

## Junction Bowl in Gorham adapts to COVID



Ben Smith, owner of Junction Bowl on Railroad Avenue in Gorham, in front of the 12-lane bowling alley that opened brand-new in November, 2019, closed in March, 2020, and just reopened with bowling in every other lane. (Photo by Nathan Tsukroff, PortraitEFX)

The following story is the first of a series of interviews by Nathan Tsukroff of PortraitEFX to capture the effects of the pandemic on restaurants in Maine.

Going bowling is awesome! Except when it's not allowed . . . Big parties are so much fun! Except when they aren't allowed . . .

The Covid-19 pandemic sweeping around the world has put a real damper on fun across the country, and right here in Gorham at the Junction Bowl at 7 Railroad Avenue, just a couple of blocks off Main Street in the center of town.

Filling the ground floor of a building that was constructed just over a year ago with the look of a classic train station, observation tow-

er and all, Junction Bowl boasts 12 lanes of Ten-Pin bowling, an arcade, a small sports bar area, restaurant seating for more than 200 guests, and a smaller room for private parties or business meetings, complete with audio-visual equipment for presentations.

The second, third and fourth floors of the block-long building encompass 33 apartments, giving tenants easy access to the Gorham business district or the main roads for travel to Portland and surrounding towns.

Junction Bowl owner Ben Smith said, "We were very busy from the get-go," after opening on November 18, 2019. "It wasn't out of the ordi-

nary to have 200 people or more here on a weekend night, and bowling going on all the time, and families here all day and all night."

The facility also hosted children and adult birthday parties and corporate events. "And all of that is done," Smith said. Junction Bowl closed its doors temporarily because of the pandemic just four months after opening, on March 15, 2020.

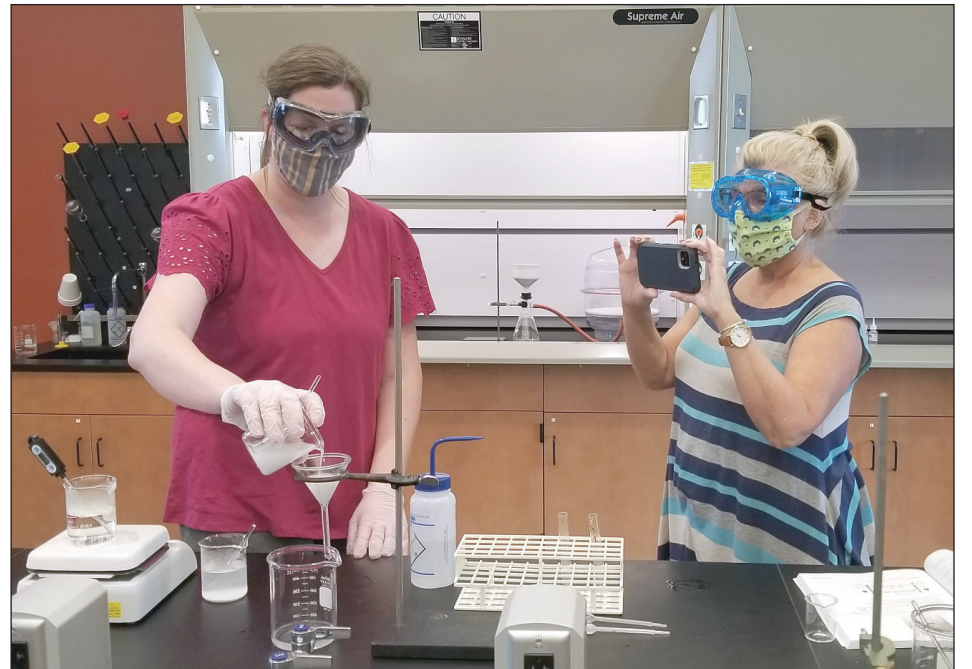
The bowling alley has reopened using alternate lanes, Smith said. Family groups are allowed, but they still can't host the big children's parties that were allowed before the shutdown. Other big groups are not allowed yet, either.

And local town recreation leagues that had planned to bring children to the bowling alley during the summer cancelled all their activities because of the pandemic.

Junction Bowl then provided curbside service, in anticipation of opening its doors for limited service inside starting June 1. That changed just a few days before June, so Junction Bowl "pivoted for outdoor dining," Smith said. They scrambled to create an outdoor patio area, bor-

See **Junction**, page 8

## Preparing labs for the fall semester at CMCC



Chemistry instructors Haley Bullocks (left) and Maureen Edgerton working on a lab that can determine how much certain solids dissolve in water involving two types of filtration, gravity and vacuum.

Science instructors at Central Maine Community College have been busy preparing instructions to enable

students to continue their lab work remotely in between their actual on-campus labs. Most lab science courses will be hybrid, combining online

work with alternating on-campus labs. Safety protocols will be strictly observed at all times. The fall semester at CMCC opens August 31.

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# Newsmakers, Names & Faces

## TD Charitable Foundation supports Maine veterans and families



Kathy Flynn (Easterseals NH Director of Development), Jeff Seifert (TD Bank Regional Vice President, Southern NH), Joseph Emmons (Easterseals NH Chief Development Officer), Gary Barr (TD Bank Market President, NH), Jennifer Landry (TD Bank Retail Market Manager, Southern NH), and Courtney Smith (Easterseals NH Sr. VP of Major Gifts & Planned Giving).

The COVID-19 pandemic has impacted all New Hampshire and Maine residents, but thanks to the generosity of the TD Charitable Foundation, Easterseals NH and ME Military & Veterans Services has been able to quickly and efficiently help service members, veterans and their families with a wide range of family, personal and financial needs.

The restrictions imposed by the COVID-19 pandemic have made it challenging for people to access the services they rely on for their health and well-being. Easterseals is grateful for philanthropic

partners, including the TD Charitable Foundation, who provided the financial support needed to continue services for low-income veterans and their families. The grant from the TD Charitable Foundation will ensure that veterans continue to receive critical care coordination and emergency financial assistance while maintaining personal safety during the pandemic.

Maureen Beaugard, President & CEO for Easterseals NH, ME & VT and Farnum, noted, "The COVID-19 pandemic has changed all of our lives, but with the generous support of

the TD Charitable Foundation, Easterseals Military & Veterans Services in NH and ME were able to adapt and quickly respond to the needs of those who have served our country. Our commitment is to ensure that veterans who require assistance during this challenging time receive the services they need. We are incredibly grateful to have partners like the TD Charitable Foundation who share our commitment to ensuring no veteran is left behind. We thank the TD Charitable Foundation for always being there for our most vulnerable residents and providing an important

safety net in times of crisis."

