

MK Kitchen open for dine in, dine out, and to go



By Kiely Callahan

Mitchell and Lisa Kaldrovich opened MK Kitchen four and a half years ago. “The process was long, took a lot of planning, and seemed a big risk to open fine dining in a small place like Gorham” Lisa said. “It was totally worth it. I knew the community would step in,” she continued. Lisa’s first job was as a host and although she went to school to be a teacher, she never pursued teaching. To this day, she has always worked in restaurants. For a period, she worked in California as a manager, which is where she met and fell in love

with Mitchell. From the time Mitchell was a little boy in Argentina, he always wanted to be a chef. Lisa was born and raised here in Maine, and she always knew she would come back to her home state. Lisa and Mitchell worked together to open their own restaurant with a community feel, which took 8 to 9 years.

When COVID hit, the deciding factor to temporarily close was the mandatory shut down. They closed inside dining, but they never completely shut down. Takeout began the same day and they felt very fortunate to be able

to stay open. Financially, at the beginning, take out helped significantly. Due to less businesses being open, so business was steady. The amount of takeout kept them above water, but after some time, there was a need to open to get finances back in order.

MK Kitchen is still unable to fit full capacity, so takeout is greatly appreciated. For people not ready to come inside, they can stay outside. The outside dining environment is very mellow, with several two top tables.

The hope is to get more people to feel safe enough to come in and get the numbers up. Their current income is less than half it was at this time last year. The community can help by visiting or getting takeout. Lisa says to trust that they are doing the things they need to do to stay safe, such as enforcing masks, practicing social distancing, sanitation, etc. Helping out by spreading the word about your safe experience is very much appreciated, Lisa said.

MK Kitchen is located at 2 School St, Gorham. For more information visit <https://mk-kitchen.net/> or call (207) 222-2588.

Shaw’s partners with Patriots linebacker Brandon Copeland

Lucky customers at five Shaw’s Supermarkets received free groceries last week. The gift was made by Patriots linebacker Brandon Copeland and Shaw’s Supermarkets.

“[This] event brought a lot of joy to our customers across New England,” said Rob Backus, Shaw’s President. “We are impressed with Brandon’s foundation, Beyond the Basics Inc, and his dedication to making a difference in local communities. I am proud that through our partnership we were able to help our neighbors during this pandemic.”

Shaw’s and Brandon Copeland teamed up to help New England neighbors and communities during this global pandemic. Through a generous donation by Brandon Copeland’s foundation, Beyond the Basics Inc, and a donation by Shaw’s, customers were surprised to receive free groceries on the morning of July 23.



The five Shaw’s locations below handed out \$50 Shaw’s gift cards and a note by Brandon Copeland to customers while checking out. Five-thousand dollars were donated at each location, for a total gift of \$25,000.

Shaw’s Supermarket participating locations: Randolph, MA; Lakewood, RI; Nashua Market Place - Nashua, NH; Westgate Plaza - Portland, ME and South Burlington, VT.

“My family and our foundation, Beyond The Basics Inc, are extremely

excited to introduce ourselves to New England like this,” said Brandon Copeland. “2020 has been challenging to say the least, but we are hoping that what we accomplish today puts a smile on faces and reminds us all that we are in this together!”

Supporting communities and local non-profits across New England is incredibly important to Shaw’s. The company has a long and proud history of supporting the following organizations and many more: youth See *Shaw’s*, page 11

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Newsmakers, Names & Faces

Exchange students

Since 2015 Brandy Jewell of Skowhegan has volunteered as a local coordinator for international exchange students and host families.

In March 2020 the exchange programs had to make difficult decisions on if they wanted to send the International Exchange students back to their home countries or to let them finish their year in the USA until mid-June. Many families had a hard time with this, they enjoyed their exchange students and felt they should have a choice to finish the year.

Some organizations allowed the students and natural parents to decide to end the program early, some did not have a choice and their home agency decided, or the USA agency decided. All and All it was tough on everyone who was in-

involved.

Now the 2020/2021 school year is coming and students are coming back to the U.S, host families are needed. "The unknown, I think, is scaring people away," said Jewell.

The Organization does follow DOS regulations, CDC guidelines, and when students arrive in Maine, they will be quarantined for fourteen days before leaving the host family home. The students will have a clean bill of health before they start school.

"We still have students waiting for host families and we have limited schools who are willing to welcome the students, just not enough families" Says Jewell.

Imagine bringing the excitement of a new culture and a global perspective into your home! Jewell is aware of the

covid-19 pandemic and measures are being taken to ensure the safety of students and communities and host families, and adjustments will continue to be made as needed.

To be a host you can be single, you can have no kids, you can have young kids or teens, you can also be empty nesters.

To be a host you will need to provide three meals a day, you also must apply, pass a background check, reference check, and an in home interview.

If you are interested in learning more about hosting an international exchange student, or if you are a school willing to accept exchange students please contact Brandy Jewell at (207)313-1977 or email her at bjewell@ayusa.org

Maine Expansion Arts Fund seeks grant applications



The Maine Community Foundation's Maine Expansion Arts Fund is accepting applications for grants of up to \$5,000 that support indigenous, ethnic, or rural arts programs or projects, particularly those that serve areas with limited access to arts events.

The deadline for grant applications is September 15, 2020. An online application, guidelines and a list of recent grants are available at www.mainecef.org.

Recent grantees include: Aroostook Arts and Education Center, to create a digital (video) storytelling project highlighting the importance of agriculture to the local economy in Aroostook County; Gateway Milbridge, to hire regional musicians to increase free concerts to introduce, promote,

and expand access to the community stage's new location; History House Association Inc., for the first phase of the Native Voices exhibit, including construction of a wigwam displaying skills/artistry of a traditional Wabanaki builder; Main Street Bucksport, to expand a public art mural program Bucksport.

The Maine Expansion Arts Fund is a collaborative effort of MaineCF, the National Endowment for the Arts, the Lillian M. Berliawsky Charitable Trust, and the Maine Arts Commission to strengthen and ensure the future of these artistic traditions. Additional funding is provided through the Elizabeth Laughlin Anderson Memorial Fund.

If you would like more information about the fund, please con-

tact MaineCF Senior Program Officer Leslie Goode at 207-412-2002 or by e-mail at lgoode@mainecf.org.

Caption: Wabanaki artist Barry Dana watches as local high school students add sides to the ten-foot traditional wigwam lodge on the west lawn of the Skowhegan History House Museum and Research Center. Photo Susan Cochran/courtesy History House

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.

When boomers zoom they can go anywhere

One of the most popular Senior College classes offered by USM L/A Senior College on Zoom this spring took a group of birders to Monhegan Island as well as other prime birding venues. The close-up sightings of birds were better than looking through binoculars! Thanks to Doug Hitchcox of Maine Audubon, the class was able to enjoy an almost-outdoor

experience with valuable and fascinating information.

Senior College offerings will be on Zoom again this fall, but the topics look equally interesting. These classes are for anyone over fifty with a curiosity for learning. As many people know, zooming has become much more popular in the last few months and more people are trying it, but some are still a

bit hesitant. There will be zoom training and helpful people to call for help if one should decide to join the meetings. all classes will be listed soon. Registration begins August 17, and the classes start September 21. Watch the paper for more information, check the website: usm.maine.edu/seniorcollege, Email at laseniorcollege@gmail.com Or, call (207) 753-6610

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Newsmakers, Names & Faces

Supporting Maine farmers and food-insecure families

By Sen. Susan M. Collins

The effects of COVID-19 on Maine's families, farmers, and food systems have been serious and are certain to persist for months to come. As part of Congress' response to the pandemic, I strongly advocated for the creation of a new program that would help support farmers while simultaneously helping to alleviate hunger in our communities. Through the Farmers to Families Food Box Program, the U.S. Department of Agriculture (USDA) is purchasing up to \$3 billion of fresh produce, dairy, and meat from local farmers and distributing these products to Americans in need.

