we are closed, there's a difference, and that's per governor, not my doing."

She can say without a doubt she will not be closing, but perhaps, rather reinventing. There is something exciting coming in the near future, but it is under wraps.

Gorham Town Clerk's Office open to public

As of July 20, the Town Clerk's Office will transition back to serving the public, no appointments necessary during normal business hours from 8 a.m. to 4 p.m. Monday through Wednesday, 8 a.m. to 6:30 p.m. on Thursday, and 8 a.m. to 1 p.m. on Friday.

In order to enter the Gorham Municipal Center, all persons (including staff) are required to wear a mask/face covering per the Governor's Executive Order #49 FY 19/20. If you do not have a mask/face covering, please notify a staff member stationed inside at the main "rotunda" entrance, or a Customer Service Clerk and one will be provided to you. Please follow the blue social distancing floor markers inside and outside of the Municipal Center when in line.

The Town Clerk's Office will service the line of customers remaining inside the Municipal Center and the first

customer in line outside of the Municipal Center after the close of business. All other customers beyond the first person in line outside of the Municipal Center will need to return on another day during normal business hours. Many services can be performed online at <https://www.gorham-me.org/home/pages/online-transactions>.

Please be sure to have all required documents with you (i.e. bill of sale, current registration, insurance cards, etc.) so the Customer Service Clerk can assist you in completing the transaction. Customers that leave to collect missing items will need to wait at the end of line to be assisted.

Appointments Needed for All Other Municipal Center Offices:

All other offices at the Gorham Municipal Center will remain by appointment-only until otherwise announced. To make an appointment

with Code Enforcement, Assessing, Planning, Economic Development, Recreation, or the Town Manager's Office, please visit the 'Book an Appointment' webpage online at <https://www.gorham-me.org/home/pages/new-book-appointment>, or call (207) 222-1600 to reach a department directory and request an appointment directly with the office that you need to see.

Baxter Memorial Library Announcement: The interlibrary loan program has returned, and patrons are once again welcome to browse books, DVDs, etc. in Baxter Memorial Library's Adult and Youth Services collections during their current hours of 9 a.m. to 4 p.m. on Monday, Tuesday, Thursday and Friday, and from 9 a.m. to 7 p.m. on Wednesday. For details on available services at the library and protocol in place to ensure the health and

See Office, page 11

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Newsmakers, Names & Faces

Maine Audubon annual loon count

Nothing says summer in Maine more than the evocative tremolo call of a loon. And now that summer is officially here, it's time to take stock of our loon population once more, in one of Maine Audubon's signature events: the annual Loon Count.

This year, the 37th annual count took place on Saturday, July 18, from 7 to 7:30 a.m. The information collected by volunteers will help both biologists and state officials understand more about the loon population and the health of Maine's lakes. Last year, more than 1,400 people fanned out to look for loons on more than 300 lakes across the state.

Maine Audubon Conservation Biologist Tracy Hart leads the annual count. For the 2020 event, she says some lakes still need eyes and ears, especially in the Sebago Lakes region and areas around Rangeley. "This is a special year for the loon count," says Hart. "The count always takes place on the third Saturday of July, and this year it falls on the 200th day of the 200th year Maine has been a state. We're excited how many loon counters are able to join the count this year and we'd love to see some new sign-ups! Because of the pandemic, not everyone who usually participates is able to make it to Maine this year.

There are so many lakes in Maine that there are always some in need

of new loon counters." For a list of lakes still in need of counters, visit maineaudubon.org/loons.

Dedicated volunteers—some of whom have been involved with the count since its inception—serve to coordinate regions and recruit new counters, shepherding in new generations of loon stewards. This year, counters, who can count loons by boat or from shore, will be able to submit data using an online portal. For many families, the loon count has become an annual tradition that people look forward to each summer. For safety reasons, we are asking people to participate in family groups only, and to maintain social distancing while looking for loons.

Important conservation work has helped Maine's adult loon population increase by 70 percent since the Loon Count began nearly four decades ago. There are still threats to loons, however, especially during the summer nesting season. Loons' inability to walk very far means they need to nest close to the shoreline, making their nests susceptible to washout from boat wake or high water. A no-wake law requiring speeds that don't generate wakes within 200 feet of shore has helped prevent shoreline erosion and also helped nesting loons.

One of the biggest threats to loons is lead poisoning from lead

fishing tackle. Loons accidentally ingest lost or discarded lead tackle from the lake bottom. The sale of lead sinkers and bare-headed jigs 1 ounce or less or 2 1/2 inches long or less is now banned in Maine. Yet even with this law, trauma most likely from boat strikes has surpassed lead tackle as the leading cause of mortality in adult loons in recent years.

Another threat to loons is fireworks. Fireworks set off near nests can cause adults to abandon their nests, leaving eggs and chicks vulnerable to predators. Maine Audubon is urging people using fireworks to be sure they are far away from loons and other nesting birds.

To learn more about Maine's loons and find out how you can get involved with the Maine Audubon Loon Count, visit maineaudubon.org/loons.

Maine Audubon works to conserve Maine's wildlife and wildlife habitat by engaging people in education, conservation, and action. Since 1843, Maine Audubon has been connecting people to nature through a science-based approach to conservation, education, and advocacy. The largest Maine-based wildlife conservation organization, Maine Audubon has eight wildlife sanctuaries, 10,000 members, 2,000 volunteers, and serves more than 50,000 people annually.

OTELCO expands team in Maine

OTELCO welcomes two new employees in Maine and a summer intern in Oneonta, AL.

Kenneth Hammill joins OTELCO as a Technical Support Technician in the company's Bangor, ME office. Hammill majored in System Administration at Liberty University and has computer repair experience with Maine Geeks. He is a resident of Bangor.

David Pollock joins OTELCO as a Senior GIS Engineer in New Gloucester, ME. Pollock has a master's in surveying engineering from the University of Maine. He previously worked at SGC Engineering as a Project Manager/Senior GIS Analyst. Pollock lives in Gorham, Maine.

OTELCO welcomes Kolem Powell as a full-time Summer Intern in the Accounting Department at its Oneonta, AL office. Powell is an Accounting major at Auburn University at Montgomery and plans to pursue his Master of Accounting after graduation. He is a resident of

Pinson, Alabama.

OTELCO Inc. provides wireline telecommunications services in Alabama, Maine, Massachusetts, Missouri, New Hampshire, Vermont and West Virginia. The Company's services include local and long-distance telephone, digital high-speed data lines, transport services, network access, cable television and other related services. With approximately ninety-nine thousand voice and data access lines, which are collectively referred to as access line equivalents, OTELCO is among the top twenty-five largest local exchange carriers in the United States based on number of access lines. OTELCO operates eleven incumbent telephone companies serving rural markets, or rural local exchange carriers. It also provides competitive retail and wholesale communications services and technology consulting, managed services and private/hybrid cloud hosting services through several subsidiaries. For more information, visit

the Company's website at www.otelco.com.

Statements in this press release that are not statements of historical or current fact constitute forward-looking statements. Such forward-looking statements involve known and unknown risks, uncertainties, and other unknown factors that could cause the actual results of the Company to be materially different from the historical results, or from any future results expressed or implied by such forward-looking statements. In addition to statements, which explicitly describe such risks and uncertainties, readers are urged to consider statements labeled with the terms "believes", "belief", "expects", "intends," "anticipates," "plans", or similar terms to be uncertain and forward-looking. The forward-looking statements contained herein are also subject generally to other risks and uncertainties that are described from time to time in the Company's filings with the Securities and Exchange Commission.

Updated UMaine Extension berry publications available

University of Maine Cooperative Extension offers two updated bulletins for summer berries.

