

Fresh food, hard work for authentic Mexican cuisine



German Hernandez, the manager of the Azul Tequila restaurant on School Street in Gorham, delivers meals to Ralph Hernandez. The restaurant serves food made only from fresh products and offers a menu of genuine Mexican foods. (Tsukroff photo)

GORHAM – Giving customers their choice of only fresh ingredients, coupled with hard work, brought authentic Mexican food to Gorham almost a year ago.

Juan Sanchez and his wife, Ilse Fernandez, opened Azul Tequila at 29 School Street in Gorham in February, 2020, just a couple of blocks from the center of town and across the street from the Gorham campus of the University of Southern Maine.

“My husband had always wanted to open kind of like a Chipotle-style restaurant, where people can choose the ingredients. So that was kind of the idea behind this restaurant,” Fernandez said. “We have always worked with fresh ingredients, nothing is frozen. Everything is made fresh!”

They had to lock the front doors in mid-March as the COVID-19 pandemic hit the United States. And reopened just a few weeks later for personal take-out service or direct delivery by DoorDash. Now, customers can come into the restaurant to pickup an order at the counter, have their order brought to their car at the curb, or get orders delivered to them at home.

Sanchez opened El Rodeo on Western Avenue in South Portland in 2013 with help from silent partners. That restaurant is running strong, and the couple opened a second El Rodeo in Brunswick last November.

Sanchez is “kind of the soul of the restaurants, both El Rodeo and Azul Te-

quila,” Fernandez said. “All of the recipes are his.”

He started working in the restaurant business as a teenager in Virginia, Fernandez said. “He started from the bottom, from being the dishwasher, then learning the kitchen and learning how to cook.”

Sanchez moved with his family to Ohio and eventually the two met in Columbus, Ohio, where he had “just taken over a restaurant” as the manager, Fernandez said. By the time Sanchez left that restaurant, he had doubled the income with his hard work and because “he always tries to bring something new to people. He tries to make the food better, always!”

Much like an artist works on a canvas, Sanchez works on the offerings at their restaurants. “We go to Mexico and we try different restaurants and he goes and he tries different foods, and he’ll say, ‘This one has these spices and this sauce has this,’” she said. “His palette is very sensitive!”

The father-in-law of Sanchez’s brother wanted to open a restaurant in South Portland, and invited Sanchez to run the restaurant.

“South Portland has kept us really busy, because the restaurant is pretty big and we always try to make things better,” Fernandez said. Along with the restaurant, they soon opened a food truck. “At first, me and my husband were waking up at six o’clock in the morning to get a spot in South Portland in downtown to park the

truck. And it was little bit crazy at first, but once people got to know the food truck, it was a more simplified menu of burritos, tacos, quesadillas and salad bowls.”

People started calling them for private events, but they have not had a lot of business this past year, due to the pandemic, Fernandez said. They were able to get a spot at the Rock Row music venue on Westbrook Arterial in Westbrook for concerts and other live events, although those events also disappeared due to the pandemic.

Like restaurants throughout the area, moving to online ordering and delivery by DoorDash has helped them to retain business at Azul Tequila and El Rodeo, Fernandez said.

Azul Tequila had limited outdoor seating on the front patio area during the warmer months, and can seat guests indoors with appropriate social-distancing. “We have been trying to do everything by the rules,” to keep their guests safe, she said. They placed UV air filter machines in the seating areas to help purify the air indoors.

The pandemic has led to a redistribution of staff members in order to keep them busy, Fernandez said. “We have a lot of families that depend on us” for work. Staff were given work in the kitchens or taking phone orders. German Hernandez had been a waiter at El Rodeo in South Portland before the pandemic, and is now the manager in Gorham.

Fernandez said she met her husband when she went to work at his restaurant for a month before her classes started at Ohio State. She eventually graduated with a degree in chemical engineering, but said she has not worked in that field because “when we opened South Portland, we were just so busy!”

“Some of the skills I learned at engineering have been put to use” with work on the online menus and with company bookkeeping, she said.