When the Farmers to Families Food Box Program was first established earlier this year, however, no Maine distributors were awarded a contract. I led Maine's Congressional Delegation in successfully urging the U.S. Department of Agriculture to rectify this issue. As a result, Maine Farmers Exchange (MFX) <https://www.collins.senate.gov/newsroom/maine-awarded-additional-214-million-food-box-program-support-farmers-help-address-food> in Presque Isle and Native Maine Produce and Specialty Foods in Westbrook were awarded contracts that

will enable them to distribute more than 80,000 food boxes over eight weeks. These food boxes will provide Maine families in need with a total of more than 1.8 million pounds of food.

I recently visited Van Buren, where 760 food boxes were distributed in just one day to members of the community through this vital program. The packing and distribution of these boxes was made possible by a \$2.14 million contract awarded by USDA to MFX <https://www.collins.senate.gov/newsroom/maine-awarded-additional-214-million-food-box-program-support-farmers-help-address-food>, which partnered with Pineland Farms Potato Company in Mars Hill and Catholic Charities of Maine. It was a pleasure to thank the organizers and volunteers and to greet hundreds of Mainers who came to pick up a box. The food boxes contained Maine-sourced products such as russet potatoes, Pineland mashed potatoes, Hood milk, and Pineland cheddar cheese.

To date, more than 10,000 food boxes have been distributed throughout the State of Maine by MFX, including in Biddeford, Caribou, Fort Kent, Presque Isle, Houlton, Machias, Millbridge, Lincoln, Millinocket, St. Agatha, and Van Buren. The number of boxes

distributed at each site varies between 600 and 1,600 boxes.

I also recently visited Native Maine in Westbrook, which was awarded a \$1.35 million contract to help farmers and food-insecure Mainers. I joined the company's dedicated employees in assembling some of the 45,000 food boxes they are sending to Maine food banks. Each box holds 25 pounds of fresh produce grown by Maine farmers.

As a founding member of the Senate Hunger Caucus, I know that Maine is so fortunate to have a statewide network of nonprofits that have partnered with local farmers and food distributors to deliver boxes of nutritious food produced right here in our state. Their hard work is truly making a difference in our communities, helping countless seniors and families throughout Maine.

Although the public health and economic crisis caused by COVID-19 has been unprecedented, the commitment and collaboration shown by Mainers helping Mainers make me confident that we will prevail. I will continue to work with both Republicans and Democrats to ensure that Maine farmers and families have the support and resources they need to get through this difficult time.

USM LA Senior College fall classes

USM Lewiston-Auburn Campus Senior College is pleased to announce fall 2020 courses which will be held entirely via ZOOM. There are 20 courses offered in many current and interesting topics. There will be ZOOM Bootcamps so all will be able to learn the basics and enjoy this curriculum. Our catalog will be on-line only, available on August 17, 2020. LAC Senior College members will be able to register online starting August 24, 2020 at 10 a.m. Members from other Senior Colleges will be able to register for any remaining spots September 8, 2020. If you have any questions, email laseniorcollege@gmail.com or call 207-753-6610.

ZOOM Bootcamp Exploration of the "How to" to Basic ZOOM: In this free course we will ZOOM in on the basics, then explore some of the possibilities this new course delivery system offers. You will learn how to log on, join a meeting, and interact with other ZOOMER'S. With these skills you will even be able to Zoom with family and friends near and far. Instructor: Mary Jane Beardsley.

Genealogical Explorations: Basics and Beyond This class will

focus on exploring online sites and resources to help you climb your family tree. What is available on this site? How do I navigate the site? What's really helpful and what are the pitfalls? Each class will focus on at least two web sites. All genealogy experience levels are welcome. Students should be comfortable using a computer and navigating the internet. Instructor: Lin Wright.

I'll Have What Paul's Having! Every week, we'll tackle 1 or 2 global recipes based on ease of preparation, availability of ingredients, and fantastic flavors. It's a virtual class, so only Paul gets to taste. Sorry! Recipes and plenty of comment are provided, and everyone is strongly encouraged to cook for themselves. Instructor: Paul Drowns.

True Womanhood and Women's Activism in 19th Century America In 19th century America, women were asserting themselves as citizens and activists. They were also shaped by a strong set of ideas about what it meant to be a "true woman." This course looks at the relationship between the ideals of "true womanhood" and women's activism. Instructor: Jean Potuchek.

Phun with Physics 101 This course will concentrate on basic concepts in physics that usually are misunderstood. Demonstrations that are fun and interesting will make up most of the class. There are six classes, and the topics for the last three will be determined by class members. Instructor: Hugh Keene.

Brave New World Covid-19 has changed everything. As we look toward the future, we must look at what this pandemic has taught us about ourselves, and we must ask some important questions. Moving forward, how could we create a better world based on what we have learned? How could we be/do better in a brave new world? Each week will feature an expert who will address a different aspect of the pandemic's effects followed by a discussion of how we could imagine better. Facilitator: Judy Hierstein.

Introduction to Meditation Our brains are responsible for about 20 percent of our daily calorie burn despite being less than 2 percent of the average person's body weight. The daily practice of meditation reduces this mental chatter. See USM, page 11

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What's Going On

UMaine Extension invites contributions to virtual garden

University of Maine Cooperative Extension is inviting Maine gardeners to contribute personal photos demonstrating best horticultural practices, from creative trellising to ingenious ways of deterring hungry wildlife, as a resource in a new virtual demonstration garden.

Photos should be high-quality image files that focus on subjects that can educate and inspire viewers. Categories include fruit trees and small fruits, garden design and maintenance, school and community gardens, seed starting and propagation, and conservation practices. Submissions will be reviewed and selections will be shared on the UMaine Extension My Maine Garden <https://extension.umaine.edu/gardening/my-maine-garden/> webpage and social media.

"With more people sticking close to home this season, we're seeing a surge in questions from both new and experienced gardeners. We also know folks are taking the time to implement creative solutions to common landscape challenges and simply make their gardens better than ever this season," says Kate Garland, UMaine Extension horticulturist in Penobscot County. "This inspired us to use this unique time as an opportunity to help new and

seasoned gardeners share ideas and gather inspiration from their fellow Maine gardeners."

Photos can be submitted via the program webpage <https://extension.umaine.edu/gardening/my-maine-garden/>. Participation is free; submissions are welcome on an ongoing basis. For more information or to request a reasonable accommodation, contact katherine.garland@umaine.edu or (207)942-7396.

As a trusted resource for over 100 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 <https://umaine.edu>.

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

Three Maine youth organizations grants

In a second round of COVID-19-related grant allocations, Lewiston-based Community Health Options (Health Options), the state's only nonprofit, member-led health insurance plan, has awarded grants to three Maine nonprofit agencies dedicated to Maine's youth.

The recipients are: Tree Street Youth, a youth support and enrichment organization in Lewiston; My Place Teen Center, an after-school resource for kids, ages ten to eighteen, in Westbrook; and the Center for Grieving Children, a nonprofit that provides support to grieving children, teens, and families in Portland and Sanford. Each organization will receive \$10,000.

"These groups remind us that addressing the ongoing impacts of COVID-19 does not entail a 'one size fits all' approach," said Kevin Lewis, president and CEO of Health Options. "Young people need particular attention as they struggle through the pandemic with less socializing, family stress, disrupted schedules and school plans, food insecurity, grief, and other concerns. These three organizations have been helping Maine kids for years, and their work is more important than ever."

At My Place Teen Center (MPTC), the team's work of enriching and feeding children in an after-school resource center has shifted outward. The small staff is making and delivering free meals for the broad-

er community in need throughout Westbrook.

Donna Dwyer, the center's director said, "A local family wrote to thank us and noted that many in our community have no idea what truly happens behind our big red doors. Because of the pandemic, they learned that our work is 'so much more than a physical space,'" Dwyer continued, "With our daily, mobile food pantry providing 1,250 free meals per week to kids, people who are elderly, without transportation, disabled or immuno-compromised, we are affirming that we are all in this together."

Teaching resilience to Lewiston's youth has always been part of the mission at Tree Street Youth, where elementary, middle, and high school students get learning enrichment, academic tutoring, college preparation, and internships or mentoring opportunities for eighteen to twenty-four year-olds.

"Tree Street, like so many other organizations, has been working hard to navigate the many unknowns related to COVID-19," said Julia Sleeper, co-founder and executive director. "Everyone here is working hard to navigate the new normal. We are grateful for the creativity of our team, our extremely hardworking and adaptive parents, and the tremendous community support which has made it possible to continue to serve students safely in new ways."