"Raspberry and Blackberry Varieties for Maine" includes information on the different types of brambles — from yellow raspberries to thornless blackberries — propagation methods

and how to choose the best stock and plants for a given location. The bulletin also offers online instructional videos for both home gardeners and commercial growers.

"Strawberry Varieties for Maine" details berry varieties by ripening time, site require-

ments, disease resistance and the subjective, but important, flavor factor. The publication includes over twenty varieties with images and an online instructional video for growing strawberries in the off-season.

UMaine Extension bulletins may be ordered *See Berry, page 13*

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Newsmakers, Names & Faces

Casco Federal Credit Union



“GHOP” – Patty Kenney with George Sotiropoulos from Gorham House of Pizza.

A few members of Casco Federal Credit Union (Casco FCU) got a special delivery at their front door last Tuesday evening. Casco FCU partnered with Gorham House of Pizza (GHOP) to reach out to elderly community members during the pandemic. Eleven local recipients enjoyed a pasta dinner

fresh out of the oven, generously prepared and donated by GHOP. They also received a Hannaford Gift Card and a Safety Kit (with face masks, disposable gloves, and hand sanitizer) donated by Casco FCU.

Patty Kenney, Casco’s Community Relations Manager, or-

ganized the event as a part of the credit union’s ongoing Casco Cares Campaign. “We want our members to know we care and are here for them. COVID-19 has changed the way we interact with our community, but we are finding new ways to connect with those who need our support. The Casco Cares Meal Delivery Project was one small way we could do that,” says Kenney.

Since it began in March, the Casco Cares Campaign has also raised funds for Maine’s Credit Unions Campaign to End Hunger, as well as, directly supported the Gorham and Standish Food Pantries. You can learn more about Casco FCU and their community work on their website at www.cascofcu.com.



“Casco Cares Delivery” – Marti Allen and Sarah Frudd from Casco FCU making a delivery to a community member.

Gorham Town Council update

Fire Chief Robert Lefebvre Retires After 36-Years:

Beloved Fire Chief Robert Lefebvre finished his last day with Gorham Fire after 36 years and a career spanning 51 years in the Fire service last week, Friday, July 17. He will be missed by all officials and leaves behind a great department and big shoes to fill. Congratulations on your retirement, Chief!

July 14, 2020 Election Results:

Thank you to everyone that cast their vote by absentee/early ballot or in-person on Election Day. The Town saw a 28% voter turnout at this election and only 8% of residents at the polls. We had a total of 3,215 absentee ballots processed. Attached are the official election results, which can also be viewed online at https://www.gorham-me.org/sites/g/files/vyh1if4456/f/uploads/election_results_7-14-2020.pdf.

Town Clerk’s Office open without appointment needed as of Monday, July 20:

In a press release issued today - July 17, 2020, the Town announced that the Town Clerk’s Office will open on Monday, July 20, 2020, no appointment necessary. Please see the attached Press Release for full details.

Gorham Recreation Summer Concert Series:

Gorham Recreation’s Summer Concert Series is in full swing with concerts being held on Robie Softball Field on Tuesdays from 6 to 7:30 p.m. Concert goers are reminded to please social distance and wear face masks until seated. Contact tracing is being conducted at sign-in and seating is limited on the field to 50 persons.

Rain location is Shaw Gym and there will be a limit of 50 persons allowed inside with social distancing, masks required, contact tracing, hand sanitizer. All seats are sprayed down before and after folks attend the concert.

Upcoming concert schedule: Tuesday, July 28: The Delta Knights Band; Tuesday, August 4: The Don Roy Trio; Tuesday, August 11: The Joan Kennedy Duo.

Upcoming Meetings/Events

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

July 22, 6:30 p.m. Industrial Park Steering 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.

September 1, 6:30 p.m., Regular Town Council Meeting, Zoom Webinar.

September 7, Labor Day Holiday Observed – Municipal Center, Administrative Office and Library Closed.

September 9, 7 p.m. School Committee Meeting, Zoom Webinar.

September 12 and 13, TBD, Gorham Founders Festival, TBD.

September 15, 8 a.m. Ordinance Committee Meeting, Zoom Webinar.

September 16, 8 a.m. Gorham Economic Development Corporation Meeting, Zoom Webinar.

September 17, 6:30 p.m., Zoning Board of Appeals Meeting, Zoom Webinar.

September 21, 5:30 p.m., Finance Committee Meeting, Zoom Webinar.

Newsmakers Names & Faces

Deadline is Friday at 5pm for submissions.

Editor@GorhamWeekly.com

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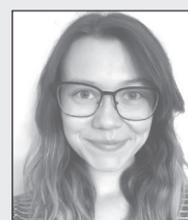
28 State Street, Gorham, ME 04038
Info@GorhamWeekly.com
(207) 558-8488



Laurie A. Steele
Publisher/CEO
Laurie@GorhamWeekly.com



Lillian Baker
Office Manager
Lillian@GorhamWeekly.com



Millie Barnard
Managing Editor
Editor@GorhamWeekly.com



Lacey Rollins
Outside Rep
Info@GorhamWeekly.com

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What's Going On

Big Brothers Big Sisters brings field trip to Lewiston Littles



Little Sister Briella Graves

While school activities came to an abrupt halt due to COVID-19, one special and long-awaited annual field trip for some young students in Lewiston came right to their front door.

"A letter for me!" an excited Abdikafi Abdikadir says while opening a hand-delivered letter that was written by his "Big Sister" and Bates College mentor Higerá, whom he hasn't seen since the pandemic began in March. The door-to-door visits by Big Brothers Big Sisters of Mid-Maine to thirty-four Little Brothers and Little Sisters in the Lewiston area was part

of a reinvented field trip to check in on program Littles, offer support, share messages of hope from their mentors, and even deliver pizza.

Every spring, Little Brothers and Little Sisters from Connors Elementary School, along with the program's volunteer coordinators, board a bus for an "experience college day" field trip at Bates College in Lewiston. They are greeted by their Bates Bigs mentors who show them around campus, tour the library and share pizza together in the college cafeteria.

"Sharing this real-life experience with

Littles opens their eyes to all that is possible. We want to ignite their greatest potential," said Jennifer Cartmell, Androscoggin manager for Big Brothers Big Sisters of Mid-Maine. "Every year after the field trip, the conversations with Littles begin with "when" I go to college. It's very empowering for both Littles and their Bigs."

Cartmell, when checking in with matches by telephone regularly, says she heard the same two questions from Littles: "When can I see my Big?" and "Can we still go on the field trip to Bates?" On a mission to keep kids connected during social distancing, Big Brothers Big Sisters of Mid-Maine, deemed an "essential service" early in the pandemic, decided to take the Bates field trip to the Littles, many who have been quarantined in their homes in Lewiston since mid-March.

Donned in face masks and physical distancing, the agency delivered packages from the Bigs filled with pencils, pencil sharpeners, activity packets, games, potted flowers, Bates Bobcat t-shirts (sponsored by TD Bank) and, to remind them of their Bates field trip lunch together, donations of frozen pizzas from Sam's Italian Foods in Lewiston. The personal visits outside the Littles'

homes also provided program staff the opportunity to personally meet with Littles, as well as with their families and caregivers, to help address any needs they might have.

Executive Director Gwendolyn Hudson said the agency is committed to serving local youth and supporting their families. "This field trip is one of many examples of our agency's work to keep matches connected throughout our seven-county service area in Maine," Hudson said.

Cartmell said the reinvented field trip "doesn't take the place of the real thing, but was the next best thing right now during this pandemic."