"We are deeply grateful to those who have served our country and to the organizations who assist those who have served," said Sheryl McQuade, Regional President, Northern New England, TD Bank. "We are proud to support Easterseals New Hampshire and Maine and their efforts to ensure our most vulnerable residents, including low-income veterans, continue to receive the critical assistance they need during this time."

About Easterseals NH and ME Military & Veterans Services: Easterseals NH Military & Veterans Services was *See Foundation, page 13*

## Brunswick Downtown Association: Lights of Hope Campaign

During these difficult times, the Brunswick Downtown Association, (BDA) wants their members and local businesses to not only to survive, but to thrive! The BDA continues to work on programs and events to ensure Brunswick remains vital and strong, but they want to do more. Therefore, they are launching "Lights of Hope," a BDA community fundraiser to support local businesses and to raise funds for downtown Brunswick holiday lighting.

"We want this fundraiser to serve the community as a symbol of hope and to remind all that we are strong and blessed to live in such a warm and giving community," said Michael Cartwright, BDA Board Member and Lights of Hope Committee Chair. "We want to cast a glow of hope during the holiday season - whether you celebrate Christmas, Kwanzaa, Hanukkah or whatever!"

The essence of this fundraiser is to support downtown Brunswick by encouraging people to purchase gift cards from local businesses and donating them to the BDA Lights of Hope for a raffle to be drawn at the Tree Lighting Ceremony on November 28. This "gift card drive" will provide an immediate influx of cash to support our local businesses and help keep the lights on.

At the same time, the BDA will be selling \$10 raffle tickets for

three drawings that will include all of the gift cards collected and \$500 cash cards per drawing. Anyone who donates a gift card that is valued at \$25 or more will receive one free raffle ticket (contact the BDA Office for details at info@brunswickdowntown.org).

The Lights of Hope campaign, which runs from August through the end of November, will also raise funds to light up downtown Brunswick during the holiday season. Jim Howard, with Priority Real Estate, provided the initial funding to support this campaign. The BDA is seeking additional sponsorships.

"The BDA is committed to strengthening the health and vitality of our local businesses and we need your help! Join us as we support our downtown and light up Maine Street during the Holidays!" said Debora King, BDA Executive Director.

For more information about this program or about the Brunswick Downtown Association, please call (207) 729-4439 or email info@brunswickdowntown.org or visit brunswickdowntown.org/lights-of-hope or Call (207) 729-4439.

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

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# Newsmakers, Names & Faces

## Maine Army National Guard's Diane Dunn promoted



Brig. Gen. Diane L. Dunn has her new rank placed on her uniform by her husband, James Dunn, and daughter, Kayla Dunn. Dunn is the first female general officer in the 200-year history of the Maine Army National Guard. Her friends and family attended the event, either in person or virtually through a streamed broadcast. Her promotion ceremony was held on July 30, 2020, at Camp Chamberlain in Augusta. (Maine National Guard Photo by Army Staff Sgt. Alyson J. Pelletier).

The Adjutant General for Maine, Maj. Gen. Douglas A. Farnham, is pleased to announce the promotion of Diane L. Dunn, of Newburgh, to the rank of brigadier general. Dunn, the Assistant Adjutant General of the Maine Army National Guard, was promoted from colonel to brigadier general in a 3 p.m. ceremony on July 30 at Camp Chamberlain in Augusta. The event was both a socially-distanced in-person ceremony and a streamed broadcast for family, friends and National Guard members. Dunn becomes the first female general officer in the 200-year history of

the Maine Army National Guard. During the ceremony, former Army Lt. Col. Dr. Robert F. Danner joined virtually from Houghton, N.Y., to administer the oath of office to Dunn. The tradition held a special meaning to both Dunn and Danner, as Danner originally administered the oath to Dunn at Houghton College when she first commissioned 32 years ago. Dunn, 54, started her career in 1988 as a second lieutenant and initially served as a freight movement officer with the 3620th Transportation Detachment, in

Augusta. Throughout her career that has spanned over three decades, Dunn has held many leadership positions. She has served as company commander of the Headquarters and Headquarters Detachment, 286th Supply Services Battalion in Bangor, battalion commander of the 240th Regional Training Institute while it was in Augusta, battalion commander of the 286th Combat Sustainment Support Battalion in both Bangor and Afghanistan, and brigade commander of the 120th Regional Support Group in Bangor. She was the  
*See Dunn, page 11*

## Linda Dupuis joins Maine Source Homes & Realty



Linda Dupuis (Photo courtesy of Maine Source Homes & Realty)

Linda Dupuis, who has been a realtor in the Lewiston-Auburn and Mid-Coast areas for more than eighteen years, has joined Auburn-based Maine Source Homes & Realty as a broker/realtor®.

Born and raised in Lewiston, Ms. Dupuis offers the customers of Maine Source Homes & Realty a life-long passion for helping people buy and sell homes, based on caring, personal service and attention to detail.

“To me, it’s very important to listen very closely and attentively to customers and prospects up-front, so I can understand exactly what they are looking for and make it happen for them,” she says. “To do that in the Lewiston-Auburn area is especially satisfying. We have such a vibrant community here, one that is centrally located, so that good jobs, outdoor activities, and other opportunities are easy to access.”

A graduate of St. Dominic Academy in Auburn, Ms. Dupuis has served on the Board of Directors for Big Brother Big Sisters of Bath/Brunswick and the The Merrymeeting Council of the Mountains to Shore Board of REALTORS®, whose golf tournament she also

chaired for many years. The mother of two adult children who live in Lewiston and Auburn, Ms. Dupuis resides in Topsham with her husband, Jeff, and two cats, Calvin and Hobbes.

About Maine Source Homes & Realty: Based in the Lewiston-Auburn area, Maine Source Homes & Realty is dedicated to helping customers find the per-

fect home-ownership solution. Whether one wishes to buy, sell, or build a home, Maine Source Homes & Realty invites customers and prospects to benefit from its forty-eight years of trustworthy experience and expertise.


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# What's Going On

## Fall 2020 class registration open at the Hutchinson Center

Registration is open through the University of Maine Hutchinson Center for over 300 undergraduate and graduate courses offered in fall 2020. All will be offered remotely.

The offerings include a new course, History of Pandemics in America (HTY 199), taught by lecturer and UMaine alumnus Patrick Callaway, Ph.D.. The course examines the role of epidemic disease in American history, using case studies to explore the personal and collective understandings of disease, responses to epidemics, the influences of race and class on the lived experience during epidemics, and the political, social and economic consequences of public health crisis.

A limited number of need-based Hutchinson Center scholarships are available for new and continuing students. The deadline for scholarship applications is August 20. More information about scholarships is online <https://hutchinsoncenter.umaine.edu/student-services/scholarships/>.