"At the Center, holding hands and hugs

are so different now," said Anne Heros, the center's executive director. "We are forever grateful for the trust of our families, who we are supporting by phone and email. We have created a special technology team to implement the safest platform for our Peer Support groups to resume. We host a series of 'Center Chats' to share real-time updates and hear from families, and we are always looking at ways to stay connected. It's also important for us to stay focused on things that were happening in our community before COVID-19. There are still suicides; there is still a high incidence of overdose loss. For those who are struggling with losses like these, this pandemic is yet another layer and extra struggle. The center is here to continue to support our community," said Heros.

Health Options made an initial round of statewide COVID-19 response grants in May to address immediate food and shelter needs.

Community Health Options is the only Maine-based, nonprofit, member-led health plan providing comprehensive, member-focused health insurance benefits for individuals, families, and businesses. Health Options awards grants and makes donations as part of our Community Benefit Expenditure Fund, administered by the Maine Community Foundation. For more information about Health Options, visit the website: HealthOptions.org.

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Senator Collins attends roll call at Portland Police Department



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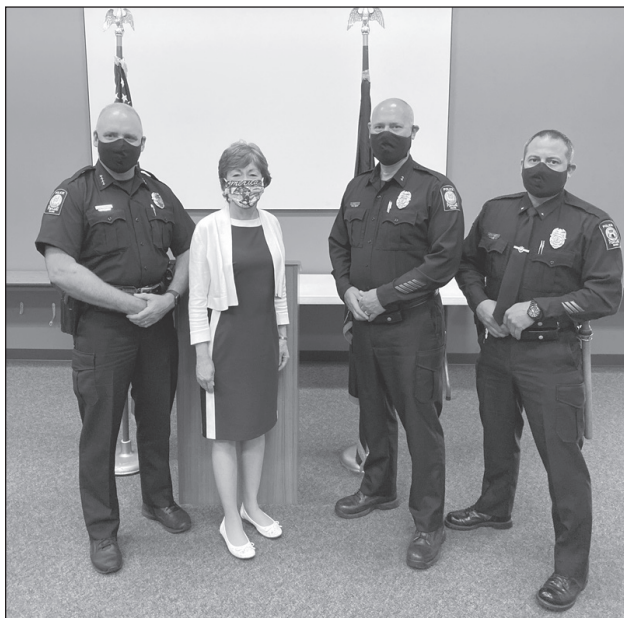
Last month, Senator Collins joined a group of her colleagues in introducing the Just and Unifying Solutions to Invigorate Communities Everywhere (JUSTICE) Act. The legislation provides long-term solutions focused on police reform, accountability, and transparency, while also promoting efforts to find solutions to systemic issues affecting people of color such as education and health disparities. On June 24, Senator Collins voted to begin debate on the JUSTICE Act, but the Democratic Leader blocked this motion, preventing the Senate from even beginning discussions on police reform legislation.

U.S. Senator Susan Collins visited the Portland Police Department this afternoon to meet with Chief Frank Clark and deliver brief remarks to officers during roll call.

“It is truly an honor to meet with the brave men and women who make up the ‘thin blue line’ and to thank them for keeping our communities safe,” said Senator Collins. “As our country confronts the COVID-19 pandemic and listens to calls for needed social change, the Portland Police Department has responded to these challenges with compassion, restraint, and respect. In Maine, we are fortunate to have so many terrific professional law enforcement officers, devoted to their duty and to doing what is right.”

Earlier this year, Senators Collins and Angus King announced that Maine had been awarded funding through the CARES Act for law enforcement to prevent and respond to the COVID-19 pandemic, including \$219,535 for the Portland Police Department.

In May, Senators Collins and King joined a bipartisan group of their colleagues in introducing a resolution recognizing the week of May 10 through May 16 as National Police Week, which passed unanimously. This resolution honored police officers, sheriffs, and other law enforcement officers in



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UMaine Extension offers free cover crop planning webinar

University of Maine Cooperative Extension will offer a free webinar about key considerations for planning a cover cropping system 6 through 7p.m. on August 12.

Adding diversity to a cover cropping system creates healthier soil and can benefit crop production and a farm's ecosystem. UMaine Extension sustainable agriculture professional Jason Litley, will discuss several versatile cover crop options.

The webinar is free; registration is required. Register on the event webpage <https://extension.umaine.edu/register/product/cover-cropping-webinar-august-2020/> to receive the Zoom link. For more information or to request a reasonable accommodation, contact Rebecca Gray at (207) 781 - 6099 or email at rebecca.gray@maine.edu.

As a trusted resource for more than 100 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 <https://umaine.edu>.

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Please observe social distancing guidelines. One car only between a set of white poles. Last three rows do not have any poles, please park vehicles six-foot apart in the last three rows. Rows one to three for smaller vehicles. Rows four and beyond for taller vehicles.

If you wish to park in reverse and open your hatchback you must park

in row seven or beyond.

Parking is first come, first served. The Drive-In cannot hold or reserve spots or guarantee you will be satisfied with your parking space. The drive-in was built over 80 years ago and did not have large vehicles in mind when originally designed. It is possible that a larger vehicle parked in front of you may partially block your view of the screen, however, the Drive-In will do their best to accommodate everyone. There are no refunds for parking related issues.

You may sit in your vehicle or place chairs directly in front of your vehicle. No sitting to the side of your vehicle.

Do not gather with other guests. Maintain social distancing.

Snack bar and restrooms are open with guidelines posted at the doors. You can order food for delivery to your vehicles, available at sacodrivein.square.site.

Show is rain or shine. No refunds for weather related issues. This is an outdoor theater and weather is just part of the show.

There are no refunds on the day of the show. For more information or to purchase tickets, visit <https://www.eventbrite.com/e/et-saturday-aug-22-sponsored-by-ira-jack-chevrolet-tickets-113411021418?aff=ebdssbcity-browse>.

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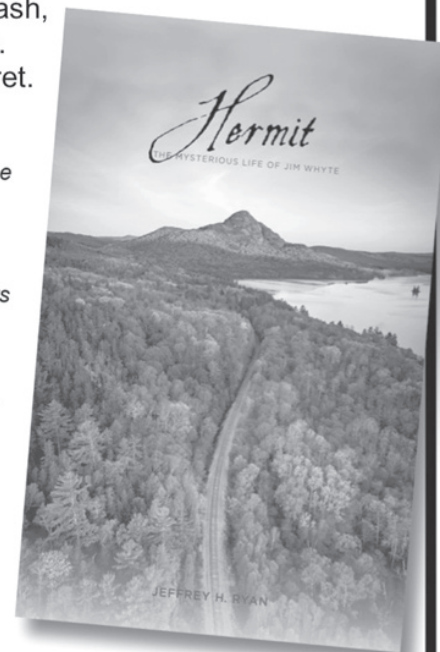
Maine's Original Social Distancer

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.



Spend Fridays with family and theater at Monmouth

TAM launches streaming series to bring classic theater to your living room

TAM has cooked up a streaming series for anyone missing the thrill of live theater! The *Fairy & Folk Tales for Families* Series is a virtual program that features four reboots of TAM Family Show and Page to Stage Tour world premiere classics that you can watch right from your living room (you can even bring food into the theater!). Tickets are by donation and a link to access the YouTube video will be sent via email. Each production premieres on a Friday afternoon and will remain available until the following Thursday at midnight, so you can watch as many times as you like!

The Fairy & Folk Tales for Families Series features some of TAM's favorite productions offering audiences opportunities to experience a little bit of live theater from the safety of their homes until all can safely gather together in theaters across the state. TAM artistic director explained the mission behind the series, "We're all missing the opportunity to gather together and share in the joy and laughter that

a group of young people generate while seeing favorite fairy of folk tale come to life onstage. We realized we could bring that joy to families this summer online. It's our gift to the community for all they've done to support TAM throughout the years."

The series kicks off with Margery Williams' classic *The Velveteen Rabbit* streaming July 31 through August 6. Next, Ruth Stiles Gannet's *My Father's Dragon* August 7 through 13. Followed by *The True Story of Little Red* from Charles Perreault August 14 through 20 and, finally, *The Fool of the World & The Flying Ship* August 21 through 27. All plays were adapted by Dawn McAndrews for TAM's Page to Stage Tours and Family Show Summer Series.

