

Gorham Food Pantry news



Members of LifeChurch LC Students group collected 250 pounds of food recently for the Gorham Food Pantry.

Dante's Birthday Party:

Gorham Food Pantry supporter Dante celebrated his birthday with a socially distant parade and collected 111 pounds of food for the Pantry.

For Dante Mirema-di's recent birthday, he knew that the celebration would be different this year. With kids unable to get together in large groups, he and his mom Delvina thought that a parade would be fun. They asked parade participants to consider dropping a food donation on their way by. Delvina notes, "Neighbors, friends and family all turned out with decorated cars and lots of food! We were so grateful for everyone's generosity." The pantry is grateful to Dante and Delvina



for celebrating Dante's birthday in a way that helps his neighbors here in Gorham.

LC Students at LifeChurch:

Speaking of grateful, the Pantry is also grateful for LifeChurch's Youth Group, called LC Students. They hosted a pantry drive recent-

ly at both the Gorham Hannaford and Ace Hardware; they had 14 students and five leaders spread between both locations, collecting food for the pantry. The initiative was part of a larger project put on annually by LifeChurch called Serve Day, where See **Pantry**, page 8

Azul Tequila open for dine in

Azul Tequila, located at 29 School St, Gorham, is open 11 a.m. to 9 p.m. Sunday through Thursday, and 11 a.m. to 10 p.m. Friday and Saturday.

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Governor's Address: We will unlock the frozen doors of solitude...

This week's address features Governor Mills' remarks as delivered during her July 23, 2020 Second Annual Opioid Response Summit, "Compassion, Community, Connection."

When I was in Fifth grade in Gorham elementary school I read comic books every day after school (sometimes during school) — mostly male superheroes like Spider Man, Iron Man and Super Man.

Super Man, although he came to live and perform his super hero work in the metropolis, you will remember, actually retreated to a mountain sanctuary in some frozen tundra in the Arctic, a home his creators called the "Fortress of Solitude," a place of solace and a sometime solitary headquarters for the "Man of Steel," a place adorned with sentimental memorials to his long lost Kryptonian parents, Jor-El and Lara, and located in a polar wasteland not found on any destination vacation map.

In the past four months especially, many of us have retreated to our own "Fortress of Solitude," where we have hibernated, closeted ourselves, physically, mentally and emotionally, in a cave of safety and isolation where we have been compelled to escape an unprecedented threat to the health and safety of our state, our country, and our world.

On March 15, I issued an Executive

Order directing all Maine people to "stay at home." And Maine people did.

Those who stayed at home were working families, elderly grandparents, single moms and dads, state employees, factory workers, builders and teachers; but there were some who were without homes. And there were some with no families with whom to seek such sanctuary. And there were good people who had come to rely on friends, therapists, programs and groups to support them in kicking long term habits and dependencies who could not rely on those relationships in the same ways anymore.

Suddenly support groups could not meet. Suddenly medication assisted therapy sometimes became out of reach. Suddenly some who usually answered a call were no longer there. People with substance abuse disorders fell through the cracks. People with mental health challenges fell through the cracks. People with both mental health and substance abuse disorders fell hard. Many found themselves alone in their own "fortress of solitude."

I want to say today, "We have not forgotten you." Come down from your tower, come out of your fortress. Because you are not alone.

Solitude consumed many of us. Aloneness became loneliness, personal connectivity deserted us.

We have found in this time of national insecurity, a time of unrelenting fear for our personal health and public



Governor Janet Mills

and communal safety, that our material ambitions in life perhaps are hollow, that our financial and professional goals in truth are secondary to personal health, and that family and community cohesiveness is found not solely in Saturday night suppers or Beano games or church services and meetings, parades, festivals, bars and dances, but in the telephone call from one single person in need of a friendly voice; the email from a long lost classmate or cousin; the letter from someone you'd barely met but liked, a friendly photo on Instagram or Snap Chat.

The term "outreach" has suddenly taken on all new meaning.

People have reached out during this pandemic. And we have re-discovered our own humanity and our shared purpose in life.

Not entirely, of course. We have also lost many souls, as the parallel pandemic of substance use disorder has stolen the lives, livelihoods and sense of purpose of hundreds who swallowed pills, stuck needles in their arms and gave up on the rest of us who just couldn't be there to help.

Their fortress of solitude crumbled. Some were simply out of reach.

And yet, heroes and

helpers did come forth. Many of you listening to me this morning turned to, adapted, and saved lives. You turned your own anxiety into action, outpacing the feeling of helplessness that overcame others.

Outpatient treatment programs (methadone clinics) pivoted to providing take home doses to avoid daily trips to the clinic. The number of take home doses per weekly doubled to over 18,000 for over 3300 patients; and this change does not appear to have resulted in a single death.

Though the 13 recovery centers in Maine closed to drop-in traffic four months ago, volunteer recovery coaches worked throughout the period, calling persons in recovery and checking in on their wellbeing.

Downeast Treatment Center in Ellsworth, which operates an Opioid Health Home, experienced an increase in referrals during the pandemic because they quickly launched telehealth visits. People who previously had to drive long distances for treatment now started treatment immediately with a phone call; they had prescriptions emailed to their local pharmacy and got connected with a counselor for a virtual visit within a week. With transportation across the state such a challenge, the ability to quickly move to telehealth has increased access to much needed treatment, especially in rural areas.

Within days of the closure, dozens of support meetings such as

AA transitioned to virtual platforms, allowing individuals to participate without having to arrange transportation or childcare, etc.

Recovery residences opened their doors in Millinocket (for women) and Caribou (for men). There are now 114 recovery residences in the state, 41 of them being nationally certified. We are supporting 16 of these homes through a pilot program through Maine Housing with funds from the Office of Behavioral Health.

Robust Narcan distribution continued over these past four months, with an additional 20,000 doses purchased with state funds in the spring. Syringe exchange programs expanded during the same period, and we made adjustments to protect exchange members and allow for social distancing during the pandemic (Exec. Order 27).

Fred Rogers — Mr. Rogers — said, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

Many of you listening to me today are the helpers, and your efforts over the past few months have been nothing short of heroic. It was only a year and a half ago, though it seems like the distant past now, that I took the oath of office of Governor.

The very next day, I signed Executive Order Number One which expanded MaineCare. Little did we know that just over fourteen

months after that, tens of thousands of people in Maine who became unexpectedly unemployed or suddenly underemployed would rely on this program for lifesaving healthcare, including mental health and substance use disorder treatment.

Virtually my second act in office was to announce a comprehensive response to the epidemic of substance use disorder in our state, something I had prioritized and fought for previously as Attorney General.

First, I appointed Gordon Smith as Maine's very first Director of Opioid Response. Gordon, with nearly forty years of experience with the Maine Medical Association, and his reputation inside and outside the state house as a dogged researcher, an able advocate and a person of great integrity, became our Administration's eyes and ears on the ground, looking at what works and what might not work, finding critical funding for new services, talking with people all over the state, and standing up programs in regions where virtually no help existed before.

