

Cowbell Grill & Tap



District Manager Andrew Cessario in front of the Cowbell Grill & Tap on Lisbon Street in Lewiston.

Story and photos by Nathan Tsukroff, PortraitEFX

Chef, bartender, waiter... Andrew Cessario has done it all at the Cowbell Grill & Tap at 49 Lisbon Street, Lewiston, during the Covid-19 pandemic.

District manager of the three Cowbell restaurants – the Lewiston restaurant, the Cowbell Burger Bar in Biddeford, and the Cowbell Wood-Fired Grill in Scarborough – Cessario has been working full time at the Lewiston location to help while the restaurants deal with the changes in restaurant attendance since mid-March.

The restaurants are high-end burger establishments, owned by Alex Markakis with business partner Jim Albert, who also owns Jimmy the Greeks in Old Orchard Beach.

The Cowbell Burger Bar in Biddeford has been open more than four years, while the Cowbell Grill & Tap opened in

Lewiston in December 2018. The Cowbell Wood-Fired Grill in Scarborough had a grand-opening the beginning of March this year, was shut down within about two weeks because of the pandemic, then essentially had a grand re-opening in June when state restrictions were eased.

Cessario said the Lewiston restaurant and bar did not have guests inside from mid-March through mid-June. Instead, they provided take-out and delivery for their 25 “craft” burgers and other foods. Delivery is through Uber Eats and DoorDash, he said.

Right now, Cowbell Grill & Tap is allowed to have up to 50 people indoors, socially distanced, which is about half of their normal capacity. There is seating for up to 24 guests on the six tables outside. The original outdoor seating included just three tables, but the city of Lewiston has allowed Cowbell to use both sides of the wide sidewalk in front of the

building, while leaving room for pedestrians up the middle. The other two restaurants are also seeing business at about half-capacity indoors, Cessario said.

Takeout service was minimal before the pandemic, Cessario said, but has now expanded to around 40 to 50 percent of the restaurant’s business and “has really kept us afloat” financially during the pandemic.

While the number of guests visiting in person is reduced, Cowbell in Lewiston has seen more guests in-person than expected, he said, perhaps because people are preferring to stay in the Lewiston area during the pandemic.

The other Cowbell restaurants have also expanded outdoor seating. At the location in Scarborough, “We’re lucky enough to have already a 50-seat patio. But we also have a large lawn, so we’ve expanded to lawn seating,” Cessario said. In Biddeford, the Cowbell Burger Bar has expanded its sidewalk seating, and “we also have a five-table patio out back.”

The shut-down of the restaurant had a big impact on staffing, as well. About three-quarters of the staff at all three restaurants are part-timers, which is typical for
See Cowbell, page 8

Alzheimer’s Association launches new virtual programs



While the COVID-19 pandemic threatens the health of millions in this country and around the world, the novel coronavirus presents unique challenges for more than 5 million Americans, including 28,000 in Maine living with Alzheimer’s and their more than 69,000 caregivers.

The Alzheimer’s Association, Maine Chapter is offering free virtual support groups and education programs accessible to all living

with dementia and their care partners. The Alzheimer’s Association offers support groups that create a safe, confidential, supportive environment or community and a chance for families impacted by Alzheimer’s disease and other dementias to develop mutual support and social relationships.

“During this challenging time, it’s critical that caregivers of those living with Alzheimer’s and dementia continue to have access to our

resources,” explains Drew Wyman, Executive Director of the Alzheimer’s Association, Maine Chapter. “The COVID-19 crisis is altering the way we deliver our programs, but the needs of caregivers cannot be put on hold. The virtual support groups enable us to provide necessary information and offer an opportunity for caregivers to connect and get the support they need amid the current crisis.”

See Virtual, page 9

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Newsmakers, Names & Faces

Governor Mills: I thank all of our first responders who put their lives on the line to keep us safe every day

On the morning of September 16, 2019, a call rang out. A truck responded. Within seconds disaster struck. An explosion rocked the town and took the life of a first responder and injured many others.

What followed that explosion was not only shock and grief, but an outpouring of support from all corners of the state, folks who came there to make sure Farmington would be safe while the fire department, suddenly bereft of its finest

members, recovered.

Following the explosion at the LEAP facility in my hometown last year, caused as we now know by a gas leak, I directed the Department of Public Safety to determine if any fire departments in Maine still lacked gas detection capacity.

The Department of Public Safety, the Maine Fire Chief's Association and the Maine Municipal Association surveyed all Maine fire departments. Twenty departments responded that they had no way to detect the pres-



Governor Janet Mills

ence of a gas leak while they were responding to calls.

Every fire department in Maine ought to be able to detect the presence of gas and take steps to address the situation safely, as they work

to protect others.

Using my State Contingent Account as Governor, for a small amount of money I purchased twenty sophisticated gas detection meters which will be provided to every fire department who said they need one.

These are the fire departments of Brownfield, Burlington, Cherryfield, Corinth, Danforth, Dixmont, Hiram, Littleton, Machias, Marshfield, Millinocket, Minot, North Haven, North Lakes, Old Orchard Beach, Portage Lake, Roxbury, Wash-

burn, Waterboro and Winterport. They will all receive meters and any training they need to use them from the Maine Emergency Management Agency. I also purchased two extra meters in the event other departments need them.

I promised the people of Farmington last year, including our resilient Chief Terry Bell, who was severely injured and who lost his brave brother Captain Michael Bell in the blast, and the people of towns all across this state, I promised them that we were going

to make sure every department has what they need so this tragedy is never repeated.

I hope that these new gas detections meters will prevent tragedies like the one in Farmington and spare us the painful loss of another heroic first responder.

On behalf of the people of Maine, I thank all of our first responders who put their lives on the line every day to keep us safe and I will continue to do everything I can to keep you safe in return.

Landowner Appreciation Day



Show your appreciation to Maine's private landowners! The Maine Department of Inland Fisheries and Wildlife (MDIFW) and the Maine Forest Service are hosting a Landowner Appreciation and Clean Up

Day on Sunday, September 13.

Waste Management and BDS Waste Disposal are sponsoring this event. Prizes will be awarded to volunteers who pick up the most truck loads of litter!

All loads of trash will be measured by pick-up truckload at one of the designated drop off spots by MDIFW or Maine Forest Service personnel. Tires will be held separately in piles at designated sites and picked up by BDS Waste Disposal.

Want to sign up for a chance to win? Your club or organization can enter the event and get more information by calling or emailing Virginia Vincent at (207) 287-5240 or Virginia.Vincent@maine.gov.