The Velveteen Rabbit, premiered in Summer 2013 directed by Brooke Edwards.

A young boy receives a stuffed velveteen rabbit on Christmas morning and plays with and admires it until the rabbit becomes the boy's favorite toy of all. "Real isn't how you are made," says the rabbit's friend, The Rocking Horse, "It's a thing that happens to you. When a child loves you for a long, long time,

not just to play with, but really loves you, then you become real."

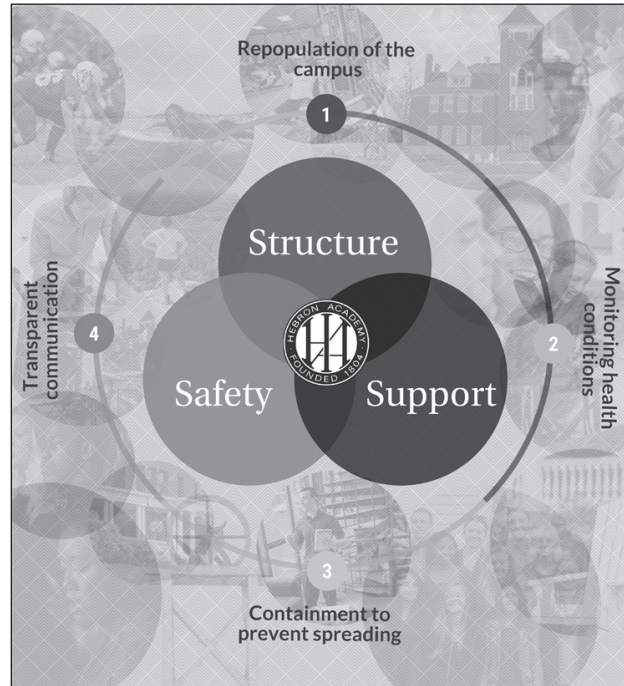
The Velveteen Rabbit featured Hannah Daly as the title character, Nick Sutton as The Boy, Simon Kiser as Rocking Horse/ Wild Rabbit/ Gardener, Aislinn Kerchaert as Nana/ Wood Lion/ Fairy, and Ardarius Blakely as Robby the Robot/Wild Rabbit/ The Doctor. Set design by Stacey Koloski, costume design by Elizabeth Rocha, lighting design by Xi Chen, sound design by Rew Tippin. This play was presented as TAM's Page to Stage Tour in 2016.

My Father's Dragon, produced in Summer 2017 directed by Adam P. Blais.

Elmer Elevator hears about the plight of a poor mistreated baby dragon, he packs his knapsack and stows away on a ship headed for Wild Island. Nothing will stop Elmer from rescuing the dragon! With the help of two dozen pink lollipops, rubber bands, chewing gum, and a fine-toothed comb, Elmer outwits the fiercest of beasts and saves the day.

My Father's Dragon featured Mike Dolan as *Elmer Elevator*, Emery Lawrence as *Mother/ See Theater, page 13*

Hebron Academy announces reopening plan for fall 2020



Hebron Academy is excited to announce its reopening for the 2020-2021 academic year. Headmaster Dan Marchetti emphasizes that "our first priority is the health and safety of our students, faculty, staff and wider community. All reopening decisions, procedures, and policies were informed with health and safety at the top of mind. We are fortunate to have a fully equipped Health Center and full-time nursing

staff in 'normal' times. Their expertise has been an incredible asset in our reopening planning."

Every aspect of life on campus has been carefully considered to develop and adapt programming that will meet the holistic needs of the student body while continuing to provide the optimal educational experience that Hebron is known for.

Hebron will offer a hybrid educational model for the 2020-21 school

year that provides an on-campus experience for boarding and day students, as well as a robust online learning program for students delayed or restricted by travel or who prefer to begin the year online.

The full reopening plan can be viewed online at <https://www.hebronacademy.org/campus-reopening-plan>.

Founded in 1804, Hebron Academy is a small, independent, college preparatory boarding and day school for boys and girls in grades six through postgraduate. Students from across the United States and around the world are challenged and inspired to reach their highest potential in mind, body and spirit through small classes, individual attention and a friendly, respectful atmosphere. Hebron is located on the eastern edge of Maine's White Mountains and is accredited by New England Association of Schools and Colleges (NEASC). Please visit www.hebronacademy.org for more information.

MK KITCHEN TO GO MENU

APPETIZERS + SOUP + SALADS

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

PASTAS + GRAINS

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

ENTREES

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

SIDES

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

DESSERTS

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

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80's Party cruise with the band Girls Just Want to Have Fun



This will be the fifth year of cruises on the Songo River Queen. There were only two scheduled this year. so don't miss the last one of the season. The Songo River Queen is a huge boat with a covered top and bottom deck and a bar, and it's ready to party! Boarding starts 1 hour prior to the cruise at 6 p.m. and you need to be safely on the boat by 6:45 p.m. when the gate closes for boarding. Get there early so you can settle in and grab a drink and your spot on the dancing deck. Food is allowed on the boat and there is a snack bar on the dock to grab something before you board. There is absolutely no smoking! 80's attire encouraged. Fans love to dress 80's and earn a chance to come up and sing with the band! Tickets are \$25 and will be sold only prior to the event, no refunds, and the cruise will go on rain or shine due to the covered deck.

Boat capacity for

band cruises is 100 right now due to COVID, so get your tickets immediately. This will sell out quickly! 21 plus cruise! The bar is cash only, so make sure you've hit the Atm!

Anyone who does not get a ticket before the event sells out can be put on a waiting list to try to get on the boat the day of the cruise if there are no shows.

Parking is on the street, you can also park behind the credit union across the street, and if you can't find a spot in either place take a left onto 114 and there's a church on the right you can park at or on the street. Parking is always busy in the summer so either get there early and grab a drink locally, or plan to give yourself some time to find parking.

After discussion with the boat owner, there are COVID procedures that will be followed. If you can't comply, don't want to comply, or are

at all nervous about attending contact andread-elanunplugged@yahoo.com for a refund. Also do not buy tickets from anyone advertising tickets. There have been a lot of fraudulent posts claiming people have tickets when they do not. Refunds are only available till 48 hours before the cruise.

The COVID procedures are:

1. The band will set up 8 feet from the dance area and put up caution tape so that the lead singer is 8' away from any of the patrons. Also, the band will wear masks when not performing or moving about the boat.

2. Patrons will be required to wear masks while boarding and checking in, and when at the bar, bathroom, or moving about the boat. Once you are at your spot with your group, whether that's on the dance floor, sitting on benches, or downstairs in the seated area or on the railing you are not required to wear your mask as you will be drinking and taking it on and off every time you take a sip is not effective.

3. Be courteous and do your best to not crowd people you didn't come with, give them space so everyone feels safe. The capacity is limited to 100

people and the capacity of the boat is 350 so there should be plenty of space to find your own area. Also, the state mandates 50 people per area, this will likely be observed on its own because the bar and bathroom are downstairs, and people generally spread out on their own. There are lots of "areas" to be in.

4. Remember everyone is still in the middle of a pandemic, and being able to hold this cruise is a privilege. Please do not ruin it for others. Follow the rules, and please be discreet when posting photos of you and your friends. All masked photos are encouraged, however, and photos of the band are also encouraged. Show us following the rules so that other cruises can happen and more people like you can have fun!

There will be a special prize to the person with the best 80's themed face mask!

This event takes place August 7, from 6 to 9 p.m. at Songo River Queen II, 841 Roosevelt Trail, Naples, Maine. For more information visit <https://www.eventbrite.com/e/80s-party-cruise-on-the-songo-river-queen-august-8-2020-tickets-2296132679?aff=ebdss-citybrowse>.

Gorham Founders Festival Parade announcement

Who doesn't love a parade? In honor of Maine's 200th birthday this year, the Gorham Founders Festival Parade will have a Maine themed float contest with cash prizes!

The parade will place, Sunday September 13, 3 p.m. in Gorham village.