Shortly after that I issued Executive Order Number Two, which committed state government to a series of actions to address the substance use crisis, including: Purchasing and distributing thousands of doses of the life-saving drug Naloxone. See Governor, page 12

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Newsmakers, Names & Faces

Sen. Collins announces over \$700,000 for bus service

U.S. Senator Susan Collins, the Chairman of the Senate Transportation Appropriations Subcommittee, announced that the South Portland Bus Service (SPBS) has received a total of \$753,455 to help cover staffing and operating expenses during the COVID-19 pandemic. This funding, awarded by the Federal Transit Administration (FTA), was provided through a provision of the CARES Act that Senator Collins authored [cy-funding-transportation-housing that directed \\$48.5 billion to support transportation and housing programs throughout the country.](https://www.collins.senate.gov/newsroom/senator-collins-announces-485-billion-covid-19-emergen-</p>
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“Amid the COVID-19 pandemic, the state of Maine faces unique challenges that make transit services both necessary and difficult to maintain,” said Senator Collins. “This important funding will help cover staffing and operating expenses, aid in the maintenance of critical infrastructure, and increase access to employment, education, and health care for Mainers who use

bus services.”

Senators Collins and Jack Reed (D-RI) recently introduced [https://www.collins.senate.gov/newsroom/covid-19-slows-down-bus-passenger-ferry-industry-collins-reed-introduce-bill-help-save-jobs-the-Coronavirus-Economic-Relief-for-Transportation-Services-\(CERTS\)-Act,](https://www.collins.senate.gov/newsroom/covid-19-slows-down-bus-passenger-ferry-industry-collins-reed-introduce-bill-help-save-jobs-the-Coronavirus-Economic-Relief-for-Transportation-Services-(CERTS)-Act,) legislation that would authorize \$10 billion in emergency economic relief funding grants for America’s bus, motorcoach, and passenger ferry industries impacted by the COVID-19 pandemic.

NextGen endorses Sara Gideon for U.S. Senate

NextGen Maine is proud to endorse Sara Gideon for the U.S. Senate, recognizing her record of standing up for the futures of young Mainers on issues like climate change, the cost of college, and affordable health care. Along with its endorsement, NextGen announced a \$220,000 online ad buy targeting young Maine voters in the months leading up to the election. The endorsement and ad buy build on NextGen’s efforts to register and turn out over 7,000 young Mainers to beat Susan Collins on November 3.

“Sara Gideon has shown not only an understanding of young Mainers’ concerns, but a commitment to fighting for them through policies like protecting students from predatory lenders and creating good jobs that will enable young people to stay in Maine. That makes her the clear choice for young voters in November,” said Julian Snow, NextGen

Maine State Director. “Young voters are forward-thinking and ambitious, but we’re also concerned about the future. Maine deserves a senator who will prioritize our needs and concerns and not be afraid to take bold action, which is why we’ll be mobilizing voters to elect Sara Gideon on November 3.”

The Maine Senate race is one of the most competitive and consequential of the 2020 Election, as Democrats look to retake control of the Senate. Young Mainers stand to make history this year by ensuring that Collins and her obstructionist, regressive Republican colleagues don’t have another four years to try and repeal the Affordable Care Act, deport tens of thousands of DREAMers, outlaw abortion, and roll back environmental protections to help big business.

As NextGen fights to turn the Senate blue, staff will be actively identifying and turning

out voters for the general election by texting and calling young Maine residents and hosting days of action to ensure young people are registered and ready to turn out for Gideon on November 3.

NextGen Maine is a branch of the NextGen America youth vote program, an inclusive coalition of young voters and activists in 11 battleground states with the goal of winning elections for progressive candidates. NextGen Maine aims to register 7,000 young voters in Maine and mobilize them to kick President Trump out of the White House, oust Senator Susan Collins, and defend Representative Jared Golden’s seat in ME-02.

Voters aged 18-35 are projected to account for 37% of the electorate in 2020. Since 2013, NextGen America has registered over 1.3 million voters and contacted millions of young people with messages encouraging them to vote.

Hannaford donates \$250,000 to support local farms

Hannaford Supermarkets announced a \$250,000 donation to support farms throughout New England and New York adversely impacted by the coronavirus global health pandemic.

As a result of the donation, a total of 250 farms in Maine, New Hampshire, Vermont, New York and Massachusetts will receive funding via the American Farmland Trust’s Farmer Relief Fund, which provides farmers with grants to help them navigate challenges related to the COVID-19 crisis.

The donation will directly support small local farmers and producers who have experienced market disruptions as their primary buyers and points of sale, including farmers markets, restaurants and schools, have closed or drastically decreased operations to mitigate the spread of COVID-19.

“As a company founded by Maine farmers more than 137 years ago, Hannaford has deep connections to the agriculture industry. We have long highlighted locally-grown products in all of our stores and this donation is an extension of our commitment to the farmers and producers who serve such an integral role in nourishing our communities, preserving farmland and encouraging sustainability,” said Hannaford Supermarkets President Mike Vail. “We hope this donation will support farmers during this difficult time and enable them to continue providing high-quality, fresh food to our communities for years to come.”

Since its inception in March, the American Farmland Trust’s Farmer Relief Fund has provided critical funding to more than 1,000 local farms throughout the U.S. The grants are designed to

provide farmers with resources to modify their business model to serve the current marketplace, such as creating new online storefronts and socially-distant-distribution sites, or enhancing safety precautions and sanitary practices for workers.

“American Farmland Trust is grateful for Hannaford’s support of the Farmer Relief Fund. Their investment in 250 farms across New England and New York comes at a critical time,” said American Farmland Trust Director of Corporate Partnerships Ryan Lauer. “With many farmers facing reduced traffic at farmers markets, fewer sales to restaurants and an uncertain future - Hannaford is helping to stabilize operations for farmers that produce a diverse set of products and put food on our tables, a community well worth the investment.”

See **Hannaford**, page 9

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UMaine Extension advice on lawns damaged by fungal disease

University of Maine Cooperative Extension plant pathologist Alicyn Smart recently began receiving reports of Maine lawns turning black in certain areas during the recent drought. Smart determined the cause is a fungal disease commonly known as “black lawn,” which is caused by the pathogen *Cladospodium* sp. It occurs when grass becomes stressed, such as times of sparse rainfall. Some landscapers in the state report not encountering it at all throughout their careers.

Smart, who directs UMaine Extension’s Plant Disease Diagnostic Lab, says the best response is to reseed damaged areas. Photos from affected lawns and UMaine Extension publications about correctly restoring damaged areas are now available on a new black lawn resource page. The disease does not appear to affect vegetables and flowers but could affect other grasses.

For more information, contact Alicyn

Smart at (207) 581-3883 or email at alicyn.smart@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 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100-degree programs through 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.

Maine AgrAbility guidance on hiring workers with disabilities

Maine AgrAbility has a new resource for farmers who hire workers with disabilities.

“Tips for Farmers Who Hire Individuals with Disabilities” <https://extension.umaine.edu/publications/2022e/> offers guidance through-

out this process, including identifying goals and expectations, understanding limitations, safety and health considerations, and developing adaptations for workers for successful outcomes.

UMaine Extension bulletins may be ordered

or downloaded from the publications catalog, <https://extensionpubs.umext.maine.edu> or by contacting (207) 581-3792 or at extension.orders@maine.edu. Maine AgrAbility is a nonprofit collaboration between UMaine Extension and Alpha One.