"Big Brothers Big Sisters is a critical part of these kids' lives and staying united with their Bigs is critical to their well-being," Cartmell said, adding that the Bigs have been staying in touch for over three months through pen pal exchanges. "Our visit supplemented their amazing efforts, and seeing the smiles on our Littles' faces reminded us who our most vulnerable population really is during this pandemic—our community's children."

For more information about Big Brothers Big Sisters of Mid-Maine's Androscoggin program, or to find out how you can help keep kids connected in Lewiston/Auburn, please contact Jennifer Cartmell at (207)653-3857 or email Jennifer@bbbsmidmaine.org. To enroll a child, become a Big, donate, or learn more about volunteering, visit bbbsmidmaine.org or call (207) 236-BBBS (2227).



Little Brother Abdikafi Abdikadir reads a hand-delivered letter written by his Big Sister and Bates College mentor Higerá Sevigny. With the cancellation of the program's annual field trip to visit Bates College, Big Brothers Big Sisters of Mid-Maine instead visited Littles' homes to help keep matches connected during the Coronavirus pandemic. In addition to pen pal letters, Littles also received from their Bigs a Bates Bobcat t-shirt, activities and games, and frozen pizzas courtesy of Sam's Italian Foods.



Big Brothers Big Sisters of Mid-Maine Androscoggin Manager Jennifer Cartmell shares a letter with Little Sister Briella Graves that was written by her Big Sister and Bates College mentor Ellie Boyle. The Big/Little match has not seen each other since school closures in March. In lieu of the agency's spring field trip with Bigs and Littles to Bates College, BBBS staff made at-home visits to 34 local Littles to share letters of hope and at-home activities from their BBBS mentors.

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Learn more at <https://ptla.org/covid-19> and www.ptla.org.

Consumers for Affordable Health Care calls on policy makers

In response to a report released last week by Families USA that shows that fourteen thousand Maine workers have become uninsured due to job losses between February and May, Consumers for Affordable Health Care called on state policy makers to take action to increase accessibility and affordability of health care during a prospective special legislative session.

“Governor Mills’ first action to expand Medicaid is proving to be a critical safety net during this time when so many workers are being laid off and losing their employer-provided insurance,” said Ann Woloson, executive director of Consumers for Affordable Health Care. “However, this report shows that Maine still lags behind our New England neighbors, with a full thirteen percent of our non-elderly adult population uninsured as of May 2020.”

“The recent spike of fourteen thousand more Mainers becoming uninsured due to job layoffs should be a call-to-action for Augusta to take action during a special session, as one

Mainer without affordable health care is one Mainer too many,” Woloson said.

Consumers for Affordable Health Care (CAHC) advocates for accessible and affordable health care for all Mainers and is a strong supporter of the Affordable Care Act and Medicaid expansion. “The Mills administration has taken a number of steps to improve access to testing throughout Maine,” said Woloson. “But too many people are unable to access the affordable coverage, treatment and ongoing health care they need.”

“Possible immediate legislative solutions include fixing the Affordable Care Act “family glitch” and providing coverage for the thousands of Mainers who fall into that gap. We also know there are many other people who remain uninsured, who are at higher risk of contracting COVID-19 or another illness, and who continue to face barriers to accessing the treatment, health care and medicine they need. More must be done to reduce racial health care disparities in Maine.”

“Additionally, the state should use this moment to engage in longer-term thinking about getting health care and prescription drug costs under control,” Woloson says. “In 2018, Maine’s per-capita health expenditures were 10 percent higher than the U.S. average and 35 percent higher compared to 10 years prior (Bureau of Economic Analysis). Legislators should fund Senator Jackson’s LD 2110, An Act To Lower Health Care Costs, that passed through both Maine’s House and Senate, to start examining these costs.”

People who need help sorting through their health coverage options can contact CAHC’s Consumer Assistance Program toll-free at 1-800-965-7476.

The full Families USA report, which examines data in all fifty states, is available here: https://familiesusa.org/wp-content/uploads/2020/07/COVID-254_Coverage-Loss_Report_7-14-20.pdf. For more information about Consumers for Affordable Health Care, visit: <https://www.maineacahc.org/>.

Workshops to be held via telephonically and Zoom

SeniorsPlus in partnership with Healthy Living for ME will be offering free workshops for adults who are interested in learning how to prevent falls, manage diabetes, pain, and other conditions. Scheduled workshops include Living Well with Diabetes, Living Well with Chronic Pain, Better Health Now with Diabetes, Better Health Now with Chronic Pain, and Tai Chi for Health & Balance.

The workshops are free and open to the public, but registration is required. Please call (207) 440-2390 or email edcenter@seniorsplus.org for more information and to register.

Healthy Living for ME is a statewide network of organizations delivering evidence-based programs that empower adults to address and better manage their health. All workshops are listed at healthylivingforme.org.

SeniorsPlus, West-

ern Maine’s Area Agency on Aging, has been a leading provider of information and advice, referrals, programs, and activities since 1972. Today, SeniorsPlus is poised to serve adults of all ages and backgrounds in a changing, challenging world. They are here for you as you look forward to longer, more

active lives and seek to engage in new physical and intellectual activities.

Healthy Living for ME is a partnership with Spectrum Generations, SeniorsPlus, and Aroostook Agency on Aging – three of Maine’s Area Agencies on Aging – to deliver statewide chronic *See Zoom, page 13*

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Literacy Scavenger Hunt in Gorham



Clara Tanguay

Baxter Memorial Library is proud to announce their first Literacy Scavenger Hunt, recently placed behind Narragansett Elementary School on the Claire Drew Trail. The project, in conjunction with ASPIRE Gorham and the Littlest Learner's Program, comprises a welcome sign and twelve other signs along the one-mile loop. Signs are made of repurposed wood and feature wood-burned alphabetical letters and drawings of

items visitors could find along the trail, or at least in nearby nature.

The idea behind the project was to encourage Gorham families to get out and explore the town in a safe way, perhaps discovering an area they've never explored, all while improving early literacy skills. The easy/moderate trail, maintained by the Town, is ideal for walkers, runners, and cyclists. Visitors simply can note the signs as they go about their recreational busi-

ness, or they can choose to participate in the Literacy Scavenger Hunt by doing a variety of extension activities, including but certainly not limited to: sketching items in a notepad; taking photos of the items; weaving the items into an original song, poem, story, or theatrical performance. For more information, including a map of the trail and a list of books that tie into the Scavenger Hunt, please go to www.BaxterLibrary.org and select Youth Services.



Jason Tanguay with Deb Tanguay, BML Outreach Liaison

Online events Gorham library

Baxter Memorial Library is pleased to offer the following events:

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 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.)
See Library, page 11

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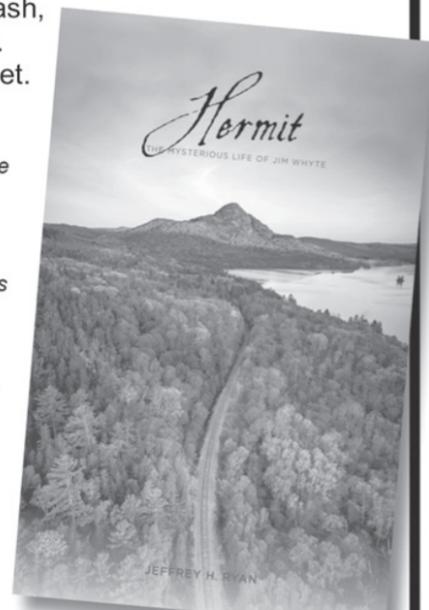
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He arrived in Monson flush with cash, lost every cent, then made it back. All the while, he was hiding a secret.

