

## The Outsiders Club, during the time of Coronavirus



Peggy Volock, Jeanne Lessard, Elaine Bragdon, Claire Bruno, Paula Everett, Christine McCarthy, Janet Stenberg, Anna Crowley, Nikki Frye, Susan Brown.

The snowshoeing and cross country skiing activities of the Outsiders Club of USM Lewiston-Auburn Campus, Senior College came to an abrupt halt in mid-March due to the pandemic. They were very excited when they could begin hiking and kayaking again following Governor Mills and CDC mandates. The club gathered on May 18, 2020

at Pineland Farms for their first spring hike post quarantine. There is no doubt that the fresh spring weather, leafing trees, blooming flowers, exercise and camaraderie were just the prescription for these difficult times. They have continued with weekly hikes at Thorncrag, Cliff Trail in Harpswell, and The Paper Trail in Lisbon to name a few. The recent extreme-

ly hot and humid weather has cancelled a couple of recent hikes, but The Outsiders will be back on the trail as soon as possible. The very enthusiastic kayaking arm of the club has paddled Nequasset Lake in Woolwich and most recently Lake Penesseewassee. The group members are very thankful for the leadership of Reine Mynahan and Janet Stenberg.

## 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 tower 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 ac-

cess 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 ordinary 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 chil-

Open for outdoor dining!

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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 Beauregard, 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

Guest column

## Rental relief program provides much needed relief

By Sen. Ned Claxton

These past few months have been extremely difficult times. And although Maine is doing better in our response to COVID-19 than many other states around the country, many people are still struggling. Parents have been taking care of their children while working full time jobs for months, thousands of people who have worked their entire lives suddenly found themselves unemployed, and many are struggling just to make ends meet. As the court system begins to resume its normal activities here in Maine, eviction proceedings will soon start up again. I've been deeply concerned about the well-being of people all over our state, and this is especially true now that evictions will resume. That's why I was glad to learn last week that the Maine State Housing Authority would be expanding its COVID-19 Rental Relief Program to help more Mainers in need.

Previously, this program provided a one-time \$500 payment to a landlord on behalf of a renter who applied. Now, under the expanded program, those who qualify can receive \$1000 a month towards their rent for up to three months. Once accepted into the program, the money is paid directly to an individuals' landlord. By agreeing to accept the money from the program, the landlord also agrees not to evict the tenant that month, even if there is remaining rent due. And even if you took advantage of the program when it was the single \$500 payment,

you can still apply now. To read more about how the program works, see who qualifies or to apply, visit <https://www.mainehousing.org/programs-services/rental/rentaldetail/covid-19-rental-relief-program>.

While it's great that there's now more assistance available to people in need, I know that it won't solve every problem, and there will still be many who struggle. If you or a loved one are facing eviction, there are options out there and ways to get help. Pine Tree Legal Assistance is one organization here in Maine that does great work. They represent low-income Mainers free of charge and are extremely knowledgeable in the laws surrounding evictions. Please, if you need help, don't hesitate to reach out to them. A recent survey showed that 9% of Mainers could not afford to pay rent in June ([https://www.mainepublic.org/post/evictions-housing-what-happening-eviction-moratorium-maine?fbclid=IwAR3\\_BgMc8E37GNbdS1iVst4buGVD0u0jwHt9gYNUMYq4YsaOjxnALwKWy4c](https://www.mainepublic.org/post/evictions-housing-what-happening-eviction-moratorium-maine?fbclid=IwAR3_BgMc8E37GNbdS1iVst4buGVD0u0jwHt9gYNUMYq4YsaOjxnALwKWy4c)); you are not alone in this, and people are here to help. You can visit their website at [www.ptla.org](http://www.ptla.org) or give them a call at (207)784-1558.

A wave of evictions would have a devastating effect on hardworking Mainers and their families across our state, and would jeopardize public health. Keeping folks in their homes is

See Relief, page 11

## Community Concepts welcomes new associate finance director

Community Concepts' Director of Finance Sadie Reinhard is pleased to announce Sheila Bedard has been promoted to the Associate Director of Finance. Bedard has been with Community Concepts for twenty years, with seventeen years in the Finance Department. She has played a key role in process and efficiency improvements and most recently was the Business Manager for Community Concepts Finance Corporation. As the Business Manager, Bedard was responsible for analyzing the financial position and cash flow projections for business and residential lending, loan loss reserve, investments, foreclosure, and property acquisitions, and reconciling the loan system.





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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.

The University of Maine, founded in Orono in 1865, is the state's land grant and sea grant 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- See *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/>.