Immunization clinics for children offered throughout Maine

The Maine Center for Disease Control and Prevention (Maine CDC) is offering a series of free “catch up” immunization clinics starting this week to help parents ensure that their children are up-to-date on required vaccinations.

Because the COVID-19 pandemic led many Maine families to forgo well-child visits or other in-person consultations with their pediatricians since March, some children have fallen behind on required and recommended immunizations. The “catch up” clinics are part of a collaboration between public health professionals and primary care providers in Maine to ensure that children are up-to-date on vaccines that prevent serious contagious diseases. The clinics are a joint effort of the Maine Immunization Program and the Maine Public Health Nursing Program, supported by public health district liaisons and local primary care providers.

“COVID-19 has

disrupted our lives in many ways, including presenting new challenges in getting to wellness and preventive care visits,” said Dr. Nirav D. Shah, Director of the Maine CDC. “It’s always best for children to see their trusted pediatricians. But if that’s not possible, these clinics will help protect them from preventable childhood diseases.”

Starting Monday, July 27, regularly scheduled once or twice weekly clinics will be offered at Public Health Nursing offices in Augusta, Bangor, Caribou, Lewiston, and Portland. Clinics are by appointment only to ensure proper physical distancing. Parents can call (207) 287-6730 or (207) 287-4112 to schedule an appointment.

Additional clinics are planned for Calais, Machias, Rockland, and Skowhegan. More information about when parents can schedule appointments at these clinics will be announced as soon as it becomes available. Clinics could be

added to meet demand.

All vaccines on the childhood immunization schedule will be available at no cost for children eighteen and younger.

Families are encouraged to first reach out to their primary care provider to arrange for immunizations. If families don’t have a primary care provider or if their provider is not able to meet their needs for immunizations, parents should get a copy of each child’s immunization record to bring to the clinic.

At the clinics, public health nurses will administer shots, provide an updated immunization record to the family, and notify primary care providers of the vaccines given to each child. Public health nurses also will assist families who don’t have a primary care provider to find a way to receive continued care.

For more information, call (207) 287-6730 or (207) 287-4112 or visit the vaccine clinic website.

UMaine Extension 4-H announces summer fun workshops

University of Maine Cooperative Extension 4-H is offering over fifty summer learning activities throughout August for all youth ages five through eighteen. UMaine Extension 4-H staff and volunteers will offer a wide variety of experiential learning workshops both online and offline. Topics include leadership development,

science and engineering challenges, creative cooking, art and photography, animal sciences, and natural sciences. Participants do not need to be enrolled in 4-H.

Workshops are free; some have suggested donations for materials. Register and find workshop descriptions on the program webpage <https://extension.umaine.edu/4h/2020-4-h-summer-programming/>.

For more information or to request a reasonable accommodation, contact Sarah Sparks, sarah.sparks@maine.edu and (207) 581-8206. Extension 4-H summer programming is supported by the Maine 4-H Foundation. <https://extension.umaine.edu/4h-foundation/>.

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Guest column

Staying in shape during the Coronavirus outbreak

By Paisley Hansen

As more people are being sent home to work from home due to the coronavirus outbreak it becomes evident that staying in shape will be a challenge. There are a lot of people that have signed up for gym memberships that will not be able to utilize these memberships at this time. Social distancing is becoming the key phrase for different cities around the world that are experiencing this outbreak. There are ways to stay in shape during this coronavirus pandemic, but this is something that people must be strategic about.

Figuring Out A Diet Plan:

For most people the diet is going to be the biggest challenge. There are a ton of people that typically eat what they want, and they work out hard and treat themselves later.

Even people that have never really been conscientious of what they have been eating before will now need to be conscientious of their calorie count. These consumers need to look for foods' high in polyphenols and low in lectins. This is going to help out a lot of people that are trying to stay healthy. These are foods that help ward off things like diabetes and cardiovascular disease.

In general, polyphenols foods have been known to provide health boosting benefits to those that consume things like berries and nuts on a regular basis. It is a good idea to eat foods that block lectins because these types of foods are known for things like chronic inflammation (<https://gundrymd.com/reduce-lectins-diet/>). Doing so will make sure that you stay healthy and avoid such pain during these interesting times.

Healthy Snacks:

It may be easier to stock up on the junk food snacks and not really give it much thought when you are going to the gym normally. When you are working out on a regular basis and burning calories it is easy to find yourself overloading your cupboard with salty snacks.

When you are being quarantined with no access to the gym, however, it becomes more

important to be conscientious of the snacks that you have in your home. You are probably going to eat more while you are home. This means that you should definitely look at healthy snacks like fruits and vegetables. Take time to consider the calories of the snacks that you are consuming.

Getting reduced-fat, gluten free and baked snacks are going to be better choices than getting regular snack options. You may have eaten whatever you wanted to eat before the coronavirus became an issue, but now that it is an issue, you must be mindful of the snacks that you are consuming. It may take time to make that healthy change to snacks that are much more beneficial to your quarantine situation in your home environment.

Staying Hydrated:

Another important thing that people must do when they are on a limited activity schedule with the coronavirus scare is stay hydrated. Staying in shape becomes much harder when you are not getting the proper fluids during the course of the day. It becomes harder to even implement any type of workout schedule when you are feeling dehydrated.

Getting the proper amount of water in your system is going to be essential for exercise, but it is also important for your health. You have a better chance of fighting off infections when you are consuming enough water to stay hydrated.

Another thing that water does is serve as an appetite suppressant. If you are finding yourself in a position where you

are constantly looking at the food inside of the refrigerator you should consider water with your meals.

People that are consuming a lot of sugary sodas or juices that contain no real fruit juice are setting themselves up for a diet that has a ton of empty calories. The sugary sodas will boost your calorie count, but you will still be hungry after drinking these sodas. This will inevitably lead to more weight gain. Drinking the proper amount of water during the course of the day will help cut down on all of the other empty calories that you are consuming.

Working Out at Home:

The gyms may be closed, but it is still possible to workout at home. It is important to consider stretching when you are getting ready to work out. The process of staying in shape is all about balance. You cannot overexert yourself because it makes it harder for you to work out the next day.

People that are inside of the home environment should look for ways to switch it up when they are trying to stay in shape. One day may involve a light jog through the neighborhood, which would allow you to work on strengthening your legs. It is also one of the best ways to keep your heart in great condition.

The next day may involve crunches or push-ups. This can help with your abs and upper body strength. It is a good idea to look at ways to shift from working out one area of the body to working out another area the next day. You don't

want to put yourself in a bind by continuing the same routine every day. You want to give some muscles a chance to rest while you put other muscles to work. It is important to create a good balance when you are working out at home.

It is also a good idea to give yourself time to recover mentally and physically as you approach the next day of working out. It is okay to take a break from your workout routine, but you should not stop permanently. A lot of people that have been conditioned to going to the gym can find themselves flustered by the Coronavirus and the orders to stay home. Social distancing can bring on the type of anxiety that makes people forget about their regular routines. It is good to look at this time away from the gym as a way to improvise with alternative workouts that can be done at home.