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 — Bill Bushnell, Bushnell on Books

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 — George Smith, Bangor Daily News

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



UMaine Extension offers all-season gardening webinar

Gardening doesn't have to stop when the traditional growing season ends in Maine. University of Maine Cooperative Extension will offer a webinar focused on how to build a movable greenhouse to extend the growing season 12 to 1 p.m. on August 3.

"All Season Gardening," led by UMaine Extension educators Frank Wertheim and Marjorie Peronto, will discuss how to build a small movable greenhouse or low tunnel structure for growing winter greens and boosting spring and summer season crops. Topics also include production schedules, which hardy greens to use for winter growing, and when and how to get them started.

Registration is required; a \$5 donation is optional. Register on the event webpage to attend or receive a link to the recording. This session is the second in a six-part summer gardening webinar series to be offered every other Monday through September.

For more information or to request a rea-

sonable accommodation, contact Pamela Hargest, (207) 781-6099; pamelahargest@maine.edu.

As a trusted resource for over one hundred years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine's flagship public

university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all fifty states and more than seventy countries. UMaine currently enrolls eleven thousand, five hundred sixty-one undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than one hundred-degree programs through which students can earn master's, doctoral or professional science degrees, as well as graduate certificates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine, visit umaine.edu.

Celebration Barn presents a drive-thru performance

Saturday, July 25 Celebration Barn Theater presents the inaugural show of its 2020 season, the first-of-its-kind experience, Just Outside the Window: A Drive-Thru Performance.

Starring circus artists who have worked with premier companies worldwide including The Metropolitan Opera, Big Apple Circus, and Pilobolus Dance Theater. The performance takes place entirely outside the theater, on the Celebration Barn property. Audience members take part in the thirty-minute experience from their vehicles.

"Celebration Barn has been a place for people to join together in unique theater experiences for nearly half a century. While it's not possible to gather for shows in the traditional way right now, we're so excited to share this beautiful and adventurous performance that's designed specifically for this unique moment," said Celebration Barn Theater Executive Artistic Director Amanda Huotari.

Celebration Barn

Theater is an international center for theater training and creation in South Paris, ME. With its weekly show series and residential workshops paused due to COVID-19, the organization has shifted this season to offer online training and new on-site programs, designed using guidelines from the Maine CDC. In August, Celebration Barn will host circus classes for children ages six through twelve.

The cast of Just Outside the Window: A Drive-Thru Performance brings a wealth of experience and expertise. Jan Damm, an internationally-touring circus artist, has performed on Broadway with Cirque Mechanics and appeared on The David Letterman show. Ariele Ebacher, a tight-wire dancer, has worked with the Big Apple Circus, Midnight Circus and Circus Bella, among many others. Molly Gawler, a dancer and musician, has performed world-over with the renowned Pilobolus Dance Theater. She plays fiddle, banjo, and sings

in the Gawler Family Band and The Gawler Sisters. Collin Miclon, an actor and variety performer, toured with the award-winning Circus Smirkus and most recently appeared in The Burlesque Show at Borgata casino in Atlantic City. Shane Miclon, a juggler, has performed across North America, and recently appeared in The Met Opera's production of Akhnaten.

This special event is sponsored by The Ballroom in Harrison and Palmer Development Corp. of Oxford.

Limited tickets are available. Tickets are \$20 per vehicle. Showtimes are 5:30 p.m., 6 p.m., 6:30 p.m., 7 p.m. and 7:30 p.m. on Saturday, July 25 (rain date Sunday, July 26 at the same times). Shows start promptly and last approximately 30 minutes. Tickets must be purchased in advance.

To purchase tickets or to find more information, visit www.CelebrationBarn.com. Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris, Maine.

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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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American Pickers coming to Maine



Do you know any collectors in the greater Gorham area? The hit TV show American Pickers has asked us to reach out to our readers and spread the word that they are looking for collectors.

Mike Wolfe, Frank Fritz, and their team are excited to return to Maine and other New England states. They plan to film episodes of the hit series American Pickers throughout the area in September.

They understand that with the proliferation of COVID-19, everyone is facing very uncertain times, and everything is changing daily. American Pickers are taking the pandemic very seriously and will be following all guidelines and protocols for safe filming

as outlined by each state. While they plan to be in New England in September, the crew will continue to re-schedule if conditions change for the worse. Regardless, they are excited to continue to reach the many collectors in the area to discuss their years of picking!

American Pickers is a documentary series that explores the fascinating world of antique “picking” on History. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast,

Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair hopes to give historically significant objects a new lease on life, while learning a thing or two about America’s past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them. American Pickers is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collec-

AMERICAN PICKERS

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PLEASE LET US KNOW:

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS

tion or accumulation of antiques that the Pickers can spend the better part of the day looking through, send them your name, phone number, location and description of the collection with photos to americanpickers@cineflix.com or call 855-OLD-RUST. Find them on Facebook @GotAPick.



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|---|--|---|

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

| | | |
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| <p>CHEESE - 6.95 CHEESE & BEAN - 7.95 GRILLED STEAK - 11.95</p> | <p>SEASONED GROUND BEEF - 9.95 BRAISED MUSHROOMS - 9.95 SHREDDED PORK - 9.95</p> | <p>CHAR GRILLED CHICKEN - 9.95 HOUSEMADE CHORIZO - 9.95 BBQ PULLED PORK - 10.95</p> |
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Guest column

Healthier Lifestyles



two years). This will be Rhonda's second year.

When I started training with Rhonda this year with On Purpose WellBeing Centers Signature Beginner/Intermediate Triathlon program, I had no idea we would have these challenges through covid19. But once we canned Zoom training and went out on the roads and water, I switched gears and found that Gorham has widened and groomed a beautiful trail off of Libby Avenue that has been perfectly cool and shady for our runs! As it got warmer, I soon started to think about where we could swim for not only our training (all pools were closed at that point and the ocean was too cold) but also where we could actually do this event on our planned date, August 8.

I researched where others were training on the Tri for a cure Facebook page and it was quite the same as before. When the lakes opened it was Crystal lake and oceans in Falmouth, Pine Point and some were at

anywhere and anywhere they would like. That means that we will be choosing our own place and time, to swim, bike, and run to raise money for Maine Cancer Foundation. It makes us both happy that Maine Cancer Foundation decided to keep The Tri for a Cure on the books this year. This will be my fifth year of either participating in the event or volunteering for the event (injured for

by Catherine Wilson, On Purpose WellBeing Center

I still can't get over how much Gorham has to offer! In just three short weeks myself and Rhonda Berry, Triathlon Training participant, will be partaking in this year's Tri For a Cure Virtual event. This year, with COVID19, participants have from August 1 and August 30 to complete the race



warmer than the ocean and we are the only ones there while training. We have done a few run days there and this weekend will be our first bike/run brick—this is when we put the bike and run together in one workout!

The event for On Purpose WellBeing trainees will be starting out at 8 a.m. in the water for our 25 strokes one way and 25 the other way, 11 times. This will make the 1/3 of a mile swim (or as close as possible). We will run up to the parking lot and take off our wetsuit. After changing into our bike shoes, we will hop on our bikes and take the trail on the left onto the Maine division trail for our 15-mile bike ride, we will go 7.5 out and 7.5 back. Once we are back to our transition site, we will get ready for our 3.1-mile run taking the other end of the trail to the right. 1.6 out and 1.5 back onto the ball field.

We are excited to do this and almost ready. I am so proud to be training my clients right here in Gorham, but even more proud to be back into the action side of this much needed event. On the Tri for a

the site where the event has been held each year (SMCC campus in South Portland). I did not want our training to be held captive to tides this year and Crystal lake is a long way after a workday. But then, I recalled in years past when walking, biking and on dog adventures, how amazing Shaw Park was. I remembered that it has trails, a swim area and even a bike rack that we can use as a transition

area! It has everything we need! Since the end of May we have been out at Shaw Park!