Learn more about the Outdoors Partners Program <https://www.maine.gov/ifw/programs-resources/outdoor-partners-program/index.html> and become a member today!

Deploying during the COVID-19 pandemic, from Maine to Africa



Staff Sgt. Michael D. Wallace, of Westbrook, deployed with about a dozen other members of Maine Air National Guard's 265th Combat Communications Squadron in the spring to Camp Simba in Kenya. They were one of the first U.S. military groups to deploy following the stop movement order imposed in March for COVID-19. The Airmen deployed to provide a variety of communication support operations, serving as Camp Simba's primary communications resource. (Air National Guard Photo)

The Maine Air National Guard supports all types of missions across the globe, enduring various conditions that its members prepare for during extensive training and planning.

When the COVID-19 pandemic struck, 265th Combat Communications Squadron Airmen had to adapt to new guidelines and restrictions as they embarked on a deployment to Camp Simba in Kenya. They would be one of the first U.S. military groups to deploy following the stop movement order imposed in March.

In early spring, about a dozen members of the South Portland Air National Guard Station's 265 CBCS departed Maine in an unorthodox manner. The Airmen and their families gathered in

the Portland International Jetport's cell phone lot, along with several other visitors seeing the group off for their roughly six-month deployment.

"Our families saw us off there so that we wouldn't all be crowded into the terminal," said Staff Sgt. Michael D. Wallace, a radio frequency transmission technician from Westbrook. "At each step of our travel we had 'Restriction in Movement' and periods of quarantine."

The Airmen deployed to provide a variety of communication support operations, including setting up satellite communications, maintaining the local network, and ensuring radio aircraft are properly operating. They serve as the installation's primary communications resource. See *Deploying*, page 13

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Newsmakers, Names & Faces

Op-Ed

A Way to Beat Those Pandemic Pounds!



By Dora Anne Mills, MD, MPH, FAAP

When I open up social media these days, I often see references to “pandemic pounds” and “quarantine couch calories”, among photos of banana bread and homemade mac and cheese. They reassure me that I’m not the only one struggling to eat healthy and exercise safely these last few months!

The good news is that just as COVID-19 has reshaped our lives, so too has it reshaped the Diabetes Prevention Program offered by MaineHealth. We are proud to have pivoted from offering this program only in-person to now virtually. And it’s free!

Designed by the U.S. CDC, the Diabetes Prevention Program helps anyone at risk for diabetes or who just wants to be healthier to lower their chance of developing type 2 diabetes and other serious health problems, like heart disease, high blood pres-

sure, cancer, or stroke. If you are among the one-third of Americans with prediabetes or are at risk for diabetes (e.g. overweight, obese, have a family history of diabetes), this program will help you significantly reduce your risk and reverse prediabetes. (Note: This class is not designed for people who already have type 2 diabetes.)

The goals of the program are to lose 5 - 7% body weight, which is enough to usually reverse pre-diabetes, and to help you maintain healthy eating and physical activity. Participants most often see reductions in blood pressure and many other non-scale victories.

How often do the classes meet? Classes meet once weekly for the first four months, then once every other week to once monthly for the rest of the year.

What are the classes like? Classes are about one hour in length and are led by an instructor

here in Maine or New Hampshire, who has been trained by the U.S. CDC and who serves as a coach. Classes are fun and informative, no matter what your knowledge level is. How do I know? I participated this last year in MaineHealth’s Diabetes Prevention Program and loved it!

For those who have been in isolation, participants engage with each other and form a supportive group - a safe way to beat the isolation blues!

New classes are being started on a rolling basis. With the fall upon us, this is a great time to register. And did I mention that the classes are free? Yes, this is one of many ways MaineHealth is living up to our mission - working together so our communities are the healthiest in America.

Want to learn more? Call 207-661-7294 to chat with our team or email prevention@mainehealth.org. You can also look at available classes and register directly at: <https://mh-prevention.coursetorm.com/course/diabetes-prevention-program-live-online>

For more information, visit <https://mainehealth.org/services/endocrinology-diabetes/diabetes-prevention-program>.

As we move into the fall with the continuing pandemic, MaineHealth’s Diabetes Prevention Program can help you beat the pandemic blues as well as the pandemic pounds. I hope you register today.

Dora Anne Mills, MD, MPH, FAAP, is the chief health improvement officer for MaineHealth.

Gorham Town Council report

Reminder – Community Input Needed by September 4:

The Comprehensive Plan Amendment Committee is seeking community input by September 4, 2020 to help contribute to the work of revisiting the South Gorham, mixed-use growth areas to determine if the Town’s Comprehensive Plan should be amended to reflect a different vision. The survey can be completed at <https://forms.gle/b6sMjAJX-f3RaJ9uT7>.

Nomination Papers Available for Town Council and School Board:

The Municipal election will be held on Tuesday, November 3, 2020 for the purpose of electing: Two (2) persons for Town Council to serve a 3 year term and Three(3) persons for School Committee to serve a 3 year term.

Nomination papers are available now from the Town Clerk’s Office. Completed nomination papers must be submitted to the Town Clerk’s office no later than 1:00 p.m. on Friday, September 4, 2020.

Any registered voter of the Town of Gorham, who is interested in running for any of these positions, must submit nomination papers with no less than 35 or more

than 50 signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk’s Office at 222-1670 if you have any questions.

Gorham Founders Festival Announcements:

In celebration of Maine’s bicentennial, all are welcome to join the Gorham Founders Festival on Saturday, September 12 and Sunday, September 13. The 2-day celebration will feature the following:

Fireworks at 9 p.m. on Saturday at the old racetracks (Narragansett Street),

A Maine-themed float parade at 3 p.m. on Sunday in the Gorham Village. Folks interested in being part of the parade can sign up at <http://www.gorham2020.com> or contact Suzie Phillips at 207-892-9847 or sphillips@gorham.me.us.

The Gorham Cooperative Preschool will host a craft fair fundraiser at the Gorham Recreation building from 9 a.m. to 3 p.m. on Sunday. To host a booth or learn more, please visit www.gorhamcoopreschool.org and click on events.