Follow the Leader:
When you feel un-

sure about your eating habits and working out it will be to your advantage to look at what other people have done to stay in shape. If you are in a city that is under a curfew you will have time to look at a ton of online videos.

You can get some good advice from the leaders that have already created workout videos for people that are interested in aerobics. There are also videos that can provide information on how to cook low calorie meals. There are so many things that you may have never considered before that others have implemented successfully. Take advantage of the resources.

Staying in shape during the coronavirus outbreak does not have to be a reinventing the wheel process. There are a bevy of resources at your disposal. The internet has all types of written information as well as videos that can help you implement a good strategy for better

eating habits. You can find those foods that are going to give you more energy for your workout. You can also find the foods that will help you feel full without consuming so many calories during the day.

Working Further Away from The Kitchen:

Another thing that should be considered when you are working from at home or being quarantined is the area that you are spending your time in. Do not quarantine or work close to the kitchen. Your close vicinity to the refrigerator is only going to put you closer to going over your calorie count on a regular basis. Don't sabotage your workout by overeating because you are so close to the kitchen. It is going to be a natural habit to just wander into the kitchen and mindlessly consume food because you are home. You have nowhere to go. Many of the businesses that you would normally frequent

See **Outbreak**, page 13

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Our happiness gone
away
Like never before
The virus has taken
our
Loved ones away
Families suffering
Like never before
The fear of the un-

known
Has arrived
The worry of what
will happen
Tomorrow to you
and me
Coronavirus on our
mind's
Coronavirus every-
where
Our lives in danger
Like never before
We practice social
distancing

Every day to keep
the virus
At bay as we shop in
different ways
Were asked to stay at
home
Like never before
When will this
Virus ever go away
But I promise
I'll love and pray for
everyone
Suffering
Every day.



[Twitter.com/GorhamWeekly](https://twitter.com/GorhamWeekly)

MEL'S HILLTOP RESTAURANT AND 19TH HOLE!

Mel's Hilltop Restaurant is open daily with great lunches, appetizers, your favorite beverages, and amazing views! Great deck and indoor air conditioned dining.

Open Daily at 11:30 AM in summer and weekends in the fall!
COME ENJOY!



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Over the Pro Shop
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207-998-6024

Online events Gorham library

Baxter Memorial Library is pleased to offer the following events:

Thursday, July 30
Librarian Grab Bag – Discovery Time, 9:30 a.m., for ages 18 months to 5 years: Join the library staff on Facebook 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.)

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.

Monday, August 3:
Earth Toddlers, 10 a.m., ages 18 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. Today is H for Habitat.

Tuesday, August 4:
Librarian Grab Bag – Discovery Time, 9:30 a.m., for ages 18 months to 5 years: Join the library staff on Facebook 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, August 5:

Cooking with Ms. Deb – PB Fudge Dip, 10 a.m., for all ages: Join Ms. Deb and her daughter as they make one of their family's favorite dips! It's healthy, easy,

and only involves three ingredients (p.b., cream cheese, and honey)! Watch out! It's addictive! You'll be dipping sliced fruit, dried fruit, crackers, celery, you-name-it!

Thursday, August 6:
Librarian Grab Bag – Discovery Time, 9:30 a.m., for ages 18 months to 5 years: Join the library staff on Facebook 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, August 7:
Scavenger Hunt, 10:30 a.m., for 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. Link will be posted by 10 a.m. on August 7.

Tuesday, August 11:
Librarian Grab Bag – Discovery Time, 9:30

See *Library*, page 9

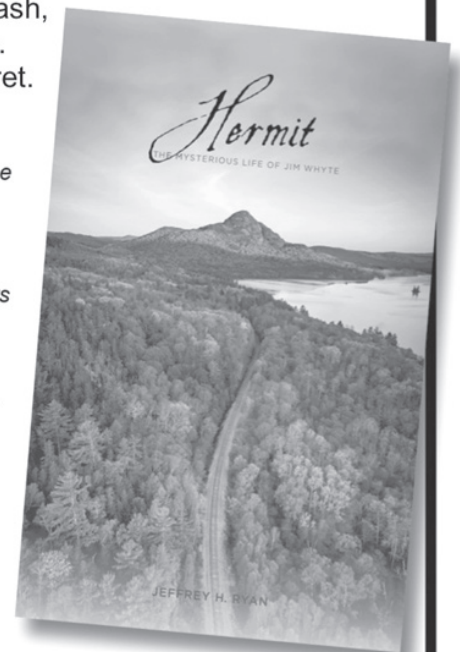
Maine's Original Social Distancer

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.



UMaine Extension fruit, vegetable preservation webinars

August yields some favorite fruits and vegetables for preserving. Learn how to savor summer flavors all year long with four new live University of Maine Cooperative Extension food preservation webinars.

Freezing fruit is the topic at 2 through 2:45 p.m. Tuesday, Aug 4.

Topics at the same time on subsequent Tuesdays in August include steam canning, freezing tomatoes and corn, and canning salsa and tomatoes.

Registration is required; a \$5 donation per session is optional. Register on the program webpage <https://extension.umaine.edu/>

food-health/food-preservation/food-preservation-webinar-series/ to receive the link and resources. Webinars are recorded. For more information or to request a reasonable accommodation, contact Kate McCarty. (207) 781-6099 or at kate.mccarty@maine.edu.

Watershed adventures await

Are you searching for a unique outing for the family in 2020? Join the FOCW (Friends of the Cobbossee Watershed) for a Family Tadpole Patrol Adventure in the Cobbossee Watershed!

Tadpole Patrol is the FOCW's innovative and immersive learning experience aboard the Otter II, their 22-foot long pontoon boat. For fourteen years, children and adults have boarded the "floating classroom" to learn about lake ecology and how to test and protect water quality. Due to COVID-19 in 2020, FOCW are only offering their Family Tadpole Patrol program this summer. They ask that all participants are within the same family unit or bubble.

So, what is Family Tadpole Patrol? First of all, it's FUN for the

whole family! Your family will enjoy a half an hour excursion where "kids of all ages" can observe wildlife above and below the water, share historical lake facts and experience water monitoring with professional equipment. It's a wonderful "staycation" adventure for the whole family in 2020 as you explore some of the many surrounding local lakes. What's even better is that you can enjoy a Family Tadpole Patrol adventure for the amazing low price of only \$50 for up to six family members!

Choose to explore Cobbossee Lake where the beautiful Ladies Delight Lighthouse can be viewed, enjoy a picnic at Norcross Point on Maranacook Lake while visiting and prepare to be amazed at the vast amount of wildlife you

will find on the Tacomas. Simply view the schedule on the Friends website at www.watershed-friends.com or Facebook page to choose your lake, date and time and contact Cami Wilbert (Education Director) at: cami@watershedfriends.com or (207) 395-5239 for availability and to register. The Tadpole Patrol programs are graciously sponsored by Kennebec Savings Bank, Augusta Fuel Co., and Clark Marine. Without them these programs would not be possible!

For more about dates and times of the programs and for registration forms, please contact FOCW Education & Outreach Director Cami Wilbert by phone (207) 395-5239 or email cami@watershedfriends.com or visit the Friends' website www.watershed-friends.com.