Rhonda and I have done swim training right off the beach in Presumpscot River, swimming 25 yards up the river and 25 yards back down—it has definitely served us well! It is so close and easy to get to from my Studio on Main Street in Gorham. Clients are excited that I had decided to train there. The water is much



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40,000 Pounds of Maine Potatoes distributed

COVID-19's emergence around the world quickly raised alarm bells for many people, regarding the ability of our global food chain to respond. News of plowed crops and dumped milk confirmed our worst visions — healthy food that became a casualty of a broken food supply chain during a global emergency when people most needed it.

Here in Maine, millions of pounds of potatoes no longer had markets as schools, restaurants and other institutions shut down. Among one of the small efforts to try to salvage some of this lost income to farmers and to get food to people who need it, the Maine Gleaning Network organized the purchase and distribution of 40,000 pounds of Aroostook County potatoes from Irving Farms Marketing, representing multiple potato farmers in the area. A collaboration between the Maine Gleaning Network (www.maine gleaning-network.org), Starling (www.starlingrealttime.com), and FarmLink

(www.farmlinkproject.org), who funded the purchase of the potatoes, this effort was coordinated by Maine's Merry-meeting Gleaners. Many thanks to FarmLink for their donation of \$4000 to purchase the potatoes, to all of the organizations and businesses that allowed the use of their loading docks for drop offs and pick-ups, and to the countless volunteers who got a workout slinging 50lb bags and got these 2019 crop 'taters to their final homes at sixty food security organizations all over Maine. The distribution was coordinated by multiple gleaning groups Healthy Acadia in Washington and Hancock Counties, Androscoggin Gleaners, Merrymeeting Gleaners in Sagadahoc County, Somerset Public Health, and Cumberland County Gleaning Initiative.

The Androscoggin Gleaners organized the distribution of 4,450 pounds to 17 food security organizations and community sites in Androscoggin County. Huge thanks go to AC Electric in Auburn for so

generously offering their loading dock and time, Healthy Androscoggin for their support, and to the small but mighty volunteer force that helped on this day and so many others. So far this season, the Androscoggin Gleaners have distributed over 6,000 pounds of produce and over 2,000 seedlings, most of which come from local farm partners right here in Androscoggin County. Many thanks to those who grow the food that nourishes us all.

For more information about local gleaning efforts, contact Rebecca Schoen at: androgleaners@gmail.com.

Partner organizations can be contacted for more information at mainegleaningnetwork.org, Starlingrealttime.com, and Farmlinkproject.org.

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

Guest Column Helping 'Vacationland's' seasonal businesses through COVID

By Senator King

Each year, millions of people look forward to their week or two in Maine — to breathe our air, take in our natural beauty, make memories — and in turn, Maine's businesses look forward to welcoming them. As we all know, tourism contributes to more than just inns or hotels; restaurants, shops, gas stations and recreational attractions across our state rely on the months of May through September for the lion's share of their yearly revenue.

Unfortunately, the coronavirus pandemic is threatening the summer season, and while we'd all like to simply return to business as usual, we've also watched the drastic increases in coronavirus cases within states who've reopened too aggressively — decisions guided by dates instead of data. So, as Maine continues to carefully think and plan through its reopening, we're left with a scary question: what happens to Vacationland's econo-

my when tourists have to stay home?

There is no one magic solution here — but from a federal perspective, I'm tapping the tools available to me as a Senator to shore up the seasonal economy in the short-term, help it regain its footing in the mid-term, and fortify its foundation for the future. The most immediate answer — the Paycheck Protection Program (PPP), which is helping businesses across the state and nation keep their doors open and their staff employed throughout the coronavirus pandemic. The PPP has been a valuable source of support during this pandemic, and Congress has made needed mid-course corrections to make it work even better, like passing legislation I introduced with Senator Steve Daines (R-Montana) to loosen restrictions and provide more flexibility for business owners; now Congress has wisely extended the program so that businesses can apply

for the more than \$100 billion still available.

But there is more we can do. Last week, I led eight of my Senate colleagues in a letter urging the Small Business Administration to cut the red tape preventing seasonal employers from accessing the full amount of the PPP loans for which they qualify. Because these businesses filled out forms using off-season data (the expected lulls) the initial loans don't reflect their present reality (the yearly spike in summer business) — and PPP regulations won't let them update that information. It's important changes like this that will help us adapt policies to better stabilize our seasonal businesses.

There's more we can and must do in future stimulus efforts. I am listening closely to Maine's small and seasonal businesses to inform my work as Congress considers further coronavirus relief legislation and as I assess more data on the pandemic's economic effects.

Longer term, it's clear we will need to work together to accelerate the tourism industry's recovery. That's why I've joined Republican Senator Dan Sullivan (from Alaska) and Democratic Senator Brian Schatz (from Hawaii) to introduce bipartisan legislation like our Visit America Act. This bill would to establish initiative to boost international tourism to the U.S. from roughly 80 million in 2019 to 116 million in 2028 — an
See Seasonal, page 13

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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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Office

Continued from page 1

safety of patrons, please visit Baxter Memorial Library's homepage at <https://baxterlibrary.org/>, or call (207) 222-1190.

Business hours for the Municipal Center Administrative offices and all other Town offices are subject to change to remain in alignment with any future executive orders issued by the governor during the current public health emergency.

Your patience is appreciated as these businesses adjust town operations to safely serve their community while reducing the spread of COVID-19.

Healthier

Continued from page 9

Cure website you'll read that since the day after the 2019 Tri for a Cure, Maine Cancer Foundation has been excitedly working towards plans for July 19, 2020. 2020 is "lucky" year 13 for an event that has come to be MCF's largest fundraiser and which represents a celebration of women who have taken on a personal goal to swim, bike, and run while supporting a cause that is close to them. There has been over 16 million dollars raised for Maine Cancer in the last 12 years from this event.

Rhonda and I both have people in our lives that have either been touched with cancer and survived or have lost the battle. We both know that it may have been a long 19-week training journey but that does not compare to what loved ones go through when cancer hits.

If you love Gorham as much as I do, check out all that it has to offer and if you would like to

support us please come down to Shaw park on Saturday August 8 and cheer us on. We are going to bring a picnic lunch for after our event and social distance with a small group of friends and family. We will share as much fun as we can without the thousands that we would usually have supporting us during our race.

You can also make a contribution to either of our Tri for a Cure fundraising pages to help us reach our goal to help Maine fight cancer! Thank you Gorham for being such an awesome town, and thank you to any one donating for our event!

Donation links: Catherine Wilson <https://mainecancer.donordrive.com/participant/Catherine-Wilson>; Rhonda Berry <https://mainecancer.donordrive.com/participant/27971>.

On Purpose WellBeing Center is located at 381 Main St #4, Gorham. Visit them online at onpurposewbc.com, call (207) 222-0142, and follow them on Instagram (@onpurpose_wbc) and Facebook (@OnPurposeWBC).

Library

Continued from page 6

Music: 10:30 a.m., all ages welcome. Your very own singer-songwriter/librarian Mr. Jeff will be putting on a virtual concert! He will play original music as he tickles the ivories and plucks on guitar strings.

Arts & Entertainment

Deadline is Friday at 5pm for submissions.

Editor@GorhamWeekly.com

MaineHealth has reached agreements to purchase power from three developers of solar energy projects in Maine under a new state initiative aimed at encouraging the creation of additional renewable energy resources in the state.