The Hutchinson Center will be open by appointment to students needing access to Wi-Fi and/or computers. To make an appointment, please call the Hutchinson Center at (207)338-8000. Face coverings are required.

For more information about classes, scholarships, or starting or continuing your college journey, contact Hutchinson Center interim director Kim Wilson-Raymond at [kim.raymond@maine.edu](mailto:kim.raymond@maine.edu); (207)338-8034. For questions about degree programs or to make an appointment with an academic advisor, contact Tiffany Peterson at [tiffany.peterson@maine.edu](mailto:tiffany.peterson@maine.edu); (207)581-3151. Or visit [hutchinsoncenter.umaine.edu](https://hutchinsoncenter.umaine.edu).

The Hutchinson Center is an outreach center for the University of Maine in Orono, that serves as an educational and cultural center for the midcoast area. It is named for University of Maine President Emeritus Frederick E. Hutchinson. The mission of the Hutchinson Center is to broaden access to University of Maine academic and non-degree programs and services, lifelong learning opportunities, and professional and career development experiences using innovative approaches that increase synergy among University of Maine System entities, University of Maine departments and divisions, and that engage a wider Maine community.

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university. As Maine's flagship public university, UMaine has a statewide mission of teaching, research and economic development, and community institutions in the Northeast and attracts students from Maine and 49 other states, and 67 countries. It currently enrolls 11,240 total undergraduate and graduate students who can directly participate in groundbreaking research working with world-class scholars. The University of Maine offers 35 doctoral programs and master's degrees in 85 fields; more than 90 undergraduate majors and academic programs; and one of the oldest and most prestigious honors programs in the U.S. The university promotes environmental stewardship, with substantial efforts campuswide aimed at conserving energy, recycling and adhering to green building standards in new construction. For more information about UMaine, visit [umaine.edu](https://umaine.edu) <https://umaine.edu>.

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

## Improving garden soil health with UMaine Extension

University of Maine Cooperative Extension is offering a webinar about fall garden activities to help improve soil health 12p.m. through 1p.m. on August 17.

UMaine Extension educator Caragh Fitzgerald will discuss "Cover Crops and Soil Management in the Garden" <https://extension.umaine.edu/register/product/summer-gardening-series-cover-crop-soil-management/> with a special emphasis on cover crops. Fitzgerald will talk about what to cover crops to plant, when to plant them, and how to manage them to get the most benefit.

Registration is required; a \$5 donation is optional. Register on the event webpage <https://extension.umaine.edu/register/product/summer-gardening-series-cover-crop-soil-management/> to attend the webinar live or receive a link to the recording. This is the second in a six-part summer gardening webinar series <https://extension.umaine.edu/gardening/webinar-series/> offered every

other Monday through September. For more information or to request a reasonable accommodation, contact Pamela Hargest, (207)781-6099 or email at [pamela.hargest@umaine.edu](mailto:pamela.hargest@umaine.edu).

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.

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land 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) <https://umaine.edu>.

## Red Cross calls for volunteers to help in busy hurricane season

With experts predicting active hurricane and wildfire seasons, the American Red Cross needs volunteers to care for people when disaster strikes.

"Emergencies don't stop and neither does the work of the Red Cross. We're working to make

sure we can provide critical help in times of disaster," said James Segerson, regional disaster officer for the Northern New England Region of the Red Cross. "Train now to be a Red Cross volunteer and answer the call to help people in urgent need. You can make

a real difference."

The Red Cross will need thousands of volunteers nationally to be ready this disaster season, given the predictions around hurricane and wildfire seasons and the added complexities of covid-19. The North-Side *Hurricane*, page 12

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Learn more at <https://ptla.org/covid-19> and [www.ptla.org](http://www.ptla.org).



## Online Teaching from the Heart program

Registration is open for an online nonviolent communication program, Teaching from the Heart, at the University of Maine Hutchinson Center in Belfast. The three-day professional development program for educators, teachers and those working with preschool through third grade children runs August 24 to 26 from 9:00a.m. until 11:30 a.m. The cost is \$125 (need-based scholarships are available). More information is available on the Hutchinson Center website. <https://hutchinsoncenter.umaine.edu/professional-development-programs/teaching-from-the-heart/>

Instructor Gina Simm has taught in early childhood education for over thirty years. Her background in Montessori education and children's theater launched her into the world of public schools, where she spent most of her career as a first grade teacher (including a year spent teaching English in China). Simm worked closely with Miki Kashtan, a co-founder of Bay Area Nonviolent Communication. Simm's knowledge of nonviolent communication has transformed her classroom into a place where systems of the heart create a child-centered environment for moving through conflict. Simm lives in the Pioneer Valley Cohousing Community in Amherst, Massachusetts. More information about her work is online <http://www.teachingfromyourheart.org>.

Participants in the Hutchinson Center online course will learn how to manage classrooms and learning environments with a practical, simple curriculum based on Simm's book, "Heart to Heart: Three Systems for Staying Connected (A Manual for Parents and Teachers)". Skills that help maintain the heart-to-heart connections that support children's ability to self-regulate and improve their emotional intelligence are at the core of this course. Participants will also learn how to use children's literature to teach principles of nonviolent communication.

The emotional implications of the Covid-19 pandemic will



require teachers to think in new ways in order to support their students. The reliable systems taught by Simm will provide participants with empathetic training to help children transition back into the classroom. Participants will earn a UMaine certificate in nonviolent communication, and 0.7 CEU/7 contact hours are available. Reliable internet is required for all participants.

For information or to request a reasonable accommodation, contact Michelle Patten, [michelle.patten@umaine.edu](mailto:michelle.patten@umaine.edu); (207) 338 - 8002. More information about upcoming UMaine professional development programs, registration and need-based scholarship applications are online <https://hutchinsoncenter.umaine.edu/professional-development-programs/>.

The Hutchinson Center is an outreach center for the University of Maine in Orono, that serves as an educational and cultural center for the midcoast area. It is named for University of Maine President Emeritus Frederick E. Hutchinson. The mission

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## UMaine Extension 4-H virtual fun run along the Maine coast

University of Maine Cooperative Extension 4-H is hosting a virtual fun run along the Maine coastline August 15 through September 15. The event is open to the public.

Help ME Conquer the Maine Coastline <https://extension.umaine.edu/4h/virtual-fun-run/> is a virtual run, walk and bike along all 3,478 miles of Maine's coastline. The event includes an interactive map to follow as the miles add up and videos about points along the way.

The event is free; registration is required. Register on the program webpage <https://extension.umaine.edu/4h/virtual-fun-run/register/> any time until Septemebr 15; miles can be logged beginning August 15. For more information or to request a reasonable accommodation, contact Cathy Gray by calling (207)581-8203 or emailing [cathy.gray@umaine.edu](mailto:cathy.gray@umaine.edu).