The Saco Museum presents art by Gibeon Bradbury



"I Have Always Found Much Pleasure in Painting": Gibeon Elden Bradbury (1833-1904) features more than eighty paintings, studies, and sketches by Maine artist Gibeon Bradbury that capture the quiet beauty of the Saco River Valley during the late 19th century. A native of Salmon Falls, now Buxton, Maine, Gibeon Bradbury lived most of his life in this small village. At age eighteen, he began his training as an ornamental painter of wagons, sleighs, and carriages—a trade he continued to practice throughout his life in order to help make ends meet for his family. However, he always longed to be considered an artist rather than a craftsman. He loved to wander along the banks of the Salmon Falls River where he filled his sketchbooks with landscape drawings and detailed animal and botanical studies. At home

in his studio, he transformed those sketches into portraits of his world, executed with the skill of a talented draftsman. Many of his works are small intimate depictions of the places, flora, and fauna that he loved.

Bradbury exhibited his paintings at local art expositions and local and county fairs, where he won several awards. He also sold his works through local dealers in Biddeford, Saco, and Portland, as well as shipping paintings farther afield to Ohio and California. Many of his landscapes and portraits were painted for friends and neighbors in Buxton and Hollis, some of whom paid him in eggs, apples, and other produce. It was a challenge for him to make a living throughout his life.

Gibeon Bradbury was also a dedicated diarist, keeping daily journals for more than fifty years. Countless entries over the years record his journeys through the local woods and his musings on nature and art, as well as the daily happenings in a small Maine village. A eulogy to

Bradbury delivered after his death in 1904 sums up the man well: "Nature must have claimed him as its own, for he was wedded to its clear skies, the natural beauty and variety of its flowers, the forest and shining streams, and here was his ideal home."

The Dyer Library/Saco Museum is located at 371 Main Street (Route 1) in historic downtown Saco, Maine. Free parking. Museum is handicapped accessible. Museum Hours and Admission: Tuesday, Wednesday, Thursday 12 to 4 p.m.; Friday 12 to 8 p.m. (Free from 4 to 8 p.m.); Saturday 10 a.m. to 4 p.m. Regular admission: Adults \$5; Seniors and Students \$3; Children (7 through 18) \$2; Children 6 and under, no charge. Admission is always free to DL/SM Card holders and their guests. Group tour rate available for groups of eight or more. Group tours must be scheduled in advance. For additional information about group tours, please call 283-3861, ext. 115 or visit www.dyerlibrarysacomuseum.org.



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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Pantry

Continued from page 1

the local church serves their community. Between the two sites, the LC Students collected 250 pounds of food for the Gorham Food Pantry.

The Pantry is so grateful to the Gorham community for supporting your neighbors in need, moreso during the pandemic. Every donation, whether food or monetary, goes a long way toward supporting the community.



New Campaign exposes flaws in ranked-choice voting

A coalition of state-based think tanks, led by Alaska Policy Forum, recently launched the national education campaign Protect My Ballot. The campaign details the harmful consequences of an electoral scheme known as ranked-choice voting (RCV).

The campaign highlights bipartisan opposition to RCV—ranging from California Governor Gavin Newsom, to Alaska’s former Democratic Senator Mark Begich, to members of the NAACP New York State Conference—along with a list of localities that have repealed RCV.

View the campaign website at ProtectMyBallot.com <http://protectmyballot.com> View a brief explainer video on RCV here https://www.youtube.com/watch?v=K7BVPFtvS-NE&feature=emb_title

Unlike a traditional election where voters select one candidate and the candidate with the most votes wins, under RCV, voters are expected to rank candidates. If no candidate receives a majority of votes in the first round of counting, the candidate with the fewest votes is eliminated and their votes are reallocated to other candidates. The process repeats until a candidate

receives a majority of the remaining votes.

This confusing process leads to many unintended consequences: For instance, if a voter misunderstands the process or chooses not to rank all candidates, their ballot could be eliminated from consideration. It’s as though the voter never showed up on election day. That may explain why a handful of jurisdictions that previously adopted and tested RCV have since repealed it.

Research also casts doubt on proponents’ claims about the benefits of RCV. According to research <https://cpb-us-w2.wpmucdn.com/web.sas.upenn.edu/dist/7/538/files/2019/07/McDaniel-RCV-Voter-Turnout-Revised-ES-RA-2019.pdf> from Jason McDaniel, an associate professor of political science at San Francisco State University, voter turnout decreases significantly (three to five percentage points) in cities where RCV is used. That’s why the President and other NAACP New York State Conference members oppose this system.

Coalition members released the following statements:

Bethany Marcum, <https://alaskapolicyfo->

rum.org/author/bethany/ Executive Director at Alaska Policy Forum: “As Alaskans take to the polls in November, history should provide a warning for what Ranked Choice Voting would lead to. Not only can Ranked Choice Voting cause votes to be discarded, research shows it also decreases voter turnout. We need to encourage Americans of all backgrounds to visit the polls, not give them another reason to avoid casting a ballot.”

Annette Meeks, <http://freedomfoundation.publishpath.com/annette-meeks> Founder and CEO of the Freedom Foundation of Minnesota:

“Public participation in elections is vital for a democracy to work. Discouraging and complicating the system threatens the people’s voice. That’s why a bipartisan coalition of citizens and legislators wants to ban ranked choice voting in Minnesota.”

Trent England, <https://www.ocpathink.org/team/trent-england> Executive Vice President of the Oklahoma Council of Public Affairs:

“Ranked Choice Voting is not the solution for election reform. See *Voting*, next page



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ANTOJITOS (APPETIZERS)

<p>GOLDEN JET PINEAPPLE - 3.95 on a stick dusted with chile powder, salt & lime</p> <p>FUNDIDO - 8.95 warm cheese dip with cilantro, rajas & your choice of mushrooms or homemade chorizo Served with corn chips</p> <p>MEXICO CITY STYLE CORN ON THE COB - 4.95 basted with chipotle mayo & dusted with cotija cheese</p> <p>FRIED PLANTAINS - 6.95 with chipotle mayo</p> <p>PAPAS FRITAS - 4.95 fried Maine potatoes drizzled with garlic aioli!</p>	<p>LOADED TOT NACHOS - 8.95 fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions</p> <p>FRIED BRUSSEL SPROUTS - 8.95 tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños</p> <p>YUCCA FRIES - 7.95 golden fried yucca fries served with a chimichurri aioli! and citrus habanero bbq dipping sauces</p> <p>CHICKEN TAQUITOS - 8.95 three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée</p>	<p>CORN CHIPS - 1.50 w/ salsa - 3.95 w/ guacamole - 5.95 w/ salsa & guacamole - 8.95</p> <p>CHEESE NACHOS - 5.95 w/ organic black beans - 6.95 w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95</p> <div style="border: 1px solid black; padding: 2px; font-size: x-small;"> <p>Make your nachos GRANDE by adding guacamole, shredded lettuce, homemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa add 5.95</p> </div>
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QUESADILLAS flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.