The agreements commit MaineHealth to support 10 solar farms in Maine for the next 20 years. In turn, this enables the developers of those solar facilities to secure investment and financing for their projects. The agreements are part of a larger state effort enacted last year that is modeled after those of several other states in the Northeast. The initiative creates a system of credits for purchasing solar power that are funded through an assessment on electric utility bills.

Working with Competitive Energy Services, LLC, a Portland-based energy consulting firm, MaineHealth has reached agreements under the program with Borrego Solar Systems Inc., of San Diego, Calif., Blue-Wave Solar, Inc., of Boston, Mass., and Nexamp, Inc., of Boston, Mass.

"This program enables us to play a significant role in the development of solar energy in Maine, thereby reducing our region's overall carbon footprint. Doing so is consistent with our organization's vision of 'working together, so our communities are the healthiest in America,'" said Bill Caron, MaineHealth CEO.

Through its participation in the program, MaineHealth hopes to see half of its estimated annual power usage generated at the solar facilities it is supporting. These solar farms are ex-

MaineHealth enables new solar power development

pected to be brought on line over the next two years, and once they are fully operational, the state credit system will help reduce the health system's overall electric utility costs. The savings could vary depending on energy market fluctuations and other factors, but at a minimum, MaineHealth expects to save at least \$1 million annually on its electric power bill.

MaineHealth is a not-for-profit provider of health care with nine local health systems in Maine and Carroll County, N.H. The solar contracts will create power for use at the system's Maine locations, and the savings generated will directly benefit the 1.1 million people in its service area by reducing the overall cost of delivering care.

"Not only does this

program help reduce the impact of global warming and create cleaner air, but it also allows us to build on our commitment to provide excellent patient care at the lowest possible cost," said Caron. "Given these benefits, we felt it important to participate."

The legislation enabling MaineHealth's participation was approved last year during the regular session of the 129th Legislature and signed into law by Maine Governor Janet Mills.

"I commend MaineHealth on its investment in solar power, the result of which will not only protect our environment, but that will also save money and directly translate into lower health care costs for the people MaineHealth serves," said Mills.

"This partnership further exemplifies that

embracing clean energy opportunities is a good move for our health, for our environment and for our economy."

The solar program makes it possible for all electric utility customers to encourage solar energy development and share in electric utility bill credits. MaineHealth is participating in a part of the program aimed at large users of electricity. Several other large organizations in Maine, including many of its largest businesses and municipalities as well as educational institutions and health care providers, are also moving forward with plans to participate.

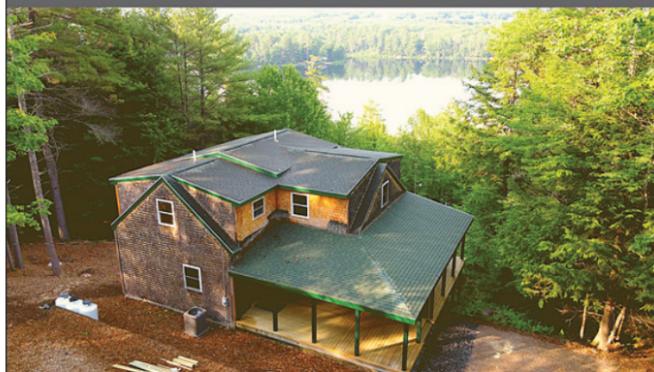
"We are proud to be contributing to a healthier environment for our communities and to do so in a way that is fiscally responsible," said Caron.

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Good Tern Co-op raises money for OUT! Maine



By Peyton Feener, Front End Manager of the Good Tern Co-op.

The customers of the Good Tern Co-op raised \$891.23 during the month of June for OUT!

Maine. OUT Maine works toward a welcoming and affirming Maine for all rural young people of diverse sexual orientations, gender expressions and gender identities.

In partnership with their allies and families, OUT Maine supports, educates and empowers these youth in their journey from adolescence to adulthood.

For the month of July, the Good Tern Co-op will be rounding up for two organizations, Midcoast Music Academy and Cultivating Community. The Good Tern Co-ops hours for in store shopping are Monday and Thursday from

8 a.m. to 7p.m., Tuesday, Wednesday and Friday from 12 to 7p.m. and Saturday and Sunday from 9 a.m. to 5p.m.

Good Tern's Curb-side hours are Tuesday, Wednesday and Friday from 8a.m. to 11a.m. The Good Tern co-op is open daily to all.

Peyton Feener (Good Tern Co-op Front End Manager) and Deminique Cole (Good Tern Co-op Wine and Beer Buyer) present a check to

Peyton Feener (Good Tern Co-op Front End Manager) and Deminique Cole (Good Tern Co-op Wine and Beer Buyer) present a check to OUT Maine. Peyton hands the check off to Rachel Albury (OUT Maine Development and Operations Coordinator) while maintaining social distancing.

SERVPRO® alerts local grill masters: Grilling fires peak in July

The summer grilling season is here, and outdoor cooking and socially distanced picnic gatherings are a welcome change for families eager to get out and enjoy the warm weather. As families and friends prepare their next outdoor feast, professionals from SERVPRO, local fire and disaster remediation specialists, urge Auburn-area property owners to keep some sobering "grilling fire facts" from the National Fire Protection Association (NFPA) in mind.

Gas grills, hibachis, and barbeques are involved in an average of 8,900 home fires each year, including 3,900 structure fires and 4,900 outdoor fires. Charcoal or other solid-fueled grills contribute to another 1,300 home fires per year.

An average of 19,700 patients each year visit emergency rooms because of injuries involving grills. Nearly half (9,500 or 48%) of the injuries are thermal burns from fire (about 4,300) and from contact with hot objects (about 5,200). Children under five account for an average of 2,000 of those contact-type burns.

July is the peak month for grill fires (18%), including structure, outdoor or unclassified fires, followed by June (15%), May (13%) and August (12%).

"According to the NFPA, three out of five households own a gas grill – and gas grills are the chief culprit in home grilling fires," Rick Isaacson, CEO of Servpro Industries, LLC said. "And while grill-related fires peak between May

and August, nearly half of home grillers use their grill year-round." SERVPRO shares the following advice from the NFPA2 with Auburn-area homeowners to help ensure that the only smoke coming from their outdoor feast is from their grill, and not from a property fire.

All grills:

Use your propane or charcoal grill outdoors only. Place your grill away from your home or deck railings and out from under eaves and overhanging branches

Keep children and pets at least three feet away from the grill area, and never leave your grill unattended.

Keep your grill clean. Remove grease or fat buildup from the grills and in trays below the grill. Always make sure your gas grill lid is open before lighting it.

Propane Grills:

Check the gas tank hose for leaks before using it for the first time each year.

If you smell gas while cooking, immediately get away from the grill and call the fire department. Do not move the grill.

If the flame goes out, turn the grill and gas off and wait at least five minutes before re-lighting it.

Charcoal Grills:

A charcoal chimney starter uses newspaper as a fuel to start the charcoal. If you use a starter fluid instead, use only charcoal starter fluid. If you choose an electric charcoal starter, make sure to use an extension cord for outdoor use.

Keep charcoal fluid out of the reach of children and away from heat sources. Never add char-

coal fluid or any other flammable liquids to the fire.

When you are finished grilling, let the coals cool completely before transferring them to a metal container for disposal.

"Even if no one is injured, a home fire can be devastating. It can destroy not just property but priceless memories and create chaos in the aftermath," added Isaacson. "Cleaning-up after a fire can feel overwhelming because it often involves smoke and water damage beyond the damage from the flames. While we hope that these guidelines will help Auburn-area homeowners have a safe, fire-free grilling season, accidents can happen. If you do experience a structure fire, our SERVPRO-trained professionals can help get you on the road to normal, managing clean-up efforts and helping with insurance and recovery. When disaster strikes, our goal, always, is to make it seem 'like it never even happened'."