Upcoming meetings and events

August 18, 8 a.m., Ordinance Committee

Meeting, Zoom Webinar

August 19, 8 a.m., Gorham Economic Development Corporation

Meeting, Zoom Webinar August 20, 6:30 p.m., Zoning Board of Appeals Meeting, Zoom Webinar

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

September 7, Labor Day Holiday Observed, Municipal Center, Administrative Offices and Library closed

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

September 12 and 13, Gorham Founders Festival, Zoom Webinar

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

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

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


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

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


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What's Going On

Berry statement on Court ruling on CMP corridor referendum

Rep. Seth Berry, D-Bowdoinham, House chair of the Legislature's Energy, Utilities and Technology Committee (EUT), issued the following statement in response to a ruling by the Maine Supreme Court that the citizens initiative to block construction of the NECEC project is unconstitutional:

"Voters may in the

end be unable to prevent the construction of the CMP corridor, but we are not powerless to ensure that all future transmission infrastructure is built only where it truly benefits the people of Maine. We welcome today's overwhelming new interest in our efforts to create a consumer-owned utility that is beholden only

to Maine ratepayers and not to wealthy shareholders or foreign governments."

Berry represents House District 55: Bowdoin, Bowdoinham, Swan Island and most of Richmond. He previously served from 2006-2014, the final two years as House majority leader, and returned to the House in 2016.

DOE fall 2020 survey data released

Maine Department of Education recently released the data received from over 40,000 parents, educators, and education leaders from across Maine.

On July 6, 2020 the Maine DOE released a series of surveys about the 2020 school year during COVID-19 as part of an ongoing effort to gather input from families, communities, educators, leaders, and educational stakeholders across Maine. This information was aggregated by an independent research group and reported to the DOE for consideration.

The DOE staff continue to have ongoing conversations with educational leaders, state leaders, and health experts to develop health markers and corresponding guidance

to ensure the safe return to in-classroom instruction. It will also inform the technical assistance and support that the DOE will provide to Maine's school community members, including educators, families and students.

Recognizing that the greatest value is in the feedback gathered locally, Collaborative Planning Teams for each school unit across the state have also facilitated the critically important local conversations as to the unique variables, resources and needs within each school community; the state and county data compiled from the DOE survey will be one of many resources that will guide the processes and decision making regarding instructional models for the 2020-2021 school year.

"I am extremely grateful to the tens of thousands of individuals across Maine who took the time to fill out these surveys," said Commissioner Pender Makin. "Their input is not only deeply appreciated, but it is critical as we further develop our guidance to schools amid the COVID-19 pandemic, and continue to have conversations with leaders across the state about education in Maine. We remain committed to providing support and leadership during these uncertain and unprecedented times."

Survey information by group, county and question, along with initial considerations and actions, can be found on the Department of Education webpage: <https://www.maine.gov/doe/fall2020survey>.

Increase in graduates from short-term workforce training

Demand for short-term workforce training is at an all-time high at Maine's community colleges, which saw a 300 percent increase in trainee graduates over the last two years.

That figure (3,625 people trained in the fiscal year ending June 30) doesn't capture the hundreds of students currently enrolled in scores of new, free, on-line health care training programs.

"In the midst of a trying time, Maine's community colleges are delivering on their promise to find new and creative ways to educate and train people so they're prepared to step into good jobs right away," Maine Community College System (MCCS) President David Daigler said.

When the coronavirus hit and waves of layoffs swept the state, the MCCS Maine Quality Centers (MQC) quickly added new, free, online training programs for in-demand jobs in the healthcare industry. The programs prepare graduates for jobs such as medical records technician, pharmacy technician, medical lab worker, and medical insurance specialist.

"We knew we had to act quickly to help people find jobs and help businesses find qualified workers," said Dan Belyea, MCCS chief workforce development officer. "MQC is designed to respond to just these kinds of sudden fluctuations in workforce demand – providing trainees with targeted

training that's available for free, nearby, and in a timely fashion."

"The demand for this training has been phenomenal," Daigler added. The programs launched soon after Governor Janet Mills signed an executive order in April loosening restrictions on how MQC job training funds are spent.

Of the 47 new healthcare training programs launched since the governor's order, 36 are full. The training generally takes 5 to 12 months to complete.

"The healthcare training means we're building a pipeline for hundreds of newly skilled Mainers to graduate in the next few months and step right into vacant jobs in the healthcare industry," Daigler said.

The COVID safety training programs, developed in partnership with HospitalityMaine, are free, online courses that take just hours to complete. Workers in the tourism industry can earn badges in four areas: restaurant readiness, lodging readiness, stress management and de-escalation.

"As a restaurant manager in an extremely busy, tourist restaurant in Acadia National Park, I will use the readiness material to be prepared for operations this summer," a graduate wrote in a review of the training program. "I will also use this information in order to train my staff for when we begin full service."

Another graduate said the training would be part of "our daily

work to keep our guests, coworkers, and our families safe. Understanding the guidelines in this material will help me to keep my customers safe, and limit my own potential exposure to the virus, in turn protecting my family."

In addition to the COVID-related programs, Maine Quality Centers is re-introducing several traditional workforce programs that were suspended due to COVID-19. In July and August, classes began for a popular mechanized logging operations training program at Northern Maine Community College and a long-standing welding and manufacturing program at Southern Maine Community College. MQC has also launched a new manufacturing program to train up to 220 people for jobs at Puritan Medical Products' new Pittsfield facility, which is ramping up production of nasal swabs used in coronavirus testing.

The annual number of graduates from MQC programs systemwide are; 3,625 people in the fiscal year 2020, ending June 30; 1,602 people in fiscal year 2019; and 897 people in fiscal year 2018.

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

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Senator Collins visits Tex Tech Industries in North Monmouth



U.S. Senator Susan Collins recently visited Tex Tech Industries in North Monmouth to tour the manufacturing facility and meet with employees from their accounting, operations, human resources, and administrative teams.

“For more than a century, Tex Tech Industries, headquartered in Maine, has been a global leader in engineering high-performance textiles and materials that are instrumental in protecting the dedicated men and women of our nation’s military and law enforcement, and improving commercial air travel safety,” said Senator Collins. “At this critical time in our country’s history, American people need to see that we are still a nation of vision, energy, and determination. The manufacturing being done right here in Kennebec County is setting that example on a global scale, showing that Maine is home to some of the most talented engineers, the best workers, and the most creative people in the world. For these reasons, I will continue to work to bring manufacturing jobs back to the United States.”

In 2010, Senator Collins worked with Tex Tech to secure a \$3.8 million grant from the U.S. Department of Defense for the development of Ballistic CORE Technology, which provides enhanced protection for military and law enforcement personnel.