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

Add rajas to any quesadilla (sauteed peppers & onions) - 1.95

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We source locally grown and raised ingredients whenever possible and cook with sustainable seafood, naturally raised meats and organic black beans.
†Consuming raw or undercooked eggs or shellfish may increase the risk of food born illness

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Hannaford

Continued from page 3

A total of 100 Maine farms will receive funding as a result of the donation from Hannaford, including Maine Mushroom Company in Augusta, which is owned and operated by a husband and wife team and primarily sells to restaurants. The farm lost all of its accounts within 24 hours when restaurants were ordered to close in March.

“The pandemic has been devastating to our business. Our family relies on our farm income. Even more importantly, we rely on sales to put food on our family table. We know this is a challenging time for all farmers. This funding will be a tremendous help in keeping the farm afloat and in business,” said Maine Mushroom Company Owner Amanda Olson.

Individuals who wish to make donations to the American Farmland Trust’s Farmer Relief Fund may do so online at <https://farmland.salsalabs.org/farmerrelieffund/index.html>.

Since March 2020, Hannaford has donated

\$1 million to COVID-19 relief efforts, including hunger relief and homeless outreach organizations.

Hannaford Supermarkets, based in Scarborough, Maine, operates 183 stores in the Northeast. Stores are located in Maine, New York, Massachusetts, New Hampshire, and Vermont. Hannaford employs more than 26,000 associates. Additional information can be found at Hannaford.com.

American Farmland Trust is the only national organization that takes a holistic approach to agriculture, focusing on the land itself, the agricultural practices used on that land, and the farmers and ranchers who do the work. AFT launched the conservation agriculture movement and continues to raise public awareness through our No Farms, No Food message. Since our founding in 1980, AFT has helped permanently protect over 6.5 million acres of agricultural lands, advanced environmentally-sound farming practices on millions of additional acres and supported thousands of farm families. For more information, visit, Farmland.org.

Library

Continued from page 6

a.m., for ages 18 months to 5 yearsrs: Join the library staff on Facebook 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, August 12:

How to Train Your Cat, 10 a.m., for all ages: Enjoy this training lesson on Facebook from Wildlife Specialist Mckenzie Whelan. Mckenzie has trained her cat Sally to sit, shake, and high five and will show us how to teach our cats tricks like these. Mckenzie has worked with animals of all types at The Boston Museum of Science, The Boston Aquarium, and The Franklin Park Zoo.

Thursday, August 13:

Librarian Grab Bag – Discovery Time, 9:30 a.m., for ages 18 months to 5 yearsrs: Join the library staff on Facebook 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!

Voting

Continued from previous page

In Oklahoma, our Chief Election Official has opposed this system. Not only does it disenfranchise voters, but implementing it in Oklahoma would be a logistical nightmare.”

Matthew Gagnon, CEO of Maine Policy Institute:

“Whether you examine data captured during Maine’s brief experience with ranked-choice voting or the experiences of other jurisdictions, the lofty claims used to sell this voting system to the general public do not withstand factual scrutiny. Voters should be skeptical when they hear from special interest groups trying to change the way we exercise our sacred right to vote.”

Protect My Bal-

lot coalition members include Alaska Policy Forum, Maine Policy Institute, Freedom Foundation of Minnesota, and the Oklahoma Council of Public Affairs

To learn more, visit ProtectMyBallot.com.

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

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OTHER ORTHOACCESS LOCATIONS IN SACO, PORTLAND, AND WINDHAM

UMaine Extension hosts free livestock nutrition webinar series

University of Maine Cooperative Extension will host a free, five-part livestock nutrition webinar series beginning at 6 through 8 p.m. on Thursday, Aug 6. The series continues Thursdays through Sept 3.

Topics include basic nutrition needs of beef

cattle, small ruminants, pigs and poultry, as well as processing expectations. Colt Knight, UMaine Extension assistant professor and state livestock specialist, leads the series. Windham Butcher Shop is the co-sponsor.

The series is free; registration is required.

Register on the program webpage <https://extension.umaine.edu/cumberland/agriculture/livestock-nutrition-webinar-series-august-2020/>. For more information or to request a reasonable accommodation, contact (207)781-6099, or by email at rebecca.gray@maine.edu.

Stephen Miller Joins Fontaine Family Team



Fontaine Family; The Real Estate Leader is pleased to announce the addition of Stephen Miller to the team at

their Auburn location.

Stephen grew up in Orrington, ME and graduated from Brewer High School. Stephen's background includes former owner of Governor's Restaurant in Lewiston, along with fifteen years of experience in the real estate industry. Stephen currently resides in Lewiston and has a musically inclined Son that is continuing his education at University of Maine. In his free time, Stephen enjoys going for a ride on his motorcycle, hunting, and theater. He is also a member of the Mountaintains to Shore Board of

Realtors.

Stephen comes to Fontaine with his real estate associate broker license and looks forward to assisting both buyers and sellers. He will be working out of the Auburn location and can be reached at (207) 212-8634 or at smillerrealtor@gmail.com.

Fontaine Family; The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was recently presented the 2019 Maine Family Business See Miller, page 13

Camden National Bank now accepting nominations

LEADERS & LUMINARIES 2020

Recognizing outstanding leadership in the nonprofit community.

Camden National Bank announced that it is now accepting nominations for the 2020 Leaders & Luminaries Awards, a program which started in 2011 to celebrate the importance and impact of effective nonprofit board service. Between now and September 14, the bank is seeking nominations for passionate board directors who have been invaluable to the short- and long-term sustainability of their organizations. The bank will select and present four individuals with awards and \$20,000 in total grants to their respective organizations.

"The pandemic has presented unprecedented challenges for nonprofits of all shapes and sizes, requiring board directors to

step up with leadership, innovation, and support," said Greg Dufour, President & CEO of Camden National Bank. "Through Leaders & Luminaries this year, we look forward to celebrating individuals who have gone above and beyond to help their organizations strategically navigate the crisis without losing sight of longer-term mission and goals."

Since 2011, Camden National Bank has given more than \$150,000 to Maine nonprofits on behalf of forty-three outstanding board leaders in local communities. The 2019 awardees served on the boards of Boots2Roots, Island Community Center, Literacy Volunteers of Greater Augusta, Mid-

coast Recreation Center, Startup Maine, and Four Directions Development Corporation.

Nominations for the 2020 awards are due September 14. A selection committee, including three independent community members and two executives of Camden National Bank, will review all nominations, and the awardees will be celebrated later in the fall.

The Leaders & Luminaries Awards are made possible by Camden National Bank, through The Bank of Maine Foundation. For more details, eligibility requirements, and the nomination form, please visit: <https://www.camdennational.com/leadersandluminaries>.

MaineCF's Maine Theater Fund seeks grant applications

Ellsworth and Portland - The Maine Com-

munity Foundation's Maine Theater Fund is

accepting grant applications from local, regional and statewide nonprofit theaters or theater groups in Maine.

Funds will be awarded for programmatic, capacity-building, operating and capital support. Awards typically are between \$2,500 and \$5,000, although larger awards may be considered.

The deadline for grant applications is September 15, 2020. An online application, guidelines and a list of recent grants are available at See Fund, page 13

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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Microsoft Office Specialist, Child Development Associate classes

Through grant funding provided by Maine Quality Centers, the Center for Workforce & Professional Development at Central Maine Community College (CMCC) will broaden their list of one hundred percent online no-cost training programs to include a Microsoft Office Specialist (MOS) 2019 certification course and a Child Development Associate training course.