Everyone is welcome to be part of the parade-you, your church, your team, your school group, your business, or your organization! Get

creative if you want to join the contest! Also, walkers, bikers, vehicles, trucks, etc., are welcome!

Please sign up for the parade on the website at www.gorham2020.com or contact Suzie Phillips at 892-9847 or spPhillips@gorham.me.us.

Onlookers of the parade are asked to practice social distancing and stay apart from people not in your household.

Guided farm tour

Come enjoy new small-group farm tours at Pineland Farms, 100B Valley Farm Road, New Gloucester! During this walking tour you will learn about dairy operation, tour the family farmyard, and visit the flock of laying hens. Groups are led by one of the Farmyard Educators and are sure to bring some fun and entertainment to these unprecedented times in a safe and educational way!

For the health and well-being of staff and visitors alike group sizes are limited and all guests are asked to maintain social distancing, and that are all who able, wear

a mask when distances cannot be maintained.

The cost is \$6 per ticket. For dates and to purchase tickets, visit <https://shop.pinelandfarms.org/collections/all-classes-events/products/guided-farm-visitor-tour>. For more information, call the Education Department at (207) 650-3031 or email education@pinelandfarms.org with any questions.

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



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<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 gray; 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>
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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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Goat yoga



Part yoga, part goat snuggling, all smiles! The Goat Yoga you know and love with new safety protocols to #stopthespread.

Enjoy Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. on August 9, 14, 28, and September 4 and 5. Smiling Hill Farm is located at 781 County Road, Westbrook, Maine. They have baby goats and mama goats that will romp around in the pen with during the yoga class. Bring a mat/towel or practice on the grass. Picture taking, laughing, and goat petting are all encouraged!

Each session will start with 15 minutes of

goat snuggles, followed by an hour of yoga, completed with another 15 minutes of goat holding and snuggling! There is the option to grab some tasty treats from the Ice Cream Barn while you're at the farm as well.

This is an all-levels, beginner friendly yoga class!

New Protocols for COVID-19:

These protocols are based on recommendations from the State of Maine and are subject to change based on new recommendations as they are released: You must wear a mask; only 20 people per class (everyone who comes with for class); you must sani-

tize your hands (sanitizer provided) before interacting with the goats; BYOE (bring your own everything): mats, sunscreen, bug spray, etc., will not be provided.

For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.



Lemon Cream Shrimp with Pasta or Zoodles

By prepared by Chef Dorene Mills

Yield: 3 - 4 servings
Pantry Items: Olive oil, Salt, Pepper

Ingredients:
Angel Hair Pasta
½ package Or Zucchini Noodles, 1 package
Raw Shrimp, thawed and peeled, medium or large size
1 1lb.

Fresh Shallots, minced 1 small

Fresh Asparagus, cut into 1" pieces 1 bunch

Heavy Cream ½ pint (8oz)

Taste of Inspirations Lemon Garlic Sauce – Center store ¼ cup

Shredded parmesan cheese ¼ cup

Method of Prep:

If creating with pasta, bring a pot of salted water to a boil. Add in angel hair pasta and cook following directions on the box. Drain and rinse with cold water and set aside. If using Zucchini Noodles, they will be added in step

Toss thawed and shelled shrimp in a bowl with 2 Tbs Olive oil and 1 tsp. salt and a pinch of pepper. In a large sauté pan over medium, heat



Chef Dorene Mills

2 tbs of olive oil until it looks like it's shimmering. Add in shrimp and cook 3 minutes till the first side turns bright pink, then flip and cook and additional 2 minutes. Remove from pan and set aside.

Using the same pan without cleaning, warm an additional 1 tbs olive oil and add in minced shallots and asparagus chunks. Sauté over medium-high heat for 2-3 minutes until asparagus is slightly charred but still crisp. Remove asparagus from pan, and hold with Shrimp, which will be added back to the

pan in the next step. Add heavy Cream to the pan, scraping up any cooked bits on the bottom of the pan, and let simmer until reduced by half. Add in Taste of Inspirations Lemon Garlic Marinade and whisk till smooth. Add the Shrimp, Asparagus and shallots to pan and turn off stove. If using Zucchini Noodles, add to the pan at this time as well.

Spoon noodles onto plate and spoon Shrimp with Lemon Cream sauce over top, sprinkling with Shredded Parmesan cheese. Serve and Enjoy!



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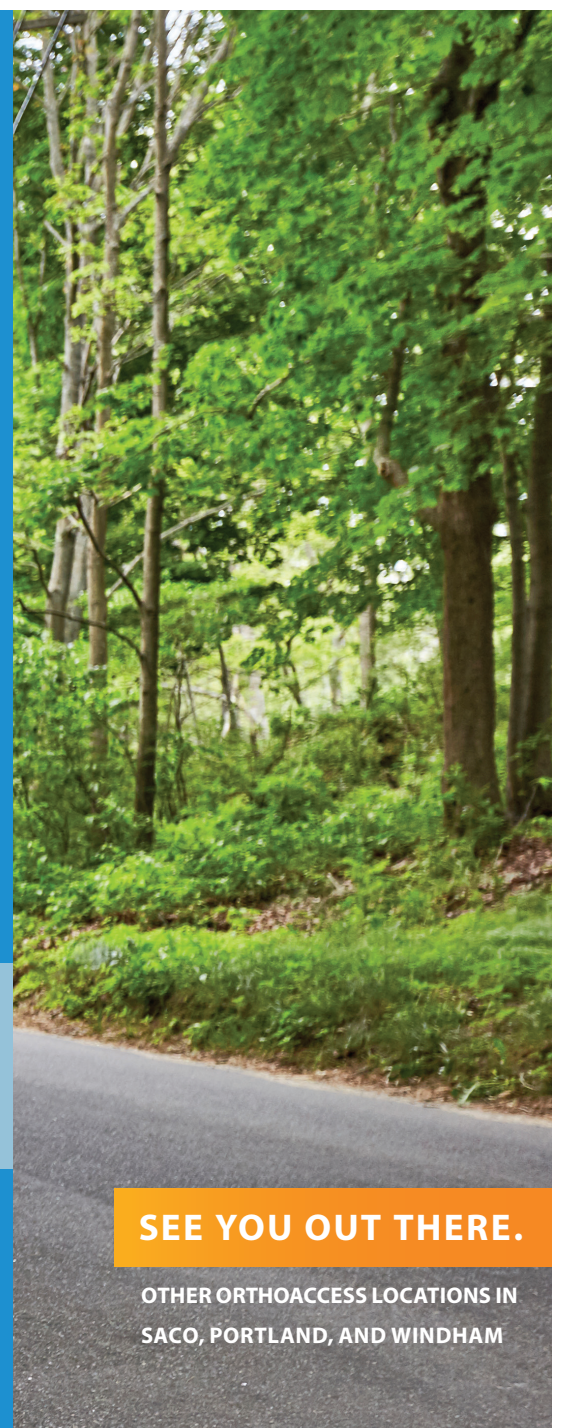
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New training for stressed-out hospitality workforce

It's always been stressful: Waiting tables, running an inn, balancing the books. Midway through the summer of COVID-19, professionals in the hospitality industry — known for creating relaxing environments for others — face a new anxiety; working through a pandemic. New industry protocols such as social distancing, incessant cleaning and the debate over face coverings, can lead to on-the-job anxiety and even damage mental and physical health.

HospitalityMaine recently launched two online courses aimed at creating a sustained, healthy workforce for Maine's restaurant and hotel professionals. In partnership with the Maine Community College System and The Opportunity Alliance, the new COVID Readiness Training covers stress management and the foundations of de-escalation, which aims to diffuse conflict.

"Learning de-escalation skills promotes a sense of safety, reduc-

es burnout, and allows workers to interact with customers more confidently," said Emily DaSilva, a public health expert at The Opportunity Alliance, a South Portland-based community action agency. "Good self-care and mental health practices are important acts of self-preservation and increase our ability to thrive day to day."

Earlier this spring and summer HospitalityMaine launched COVID-19 Restaurant Readiness and Lodging Foundations training. Taken by more than 3,000 Mainers since May, there are now four micro-credentials that can be put towards an associate degree at Eastern Maine Community College.