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source 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.

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# Arts & Entertainment

## OTELCO welcomes new employees in multiple Maine offices

OTELCO is pleased to welcome a number of new employees in Maine. Marc Vanderwood joins OTELCO as Director of IT in the company's New Gloucester office. Vanderwood has a Bachelor's of Business Management degree from the University of Alaska Fairbanks and has been in IT Management for over 20 years. He is a resident of Oxford.

In New Gloucester, Michael Fontaine joins OTELCO as a Financial Analyst. Fontaine has his Master's in Finance and before joining OTELCO was a Corporate Controller for a manufacturing company. He lives in Monmouth.

In its Bangor office, Tai Bishop joins OTELCO as a Technical Support Technician. Bishop worked previously as a

Service Provider Manager. He attends Southern New Hampshire University for Information Technology and is a resident of Bangor.

Additionally, Budwood Shain joins the Bangor office as an OSP Field Technician. Shain brings twenty-two years of telecom experience to OTELCO.

Roland Laliberty will serve as an OSP Technician in OTELCO's Gray office. Laliberty lives in New Gloucester.

OTELCO Inc. provides wireline telecommunications services in Alabama, Maine, Massachusetts, Missouri, New Hampshire, Vermont and West Virginia. The Company's services include local and long distance telephone, digital high-speed data lines,

transport services, network access, cable television and other related services. With approximately 99,000 voice and data access lines, which are collectively referred to as access line equivalents, OTELCO is among the top twenty-five largest local exchange carriers in the United States based on number of access lines. OTELCO operates eleven incumbent telephone companies serving rural markets, or rural local exchange carriers. It also provides competitive retail and wholesale communications services and technology consulting, managed services and private/hybrid cloud hosting services through several subsidiaries. For more information, visit the Company's website at [www.otelco.com](http://www.otelco.com).

## Tips to help your child adjust to wearing a face mask for school

By Maricarmen Chavez-Walker, MS, Mental Health Counselor

Some of our kids are heading back to a brick-and-mortar school soon. For those kids, along with their back-to-school supplies and new school clothes, parents have a new essential back-to-school item to consider: face masks.

We all know how hard it is to get most kids and teens to follow simple hygienic rules like good hand washing and wearing deodorant. As a mom and mental health counselor, I know the idea of getting kids and teens to wear masks for an extended period of time can seem like a daunting task.

I talked with my friend Dr. Thayra Marie Zambrana-Arias, PsyD., who is a clinical psychologist in South Florida, for ideas on how to explain to kids the importance of wearing a mask at school. Here are our five tips on how to help your child adjust to wearing a mask:

Number one — talk to them. A brief and age-appropriate talk with your kids about why it's important to wear a mask



Photo courtesy of August de Richelieu from Pexels

(to keep from spreading germs and to keep us and others safe) is important. Explain how to wear a mask, keeping it over both their mouth and nose, so that they use them properly.

Number two — get them used to masks before school starts. If your kids don't have much experience with wearing masks, you'll want to get them used to wearing them for a few hours at a time before that first bell rings. You can start by having kids wear the mask a little at a time and gradually increase the time over a few days and weeks. For example, for the first few days have them wear a mask for just 5 to 10 minutes. Those 5 to 10 minutes are a lifetime for a preschooler,

and even for some teens. Make mask-wearing a daily habit. Even if you are at home you can still practice wearing masks for short periods of time.

Number three — Introduce masks in play. Younger kids can put masks on their favorite doll or stuffed animal, or pretend to be a doctor or nurse while wearing their masks. Help them set up a school for their stuffed animals with masks! This kind of play can help younger kids with the idea that wearing a mask is something everyone does.

Number four — Let them pick out their own masks. Let kids and teens pick out masks with colors and prints that fit their style. See *Mask*, page 11

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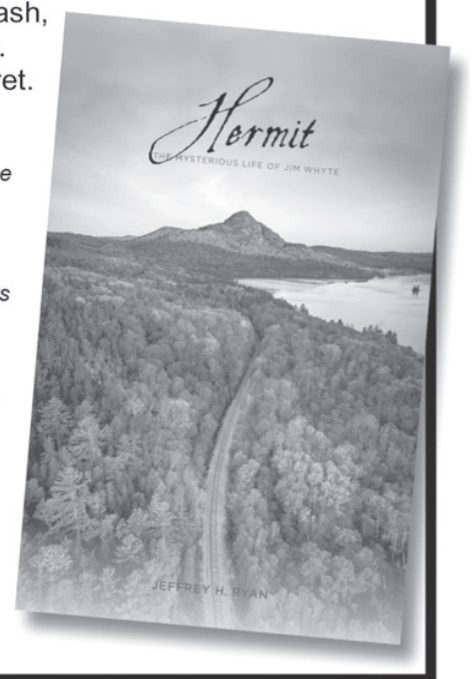
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— George Smith, *Bangor Daily News*

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# Chocolate Church Arts Center: Johnny Cash tribute

The Chocolate Church Arts Center (CCAC), at 804 Washington Street in Bath, has announced additional concerts as part of its CCAC Real Outdoor Concert Series (CCAC ROCS). On Saturday, August 29 and Sunday, August 30, the CCAC will present My Life as the Man In Black: Scott Moreau Sings The Music of Johnny Cash. The concerts will take place on the Great Lawn at the Maine Maritime Museum, as part of a collaboration between the two organizations.

The concerts, as with all of the CCAC ROCS shows, will be presented outdoors to audiences of no more than 50 people. Audience members will be spaced at least six feet apart, and staff will enforce distancing, hand sanitizing, and other health and safety measures at all events. There will be two performances on each concert day, a 3p.m. afternoon show and a 6p.m. evening show.

Scott Moreau, who will pay tribute to Johnny Cash, was born in Bath, grew up in Litchfield, and made his professional stage debut at Brunswick's Maine State Music Theatre in 1999. For twenty-one years, Scott

has traveled the country, performing in musicals at the best theatres the US has to offer. Scott has performed as Johnny Cash since 2010, and has reprised his role as the "Man in Black" at the Ogunquit Playhouse in 2015 and 2016, The Tony Award-winning Paper Mill Playhouse, Maine State Music Theatre, Las Vegas' Harrah's Casino, and many other venues across the country and globe.

Scott also toured the world for four years with the first national Broadway Tour of Million Dollar Quartet, performing in over three hundred U.S. cities (including at Merrill Auditorium in Portland and the Cross Insurance Center in Bangor) as well as abroad in Tokyo, Osaka, and Toronto.