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information on SERVPRO in the Auburn area, please contact one of the local business owners below.

For SERVPRO of Augusta/Waterville, please contact Anthony Wolverson who can be reached at (207) 622-7166 or kwolverson@servpro10735.com.

For SERVPRO of Lewiston-Auburn, please contact James Brigham who can be reached at (207) 783-2500 or servpro5685@roadrunner.com.

For more information on SERVPRO, please visit www.servpro.com.

1 <https://www.nfpa.org/grillin>.

2 https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/Grilling_safety_Tips.pdf.

Founded in 1967, the SERVPRO franchise system is a leader and provider of fire and water cleanup and restoration services and mold mitigation and bioremediation. SERVPRO's professional services network of more than 1,800 individually owned and operated franchises re-

See Servpro, next page

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Monday, July 20

University of Maine Cooperative Extension webinar about selecting native plants for a pollinator-friendly garden, 12 through 1 p.m. Registration is required, a \$5 donation is optional. Register on the event [webpage](#) to attend or to receive the link to the recording. For more information or to request a reasonable accommodation, contact Pamela Hargest at (207) 781-6099 or pamela.hargest@maine.edu.

Tuesday, July 21

Summer concert with World Famous Grassholes at 6 p.m. at Robie Softball Field (28 Ball Park Road, Gorham, between the high school and Gorham Municipal Center). Bring a picnic, a blanket or chair, and enjoy the show! Parking available in Gorham High School or Gorham Municipal Parking lot.

Auburn Public Library hosting Kung Fu: Chinese martial arts for young dragons at 11 a.m. via Zoom. More information can be found on Two Dragons Path's website at <http://www.twodragonspath.com/>. Please call APL at (207) 333-6640 ext.3 to register and to be sent a link to the Zoom meeting.

Wednesday, July 22

Basilica summer concert series, 12:15 p.m., Ray Cornils. For more information about the summer concert series, call (207) 777-1200.

Saturday, July 25

Drive-thru performance of Just Outside the Window presented by Celebration Barn located off Route 117 at 190 Stock Farm Road, South Paris, Maine. Limited tickets are available. Tickets are \$20 per vehicle. Showtimes are 5:30 p.m., 6 p.m., 6:30 p.m., 7 p.m. and 7:30 p.m. on Saturday, July 25 (rain date Sunday, July 26 at the same times). Shows start promptly and last approximately 30 minutes. Tickets must be purchased in advance.

Chocolate Church Arts Center outdoor summer concert series with Jud Caswell. Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at www.chocolatechurcharts.org, or by calling (207) 442-8455. All audience members are required to bring masks or other appropriate face coverings, which must be worn when checking in and purchasing concessions

Calendar

Send your submissions to the Editor. More online.

or merchandise. More information is available at the Chocolate Church Arts Center website or by calling the box office.

Wednesday, July 29

Basilica summer concert series, 12:15 p.m., Harold Stover. For more information about the summer concert series, call (207) 777-1200.

Monday, August 3

Gardening Webinar offered by UMaine Extension at 12 to 1 p.m. Registration found on the event page is required, donations are optional. For more information or to request a reasonable accommodation, contact Pamela Hargest, (207) 781-6099; pamela.hargest@maine.edu.

Wednesday, August 5

Basilica summer concert series, 12:15 p.m., Randall Mullin. For more information about the summer concert series, call (207) 777-1200.

Saturday, August 9

Chocolate Church Arts Center outdoor summer concert series with Heather Pierson. Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at www.chocolatechurcharts.org, or by calling (207) 442-8455. All audience members are required to bring masks or other appropriate face coverings, which must be worn when checking in and purchasing concessions or merchandise. More information is available at the Chocolate Church Arts Center website or by calling the box office.

Wed, August 12

Basilica summer concert series, 12:15 p.m., Mark Thallander. For more information about the summer concert series, call (207) 777-1200.

Thursday, August 20

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Friday, August 21

Restorative practices certificate program

offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Saturday, August 22

Chocolate Church Arts Center outdoor summer concert series with Lauren Crosby. Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at www.chocolatechurcharts.org, or by calling (207) 442-8455. All audience members are required to bring masks or other appropriate face coverings, which must be worn when checking in and purchasing concessions or merchandise. More information is available at the Chocolate Church Arts Center website or by calling the box office.

Thursday, August 27

The ATRC Policy Committee meeting for the month of July has been cancelled. This will take place at 10 a.m. via zoom.

Friday, Sept. 25

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thurs, October 29

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Friday, October 30

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-

8002.

Thurs, November 19

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Berry

Continued from page 2

or downloaded from the publications catalog or by contacting (207) 581-3792; extension.orders@maine.edu.

As a trusted resource for more than one hundred years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all fifty states and more than seventy countries. UMaine currently enrolls eleven thousand, five hundred sixty-one undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than one hundred degree programs through

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which students can earn master's, doctoral or professional science master's degrees, as well as graduate certificates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine, visit umaine.edu.

Seasonal

Continued from page 10

investment that would bring much-needed economic activity back to Maine.

There's another way to support the future of Maine's tourism industry that is already underway – and it's just good old common sense. If the old saying goes "if it ain't broke, don't fix it", we can all agree that if it IS broke, you SHOULD fix it. That's the situation facing national parks across the nation, including our own Acadia National Park. Parks throughout the National Parks Service are facing \$12 billion in delayed maintenance projects, threatening the long-term health of these American treasures – including \$65 million in delayed repairs at Acadia alone. This is simply poor money management for two reasons: we are only putting off today's repairs for more expensive one's tomorrow and investments in our national parks are well worth it. The National Parks bring \$42 billion to their surrounding communities every year, which Maine people see and benefit from. A few weeks ago, the Senate passed the Great American Outdoors Act, groundbreaking conservation legislation which includes my bipartisan bill (the Restore Our Parks Act)

to address this maintenance backlog. This legislation will make a major impact for parks nationwide – supporting more than 100,000 direct and indirect jobs over the next five years, not to mention making our gorgeous attractions even more of a draw.

I wish there was a simpler answer to the challenges our seasonal economy is facing – a hidden, quicker fix that would just get us up and running. Unfortunately, there isn't – in order to keep ourselves, our families, and our communities safe, we need to proceed with caution. And I'm working in Washington, D.C. to support relief efforts now and a road map to restoring our economy for the future. But Maine people are smart, resourceful, and adaptable. We know how to face down obstacles and work collaboratively to find a solution. It won't be easy, but we can and will get through this – together.

Zoom

Continued from page 5

ic disease self-management and falls prevention classes. For more information or to find a class, visit: healthylivingforme.org or on Facebook @Healthy Living for ME.

Servpro

Continued from previous page

sponds to property damage emergencies ranging from small individual disasters to multi-million dollar large-loss events. Providing coverage in the United States and Canada, the SERVPRO system has established relationships with major insurance companies and commercial clients, as well as individual homeowners.

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



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

MK Kitchen.net

APPETIZERS, SOUP AND SALADS

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

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

Laurie@GorhamWeekly.com

Amtrak Downeaster adds more train service

The Northern New England Passenger Rail Authority (NNEPRA) announced last week that the Amtrak Downeaster will begin operating four round-trip trains between Brunswick, Maine and Boston, Massachusetts every day as of Monday, July 20, as it enters Phase 2 of service restoration.

Other Phase 2 service elements include the availability of on-board food service and the re-opening of some Downeaster station facilities. Visit Amtrak-Downeaster.com for a complete schedule and service information.