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well as tennis ball felt. Headquartered in Portland, this global company also operates facilities in Utah, North Carolina, South Carolina and Arizona, as well as in Thailand, China, England,

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Senator Collins announces \$51.2 million in funds to fight COVID

U.S. Senator Susan Collins announced today that Puritan Medical Products, a medical supplies manufacturer based in Guilford, has been awarded \$51.2 million to expand its COVID-19 flock tip testing swab production. This award was funded through the CARES Act and will be used to significantly increase production of flock tip swabs to 50 million per month. This builds on a \$75.5 million contract awarded to Puritan in April <https://mail.google.com/mail/u/0/#inbox>, which was used to double production of foam swabs to 40 million per month. Together, these contracts bring Puritan’s total production of flock tip swabs and foam swabs to at least 90 million per month as well as allow the company to hire additional employees.

“This substantial investment at Puritan is going to make a real difference in the lives

of people in Maine and throughout the country. Increasing the production of COVID-19 swabs to at least 90 million per month will provide a tremendous boost to testing efforts, helping to reduce the spread of the virus and allowing us to safely reopen communities,” said Senator Collins. “I commend Puritan’s hard-working employees, and I am proud that this manufacturing that is so critical to the health of our nation is happening right here in our great state.”

The CARES Act, which Senator Collins voted for, included \$1 billion for the Defense Production Act in order to increase domestic production capacity for materials necessary to combat COVID-19 as well as more than \$140 billion for the Department of Health and Human Services to combat COVID-19. This new award was funded from appropriations provided to HHS by the CARES

Act.

As a senior member of the Appropriations Committee, Senator Collins worked to secure a \$75.5 million investment <https://www.collins.senate.gov/newsroom/755-million-partnership-will-double-production-covid-19-testing-swabs-maine-create-150-jobs> for Puritan using Defense Production Act funds in April, which increased Puritan’s production of testing swabs, created 150 new jobs, and helped to build a modern manufacturing facility in Pittsfield. Bath Iron Works supplied 30 of the 40 machines needed to make the new swabs. Senator Collins also visited and toured Puritan’s existing manufacturing facility in Guilford to thank the employees for all of their hard work producing testing supplies that are vital to help reduce the spread of COVID-19 and safely re-open the economy.

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Solstice on OOB

VA Maine's Caregiver Support Program Resource Fair

Veterans Administration (VA) Maine is hosting a Caregiver Support Program Drive-By Resource Fair to provide Veterans with information about VA and community programs. Veterans will be able to meet caregiver support staff and there will be promotional products and resource bags for Veterans and caregivers. For questions, please contact Michelle Tancrede at (207) 623-8411 ext. 2969.

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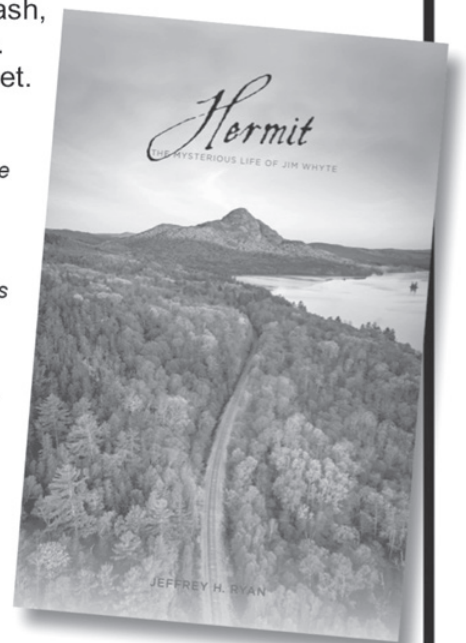
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— George Smith, Bangor Daily News

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Chocolate Church Arts Center seeks submissions



The Chocolate Church Arts Center (CCAC) is accepting submissions of artwork of all sorts for a compilation book that will reflect the creativity and resilience of the region. In a year that has changed everything, the nonprofit arts organization aims to collect work that shows what people have created, and how they have found catharsis or release through the creative process.

All kinds of work are welcome, and photographs of pieces can be submitted via the Chocolate Church Arts Center's website. All ages and proficiency levels are encouraged to submit work. The project seeks to be inclusive of

all mediums, and will include visual art (including paintings, drawings, fiber art, photography, sculpture), written work (poetry, short stories, plays), as well as musical recordings, video of theater or dance performances, and just about any other creative outlet – baking, woodworking, gardening, and more. Video and audio content will be compiled into a companion digital version of the book.

The book will be printed and sold as a fundraiser for the Chocolate Church Arts Center, which has been forced to postpone an entire season of performances, and like many other arts and performance organizations, finds a huge part

of its revenue has evaporated due to the pandemic. The organization will also welcome sponsorship from area businesses, and individual donations to support this project and the CCAC's mission to present the arts to the community while protecting its home, the former Central Church, built in 1847.

The deadline to submit work is September 15, 2020. More information, as well as instructions for submitting pieces and links to donate, can be found at www.chocolatechurcharts.org. The Chocolate Church Arts Center can be reached by email at info@chocolatechurch.com or by phone at (207) 442-8455.

Maine Arts Commission publishes results of Audience Outlook survey

The first deployment of Audience Outlook surveys from the Maine Arts Commission occurred on July 10 resulting in a total of 4,080 responses to date. The Audience Outlook survey is designed to measure audience comfort levels and assess the re-opening of performing arts venues and public presentation spaces throughout Maine. Currently public gatherings and presentation spaces are open under the state issued guidelines administered by Governor Mills' Office and the Maine Center for Disease Control & Prevention. These survey results represent a baseline, and the Arts Commission will track changes in attitudes as responses are collected in subsequent months.

Results Summary: When asked what size venue audiences would feel comfortable in, more than half (51%) of respondents said they would "not be comfortable" attending a show, regardless of the venue size; When asked how the respondent would determine that it's safe to return to a live presentation, the top response was "not until there is a vaccine or immunity to the virus." This response was reinforced by another question in the survey asking if audiences would attend provided there are no outbreaks/hot spots in the

area; Almost 60% of respondents said they would be "somewhat comfortable" attending an outdoor concert, but, conversely more than 80% said they would not be comfortable attending a venue without seats or adequate spacing.

Proposed Safety Measures: The Audience Outlook survey tested attitudes toward a list of safety measures that performing arts spaces can take to reduce the risk of virus transmission. Overall, respondents were most encouraged by lower crowd attendance and proper social distancing measures. The top safety measures as indicated by the respondents were: To be seated at least 6 feet from people who are not immediate family members; To know that the venue has placed crowd size limits on the number of attendees; To avoid long queues of people; To know the venue's cleaning procedures; Almost 60% of respondents would be willing to pay a higher ticket price to be ensured they are safe; Almost 60% of respondents would return immediately to live performing events as soon as a vaccine is available. And another 50% would return within six months.

The survey's findings represent the first wave of data sets recorded from Maine audiences.