Two previously-announced CCAC ROCS shows will also take place in August. On Sunday, August 9, nationally touring pianist, singer-songwriter, and multi-instrumentalist Heather Pierson will perform at 3p.m. and at 6p.m. Pierson's inspiring live performances and growing catalog of releases delve into Americana, blues, New Orleans jazz, vocal chants, instrumental piano, and poignant folk.

This show will also take place at the Maine Maritime Museum.

Georgetown's rising folk and blues singer-songwriter Lauren Crosby will play on Saturday, August 22, also at 3p.m. and 6p.m. Crosby's debut self-titled album, released when she was just twenty years old, received national praise for its unique blending of blues, folk, and jazz. Crosby has since performed all over the nation, and recently released the excellent single "Biloxi", which features a guest vocal appearance by Griffin Sherry of popular folk group, The Ghost of Paul Revere. Lauren Crosby's show will take place at a private venue in Topsham.

Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at [www.chocolatechurcharts.org](http://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.



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- 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*)

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- 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 Loins** / 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

**2 School Street, Gorham • 222-2588**

# Junction

Continued from page 1

rowing concrete barriers to protect the 10 picnic tables there were spaced along the road outside the building. Service was initially Thursday evenings, and Friday, Saturday and Sunday afternoons and evenings, but the easing of restrictions has allowed them to expand to lunch every day of the week.

Now opening at noon instead of the previous 11 a.m., “We’re just trying to figure our way back,” Smith said. “We couldn’t just turn the switch and be wide open again. I don’t think that worked for anyone. It’s a slow build-up of people’s confidence, and know that we’re open, even!”

Smith said he is promoting his business on social media, has started radio advertising again, and has live music on the weekends. Having the live music “has helped, because those performers all have their own networks that they send out to, so the word is building, it’s definitely building.”

The restrictions from the pandemic brought some interesting changes to the concept Smith had for his business. Last year, “I surely would not have said we’d have that (outdoor) patio, and be doing what we’re doing right now, which is we’ve kind of opened

a whole new place out there, really. We’ve reinvented it . . . from the seating, to the lighting, to the way we service it.”

Bringing in the live music was part of that reinvention, Smith said, and was something that would not have happened without the pandemic. “And it’s turned into something that I’m going to keep and continue to do going forward. So, it’s a massive silver lining for us and I think it’s a good offering for the town.”

The building was built and is owned by Smith’s brother, Jonathan “Jon” Smith, the president of Great Falls Construction in Gorham. Jon’s wife, Cynthia, guided the design of the interior of Junction Bowl, creating multiple open spaces with classic elegance.

The building has the look and feel of a building that has been in place for decades and fits well into the neighborhood of large commercial buildings.

The bowling alley at Junction Bowl features automated pinsetter machinery manufactured by the Brunswick Bowling company. Smith said he spent a week at the factory learning how to run and maintain the machines.

Behind the wall at the end of each pair of alleys is a single automatic pinsetter machine that captures pins for resetting and feeds the

bowling balls onto a conveyor belt that runs them back to the bowlers. The six machines are fully automated. Smith uses a large flat automated lane-cleaning machine to prep the wooden alley surfaces. Junction Bowl is the only bowling alley in the Gorham area, Smith said, filling a gap left when another bowling alley closed many years ago.

The pandemic brought changes to the staffing of Junction Bowl as well, according to Smith. While he took advantage of the Paycheck Protection Program, some staff members decided not to return as the business started to reopen. The staff who remain helped bring in family members, creating a close-knit group of workers.

The outdoor patio features picnic tables with large umbrellas, properly separated for appropriate social-distancing. All staff members wear masks and follow safety protocols, and guests are asked to wear masks unless seated at one of the tables. Smith said “I think I’ve lost 15 ‘Covid pounds’” from walking up and down the patio to serve his guests.

Smith said he has had concessions from his brother for the property rent these past months, and he sees business continuing to improve as the state allows businesses to expand their reopenings.



Just a year old, the building at 7 Railroad Avenue, Gorham, ME, is home to Junction Bowl, a 12-lane bowling alley, plus a restaurant and a small sports bar on the first floor, along with 33 residential apartments on the upper floors. The building takes up almost a full city block, and is located a couple of blocks from the central Gorham business district. (Photo by Nathan Tsukroff, PortraitEFX)



Ben Smith, owner of Junction Bowl on Railroad Avenue in Gorham, checks the operation of pinsetting machines at the rear of the 12-lane bowling alley. The facility features a large indoor dining area, space for business conferences, an arcade, and a large outdoor patio with live music nights and weekends. (Photo by Nathan Tsukroff, PortraitEFX)



Barbara Jones of Scarborough (left) and Nancy Brown of Gorham, enjoy lunch in the outdoor patio area of Junction Bowl on Railroad Avenue in Gorham. (Photo by Nathan Tsukroff, PortraitEFX)



Ben Smith in front of the outdoor patio area at Junction Bowl on Railroad Avenue in Gorham that features 10 tables for guests to enjoy proper social-distancing during the Covid-19 pandemic. (Photo by Nathan Tsukroff, PortraitEFX)



Signs at Junction Bowl on Railroad Avenue in Gorham remind guests to follow proper safety protocols during the Covid-19 pandemic. (Photo by Nathan Tsukroff, PortraitEFX)

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# Maine Music Society elects new Officers

The Maine Music Society Board of Directors is pleased to announce its new officers who will lead the non-profit organization through its thirtieth and thirtfirst seasons. Board member Richard O'Brien was elected Chair, replacing retiring Connie Hitchcock, and Board member David Blocher was elected Vice Chair replacing retiring Sandy MacDonald. Re-elected for another two year term were Treasurer Gil LaPointe and Secretary Susan Trask.

Chair Richard O'Brien is a local attorney, having practiced with the firm of Linnell, Choate & Webber for the past thirty-eight years. Over the years, Rick has served in various capacities for a number of municipal and non-governmental organizations. He joined the MMS Board in 2017. Artistically, Rick has been singing in the tenor section of the MMS Chorale for the past seven years as well as in the Society's Chamber Singers. He also sings in his church choir, has been a member of the cast for the fall musical with The



Theater at Monmouth for many years, and is a devoted bluegrass mandolinist.

Most importantly, Rick has lived for many years in Winthrop with his wife Ellen, with whom he celebrates forty-three years of marriage this summer. His children are grown, and have careers that vary from woodworking craftsman, to attorney, to craft brewer.

Vice Chair David Blocher is a baritone who has sung with the Maine Music Society Chorale for the past thirty years and has served on the Board of Directors in various capacities since 2006, and as President/Chair from 2009-2014. David is retired from careers in software development and information technology management. He lives in an 1820s



farmstead in Litchfield with his wife, artist Helen Warren. David's hobbies include opera, mowing fields, wildlife and figuring out how things work. He is a volunteer at Androscoggin Home Healthcare and Hospice where he sings in the Androscoggin Harmony hospice choir and visits hospice patients in their homes.