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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 Septemebtr 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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# Arts & Entertainment

## Seniors Not Acting Their Age Murky Exploits on Penobscot Bay



A kayaker consults his map and compass during a recent kayak trip in Penobscot Bay

**By Ron Chase**  
Dense fog and very humid conditions greeted four of us when arriving at the rudimentary Spruce Head Boat Landing early morning in preparation for a Penobscot Paddle and Chowder Society sea kayak trip in western Penobscot Bay. The Channel Six weather guy had promised clearing by then. After unloading boats and changing clothes, the fog remained but appeared to be diminishing. Laurie Wunder had her protractor and map out carefully plotting a course while I estimated the required bearing using my marine chart. Our concern was an open crossing east from the tip of Spruce Head Island to Graffam Island, a mile and a half distance.

Completing our calculations, we reached a similar conclusion, a magnetic bearing between 125 and 130 degrees should accomplish our objective and 305 to 310 would be necessary for the return. *Contem- See Seniors, page 8*

## 2 Ingredient Drop Donut Holes Kids Will Love



Image credit: Macaroni Kid EATS!

By Charlotte Linde, editor of Macaroni Kid EATS!  
Ah, the smell of fried dough first thing in the morning (or any time of day, really) is one of the most intoxicating smells ever. Am I right? This two-ingredient donut hole recipe is super easy and extra delicious. Kids will love it too! Give it a try!

**2-Ingredient Drop Donut Holes**

**Ingredients:**  
2 cups self-rising flour  
1 cup plain yogurt

**Optional toppings:**  
Powdered sugar  
Granulated sugar  
Chocolate syrup  
Sugar glaze  
Cinnamon  
**Directions:**  
Heat 2 inches of oil in a pan.  
Add flour and yogurt to a bowl and mix until blended well.  
Drop by the teaspoon into the hot oil. Turn and cook until golden brown.  
Place on a plate with a paper towel until cool.  
Add yummy toppings and enjoy!

You can also bake these donut holes at 425 degrees for 5 to 7 minutes on a lightly greased cookie sheet, or cook on a single layer in an air fryer lined with parchment paper at 350 degrees for 5 to 7 minutes.

This story originally appeared in Macaroni Kid EATS! Sign up today to receive family-friendly recipes from Macaroni Kid EATS! in your inbox on the third Tuesday of each month.

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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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**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

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



# Seniors

*Continued from page 6*

plating the predicament, should we go was the overriding question. Maybe that was the answer.

The consensus was to paddle a long mile to the end of Spruce Head Island and decide. Experiencing patchy fog along the western shore, the visibility plummeted to a virtual whiteout entering the channel beyond the island. Bobbing in three



Kayakers tote their boat ashore in mud at Spruce Head Boat Landing



Kayakers enter into the fog on a recent Penobscot Bay trip

foot seas surrounded by fog a thoughtful discussion followed. This was not our first rodeo. All of us in our sixties or older, collectively we had experienced hundreds of challenging outdoor adventures, many together. The unanimous decision was to continue.

Proceeding into the murky mist with emergency lights flashing

and fog horns handy, our apprehensions were two-fold: Vessels motoring through the often busy passageway might not be able to see our low profile kayaks and missing Graffam Island could be problematic. Erring north would not present a significant risk, as one of the many islands in the Mussel Ridge Archipelago would undoubt-

edly be encountered. Veering too far south was another issue. With the exception of a couple of tiny atolls, the open Atlantic Ocean was the only thing beyond.

Bouncing in mildly bumpy swells while a barely discernible lobster boat was hauling traps in the area, our bearing deviated between 110 and 140 degrees. Carefully watching our deck compass readings while remaining vigilant for motorized traffic; the thirty minute crossing seemed longer. Navigating through a cluster of lobster buoys, the hazy contour of trees above land gradually appeared. Shortly after, we were relaxing along the rugged shore of Graffam Island. Scoring a direct hit, Laurie and I were feeling smug.

Electing to turn inside the archipelago for refuge from the strong wave action, the fog began to lessen. Halting for rest and relief on sandy Bar Island, the nearby

Upper Flag, Hewitt, Andrews, and Neck Islands were passed as we approached high tide. Despite the lingering poor visibility, numerous seals were observed in an area renowned for its large population of the playful creatures. By the time we stopped for lunch at a diminutive shoal between High and Andrews Islands, the fog had cleared.

Contrary to the forecast, robust winds from the west were confronted during the return to Graffam. A rollicking crossing to Spruce Head Island seemed probable. Again stopping at Bar Island, Two Bush Island was still partially cloaked

weather guru had gotten that portion of the prediction correct. The wind speed was supposed to decline mid-afternoon and become southerly. We were in luck. A gentle tailwind was a welcome benefit during the easy traverse to the impressive rockbound shore of Spruce Head Island.

The intent was to reach the landing by 3:00 p.m. to avoid the extensive mudflats that occur at low tide. Our arrival time was two minutes and fifty-five seconds. While wallowing in some mud was necessary toting our kayaks to shore, the mire was only a nuisance not an ordeal. Ours had been truly an exceptional stimulating adventure in one



Kayakers navigate in patchy fog in the Mussel Ridge Archipelago

substantial Hewitt and Pleasant Islands were hidden from view. Our original destination, more distant and exposed Two Bush Island, was an unrealistic goal.