"We are pleased to launch the final two programs in our four-course suite of COVID-19 training: Hospitality Health: De-Escalation <https://www.hospitalitymaine.com/page/deescalationtraining> and Hospitality Health: Mental Health and Stress Man-

agement <https://www.hospitalitymaine.com/page/mentalhealthstressmanagement>. Added to Restaurant Readiness and Lodging Foundations, these free, online tools ensure the health and safety of our workers and guests," said HospitalityMaine's CEO Steve Hewins. "Our industry's long term recovery starts with educating our frontline employees on how to keep themselves and their guests safe and healthy."

David Daigler, president of the Maine Community College System, considers this training key in securing Maine's status as a safe destination for vacationers.

"HospitalityMaine is a leader in understanding that micro-credentials, earned over short periods of time, are responsive to the current needs of the industry and can be combined to provide an efficient and effective path to developing the skills and longer-term credentials necessary in today's economy," said Daigler.

Grants available to combat social isolation among older Mainers



Matt DeLaney at the Millinocket Memorial Library

For the 2020 grant cycle and in light of COVID-19, MaineCF's Maine Charity Foundation Fund will support community-based transportation programs, including changes in response to the pandemic, and efforts to keep older 60+ community members socially connected during a time of physical distancing. Grants of up to \$10,000 are available.

Nearly a third of older people in Maine live in communities without access to public transportation. For older people, especially those in rural areas,

lack of transportation can result in missed medical appointments, malnutrition, and social isolation—all significant threats to good health and quality of life.

The deadline for applications is September 15, 2020. For complete guidelines, application and a list of 2019 grants, visit www.mainecef.org. Last year's grantees included: Catholic Charities Maine, to expand SEARCH, a companionship and transportation program for older adults, into unserved rural areas to reduce social isolation and improve con-

nection to community; Millinocket Memorial Library, to implement and build a sustainable transportation program; and People Plus, for expansion and increased capacity for growing the Volunteer Transportation Network currently serving 528 homebound older adults.

If you have questions about this fund, please contact Director of Grantmaking Laura Lee at (207) 761-2440 or llee@mainecef.org.

Caption: Matt DeLaney, director of the Millinocket Memorial Library, with a rendering of renovations planned for the library. Photo Thalassa Raasch/Maine Community Foundation
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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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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Shaw's

Continued from page 1

football and cheerleading, Best Buddies, MDA, Boston Children's Hospital, and New England Food Banks.

Shaw's is working to become the Favorite Local Supermarket™ in every state in which it operates. Shaw's is one of the oldest continuously operated supermarkets in the United States with its roots dating to 1860. Throughout the five New England states, there are nearly 130 Shaw's store locations employing approximately 16,000 employees. For more information about Shaw's, please visit www.shaws.com or connect with us on Facebook at <http://www.facebook.com/Shaws>.

Beyond the Basics Inc. is an award-winning foundation focused on uplifting the human psyche. Established in 2017, specifically aim to empower young people to maximize their potential by exposing them to enriching experiences. Beyond The Basics organizes, sponsors and executes significant community initiatives throughout the year focused on youth empowerment including but not limited to the annual: BTB Football Camp, Holiday Shopping Spree (A December to Remember), Single Parent Thanksgiving Dinner Giveaway, and Growth Through Golf. To find out more about Beyond The Basics Inc or to support the foundation please visit www.BrandonCopeland.com/beyond-the-basic-inc/

USM

Continued from page 3

The class defines what meditation is, its benefits, misconceptions,

challenges and types. It also includes an introduction to the concept of mindfulness. Instructor: Marty Gagnon.

Drawing with Light – Painting With Words Enhancing Writing with Photography Images (pictures, photographs) can enhance writing by injecting creative energy that originates in the sense of vision. All you have to do is look around as explorers and be open to what the views stir inside us. This is not a photography class; it is a writing class that draws on the power of the visual. We will use our own photographs as prompts. Instructor: Ariela Zuckerman.

Darwin, Natural Selection, and Evolution In this course we will look at the life of Charles Darwin, and the significance of his five-year, circumnavigation of the globe on the HMS Beagle (1831-1836). We will look at how some of Darwin's ideas developed, explore how populations change, and how natural selection affects evolution. There will be PowerPoint presentations and videos about Darwin and his discoveries. Instructor: Tom Hamilton

That's so Orwellian! We will be reading George Orwell's Animal Farm and 1984. Discussion will see if we recognize similarities in current events. If you have a Kindle app, you can get both books combined into one on Amazon or you can purchase a paperback edition. I was able to get my Kindle book for free. I strongly recommend that you buy the study guide for each book, written by Ray Moore. My students last fall found his study guide to be very helpful full of background information and interesting discussion questions. Instructor: Laura Sturgis.

Genealogical Explorations: Questions and Answers This course is focused on the questions you, the student, have identified as you travel on your genealogical journey. The instructor will try to help you find the answers online and off. The emphasis is on helping you use the tools available to develop the skills and access the resources you need to address your genealogical challenges. Instructor: Lin Wright.

Fantastic Literature: Discovering the Worth of Fantasy Texts Commonly taught fiction texts will be paired with fantasy or science fiction texts. We will compare the text pairs to discover their shared formal literary elements. Instructor: Danielle Letourneau.

Complementary and Alternative Medicine Western medicine has long been considered the accepted form we use to heal us and maintain our health, but there are MANY other healing methods that have been used for centuries with acceptable results. Some feel that the best approach is to combine allopathic (western) with some of these alternatives, such as acupuncture, massage, reflexology, hypnosis, etc.) for optimal healing. Facilitator/Instructor: Dr. Elcha Buckman.

Celebrate the History that Surrounds You! In honor of Maine's 200th anniversary why not embrace the history in Androscoggin County? This class will consist of virtual field trips to local historical societies and landmarks. Instructor: Penny Jessop.

Bringing Nature Home in Maine Join LA Senior College and Maine Audubon as we explore how our home landscapes can be more

beautiful as well as beneficial to birds and other wildlife. Learn how easy and rewarding growing native plant species and paying closer attention to the ecology around us can be. Instructor: Eric Topper, Director of Education, Maine Audubon.

Critical Thinking This six-week Zoom course will introduce participants to essential critical thinking skills which we need now, perhaps more than ever before. Topics covered include distinguishing between thinking and emotions, evaluating evidence and sources, identifying underlying assumptions, avoiding common thinking errors, evaluating written arguments, and being a savvy consumer of media. Instructor: Bill Frayer.

Traveling in Europe, Africa and Asia In this course, the first two classes will be devoted to discussions of travelling in Europe. The participants will share their cultural experiences in their European travels, and I will share my experiences of living and travelling in Portugal. Then, the participants and instructor will discuss travelling in South

Korea, China, Hong Kong, Thailand and Singapore, then finally we will take an African Safari. Instructor: Anita Denis.

French for Fun This is a conversational class where you can review your knowledge of French and acquire some additional skills. It will be two hours of fun each week focusing on different vocabulary. You will enjoy communicating in a different language at a level that is comfortable for you. Instructor: Ann Rau.

The American Economy and the Pandemic This class will look at the current state of the American Economy in the midst of the Covid 19 Pandemic. The class will examine current factual information and

where that might lead. This class is open to anyone who is interested in the American Economy. No background in business or economics is required. Instructor: Alene Staley.

This Class is for the Birds Kingdom: Animalia, Phylum: Vertebrata, Class: Aves. This virtual studio art course will explore all sorts of birds with all sorts of media. Open to all levels, we will all share our knowledge and expertise with each other and have fun! Instructor: Judy Hierstein.

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

PYO Blueberries!