Treasurer Gilbert J. LaPointe is a native of Lewiston graduating from St. Dominic High School in 1968. He earned his Bachelor of Science in Electrical Engineering from the University of Massachusetts/Lowell in 1972 and was commissioned as a Second Lieutenant in the U.S. Air Force in June 1972 where his specialty was Communications and Computer Systems. He has both an MS in



Systems Management and an MBA from the Air Force Institute of Technology. Shortly after his retirement as Lieutenant Colonel in January 1995, Gil converted a life-long woodworking hobby into a woodworking business from 1996 – 2002. He has also been active in the community serving as Chairman of the Basilica Restoration Committee from 2002-2007 and as business manager for the various Catholic churches in Lewiston retiring from that in 2014. Having attended MMS concerts since his Air Force retirement, Gil did not hesitate to accept the invitation to join the MMS Board in 2015 and has been its treasurer since 2016. He lives with his wife Connie in Auburn.

Secretary Susan Trask has been sing-



ing alto with the Maine Music Society Chorale since its inception. She is also a member of the Chamber Singers and is President of the Chorale. In addition, she is noted for writing the music notes that are shared with audiences as part of our spring pop concerts.

Susan lives in Auburn with her husband Woody who also sings with the Chorale. She is retired from a career as a teacher and literary coach in the Auburn schools and is now pursuing a "retirement career" as director of (and singer in) Androscoggin Harmony, a choir that sings for hospice patients at Androscoggin Home Healthcare and Hospice. When she is not involved with her various singing activities, she loves sewing, reading, word puzzles, sailing and kay-

aking.

The Maine Music Society (MMS) is a music-performing non-profit located in central Maine organized to support the artistic and educational activities of the auditioned, volunteer singers of the MMS Chorale, the MMS Chamber Singers, and the professional players of the MMS Orchestra. MMS offers quality performances to the public through artistic excellence, imaginative programming, and youth-oriented activities.

Even though the entire 2020-21 performance season had to be cancelled, the Officers and Board of Directors will be working to help the singers bring quality music to Lewiston-Auburn and area communities by providing virtual performances via MMS social media platforms.

They are also looking forward to bringing you the third Annual MMS Online Auction in November, just in time for Holiday shopping.

For more information please visit [www.mainemusicsociety.org](http://www.mainemusicsociety.org), call (207) 333-3386 or like them on Facebook



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# Theater at Monmouth holds eighteenth annual silent auction

Be An #ArtsHero and Support Maine's Classic Theater; last summer TAM (Theater at Monmouth) celebrated its Golden Anniversary with plays and special events to commemorate 50 years of producing innovative productions of Shakespeare and other classic plays. Due to the covid-19 pandemic, TAM's 2020 (R)evolutionary Season has been put on hold until people can safely gather together to experience the magic of live theater.

While people cannot be brought together, they can continue to celebrate local community through the eighteenth year of TAM's Silent Auction which an opportunity for TAM to promote the businesses, organizations, and individuals that have shown support for TAM's artistic and education programs while generating great brand awareness for their products, excursions, and services.

TAM's 2020 Silent Auction will look a little different than years past. The theater is planning to Social-Distance patrons from the items and go entirely online. They will be posting new items

weekly from August 3 through 11:59 p.m. August 30. There's still time to donate a Silent Auction item and help TAM reach the fundraising goal.

This fundraising event supports artistic and education programs in schools and community centers throughout Maine. It also serves as a great means of advertising the businesses and organizations that participate. From white water rafting trips, to car detailing, to wine tastings at regional wineries and gift certificates to your favorite local eats; there is something for everyone in the auction! Each week will feature items from different regions of Maine and From Away.

Monday, August 3 at 10 a.m. will feature items from Midcoast and Coastal Maine; Monday, August 10 at 10 a.m. will feature items from Androscoggin Area; Monday, August 17 at 10 a.m. will feature items from Augusta to Monmouth; Monday, August 24 at 10 a.m. will feature items from Northern Maine & From Away

Patrons can view the entire auction catalogue

online at and get ready to bid on their favorite items! From book series, to rafting trips, to handmade quilts, and plenty of gift certificates to your favorite local eats, there is something for everyone at this auction!

Bid early and bid often to support your favorite Classic Theater! Visit <http://theateratmonmouth.org/support/tams-18th-annual-silent-auction/> to register and bid.

Theater at Monmouth, founded in 1970, was named the Shakespearean Theater of Maine by the State Legislature in 1975. The theatre's mission is to present innovative approaches to Shakespeare and other classic plays through professional productions that enrich the lives of people throughout Maine. Since its founding, TAM has produced expertly crafted, engaging productions in its three-month Summer Repertory Season entertaining audiences from 36 states and through Education Tours annually reaching more than 15,000 students statewide.

# Virtual storytelling connects LGBTQ+ youth and young adults



by Matea Mills-Andruk, OUT Maine youth engagement coordinator  
Artwork by virtual youth group participant Sid

OUT Maine's LGBTQ+ young adult group has been meeting weekly online since the pandemic hit. At the beginning of the statewide shut-down, the young leaders identified the need to connect youth virtually and create community through virtual story-telling and fun. Using role-playing game groups for younger LGBTQ+ youth across

Maine, these young leaders connect dozens of LGBTQ+ youth for support and community. With the support of OUT Maine staff and adult volunteers, the young leaders have been running two virtual DnD (Dungeons and Dragons) groups and one role-playing game group that will continue through the end of the summer.

OUT Maine provides free online programming for LGBTQ+ and allied youth ages 11 through 22. In addition to role-playing games,

there are also art, music, and discussion groups for youth (ages 11 through 18) and a weekly meeting of young adults (ages 18 through 22). For more information and to join a virtual program, please register at [www.outmaine.org](http://www.outmaine.org) <https://www.outmaine.org>

OUT Maine works toward a welcoming and affirming Maine for all rural young people of diverse sexual orientations, gender expressions and gender identities. In partnership with their allies and families, OUT Maine supports, educates and empowers these youth in their journey from adolescence to adulthood. For more information, or to support this critical work, visit their website at [outmaine.org](http://outmaine.org).

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

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# Mask

Continued from page 6

If choosing a disposable mask, they can get creative and personalize it. My son is obsessed with loud, bright colors so he prefers masks that are blindingly vivid.

Number five — Think about your own attitude. Kids learn a lot from observing oth-

ers. How parents and those around them react to wearing masks will greatly affect how willing your kids are to wearing masks when they need to.