It is important to note the survey summary finds that Maine audiences do express a desire to return to live events. Implementing safety measures to reduce the spread of the novel coronavirus at venues is regarded as important to the survey's respondents, however, the safety measures remain secondary to having a vaccine readily available in order for venues to resume a normal schedule with full audience attendance.

The Maine Arts Commission remains dedicated to distributing the most up-to-date and relevant information that affects not only the several hundred dedicated community arts spaces spread across the state, but all spaces where the performing arts and public presentations take place.

Additional information and resources can be found at the Maine Arts Commission's COVID-19 Resources Page <https://mainedoe-news.net/2020/07/31/media-release-mills-administration-releases-guidance-to-assist-schools-with-fall-plans/>.

To learn more about the Maine Arts Commission's current and future programs please go to www.MaineArts.com You can also join us on Facebook, Twitter, and Instagram @MaineArts.

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Cowbell

Continued from page 1

restaurants and bars. This created issues with staffing as the restaurants opened up again, since some workers preferred to collect the expanded unemployment benefits provided by the federal government. Now, staff members are returning to work, helping by taking orders in person and responding to requests for take-out and delivery.

While the Lewiston location was closed to all but takeout and delivery, Cessario and another person were the only workers, answering phones, cooking, and responding to takeout requests. Staffing is back up to about 80 percent from the level before the pandemic, he said.

Up to 8 people work in the kitchen during the week, prepping food, cooking, and readying the finished meals. Burgers are delivered with a branded "C" on the top bun.

Tables and chairs are sanitized, and staff "are always wearing masks," Cessario said. "We're starting to see a rebound . . . more and more people coming out" to the restaurant. "Obviously, having a safe place, a sanitized place . . . allows for people to feel safe when they come in the building."

"I've seen much more preference for out-

door seating, unless it's raining out or oppressively hot," he said.

Cowbell Grill & Tap opened its bar area to guests when indoor seating was allowed in mid-June. Due to the current restrictions, there is seating for 10 guests at the bar, with appropriate social distancing.

Despite the recent issues from the Covid-19 pandemic, the restaurants have seen success to the point that the Cowbell group of restaurants "is definitely expanding," Cessario said. "We're looking at a couple of different markets, but yes, the goal is definitely to expand." Markets are areas around a community, such as Lewiston or Biddeford or Scarborough, he said.

While several smaller restaurants in Portland have closed due to lost business during the pandemic, Cessario said that was due to the loss of tourists in that area. Much of the Old Port area of Portland sees crowds of visitors from cruise ships during the sum-

mer. The Lewiston and other locations are not as dependent on seasonal tourists, so business has rebounded with the lifted restrictions. The Lewiston Cowbell has actually seen more dine-in guests that last year, Cessario said. Instead of going to the beach or the mountains, people are staying in the area, he said.

Cowbell's "craft" burgers have different toppings to go on different types of meat, such as Angus beef, waygu beef, 100-percent grass-fed beef, bison burgers, salmon, chicken, and the "Beyond Beef" vegetable burgers. Guests order their own burger on a selection of buns, cooked to order.

Cowbell also sells 25 "craft" beers from micro breweries throughout southern Maine, mainly from the Portland area, Cessario said. The pandemic shutdowns have hurt breweries and beer vendors financially, due to the big loss in alcohol sales at restaurants.



District Manager Andrew Cessario relaxes against the bar in the main room of the Cowbell Grill & Tap.



A "C" is branded into the top bun of burgers at the Cowbell Grill & Tap.



Andrew Cessario assembles the buns and toppings for a burger in the kitchen.



Gary Umbria of Lewiston preps steak tips for meals later in the day.

Gorham Founders Festival Parade announcement

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

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

Everyone is welcome to be part of the parade-you, your church, your team, your school group, your business, or your organization! Get creative if you want to join the contest! Also, walkers, bikers, vehicles, trucks, etc., are welcome!

Please sign up for

the parade on the website at www.gorham2020.com or contact Suzie Phillips at 892-9847 or sphillips@gorham.me.us.

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

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Virtual

Continued from page 1

Upcoming support groups include:

Virtual Caregiver Support Group: Maine Statewide

Telephone Caregiver Support Groups

Virtual LGBTQ Caregiver Support Group

Virtual Caregiver Support Group: Frontotemporal Dementia (FTD)

Virtual Support Group: Grief, Loss, and Life After Dementia

In addition to regularly scheduled education programs covering a variety of topics, The Alzheimer's Association, Maine Chapter is offering an August 2020 Dementia Lunch & Learn Series. This free education series provides a chance for community members to learn more about Alzheimer's disease and other dementias. Topics include stages and risk factors, identifying the warning signs,

alzheimer's association®

Maine Chapter

current research, and effective communication techniques. The program provides opportunities to connect with other community members and learn about the services provided by the Alzheimer's Association, Maine Chapter.

Alison Russell, Manager of Education and Volunteers at the Alzheimer's Association, Maine Chapter explains the reason for the series, "COVID-19 adds an additional layer of complexity to dementia. We acknowledge that people are working hard to adapt to such challenges, and we want to make education programs as convenient as possible for families. The series covers a variety of topics and people can attend as few or as many that suits their schedule and inter-

est."

The Alzheimer's Association's free, 24/7 Helpline 800-272-3900 offers around-the-clock support for caregivers and families impacted by Alzheimer's and all other dementia.

For a complete list of upcoming support groups and education programs, or to register for a group or program, call 800-272-3900 or visit alz.org/maine.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800-272-3900.

CMCC names basketball court after longtime coach

The newly refurbished court in the Kirk Hall Gymnasium at Central Maine Community College now bears the name and signature of Dave Gonyea, who has been the men's basketball coach since 1993.

"I specifically wanted to get this done before I retired," noted CMCC President Scott Knapp. "Somebody else could have done it, but Dave and I have been very close for 23 years. He was literally the first person I met when I came here. He really made the athletic program here . . . He is the reason why the school is where it is."

Gonyea, who also serves as director of athletics, housing and security, was characteristically humble as he accepted the honor. "This is not a job for me; this is a lifestyle. I love the people I work with. I love the kids that go to school here . . . I love the community. It is not work to me. I enjoy every bit of it."

Former players, coaches, and rivals participated in the dedication held at the gym on



CMCC President Scott Knapp looks on as long-time basketball coach Dave Gonyea removes the covering of his name and signature that are now inscribed on the newly-refurbished basketball court in the Kirk Hall Gymnasium.

August 13. A small group of friends and co-workers, masked and socially distanced, were in attendance at the gym while many others joined remotely.