Reluctantly, island hopping northeast in the fog was our alternative selection. Traveling slowly, time was taken to identify each island.

in fog but visible. No matter, if trudging through a long stretch of mud at the Spruce Head Landing was to be avoided, we were out of time.

Nearing the western terminus of Graffam, Tom Meredith observed that winds seemed to be abating. I'd had the same thought but was reluctant to raise expectations. The

of Maine's premiere sea kayaking destinations.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors.com](mailto:ronchaseoutdoors.com).



The fog clears as a kayaker lands on a small island in Penobscot Bay

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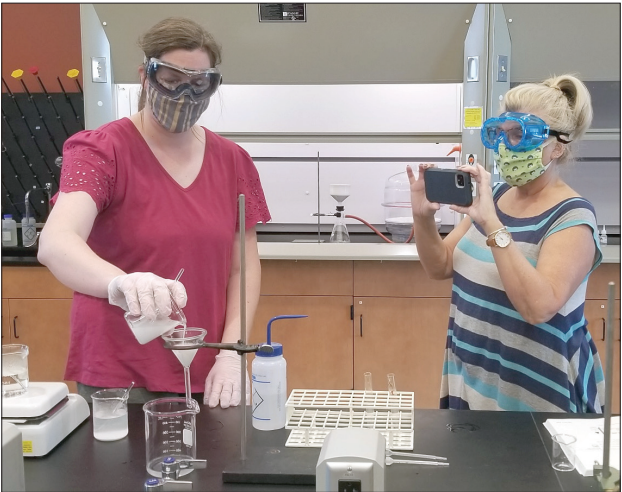
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# Preparing labs for the fall semester at CMCC



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.

## Junction

Continued from page 1

dren 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, borrowing 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.



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)

# Auburn Union street “gully courts” closed for maintenance

The City of Auburn will be shutting down the Union Street Park “gully” basketball courts on Monday, August 10 for maintenance and some TLC. All three courts, including the newly dedicated Troy Barnes Court, will be getting some much-needed re-



surfacing and freshly painted lines. The courts will reopen on Saturday, August 15. Questions should be directed to Auburn Recreation Director Sabrina Best at sbest@auburnmaine.gov or at (207)333-6611.

You’re invited to watch the

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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!

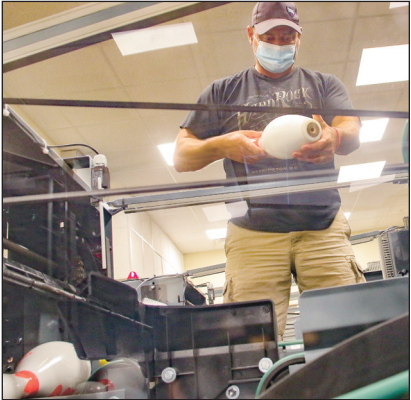
In-person attendance will be limited to speakers and administration to comply with CDC and State of Maine guidelines.



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)



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, 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)



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)



Theater at Monmouth holds  
eighteenth annual silent auction

Virtual storytelling connects  
LGBTQ+ youth and young adults

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 hand-made 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.



**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 state-wide 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.out-maine.org](http://www.out-maine.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 [out-maine.org](http://out-maine.org).

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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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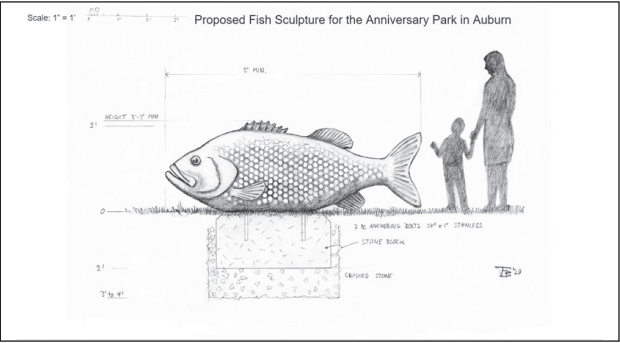


## Auburn embraces public art projects

The City of Auburn is embracing public art in a big way. City leadership has recently approved two public art projects slated for unveiling in 2021. The first project is the finalist from the Maine Arts Commission Grant awarded to LA Metro Chamber of Commerce and L/A Arts.

Maine sculptor Hugh Lassen's work, titled "Bud Form," was selected by the Public Art Workgroup as Auburn's award winner for the grant. "Bud Form" is a life-sized abstract sculpture that will stand roughly 6 feet tall with the ability to rotate. The piece will highlight the amazing views of the Great Falls and Androscoggin River from its location in Longley Park.