We all want our children and teens to remain healthy, happy, and safe as they head back to school in this uncertain time. For more information on masks and other face coverings visit

the Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

M a r i c a r m e n Chavez-Walker, MS, Mental Health Counselor, is the publisher of Macaroni Kid Lakeland - Bartow - Mulberry, Fla. <https://lakeland.macaronikid.com>.

# Red Cross helping four people displaced by South Paris fire

Disaster responders from the American Red Cross of Northern New England are helping four people displaced by a Wednesday home fire.

Red Cross volunteers are making sure that their immediate needs such as food, a safe place to sleep and other essentials are met. To protect safety, volunteers follow coronavirus protocols including virtual interactions and social distancing.

The Red Cross will remain in contact with the displaced residents to provide community referrals as they begin their

road to recovery.

For tips on home fire preparedness, visit <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>.

The Red Cross helps people affected by home fires and other disasters with their immediate physical needs and also provides them with emotional support. Individuals wishing to support Red Cross Disaster Services can call (800)RED-CROSS or visit [redcross.org](https://www.redcross.org) <https://www.redcross.org>.

The American Red Cross shelters, feeds and

provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org/NNE](https://redcross.org/NNE) or visit us on Facebook at @RedCrossNNE, Instagram at @RedCrossNNE or at Twitter at @ARC\_NNE.

# Dunn

Continued from page 3

first female to command a brigade in the Maine Army National Guard.

Dunn has also completed several key staff and special staff positions to include joint regional exercise branch chief for the U.S. Northern Command in Colorado Springs, Colo., the multi-state planner for a regional emergency management exercise; and Maine National Guard Army Chief of Staff for the past four years.

During her remarks, Dunn thanked family, friends, fellow Soldiers, and retirees for the support and mentorship provided to her during her career.

"It has been an incredible honor to have such outstanding support throughout every facet of my career," said Dunn. "I am proud to be a member of Maine Army National Guard and I am truly humbled to continue to work with, and lead, so many dedicated Soldiers."

Dunn highlighted lessons she learned for each decade she's served in the Army, and reflect-

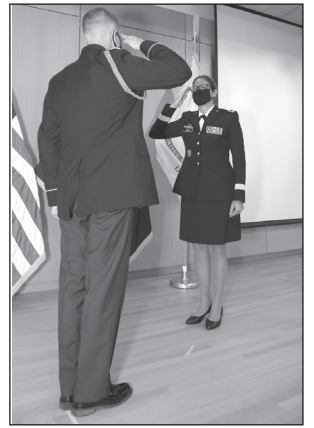
ed on the people and events that helped shape her life and career leading to her current position.

After her remarks, she received her first salute as a general officer from her son, Pvt. Marcus Dunn, a newly-enlisted infantryman in the Maine Army National Guard.

Brig. Gen. Dunn holds master's degrees from both the University of Maine and the U.S. Army War College.

Her awards and decorations include the Bronze Star, the Defense Meritorious Service Medal, and the Meritorious Service Medal with four oak-leaf-clusters.

For media inquiries, please contact Maj. Alex Wild at [alexander.g.wild.mil@mail.mil](mailto:alexander.g.wild.mil@mail.mil).



Brig. Gen. Diane L. Dunn receives her first salute as a general officer from her son, Pvt. Marcus Dunn. Dunn is the first female general officer in the 200-year history of the Maine Army National Guard. Her promotion ceremony was held on July 30, 2020, at Camp Chamberlain in Augusta. Dunn's friends and family attended the event, either in person or virtually through a streamed broadcast. (Maine National Guard Photo by Army Staff Sgt. Alyson J. Pelletier).

## 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](http://www.maine.gov/dacf/covid19/#market)

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- 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

207-PREMIER PremierTeamPremierTeam.me THE MASIELLO GROUP

You're invited to watch the

# BASKETBALL COURT NAMING CEREMONY

in honor of long-time CMCC Mustangs athletic director, coach, friend, and mentor

## Dave Gonyea

**Thursday, August 13 1:00 p.m.**

Watch as we unveil Dave's permanent signature on the Mustangs home court. The ceremony will be streamed LIVE on the Facebook event. Click [here](#) to watch!

In-person attendance will be limited to speakers and administration to comply with CDC and State of Maine guidelines.

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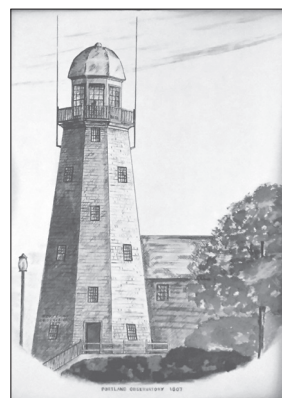
Recognize this old post-and-beam barn in Gorham?

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

Please email us with any information you have.

[Laurie@GorhamWEEKLY.com](mailto:Laurie@GorhamWEEKLY.com)

## Historic Prints - Limited Quantity



Portland Observatory



Union Station, Portland

Prints of original Pen and Ink

Sold by Artist, Mary Jane of Gorham

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# Hurricane

Continued from page 4

ern New England Region is seeking additional volunteers to join the ranks of its disaster volunteers who deploy to major disasters.

“You see the best of humanity on disaster relief operations. Red Crossers from all walks

of life come together and put their strengths toward the shared mission of helping people through their darkest time,” said Dr. John Devlin of Cape Elizabeth, a volunteer who has deployed numerous times, including in the covid-19 environment. “It’s incredibly fulfilling. You get back more than you give.”

The Atlantic hurri-

cane season, which runs from June 1 through Nov. 30, is off to a busy start. Two tropical storms, Arthur and Bertha, developed before the official start date. Following were Tropical Storms Cristobal, Dolly, Edouard, Fay, Gonzalo and Isaias – the earliest “I” storm on record – and Hurricane Hanna.

The National Oce-

anic and Atmospheric Administration’s Climate Prediction Center in May had forecasted a likely range of thirteen to nineteen named storms, with six to ten possibly becoming hurricanes, for the 2020 season.

Full information on volunteer opportunities is available here: [https://www.redcross.org/volunteer/become-a-volun-](https://www.redcross.org/volunteer/become-a-volunteer/urgent-need-for-volunteers.html)

teer/urgent-need-for-volunteers.html

Shelter help needed - There is a special need for volunteers to support sheltering efforts. Because of covid-19, the Red Cross is placing those needing a safe place to stay in emergency hotel lodging when possible. If hotel stays aren’t possible, then the Red Cross will open traditional shelters. To help keep people safe, additional precautions have been put in place and special training for the workforce has been developed.

Volunteers are needed to help staff shelter reception, registration, feeding, dormitory, information collection and other vital tasks to help those we serve. There are both associate and supervisory level opportunities available.