Fernandez was born in the Mexican state of Jalisco, and came to the U.S. with her parents about 20 years ago. She and Sanchez visit family there yearly, and feature ceramic dishes from Jalisco on the walls of their restaurants. The ceramics of Jalisco have a history that extends far back to the pre-Hispanic period.

Because the restaurants use only fresh products for their food, they don’t have the large freezers often found in other restaurants. In fact, the large freezer at the

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Ice Skating and Snowshoeing

From Town of Gorham

GORHAM – Ice skates and snowshoes are available for rent through Gorham Recreation, Monday – Friday, 8 a.m. – 4 p.m.

Once geared up, the Town of Gorham recommends checking out rinks at Cherry Hill Farm, on lower Main Street off Route 25; the Little Falls Recreation Area at 668 Gray Road; and the Narragansett School at 30 Main Street; as well as the Clair Drew Trail, accessed behind the Gorham Public Safety Building at 270 Main Street.

Harry Potter Book Night February 4

From Town of Gorham

GORHAM - Baxter Memorial Library will host a virtual Harry Potter Book Night on Feb. 4.

Librarian Kathy Stevens will read the first chapter of Harry Potter and the Sorcerer’s Stone LIVE on Facebook at 6 p.m.

Attendees can test their wizarding world knowledge with BML’s trivia contest that will be located on the library website at <https://baxterlibrary.org/>.

A magical prize will be awarded to the witch or wizard with the most correct answers.

Visit the library anytime on or before Feb 4th to pick up a Harry Potter craft kit consisting of a wand to decorate, a necklace to make, and a chocolate snitch to enjoy (if you can catch it).

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

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Newsmakers, Names & Faces

Guest Column

Honoring Dr. King

by Saskia Lippy, MD

PORTLAND, OR - Today our American family dysfunction is on display for all the world to see. As a keeper of secrets, my work as a psychiatrist and healer told me that our culture was sick long ago.

The stories I have heard of grandfathers, brothers, fathers, lovers, priests who rape and abuse and then manage to coerce into keeping it secret have long ago ceased to shock me. I help my patients, both women and men, come to terms with the families that were not able to protect them, who actually harmed them, and then in some cases even told them that they were the "crazy ones." The same thing is happening to us now.

But we are not crazy, our eyes do not deceive us. What the white supremacists now threatening the national security of our nation have in common with the ghosts in my office is toxic masculinity. This hyper-aggressive, violent version of manhood will be countered in the coming days with an even more aggressive show of force. There is likely to be armed conflict in our streets. We must stand by and watch, fearful and afraid. Or is

there another alternative?

If we are to teach our children, and their children and the children of the 7th generation to love, we must teach them how to stop the cycle of secrets.

This past week I had the honor of being a mental health advocate for the girlfriend of a young man shot in our community by police while in mental health crisis. She was able to do something remarkable. At his vigil, she was able to forgive the officer who shot him, to have empathy for him, to see that he too was hurting. It was a feat of incredible humanity; one we do not often glimpse.

As we face the flood of darkness coming our way, I am reminded that sometimes the ways of our world are inexplicable. Take this small miracle, a true story.

Our friend, the late Rabbi Harold White, esteemed Professor of Judaic studies at Georgetown University, had come to visit my husband and me while we were on the East Coast at a family reunion. As we were introducing him to our extended family, my daughter was tugging at me, poking, insistent that she be introduced first. I was annoyed. Nevertheless, she persisted.

"Rabbi", I said, "I am so sorry, but she has something to ask you", as I pointed to a very impatient little girl.

To my horror, my then seven-year-old daughter said, "Rabbi, are you a wise man?" There was nervous laughter.

"Yes, I believe that I am", he replied.

"Then how do you know that God exists?" she asked.

Harold was delighted at the question. His eyes crinkled with joy as he held forth about the story of Noah, the ark, the storm that destroyed the earth, the saving of the animals, and finally of the rainbow telling Noah that the danger had passed.

Precisely as he finished saying, "And that is how you know that God exists. Whenever you see a rainbow, it is God's promise to you that He will never destroy the earth again," someone yelled "Rainbow!"