Getting out to pick this iconic Maine fruit is a safe way to get fresh air, spend time with family and support your local farms. Always call ahead to verify PYO hours and availability! COVID Guidelines at www.maine.gov/dacf/covid19/#market

- Crabtree's Blueberries, Sebago
- Orchard Ridge Farm, Gorham
- Pineland Farms Produce Division, New Gloucester
- Berry Best Farm, Lebanon
- Blueberry Hill Farm, Acton
- Dragonfly Meadow Blueberry Farm, Arundel
- Estes Farm, Buxton
- The Friendly Blueberry Patch, York
- Joan & Brad's Berry Farm, Hollis Center
- Kelly Orchards, Acton
- Libby & Son U-Picks, Limerick
- Little River Flower Farm, Buxton
- Pleasant View Blueberry Farm, Cornish
- Rivard Farm, Springvale

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Local SERVPRO franchise recognized

During SERVPRO's Fifty-first Annual Convention – the company's first "virtual" convention – top company representatives recognized the extraordinary performance of SERVPRO of Augusta/Waterville with the MILLIONAIRE'S Gold award. Originally scheduled for July 5 through 9 in Boston but reformatted due to restrictions and concerns surrounding the COVID-19 pandemic, the online event kicked off with a live Opening Night Reception on July 6 and wrapped up with a live Awards Show on July 9, when Anthony Wolverton of SERVPRO of Augusta/Waterville and other high-performing franchisees were recognized.

"It has been a challenging year for our business, because we had to balance delivering the world-class service that SERVPRO is known for with taking extra precautions to protect the health and well-being of both our team and our clients," said Anthony Wolverton, SERVPRO of Augusta/Waterville owner. "Working in an uncharted environment, our team, along with SERVPRO franchisees across the country, responded with professionalism and compassion to serve our communities when they needed us. I'm enormously proud of our success this year, and proud, as always, to be a SERVPRO franchise owner."

While this year's Convention was "unconventional," it attracted a record-breaking number of registrations

for franchises, owners, and teammates, with the franchise employee participation seeing the largest increase over previous years' gatherings. Convention organizers presented thirty-four pre-recorded workshops and five live workshops during the actual Convention week but made that content available to registered "attendees" for two full weeks. During that time, convention organizers tallied nearly 39,500 workshop views, and a total of 3,000 individual viewers tuned in for one or more of the General Sessions. Keynote Speaker Kevin Brown attracted 1,800 concurrent viewers for his presentation alone.

"It's clear that this year's online format made it possible for employees and teams to participate in workshops and sessions when they might not normally be able to travel to convention," said Rick Isaacson, CEO of Servpro Industries, LLC. "This is a lesson learned and an unexpected benefit coming from a tragic and trying time. It's certain that we will be looking at ways to offer content for teams at home during future conventions. As always, I offer my congratulations and thanks to the diverse group of dedicated franchise owners and their teams who help make SERVPRO an industry leader and provider of fire and water cleanup and restoration services and mold mitigation and remediation year after year."

SERVPRO's professional services network now includes

more than 1,800 individually owned and operated franchises across the U.S. and Canada. SERVPRO's ongoing commitment to providing innovative tools, ongoing training, and an ever-evolving business framework provides their franchisees with a roadmap for success. For more information about SERVPRO of Augusta/Waterville, an award-winning member of SERVPRO's team of dedicated disaster remediation professionals, please contact Anthony Wolverton at (207)622-7166 or kwolverton@servpro10735.com or visit www.SERVPRO.com.

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

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

Thomaston connects to electric vehicle charging network

The Town of Thomaston recently installed two Level 2 electric vehicle (EV) chargers at the parking lot near the Public Works Department on Watts St. Using a two thousand, five hundred dollar grant from Efficiency Maine, Thomaston installed the chargers at this publicly accessible location behind the business district fronting Main Street and Route 1, close to downtown amenities. This project is part of a statewide initiative to expand public EV charging infrastructure in Maine.

Efficiency Maine is the independent administrator for programs to improve the efficiency of energy use and reduce greenhouse gases in Maine. Through its thirty grants to municipalities, universities, medical facilities, nonprofits, businesses, and schools, Efficiency Maine is helping fund the installation of eighty-nine public Level 2 plugs to fill in EV charging gaps across the state.

"All indications from car manufacturers are that EVs will become commonplace in the decade ahead, so it's prudent for local governments and businesses seeking to attract tourists and shoppers to accommodate EV drivers, as well as traditional car drivers," said Michael Stoddard, executive director of Efficiency Maine Trust. "Thomaston is thinking ahead. Building out a network of public EV chargers to welcome electric vehicles is a practical choice for local residents, commuters and visitors."

Level 2 chargers are the most common units installed in homes, workplaces and public spaces. These units provide between fourteen and thirty-five miles of range per hour. All Level 2 chargers have a universal "J" plug and connect to all electric vehicle models.

Adding publicly available Level 2 chargers improves local access and destination charging across the state. These chargers serve commuters, local drivers, business people driving to and from meetings and appointments, and overnight guests. Expanding access to chargers is an early step in helping the state reach its long-range targets to reduce greenhouse gases from the transportation sector while lowering energy costs for Maine drivers, mitigating "range anxiety" for local EV drivers, and helping transform the marketplace toward lower cost, lower carbon vehicles.

"Thomaston is very excited to participate in the Efficiency Maine statewide EV charger grant program," said Diane Giese of the Thomaston Select Board. "We believe having an EV charger will make our town an even more enticing destination for EV owners visiting Maine. Thomaston is a lovely village with many Victorian homes on Main Street, a town landing just a short walk away and several restaurants to dine in while your car is charging. We hope to see many folks getting a charge out of Thomaston!"

The grant is fund-

ed with proceeds from the settlement of a lawsuit against Volkswagen (VW) for violating environmental protection laws. The settlement specified that funds be used to reduce vehicle pollution, such as by installing public EV charging stations. The initiative that funded the Thomaston chargers is a complement to a parallel effort under way at Efficiency Maine to develop a network of DC "fast chargers" (also called Level 3 chargers) that can deliver up to two hundred fifty miles of range per hour.

In addition to serving Mainers making longer in-state day trips, the "fast charger" network will link Maine's major corridors and destinations to the growing number of EV drivers traveling on business or for vacation from Quebec, New Hampshire, and Southern New England.

To learn more about electric vehicle technology and how to maximize its benefits visit <https://www.energymaine.com/ev/about-electric-vehicles/>. Drivers also can find a charging station locator on the Efficiency Maine website.

Efficiency Maine Trust is the independent administrator for programs to improve the efficiency of energy use and reduce greenhouse gases in Maine. The Trust does this primarily by delivering financial incentives on the purchase of high-efficiency equipment or changes to operations that help customers save electricity, natural gas and other fuels throughout the Maine economy. The Trust is a quasi-state agency governed by a Board of Trustees with oversight from the Maine Public Utilities Commission. Visit www.energymaine.com for more information.

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What do you think?

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

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

Calendar

Send your submissions to the Editor. More online.

Friday, August 7

80's Party cruise with the band Girls Just Want to Have Fun, 6 p.m. to 9 p.m. at Songo River Queen II, 841 Roosevelt Trail, Naples, Maine. For more information visit <https://www.eventbrite.com/e/80s-party-cruise-on-the-songo-river-queen-august-8-2020-tickets-72296132679?aff=ebdssbcitybrowse>.

Saturday, August 8

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.

Sunday, August 9

Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.

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.

Friday, August 14

Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.

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.

Saturday, August 22

E.T. sponsored by Ira Jack Chevrolet at the Saco Drive-In Theater at 7 p.m. For more information or to purchase tickets, visit <https://www.eventbrite.com/e/et-saturday-aug-22-sponsored-by-ira-jack-chevrolet-tickets-113411021418?aff=ebdssbcitybrowse>.

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, August 28

Goat Yoga led

by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.

Friday, Sept. 4

Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.

Saturday, Sept. 5

Goat Yoga led by Ashley Flowers, at Smiling Hill Farm from 5:30 to 7 p.m. For more information visit <https://www.eventbrite.com/e/goat-yoga-2020-season-tickets-80765071503?aff=ebdssbcitybrowse>.

Sunday, Sept. 13

Gorham Founders Festival Parade, with Maine themed float contest, 3 p.m. Gorham village. Please sign up for the parade on the website at www.gorham2020.com or contact Suzie Phillips at 892-9847 or sphillips@gorham.me.us.

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.

Thursday, Oct. 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, Oct. 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.

Thursday, Nov. 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.

of the story is true? In this world premiere tale, that decision will be up to you.

The True Story of Little Red Page to Stage Tour featured Carissa Meagher as Little Red; Ian Kramer as The Wolf; Jamie Beth Weist as Granny, and Will Connell as The Woodsman. Set design by Stacey Koloski, costume design by Elizabeth Rocha, and lighting design by Jim Alexander. This play was produced as TAM's Family Show in Summer 2018.