"I think Dave's impact obviously goes far beyond the basketball court," noted women's head basketball coach and director of admissions Andrew Morong. "I think if you ask alumni, he has impacted their lives in ways that maybe they didn't realize at the time when they were players, but now have learned to appreciate it."

Under Gonyea's leadership as men's basketball coach, the Mustangs have won nine league championships, three New England cham-

pionships, participated in 12 NSCAA/USCAA national championship tournaments, and won the prestigious USCAA national championship in 2002. In 2012, he led the Mustangs to a Yankee Conference record of 18-0, a Yankee Conference championship, and a trip to the USCAA National Tournament. He holds a career record of 514-234 over 26 seasons and has won numerous coach of the year honors.

"This is very cool, and I so appreciate it," Gonyea said. "What I like best though is what it represents . . . all those people who contributed to the program and all those kids who were here. They were a part of it as well."

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MaineCF launches new land conservation grant programs

The Maine Community Foundation has launched the Conservation for All and the Maine Land Protection grant programs to support organizations and projects in Maine dedicated to helping Maine people access and connect to the outdoors.

The Conservation for All grant program provides general support grants to organizations and projects that build strong connections between people in Maine and the state's land and water. The Maine Land Protection grant program provides grants for land acquisition or land conservation easement projects. "The Maine outdoors is a uniquely special place, and we believe all of us should feel

welcome to enjoy and connect with all it has to offer," says MaineCF Senior Program Officer Maggie Drummond-Bahl.

Deadline for applications is October 15, 2020. Guidelines and applications can be found at www.maine.cf.org. Contact Drummond-Bahl if you have questions, by e-mail at mbahl@mainecf.org or phone, toll-free, at (877) 700-6800.

The community foundation will host an information session on Monday, September 14, 12 p.m. through 1:30 p.m. Details will be posted here: <https://www.maine.cf.org/apply-for-a-grant/available-grants-deadlines/conservation-for-all/>.

In 2018, MaineCF

received a request which made it possible to reexamine and redesign its grantmaking approach to land conservation. The two new funds replace the Fund for Maine Land Conservation, which awarded nearly 200 grants totaling \$889,768 since its start in the early 1990s.

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

Wear White for women's suffrage at Walk Around Wiscasset



For more than 70 years, women worked ceaselessly to gain the right to vote. The 19th Amendment was finally adopted into the Constitution in August 1920. Wearing white clothing became symbolic of the suffragettes. (web photo)



In this 1918 photo, suffragettes, mostly in white dresses and suits, continue to march, lobby, and advocate for the right to vote, still two years away. (George Rinhart photo)

Wear White! is the fashion theme for the upcoming Walk Around Wiscasset on Thursday, August 27, from 5 to 6:30p.m. as Wiscasset joins the national initiative commemorating 100 years of women's suffrage during August

2020, National Women's Suffrage Month.

Wiscasset residents, neighbors, and visitors are invited to stroll the new Village sidewalks, wave to friends, and enjoy a summer evening in good company. Wearing white clothing is option-

al but is a gesture to honor the women who struggled for more than 70 years to achieve the vote for women. The State of Maine ratified the nineteenth Amendment, giving full voting rights to American women, in November of 1919, and it was adopted as part of the US Constitution in August 1920.

Other activities are planned for this outdoor event to bring attention to the new and luxurious brick sidewalks, the result of a two-year MDOT project. Look for a hand-made carillon, a DJ, Sarah's takeaway tidbits, and more. Village shops and galleries will be open during the Walk Around at the owners' discretion.

Wiscasset's "Museum in the Streets panels" are located throughout the Village and are available for viewing 24/7 for self-guided walking tours (find descriptive brochures on each panel pole). They tell the story of life in the eighteenth and nineteenth centuries, as lived by Wiscasset townspeople.

Walk Around strollers are requested to wear face coverings, maintain physical distance, and not congregate in large groups.

Walk Around Wiscasset, replacing the Wiscasset Art Walk during summer 2020 because of coronavirus concerns, will be held on the last Thursday of August and September, from 5 to 6:30p.m. For more information about Walk Around Wiscasset please visit www.wiscassetartwalk.org or contact Lucia Droby at ldroby@verizon.net.

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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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Mills updates COVID-19 school health advisory system

The Mills Administration recently released an updated color coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission by color for schools as they continue with their plans to deliver instruction and support students safely this fall.

The updated assessment released today showed that Maine's 16 counties continue to be designated "green," with no changes from the initial launch of the system two weeks ago <https://mainedoe-news.net/2020/07/31/media-release-mills-administration-releases-guidance-to-assist-schools-with-fall-plans/>.

The Health Advisory System is a collaboration among the Maine Department of Education (DOE), the Maine Department of Health and Human Services (DHHS), and the Maine Center for Disease Control and Prevention (Maine CDC). The classifications were developed to categorize counties based on quantitative and qualitative data about COVID-19 including, but not limited to, recent data on case rates, positivity rates,

and syndromic data (e.g., symptoms of influenza or COVID-19). This system categorizes counties by three-color based designations: red, yellow, and green.

The Health Advisory System categorizations are defined as follows:

RED: Categorization as "red" suggests that the county has a high risk of COVID-19 spread and that in-person instruction is not advisable.

YELLOW: Categorization as "yellow" suggests that the county has an elevated risk of COVID-19 spread and that schools may consider additional precautions and/or hybrid instructional models as a way to reduce the number of people in schools and classrooms at any one time.

GREEN: Categorization as "green" suggests that the county has a relatively low risk of COVID-19 spread and that schools may consider in-person instruction, as long as they are able to implement the required health and safety measures. Schools in a "green" county may need to use hybrid instruction models if there

is insufficient capacity or other factors (facilities, staffing, geography/transportation, etc.) that may prevent full implementation of the health and safety requirements.

Regardless of their county's red, yellow, or green designation, districts must also meet the Requirements for Safely Opening Schools to protect the safety and well-being of staff, students, and families. They fall into six categories: 1. Symptom Screenings Before Coming to School; 2. Physical distancing and school facilities; 3. Masks/Face Coverings; 4. Hand Hygiene; 5. Personal Protective Equipment; and 6. Return to School After Illness

The Health Advisory System reflects ongoing analysis of evolving data and serves as one piece of information that school and district leaders can use to make decisions about how to deliver education this fall. It will be updated at 12:00 pm every other Friday, and can be found on the Maine DOE website in Part I of the Framework for Returning to Classroom Instruction: <https://www.maine.gov/doe/framework/part-I>

Gorham Girl Scouts helping their community

Gorham Girl Scout Troop #618 are 4th grade students who are working on a project to help their community. With the pandemic and modifications needed to open school in a hybrid model, students will be required to wear masks while at school. These Girl Scouts decided to help by making masks available to Gorham students. They have a 3-tiered goal: Goal #1 - donate a mask to each 4th grader in all 3

elementary schools, Goal #2 - donate a mask to every student in the elementary schools, Goal #3 - donate a mask to each Gorham student attending school at the start of this school year, which is approximately 2,000 students. This cannot be completed without your help.