A number of protocols and procedures have been implemented to protect the health and safety of passengers and crews, including: Trains will be sanitized and dis-

infected daily with enhanced cleaning between trips; face coverings are required for crews and passengers on board trains and in stations; the number of riders is limited to no more than 50% of available seating capacity to support physical distancing guidelines; Amtrak eTicketing allows for touchless tickets collection; cash sales are not accepted; enhanced cleaning, training and social distancing protocols have been implemented at the Downeaster Café, including installation of plexiglass partitions at the service counter and a pilot program for at-seat service. The Café table seating area will remain closed; enhanced cleaning, training and social distancing protocols

have been implemented at Downeaster station facilities.

Complete information about the steps Amtrak is taking to protect the health and safety of their passengers and crews is available at Amtrak.com

Downeaster service was suspended on April 13, 2020. Phase 1 of Downeaster service restoration began on June 15 with the operation of one round-trip train Downeaster weekdays only, with no Café service and no station facilities. PreCOVID-19, the Downeaster made five daily round-trips between Brunswick and Boston.

For additional Amtrak Downeaster information visit: Amtrak-Downeaster.com.

Nonesuch River Brewing new hours

Nonesuch River Brewing has started new hours as of Monday, July 13. They are now open 11:30 a.m. to 9 p.m., closed 3 to 4 p.m. for deep clean-

ing. They are also open for Outside and Inside seating with tables 6ft apart.

Check out their new Curbside Cocktails

at [tps://nonesuchriverbrewing.com/curbside-cocktails/](https://nonesuchriverbrewing.com/curbside-cocktails/). Order online for Curbside pickup at <https://www.toasttab.com/nonesuch-river-brewing/v3>.

AMTRAK Downeaster SCHEDULE

Effective July 20, 2020

| SOUTHBOUND S | | | | | WEEKDAY | | | | WEEKEND | | | |
|--------------------------|-------|--------|--------|-------|---------|--------|--------|-------|---------|--------|--------|-------|
| Train Number | 680 | 682 | 684 | 688 | 690 | 692 | 694 | 698 | 690 | 692 | 694 | 698 |
| Days of Operation | M-F | M-F | M-F | M-F | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su |
| Brunswick, ME | 4:30a | 7:00a | 11:18a | 4:10p | 5:30a | 7:30a | 12:20p | 5:10p | 5:30a | 7:30a | 12:20p | 5:10p |
| Freeport, ME | 4:43a | 7:13a | 11:31a | 4:23p | 5:43a | 7:43a | 12:33p | 5:23p | 5:43a | 7:43a | 12:33p | 5:23p |
| Portland, ME | 5:18a | 7:48a | 12:06p | 4:58p | 6:18a | 8:18a | 1:08p | 5:58p | 6:18a | 8:18a | 1:08p | 5:58p |
| Old Orchard Beach, ME | ... | 8:02a | 12:20p | 5:12p | 6:32a | 8:32a | 1:22p | 6:13p | 6:32a | 8:32a | 1:22p | 6:13p |
| Saco, ME | 5:40a | 8:10a | 12:28p | 5:20p | 6:40a | 8:40a | 1:30p | 6:20p | 6:40a | 8:40a | 1:30p | 6:20p |
| Wells, ME | 5:59a | 8:29a | 12:47p | 5:40p | 6:59a | 8:59a | 1:49p | 6:39p | 6:59a | 8:59a | 1:49p | 6:39p |
| Dover, NH | 6:17a | 8:47a | 1:05p | 5:58p | 7:17a | 9:17a | 2:07p | 6:57p | 7:17a | 9:17a | 2:07p | 6:57p |
| Durham - UNH, NH | 6:25a | 8:55a | 1:13p | 6:06p | 7:24a | 9:24a | 2:15p | 7:05p | 7:24a | 9:24a | 2:15p | 7:05p |
| Exeter, NH | 6:39a | 9:09a | 1:27p | 6:20p | 7:37a | 9:37a | 2:29p | 7:19p | 7:37a | 9:37a | 2:29p | 7:19p |
| Haverhill, MA | 7:00a | 9:30a | 1:48p | 6:41p | 7:57a | 10:00a | 2:50p | 7:40p | 7:57a | 10:00a | 2:50p | 7:40p |
| Woburn, MA | 7:29a | 9:59a | 2:17p | 7:10p | ... | ... | ... | ... | ... | ... | ... | ... |
| Boston North Station, MA | 7:50a | 10:20a | 2:38p | 7:30p | 8:45a | 10:50a | 3:40p | 8:30p | 8:45a | 10:50a | 3:40p | 8:30p |

| NORTHBOUND N | | | | | WEEKDAY | | | | WEEKEND | | | |
|--------------------------|--------|--------|-------|--------|---------|-------|-------|--------|---------|-------|-------|--------|
| Train Number | 681 | 683 | 685 | 689 | 691 | 693 | 695 | 699 | 691 | 693 | 695 | 699 |
| Days of Operation | M-F | M-F | M-F | M-F | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su | Sa+Su |
| Boston North Station, MA | 9:05a | 12:05p | 5:00p | 8:30p | 9:55a | 1:05p | 4:45p | 9:45p | 9:55a | 1:05p | 4:45p | 9:45p |
| Woburn, MA | 9:23a | 12:23p | 5:18p | 8:48p | ... | ... | ... | ... | ... | ... | ... | ... |
| Haverhill, MA | 9:53a | 12:53p | 5:48p | 9:18p | 10:43a | 1:53p | 5:33p | 10:33p | 10:43a | 1:53p | 5:33p | 10:33p |
| Exeter, NH | 10:14a | 1:14p | 6:09p | 9:39p | 11:04a | 2:14p | 5:54p | 10:54p | 11:04a | 2:14p | 5:54p | 10:54p |
| Durham - UNH, NH | 10:27a | 1:27p | 6:22p | 9:52p | 11:17a | 2:27p | 6:07p | 11:07p | 11:17a | 2:27p | 6:07p | 11:07p |
| Dover, NH | 10:35a | 1:35p | 6:30p | 10:00p | 11:25a | 2:35p | 6:15p | 11:15p | 11:25a | 2:35p | 6:15p | 11:15p |
| Wells, ME | 10:53a | 1:53p | 6:48p | 10:18p | 11:43a | 2:53p | 6:33p | 11:33p | 11:43a | 2:53p | 6:33p | 11:33p |
| Saco, ME | 11:0a | 2:0p | 7:05p | 10:35p | 12:00p | 3:10p | 6:50p | 11:50p | 12:00p | 3:10p | 6:50p | 11:50p |
| Old Orchard Beach, ME | 11:15a | 2:15p | 7:10p | 10:40p | 12:05p | 3:15p | 6:55p | 11:55p | 12:05p | 3:15p | 6:55p | 11:55p |
| Portland, ME | 11:40a | 2:40p | 7:30p | 11:00p | 12:30p | 3:40p | 7:20p | 12:15a | 12:30p | 3:40p | 7:20p | 12:15a |
| Freeport, ME | 12:10p | 3:10p | 8:00p | 11:30p | 1:00p | 4:10p | 7:50p | 12:45a | 1:00p | 4:10p | 7:50p | 12:45a |
| Brunswick, ME | 12:25p | 3:25p | 8:15p | 11:45p | 1:15p | 4:25p | 8:05p | 1:00a | 1:15p | 4:25p | 8:05p | 1:00a |



SPECIAL TRAVEL NOTES All times are departure times. Passengers must be on the platform prior to times listed.

HOLIDAY SCHEDULE Amtrak Downeaster trains will operate on the weekend schedule on Labor Day (Sept. 7, 2020)

Schedules are subject to change without notice

- Stops to discharge passengers only: Trains may leave before time shown.
- Stops to receive passengers only.
- Flag stop: Stops on advance notice only.

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