Microsoft Office is the most widely used business productivity suite. Knowing how to use its products, including Word, Excel, and PowerPoint, is valuable in any professional setting. Earning the Microsoft Office Specialist (MOS) certification demonstrates knowledge of the Office and proves that the student is ready to make an immediate impact in the organization. This course prepares stu-

dents for the Microsoft Office Specialist (MOS) 2019 certification exams for Word, Excel, PowerPoint, Access, and Outlook. Expertise in these programs will be gained through hands-on exercises, in-depth course material, and supplemental video demonstrations.

This online course in childcare and education is a stepping stone towards earning the national Child Development Associate (CDA) certification to achieve a career goal in being a teacher or child care professional. This convenient CDA class allows students to work at their own pace in a flexible, self-directed online learning environment—and go on to a fulfilling career shaping the minds of the future. The Child Development Associate Training course was designed especially for working adults. Upon

completion of the course, students will have earned the one hundred twenty hours of professional development required by the Council of Professional Recognition for CDA certification.

Participants must be at least eighteen years of age, have a high school diploma or GED, and be a Maine resident. There is no cost to take the course and it includes vouchers and instructional materials for all of the components to the training program.

For more information or to register, please contact CMCC's Center for Workforce & Professional Development at (207) 755-5280, email workforcedevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment. Applications are accepted on a rolling basis and will be reviewed until all seats are filled.

Behavioral Health Professional certification at CMCC

Through grant funding provided by Maine Quality Centers, the Center for Workforce & Professional Development at Central Maine Community College (CMCC) will offer multiple cohorts of a one hundred percent online Behavioral Health Professional (BHP) certification course starting on August 3 and August 31, 2020. Training includes access to the BHP training modules hosted through Woodfords Family Services; the Red Cross First Aid/CPR/AED certification training for infants, children, and adults; and the American Heart Association's HeartSaver Bloodborne Pathogens certification training.

BHP training and certification is required for direct-care providers working in Children's

Behavioral Health Services, either in the school or home/community setting; in programs receiving MaineCare reimbursement for section 28 RCS, 28 RCS Specialized; and 65 HCT or Day Treatment Services. BHPs work in community-based, in-home, and center-based programs for children with developmental disabilities and behavioral health needs. They assist children in developing and maintaining daily living skills necessary to remain healthy, safe, and live a full and productive life.

Participants must be at least eighteen years of age, have a high school diploma or GED, and be a Maine resident.

There is no cost to take the course and it includes vouchers and instructional materials for all of the

components to the training program. At the time of registration, participants also have the ability to select which type of cohort they want to participate in: open enrollment cohort (can apply for a position with any agency across the state) or a cohort working directly with Black Bear Support Services (BBSS) (ability to earn while you learn as an employee of BBSS).

For more information or to register, please contact CMCC's Center for Workforce & Professional Development at (207) 755-5280, email workforcedevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment. Applications are accepted on a rolling basis and will be reviewed until all seats are filled.

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.

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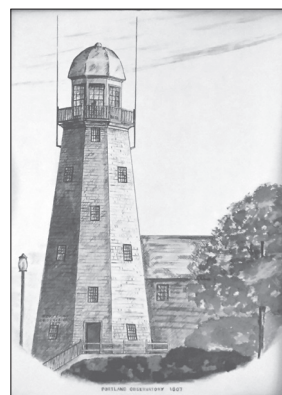
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Governor

Continued from page 2

one; supporting low barrier access to Suboxone (Buprenorphine) in all 33 emergency departments in the state; providing medication assisted treatment in all Department of Corrections prison facilities and in all county jails, and recruiting, training and coordinating 250 recovery coaches to provide emergency support to those in crisis.

We stipulated that these actions would all be carried out in a manner designed to decrease the stigma attached to substance use disorder, reminding people that this illness is a chronic disease and should be treated as such.

Since that time, the state has purchased 35,000 doses of Naloxone. Medication assisted treatment is now available in two-thirds of our hospital emergency departments all across the state. And treatment is available in all Department of Corrections facilities and in the majority of our county jails. More than 300 recovery coaches are now trained and ready for the call in the middle of the night.

Despite the physical challenges posed by the pandemic, we have expanded our safe syringe exchanges from seven to fourteen sites, with more to be added by the end of this calendar year.

And with our initiatives that began back in 2015, continued by Attorney General Frey, and supplemented by our recent purchases, Naloxone has resulted in nearly 1500 successful reversals. We are saving lives.

But a recent increase in fatal overdoses is concrete evidence that we

have to do more. Last year, Maine reported 380 fatal overdoses, many of them resulting from fentanyl, these tragic deaths sparing no county, no region of Maine.

Nationally, nearly 71,000 Americans died from drug overdoses last year, five percent more than in 2018, and more than the previous record set in 2017, with Maine being among 35 states that saw an increase, some dramatically so. South Dakota, for instance, experienced a record 54% spike in overdose deaths. The national 2019 overdose death numbers are higher than the totals ever recorded for car accidents, guns or AIDS, and it looks like this year will be even worse. In Maine, in the first quarter of 2020, fatalities due to drugs were 23% higher than the fourth quarter of 2019: 127 deaths, compared to 103, comparable to increases seen across the country.

Addiction researcher Brendan Saloner notes the American overdose crisis “has been shape-shifting,” with users migrating to heroin and now to fentanyl, the rising deaths in so many states creating a “map of despair.” The coronavirus pandemic, he notes, is likely creating more demand among users, and people “are feeling a lot more despair, anxiety and rootlessness,” which leads to “more problematic drug use and more risk of overdose.”

While we can learn from the experiences of other states, we need to develop Maine-based solutions to this insidious disease. In addition to our current harm reduction strategies of widely distributing Narcan and conducting outreach to persons using drugs through syringe exchanges, we

are also considering other actions:

We will seek passage of LD 2153 which will establish an overdose fatality expert review panel, with the goal of reviewing confidential and publicly available information on select cases to develop recommendations for policy changes.

We will continue public information campaigns to discourage people using drugs from using alone and to let them know about the availability of treatment in their area with a treatment locator application or telephone number.

We will inform law enforcement agencies and users of drugs about the Good Samaritan Law enacted last year which I was proud to sign into law.

We will work to change current law which prevent EMS personnel from distributing Naloxone. (They can administer but not distribute it). Given that a major predictor of a fatal overdose is the fact that an individual has survived a previous overdose, there is likely no better time to furnish a Narcan kit than after an overdose reversal by an EMS responder.

We will establish a rapid response team to respond to spikes in given localities identified by OD Map. “OD Map” is a federally funded initiative that allows more than 50 law enforcement agencies to enter real time data at the time of an overdose. This information is then widely shared in the community in a manner so as to protect the privacy rights of the individual.

We will continue to get at the root causes of the problem and focus a great deal more on prevention, preventing young people from start-

ing down the road that leads so frequently to substance use disorders.

We will thoroughly review the recommendations of our Prevention Task Force to determine which approaches promise the most benefit. I want to acknowledge the efforts of Commissioner Makin and her staff at the Department of Education who are developing a Maine-based curriculum around social and emotional learning that will be available to all Maine schools this fall at no cost.