"The idea behind locating this massive sculpture right at the entrance of Auburn from the Longley Bridge was to highlight Auburn's gateway into the beautiful, vibrant downtown, not to mention the city's legendary view of the Falls," said Auburn May-



or Jason Levesque. "Art invigorates our public spaces and is accessible to everyone. This sculpture will be such a great addition."

Lassen's work

has been showcased throughout Maine, most recently in Westbrook's Warren Memorial Sculpture Garden.

Auburn's second See Art, page 16

## CLT receives gift to acquire PPE for eventual reopening

Emerson Chevrolet Buick of Auburn has donated \$2,000 to the L-A Community Little Theatre toward the purchase of personal protective equipment (PPE) at the theatre. Acquiring all recommended PPE's is one of many steps that CLT is taking to prepare for an eventual reopening. A member of the CLT Mask Society of major donors, Emerson Chevrolet Buick is one of a growing number of Lewiston-Auburn



Emerson President, John Emerson, second from right, presenting the check to CLT Executive Director Eileen Messina. Others from left to right are CLT board members John Blanchette (president), Roger Philippon, Chip Morrison, and Brandon Chaloux.

businesses and individuals who are providing critical support to CLT while the theatre is shut down and unable to generate show revenue.

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## Relief

Continued from page 3

critical in combating the spread of COVID-19. The nature of this virus means that more often than not, we have to stay home or practice social distancing. Having a safe, comfortable home to stay in is extremely important in accomplishing that. There is absolutely no reason that anyone should have to worry about being forced out of their home in the middle of a pandemic, plain and simple.

I know that the current circumstances still are not easy. No matter what issue you're facing, If I can be of assistance to you, please don't hesitate to reach out to me. Whether it's connecting you with resources, getting through to a government agency or anything else, I'm here for you. You can email me at [Ned.Claxton@legislature.maine.gov](mailto:Ned.Claxton@legislature.maine.gov) or call me at (207)287-1515. Please, be well and stay safe.

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.



# 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-volunteer/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/become-a-volunteer/urgent-need-for-volunteers.html](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://redcross.org/NNE) or visit us on Facebook at @RedCrossNNE, Instagram at @RedCrossNNE or at Twitter at @ARC\_NNE.

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- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS



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**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.

dation, 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.

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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. 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/>

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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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### Art

*Continued from page 11*

public art project was awarded to the runner-up of the grant, Maine artist Thomas Berger. Berger's piece, titled "The Fish," is a stone sculpture which stretches roughly 9 feet, allowing for small children to sit on and interact with the piece. Anniversary Park will be home to the sculpture, as part of the New Auburn Village Center Plan.

After the original recommendation from the Public Art Work-



group to move forward with the Hugh Lassen work, there seemed to be interest from Auburn City Councilors to pursue "The Fish" as well. After deliberation, staff rec-

ommended the City purchase this artwork, using monies for the New Auburn Village Center Plan which were refunded by the \$246,000 Northern Borders Regional Commission Grant.

Anyone wishing to share an idea for a future public art project or learning more about how to support, design, or implement public art in Auburn should reach out to Sabrina Best, Auburn Recreation Director, at [sbest@auburnmaine.gov](mailto:sbest@auburnmaine.gov) or (207) 333-6611.

## Monthly storywalk continues to highlight Auburn youth

The City of Auburn is pleased to announce the Riverwalk Storywalk for August 2020, which spotlights recent Edward Little High School graduate, Colleen Basque. Colleen is a digital illustrator who is inspired by positive, powerful women role models. She creates fictional characters that possess admirable traits that often celebrate femininity. She is also experienced at marketing and selling her work,

reproducing images as sticker packs and coloring books.

If you have an idea for a future Storywalk theme or would like to have your work showcased in the displays during L/A Arts Last Friday Art Walk between May and September, please reach out to Sabrina Best, Auburn Recreation Director by mailing [sbest@auburnmaine.gov](mailto:sbest@auburnmaine.gov) or calling (207) 333-6611.



## UMaine Extension master gardener volunteers to mentor

University of Maine Cooperative Extension is starting a new program that matches Maine gardeners of all experience levels — from novice to seasoned pro — with a garden mentor for the growing season.

The Garden Mentorship Program <https://extension.umaine.edu/gardening/garden-mentorship-program/> will match UMaine Extension Master Gardener Volunteers with gardeners to provide virtual technical assistance and coaching. Garden mentor requests are first come, first served, and will prioritize beginning gardeners. Maine residents can complete a Garden Mentor Request Form <https://extension.umaine.edu/gardening/garden-mentor-request-form/> to be considered for this program.

For more information or to request a reasonable accommodation, contact [pamela.hargest@maine.edu](mailto:pamela.hargest@maine.edu) or call (207)-781-6099.

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 the 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](http://umaine.edu).

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