Please contact one of the troop leaders, Carol Allen 632-1067, Jenn Drenski (508) 269-0875, or Sheila Daigle 939-

6965, if you are able to donate kid fabric, elastic, thread, or a monetary donation for the girls to purchase these materials. If you can donate your time and sewing talents, they are also looking for those who can sew the masks. A template will be provided, and materials can be donated to those who need it. Gorham is a great community. Everyone is in this together! Help keep children safe as they enter school this year.



Recognize this old post-and-beam barn in Gorham?
Do you have details about its origin or history?
Please email us with any information you have.
Laurie@GorhamWEEKLY.com

Social Security survey findings

A new [AARP survey](#), recently released in conjunction with Social Security's 85th anniversary, confirms that Americans highly value Social Security, and even more so due to the pandemic. The vast majority of Americans – 93% of Republicans, 99% of Democrats, and 92% of Independents – see Social Security as an important government program, and 56% believe it is even more important for retirees in light of the coronavirus pandemic. In a [letter sent yesterday to President Trump](#), AARP asked him to explain his plan to replace Social Security funding.

More than 242,000 retired Mainers receive Social Security retirement benefits. For over 23 percent of these beneficiaries, Social Security accounts for more than 90 percent of their income.

"AARP Maine is fighting to protect voters 50-plus and their families," said Lori Parham, AARP Maine State Director. "We want to make sure their voices are heard on the issues that matter – protecting Social Security and Medicare, lowering prescription

drug prices, and ensuring they can [vote safely from home or in-person](#). Workers have paid into Social Security with every paycheck. It's a hard-earned benefit and a promise that must be kept. AARP will never stop fighting to strengthen Social Security, and make sure hard-working Americans get the benefits they've earned."

[AARP's survey](#) found that Social Security is a key source of income and economic stability in retirement, but they have concerns about whether it will be enough.

Nearly three-quarters of Americans (74%) are worried that Social Security will not provide enough to live on during their retirement.

Two-thirds of Americans believe the average monthly Social Security retirement benefit of \$1,503 per month is too low. Nearly 3 in 5 Americans are not confident in the future of Social Security, with confidence in the program lowest among 30-49-year-olds at only 28%.

Nearly 2 in 5 Americans (39%) say they do or will rely on

Social Security for a substantial portion of their retirement income, and 4 out of 5 expect it to be part of their retirement income.

In Maine, the nation's oldest state, Social Security is even more important to keeping Maine seniors out of poverty. "Many Maine seniors rely solely on Social Security for their monthly income," said Parham. "In a time of great uncertainty, they know that Social Security will still be there for them. We must keep that promise."

Social Security is a key component of AARP Maine's "Protect Voters 50+" [campaign](#), which launched August 3rd. The initiative is calling on presidential and congressional candidates to tell us their plan to protect Social Security for current and future generations, and help voters cast their votes [safely from home or in-person](#) this November.

This [survey](#) was conducted among 1,441 Americans 18 and older between July 14, 2020 and July 27, 2020 with a confidence interval of ± 3.4% at the 95% confidence level.

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unEarth: an installation by Ian Trask at Common Street Arts



unEarth at Common Street Arts, courtesy of Ian Trask

As human-induced climate change continues to evolve, the associated impacts on the Earth's ecosystems are unfolding before the country's eyes in real-time. To hold a mirror to some of the destructive human behaviors that contribute to this widespread undoing of the planet, Common Street Arts will present a new work by Ian Trask entitled, unEarth.

unEarth is a large-scale installation made entirely from reimagined consumer waste on display at Common Street Arts (CSA) from August 11 through December 31. The unEarth exhibition will be on view through CSA's social media channels including Facebook and Instagram; associated virtual programming and additional video content will be accessible throughout the duration of the exhibition. Special gallery hours will be available by reservation.

"We are thrilled to be able to host Ian Trask's work at Common Street Arts. This is the first large-scale installation at CSA, and we're looking forward to creating new

channels of engagement for our audience members," says Patricia King, Vice President at Waterville Creates. "While arts organizations are facing unique challenges, we are committed to finding creative ways to connect—through video, social media, virtual and innovative programs that facilitate art experiences during the time of COVID."

"My goal for unEarth was to create something with significance that extends well beyond the appreciation of the gallery viewing experience," says artist Ian Trask. "Beneath its ordered and beautiful surface, you will encounter memorable moments and connections that will stick in your mind and germinate into something even more profound. I'm excited to be partnering with such a smart, resourceful, and energized organization in this challenging moment."

Ian Trask is a Maine-based sculptor who received a degree in biology from Bowdoin College in 2005. He

worked many years in research labs, but eventually left the world of science to pursue a career in fine art. While transitioning away from lab work he got a job as a hospital groundskeeper cleaning up trash daily, an experience that proved to be formative in his artistic development. He learned to see the potential in garbage and gradually built a creative practice that drew inspiration from the waste streams around him. Trask chooses to create his art from discarded or otherwise unwanted material in the deliberate effort to let scarcity and access dictate the direction of his work.

unEarth is made possible through the generous support from the Ellis-Beauregard Foundation, MaineGeneral Health, and Waterfront Maine. For more information about unEarth and related programs please visit <http://www.watervillecreates.org> and the Common Street Arts Facebook Page.

Waterville Creates! connects artists, organizations, and the public with arts and cultural events and programs happening in Maine's communities. Supporting and promoting arts education, exhibitions, theatre, film, music, and dance that is accessible to all, Waterville Creates! is leading the effort to make Waterville an exciting cultural destination and a thriving, vibrant community. For more information about the ongoing community capital campaign for the Paul J. Schupf Art Center visit www.downtownartscenter.org.

MELIG celebrates school readiness success

The business-led Maine Early Learning Investment Group (MELIG) recently released its first report on the Elevate Maine/Somerset Project Report <https://www.maine.gov/covid19/restarting-maine/keepmainehealthy> and its corresponding Services and Outcomes Summary https://cdn.branchcms.com/8oy-QKqMEPL-1031/docs/MELIG_Summary.pdf. The reports share not only the results of the project's success in preparing some of Somerset County's neediest young children for kindergarten entry, but also the processes and strategies through which success was achieved and how key components of this model can be replicated across other communities in Maine. Collaborations among community childcare providers, Head Starts, public schools, businesses and local officials, state partners and others, expand quality services.