And we will continue to support Maine people in recovery. We are fully aware that we need more recovery housing, recovery friendly jobs, recovery centers and recovery coaches. We will continue to fund substance use disorder treatment of all kinds — residential, outpatient, intensive outpatient, and detox.

I am proud of what we have accomplished in only eighteen months. But I will not rest until we deliver on the promise to attack this deadly and destructive disease until we have rooted it out.

I want to acknowledge and thank the dozen courageous voices of recovery who are participating today. By sharing their profound personal stories, they are sending a powerful message to those who are still struggling, a message that says recovery is not only possible, but probable.

And I want to thank former Surgeon General Murthy for sharing his time and talents with us today. You know, just a few years ago, Dr. Murthy authored the first Surgeon General’s Report on Alcohol, Drugs and Health, issuing a call to action to the nation and recognizing addiction as a chronic illness and not a moral

failing. Focusing on the epidemic of loneliness, Dr. Murthy has made an important contribution to the public discourse surrounding substance use disorder. I look forward to reading his book.

While it is important to do everything we can to protect ourselves and our families and neighbors from the spread of the deadly Coronavirus, we must also not let up on our efforts to address the epidemic of substance use disorder and the pandemic of isolation which quickly turns to disconnection, loneliness and drug use in circumstances that make overdose reversal difficult.

Addiction is a disease of isolation, so when we ask people to be physically distant, to stay home, and to stay apart and wear face coverings, we are also removing supports for people in recovery, persons who need all the community support and connection we can provide.

I am proud of the many treatment providers and supports. Groups which have quickly pivoted to online meetings and treatment. But we must do more to make sure people needing assistance remain connected to support structures, connected to community in every way possible.

We’re not merely providing services; we are providing care. And it is care and compassion that is at the heart of who we are as a state, as a nation.

Something this pandemic has revealed to us is that a culture of hyper-individualism which our society has come to idealize cannot support us as a community with a common humanity.

“Don’t let your neighbor drift along in lanes of loneliness,” one

Rabbi is quoted as saying in David Brooks’ book “The Second Mountain.” Knock on your neighbor’s door. Open their fortress of solitude. Invite them back into society. Let’s not be strangers living in emotionally gated communities.

In this time of national crisis, of economic distress, of social upheaval and political uncertainty, we are all fallible, we all need each other. We are only strong as we stay connected with one another. Our state, our nation, cannot afford to lose a single member in our community of souls. To all of you out there, all in need, we are listening to you. We love you. We need you.

And for all of us, we must become givers, and helpers, never giving up. And we must have hope — that quality which Emily Dickinson described as, “the thing with feathers that perches on the soul, that sings the tune without the words, and never stops at all.”

Super Man found sanctuary in his icy Fortress of Solitude; he built himself a place of retreat, research, meditation and strength. The fortresses of today, for normal people, are no longer sanctuaries, if once they ever were; they are places of dangerous isolation, barriers that disconnect people from others. We are not super humans. We are normal people with flaws and failings, we are fallible and we need other people.

Let us unlock those doors of isolation.

I want to thank all of those participating today who are part of our robust recovery community. With these powerful voices, we will unlock the frozen doors of solitude, of loneliness, of the disease that has stolen the lives of thousands of people of all ages, of all backgrounds, of all regions.

To Ryan, Chantel, Marshall, Ashely, Regina, Molly, Veronica, Kayty, Ray, Chastity, Justin and Will, and thousands of others in your shoes, you who have the courage to recover, to persevere and to speak up, I say, Welcome Home.

Please know that, in my Administration, you will always find an open door, an open mind, and an open heart.

Thank you all. Don’t be a stranger. And please, stay safe.

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Calendar

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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.chocolate-churcharts.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

“Maine at 200: How Should Life Be?” discussion project. All discussions will take place on Zoom. Participation is free of charge, but advance registration is required as space is limited. For more information on the Lewiston Public Library Summer Discussion Project and to register, contact the Library at lpreference@lewistonmaine.gov or (207) 513-3135.

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.chocolate-churcharts.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 26

“Maine at 200: How Should Life Be?” discussion project. All discussions will take place on Zoom. Participation is free of charge, but advance registration is required as space is limited. For more information on the Lewiston Public Library Summer Discussion Project and to register, contact the Library at lpreference@lewistonmaine.gov or (207) 513-3135.

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

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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.

Outbreak

Continued from page 5

are closed. Numbers of people that are confined to their homes find themselves eating out of boredom. This is one of the reasons why it makes more sense to work from home. Have a makeshift office that is as far away from the kitchen area as possible.

Partner Up with Friends:

Social distancing doesn't mean that you have to end friendships. There are smartphones for FaceTime. There are calorie counting apps where friends can partner up. Having this motivation from a friend can help you stay in shape. It can be difficult when you are doing it alone but conversing with someone and sharing your daily activities can be a motivator. This can strengthen your friendships and help you stay in shape at the same time. Practicing social distancing does not have to be a boring process. The coronavirus is something that is halting your regular daily routine, but you have many ways to stay in shape if you take time to come up with a plan.

Miller

Continued from page 10

of the Year Award, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area, recognized by Real Trends as a 2019 America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top half of 1% of Realtors outperforming 99.9% of the nation's Realtors.

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Fund

Continued from page 10

www.mainecef.org. Recent grantees include Dramatic Repertory Company, to produce the world premiere of Lynne Conner's play

The Mother; Mad Horse Theatre Company, to offer 2019 theater season exploring the theme of “what lies beneath the veneer” and the vulnerability of exposing one's true self; and Rangeley Friends of the Performing Arts, to continue and improve community theater in the western mountains of Maine.

An anonymous couple, who recognized the connection between vibrant communities and support for the arts, established the Maine Theater Fund in 2005.

If you would like more information about the fund, please contact MaineCF Senior Program Officer Leslie Goode at (207) 412-2002 or by e-mail at lgoode@mainecf.org.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn more about the foundation, visit www.mainecef.org.

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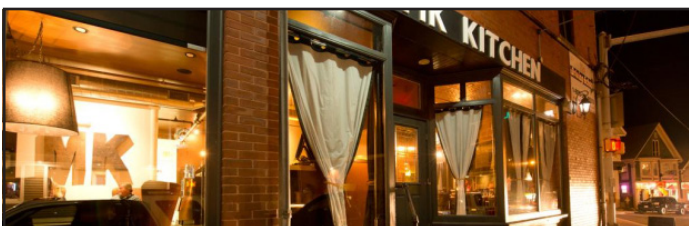
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Junction Bowl	(207) 222-7600	Gorham	Yes	Yes	Yes	Yes		jctbowl.com
Dunkin' Gorham	(207) 839-7044	Gorham	Yes	Yes	No	No	Daily 430am-8pm	dunkindonuts.com
Lucky Thai	(207) 839-6999	Gorham	Yes	Yes	No	No	Daily 11am-8pm	Lucky-Thai.com
MK Kitchen	(207) 222-2588	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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Gnocchi Mac + Cheese Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs\$12.00\$22.00	Butternut Squash Risotto Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / Vgt. + g.f.\$14.00\$26.00

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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

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