Help services support needed - If you are an RN, LPN, LVN, APRN, NP, EMT, paramedic, MD/DO or PA with an active, current and unencumbered license, the Red Cross needs your support. Volunteers are needed in shelters to help assess people’s health. Daily observation and health screening for covid-19-like illness among shelter residents may also be required. RNs supervise all clinical tasks.

Roles are also available for certified nursing assistants, certified home health aides, student nurses and medical students. Volunteers who can provide care as delegated by a licensed nurse in shelters are needed. This could include assisting with activities of daily living, personal assistance services, providing health education and helping to replace medications, durable medical equipment or consum-

able medical supplies.

Furry friends need help too - When people leave their homes during an emergency, they take their pets with them. The Red Cross is looking for established partner organizations to support the pet sheltering effort.

If you are interested in helping your community, should a disaster occur, please go to [redcross.org/volunteer](https://www.redcross.org/volunteer) <https://www.redcross.org/volunteer/become-a-volunteer/urgent-need-for-volunteers.html> or contact us at [volunteerNNE@redcross.org](mailto:volunteerNNE@redcross.org) or (207) 523-5107.

Be sure to review the CDC <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> guidance for people who are at higher risk for severe illness, <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html> consult your health care provider and follow local guidance. The number one priority is the health and safety of the employees, volunteers and the people who are being served.

The American Red Cross shelters feed and provide emotional support to victims of disasters; supply about forty percent of the nation’s blood; teach skills that save lives; provide international humanitarian aid; and support military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org/NNE](https://www.redcross.org/NNE) or visit us on Facebook at @RedCrossNNE, Instagram at @RedCrossNNE or at Twitter at @ARC\_NNE.



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



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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.

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

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

**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>.

**Thurs, 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](mailto: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 accommo-

# Calendar

Send your submissions to the Editor. More online.

ation, contact Michelle Patten, [um.fhc.pd@maine.edu](mailto: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](http://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.

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](mailto: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](http://www.gorham2020.com) or contact Suzie Phillips at 892-9847 or [sphillips@gorham.me.us](mailto: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](mailto: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](mailto: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](mailto: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](mailto:um.fhc.pd@maine.edu); (207) 338-8002.

## Foundation

Continued from page 2

founded in 2007 to provide a safety net of critical case management and emergency financial assistance to meet the unexpected crises of service members, veterans, and their families. Emergency financial assistance, which is made available through Veterans Count, the philanthropic arm of their Military & Veterans Services program, is only utilized for emergency goods and services not available through other sources. Funds may be used for such items as rent assistance, gas, emergency food, transportation, and tools or training to secure employment. Since the program's inception, Easterseals ME has served more than 2,000 veterans, assisting them in accessing eligible benefits and services, and/or securing employment and housing in order to build a sustainable, secure and viable future. Easterseals is committed to giving each veteran the dignity that he or she deserves. Last year alone, the program served more than 1,660 veterans, assisting them in accessing eligible benefits and services, and/or securing employment and housing in order to build a sustainable, secure and viable future. Their commitment is to give each veteran the dignity that he or she deserves.

Easterseals ME Military & Veterans Services was founded in 2012 to provide a safety net of critical case management and emergency financial assistance to meet the unexpected crises of service members, veterans, and their families. Emergency financial assistance, which is made available through Veterans Count, the phil-

anthropic arm of the Military & Veterans Services program, is only utilized for emergency goods and services not available through other sources. Funds may be used for such items as rent assistance, gas, emergency food, transportation, and tools or training to secure employment. Since the program's inception, Easterseals ME has served more than 2,000 veterans, assisting them in accessing eligible benefits and services, and/or securing employment and housing in order to build a sustainable, secure and viable future. Easterseals is committed to giving each veteran the dignity that he or she deserves.

For more information about Easterseals programs and services visit, [easterseals.com/nh](http://easterseals.com/nh) and [easterseals.com/maine](http://easterseals.com/maine).

The TD Charitable Foundation is the charitable giving arm of TD Bank, America's Most Convenient Bank®, one of the ten largest commercial banking organizations in the United States. Since its inception in 2002, the Foundation has distributed over \$230 million through more than 21,330 grants through donations to local non-profits from Maine to Florida. More information on the TD Charitable Foundation is available at <https://www.tdbank.com/corporate-responsibility/the-ready-commitment/funding-opportunities/>

com/corporate-responsibility/the-ready-commitment/funding-opportunities/

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## St. Mary's Health System welcomes William Nash, MD

St. Mary's Health System, a member of Covenant Health, is pleased to welcome fellowship trained foot and ankle surgeon William Nash, MD to its Orthopedic Practice. Nash recently completed his foot and ankle fellowship under the tutorship of Greg Pomeroy, MD.

“We're excited to have Dr. Nash join us,” says Joseph Strauss, DO, Orthopedic Medical Director. “His training in orthopedics and trauma as well as his advanced training in foot and ankle are a welcome addition to an already remarkable team of orthopedic surgeons.”

Nash will see patients at St. Mary's Orthopedic offices in Auburn and Portland Maine. For more information about St. Mary's Orthopedics, visit [www.stmarysortho.com](http://www.stmarysortho.com) or St. Mary's Orthopedics Portland (207) 797-4791 or St. Mary's Orthopedics Auburn (207) 333-4710.

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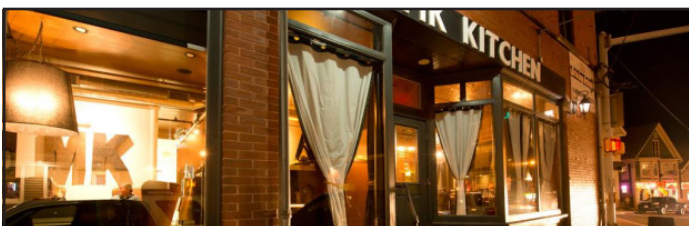
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# Restaurant Directory

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



## MK Kitchen.net

### APPETIZERS, SOUP AND SALADS

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

### PASTAS AND GRAINS

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

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

**Laurie@GorhamWeekly.com**

# Classified Ads

## AUTOMOBILE STORAGE

### Seeking Classic Car Storage

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

## BOOKS

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

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

## BUSINESSES FOR SALE

### Working small engine/ outdoor Power equipment business.

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

## ESTATE SALE

### Estate - Garage

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

low for quick sale. (207) 883-0808

## FOR SALE

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

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.

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## HEALTH & FITNESS

### DO YOU HAVE CHRONIC KNEE OR BACK PAIN?

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## HELP WANTED

### Technical Field Manager

Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage

technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

## 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.

## PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

## SENIORS

### In Home Care

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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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