With excellent retention of nine community childcare partners, all provider settings improved the quality of instructional practices and are advancing on Maine's Quality Rating Scale; 113 at risk children have been positively impacted with greater educational quality, and over 100 parents (over three fourths working full-time) received education and family support. Through research-based evaluation, both vocabulary and behaviors of enrolled children show growth over time, especially children with disabilities.

Highlights of the

report speak to the true partnership approach necessary for supporting young children's school readiness. "Trusting relationships promote child care provider growth, and the increased skills and array of supports result in greater access to quality childcare settings so parents can work or pursue education," shared Tracye Fortin, Executive Director of Educare Central Maine, Kennebec Valley Community Action Program Child & Family Services.

The Elevate Maine-Somerset project, in which MELIG invested, utilizes Educare Central Maine's core features (www.educarecentralmaine.org) to deliver comprehensive, high-quality early childhood services. However, unlike the co-location of services at Educare Central Maine in Waterville, the Somerset County partnership supported a network of family childcare and center-based programs to increase their quality and capacity to serve the area's youngest infants, toddlers and preschoolers.

Educare Central Maine is a state-of-the-art demonstration center that serves over 200 predominantly low-income children and their families in Waterville. Educare is a partnership between Kennebec Valley Community Action Program (KVCAP), Waterville Public Schools, the Bill and Joan Alford Foundation, and the Buffett Early Childhood Fund. Educare's mission is to eliminate

the achievement gap for at risk children so that they enter public school on par with their more well-resourced peers. MELIG knows that Maine cannot afford to construct an early learning school like Educare in every community, but families, including those in rural areas and those with tremendous need, should have access to well-coordinated high-quality early care and education services. Educare's reach extends Beyond the Walls to influence quality systems and services throughout Maine's early childhood community.

Also announced today is that the work of MELIG, as a private sector business leader advocacy voice for quality early childhood education will be sustained under the tremendous leadership and programmatic umbrella of Educare Maine <https://www.educatemaine.org>. "From its inception, MELIG has hoped to find a permanent home base through which business leaders could advocate for and invest in expanded quality early childhood education as part of the broader education pipeline. Educare Maine is the perfect home for advancing a shared vision for evidence-informed, quality education in Maine starting at birth through higher education," says Chris Emmons, former CEO of Gorham Savings Bank and Co-chair of MELIG.

"We look forward to continuing the work of the Maine Early Learning Investment Group (MELIG) and collaborating with trusted partners like Educare to make sure all Maine children have access to high-quality early learning opportunities. We are committed to supporting the work of Elevate Maine-Somerset and expanding these opportunities to other Maine communities through local and state partnerships, advocacy, and sharing best practices," says Dr. Jason Judd, Executive Director of Educare Maine.

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

Thursday, August 20

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

Friday, August 21

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

Saturday, Aug 22

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

Calendar

Send your submissions to the Editor. More online.

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>.

Wednesday, Aug 26

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

Thursday, Aug 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>.

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>.

Friday, Sept. 5

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

Sunday, Sept. 13

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

Friday, Sept. 25

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course

from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thursday, Oct. 29

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

Friday, Oct. 30

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

Thursday, Nov. 19

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

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Letter to the editor

As a young Mainer, I’ve always been proud of the way my state leads the way in progressive change in this country. It is motivating to see how the people of Maine rallied together to become the first state to use Ranked-Choice Voting. (There are other municipalities that use RCV, but Maine is currently the only state to use it statewide.) The system allows independent, third-party candidates to stand a chance against candidates backed by the bipartisan establishment, who are often served well by money from corporate lobbyists and super PACs, not their voters.

I believe that elected officials should represent their constituents first and foremost. What better way to exhibit that than to accept voters’ influence alone?

The U.S. Senate election this November will use RCV to rank four candidates on the ballot. Lisa Savage is the candidate to rank first on your ballot if you want big money out of politics. She doesn’t accept money or support from lobbyists, corporate executives, or super PACs. Savage is a teacher and a grandmother from rural Maine. She understands the needs of Maine people. Savage’s campaign for US Senate has given me a newfound appreciation for RCV, as it dismisses claims of “splitting the vote” by encouraging voters to support who they think is the best candidate. I’ve been telling my friends that I wish I would turn 18 before November 3 so that I could rank Lisa Savage 1st on my ballot.
Emma Raven, North Yarmouth

Deploying

Continued from page 2

many communications resource while working with other military components.

On their way to Kenya, the Airmen made several stops and transferred to military aircraft.

“We were the first U.S. military aircraft to land in Germany after COVID-19 broke,” recalled Wallace.

As the group traveled into Africa, they were screened and tested for COVID-19 at every location before arriving at Camp Simba.

“When we landed, we were handed a specific type of surgical mask as a request from the Kenyan government,” said Wallace. “We then had an initial 14-day restriction to certain parts of camp. After that, we [made] sure we had our face masks on when we are near others, as well wash our hands frequently at the handwashing stations they have all around camp.”

After Wallace and the others from the 265th CBCS settled in, the group worked around the clock supporting operations. The Maine Airmen have had the opportunity to interact with other Airmen from around the world and are getting to know them better. Wallace commented that there are many shared activities including movie night and volleyball Tuesdays.

Wallace also said the wildlife is also spectacular, with monkeys and baboons by the hundreds right outside the gate, and plenty of lizards and snakes inside the camp. He was even told by others who have been at the camp longer about lion and hippo sightings.

“My son, Samuel, is 9 years old and I’m sure he thinks I’m here on a National Geographic expedition,” said Wallace. “Wildlife around here is a big topic of our conversations when I have a chance to talk with him.” Almost three weeks

into their deployment, Samuel broke his leg in a bike-riding accident that required surgery at Maine Medical Center. Wallace was 8,000 miles away. The anxiety of the accident combined with the concerns over to COVID-19 weighed heavy on Wallace’s mind.

“He’s recovering well now, but you feel like your mind is always in two places when something like that is happening back home,” said Wallace. “Something you put in the back of your mind is that life still happens for you and your loved ones when you’re deployed. Life is unpredictable.”

While the state continues to face challenges associated with the pandemic, it is important to remember the men and women from Maine who are serving all over the globe. They are focused on their mission, but they are also faced with this new threat to their families and friends back home.

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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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