Theater

Continued from page 7

Monkey/ Lion, Ben Shaw as Narrator/ Gorilla/ Ship Captain, Mackenzie Shaw as Cat/ Dragon/ Monkey/ Tortoise, and CJ Stewart as Sailor/ Rhino/ Tortoise. Set design by Stacey Koloski, costume design by Elizabeth Rocha, lighting design by Daniel Brodhead, sound design by Grey Conderman. This play originally premiered as TAM's Page to Stage Tour in 2014.

The True Story of Little Red, premiered for Page to Stage Spring 2015 and directed by Max Waszak.

The story of Little Red is commonly known, how she set off through the woods to bring sick Grammy some bread. But what if Red wasn't so sweet, and Grammy not helpless but strong, the Woodsman a bully, and the Wolf the top dog? So how does one know which version

The Fool of the World and the Flying Ship, produced Summer 2015 and directed by Ian Carlsen. Few people had faith in the Fool of the World. But the Fool of the World was determined to prove everyone wrong. When the Czar declares he will marry his daughter to the man who brings him a flying ship, the Fool sets off on an adventure to change his life. Along the way he learns the power of believing in yourself, the value of friendship, and the importance of following your dreams.

The Fool of the World & The Flying Ship featured Andy Blaustein as *The Fool*; Michael Dix Thomas as *Boris/ Czar/ Archer/ Strawman*; Leighton Samuels as *Sergei/ Chamberlain/ Hopper*; Erica Murphy as *Narrator/ Sophia*; and Olivia Williamson as *Mother/ Listener/ Glutton*. Set design by Stacey

Koloski, costume design by Michelle Handley, lighting design by JM Pratt, sound design by Rew Tippin. This play originally premiered as TAM's Page to Stage Tour in 2012.

Page to Stage: TAM has provided literature-based education programs in schools and community centers since the Theater's founding. Page to Stage brings adaptations of classic literature to students in grades pre-k through eighth grade to deepen understanding of, appreciation for, and connection to great literature. The primary objectives are to build analytical and literacy skills, to inspire imaginative thinking, and to foster a deeper understanding of our world through the timeless themes of classic literature.

Family Show: Each summer, TAM presents a play for the very young and the young at heart. Based on classic folktales and fairy tales, TAM Family Shows provide a door to access the world of classic literature. Adaptations are text-based; five to eight portray all the characters and, using costumes and minimal props, young imaginations are engaged to develop a life-long love of classic literature and live performance.

For more information please call (207)933-9999 or visit www.theateratmonmouth.org <http://theateratmonmouth.org>.

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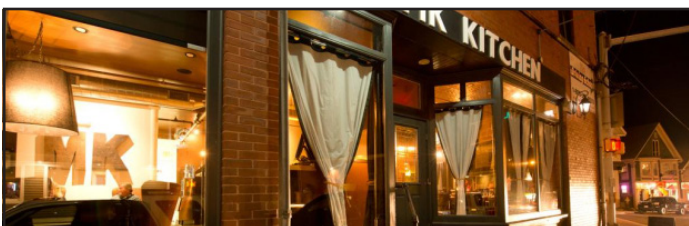
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Restaurant Directory

Restaurant Name	Phone	City	Open?	Take-out?	Curbside?	Delivery?	Hours	Website
Junction Bowl	(207) 222-7600	Gorham	Yes	Yes	Yes	Yes		jctbowl.com
Dunkin' Gorham	(207) 839-7044	Gorham	Yes	Yes	No	No	Daily 430am-8pm	dunkindonuts.com
Lucky Thai	(207) 839-6999	Gorham	Yes	Yes	No	No	Daily 11am-8pm	Lucky-Thai.com
MK Kitchen	(207) 222-2588	Gorham	Yes	Yes	Yes	No	Tues-Sat. Preorder EARLY. Pick up 3:30pm -7pm	Mkitchen.net
Ocean Gardens	(207) 839-7651	Gorham	Yes	Yes	Yes	No	Fri-Sat 3 to 7	Oceangardensrestaurant.com
Jan Me II	(207) 839-4377	Gorham	No	No	No	No	None	janmee2.com
Aroma Joes - Gorham	(207) 222-2921	Gorham	Yes	Yes	No	No	Daily 4:30am-10pm	aromajoes.com
Angelo's Pizza, Gorham	(207) 222-2232	Gorham	Yes	Yes	No	No	Wed - Sat 12pm to 7pm, Sun - 12pm to 6pm	www.angelospizzagorham.com
Chia Sen chinese restuarant	(207) 883-7665	Scarborough	Yes	Yes	No	No	Daily 11am-9pm	www.chiasenme.com
O'Reilly's Cure Restaurant & Bar	(207) 517-2222	Scarborough	Yes	Yes	Yes	No	Daily 12pm-7pm	oreillyscure.com
Subway - Scarborough	(207) 885-5818	Scarborough	Yes	Yes	Yes	Yes	Daily 9AM-9PM	subway.com
Subway Scarborough – Rte 22	(207) 839-7900	Scarborough	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com
El Rayo Scarborough	(207) 883-8226	Scarborough	Yes	Yes	Yes	Yes	Mon-Sat 11am-8pm	www.elrayotaqueria.com
Chia sen Chinese restaurant	(207) 883-7665	Scarborough	Yes	Yes	Yes	No	Dailiy 11:00 am -9:00 pm	Www.chiasenme.com
Nonesuch River Brewing	(207) 219-8948	Scarborough	Yes	Yes	Yes	Yes	Wed-Fri 3pm-8pm, Sat 12pm-8pm, Sun 12pm-7pm	nonesuchriverbrewing.com
Bin Fin Poke	(207) 536-0416	South Portland	Yes	Yes	Yes	No	Mon-Sat 11am-8pm	bigfinpoke.com
Buffalo Wild Wings	(207) 541-9464	South Portland	Yes	Yes	Yes	No	Daily 11am-10pm	buffalowildwings.com
Chili's	(207) 773-1595	South Portland	Yes	Yes	Yes	Yes	Dailiy 11AM-9pm	chilis.com
Chipotle Mexican Grill	(207) 775-7730	South Portland	Yes	Yes	No	Yes	Daily 10:45AM-10PM	chipotle.com
Cracker Barrel	(207) 773-7530	South Portland	Yes	Yes	Yes	Yes	Daily 8am-8pm	crackerbarreltogo.com
Friendlys	(207) 774-7442	South Portland	Yes	Yes	No	Yes	Daily 11am-10pm	friendlys.com
Longhorn Steakhouse	(207) 780-0800	South Portland	Yes	Yes	Yes	No	Sun-Thu 11am-9pm, Fri-Sat 11am-10pm	longhornsteakhouse.com
Cracker Barrel	(207) 210-7291	South Portland	Yes	Yes	Yes	Yes	Daily 8am to 8pm	Crackerbarreltogo.com
Mcdonalds South Portland	(207) 761-2819	South Portland	Yes	Yes	Yes	Yes	Daily 6am-10pm	mcdonalds.com
Moes Original BBQ	(207) 956-7623	South Portland	Yes	Yes	Yes	Yes	Dailiy 11am-7pm	moesoriginalbbq.com
IHOP - South Portland	(207) 774-7475	South Portland	Yes	Yes	No	Yes	Daily 7am-2pm	ihop.com
El rodeo Mexican restaurant	(614) 254-4976	South Portland	Yes	Yes	Yes	Yes	Sun-Thu 11am-8pm Fri-Sat 11am-9pm	Elrodeome.com
Subway Standish	(207) 550-0012	Standish	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com
Big Fin Poké	(207) 591-0171	Westbrook	Yes	Yes	No	Yes	Mon-Sat 11am-8pm	bigfinpoke@gmail.com
Subway Westbrook - Main St.	(207) 854-3287	Westbrook	Yes	Yes	No	Yes	Daily 11am to 7pm	subway.com



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

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APPETIZERS, SOUP AND SALADS

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

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Laurie@GorhamWeekly.com

Classified Ads

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

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

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HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

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LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL

FURTHER NOTICE: MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and Makinaw Crossings with a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMS-BURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk,

admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207-345-9569.

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