A rainbow had appeared - not just one rainbow, but two. As we all piled outside, shrieking and howling with awe, I stood back with the Rabbi.

I said, "Does this happen to you often?"

He smiled and said knowingly, "Oh, yes."

I tell you this story today because the rainbow may or may not be a sign from God, depending on your belief, but on this dark day for us as a society it is also aspirational, a



Saskia Hostetler Lippy, MD, is a psychiatrist and community activist in practice in downtown Portland, OR. (Photo courtesy of PeaceVoice)

symbol of the society we have yet to build. A society in which all have a place, a society in which hate does not win over love.

As we honor the late Dr. King this year, I urge you to do so in your actions. Together, we must finish the work that Dr. King started to rebuild our society more equitably, so that all can flourish and so that the hate that has rooted within our American family can find some peace.

As we face the flood of darkness together in the coming days, hold out your light. Hurry--our time

on Earth is short--but the blink of an eye. This truth cannot come fast enough for those suffering with COVID, for the Native elders being lost. I am so sorry aunties that we have failed you so.

It is as the great Gandhi observed, "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity

to do it, even if I may not have at the beginning."

I know we can finish the work of Dr. King, together. We must if we are to survive this terrible hate. The choice lies within each of our hearts.

Saskia Hostetler Lippy, MD, is a psychiatrist and community activist in practice in downtown Portland, OR, and has been volunteering to provide psychological first aid to those involved in the Portland protest movement and is a field monitor for the TRUST network.

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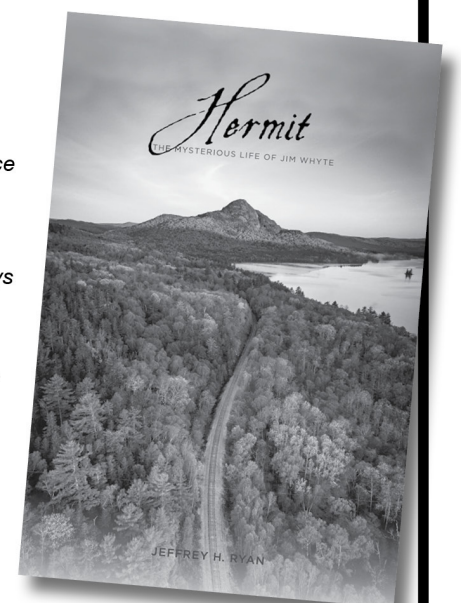
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— Bill Bushnell, Bushnell on Books

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— George Smith, Bangor Daily News

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Newsmakers, Names & Faces

Series celebrates Maine women



Lanette Pottle of Robbinston, ME, will speak about her books “Small Steps, Big Impact” and “You Are a Success Magnet” in a Zoom session Jan. 27 hosted by the Bailey Library in Winthrop. (Photo courtesy of The Bailey Library)

From Bailey Library

WINTHROP –The Bailey Library in Winthrop will host author and business strategist Lanette

Pottle in the first part of a series that runs through October to celebrate Maine women.

The public is invited to attend via Zoom on

Wednesday, Jan. 27, at 6:30 p.m. by visiting baileylibrary.org/athome and navigating to the “Virtual Events” tab. For help attending, email director Richard Fortin at rfortin@baileylibrary.org.

Pottle will speak about her book “Small Steps, Big Impact,” which was written to give firsthand knowledge about how small, consistent steps can transform your life, along with her new book, “You Are a Success Magnet” which is due out this spring.

Pottle is a 2010 graduate of the Washington County Leadership Institute and a past advisor with the Olympia Snowe Women’s Leadership Institute.

Pottle was a recent speaker at the “AliefWomen” TED Talk in Houston,

See Series, page 11

WinterKids kicks off Winter Games

From WinterKids

WESTBROOK – WinterKids kicked off the fourth-annual Winter Games last week across the state and in New Hampshire, Vermont, New Jersey, and Canada.

In Maine, kids, teachers, and families in nearly 100 communities are participating in the Games. Teachers and families receive a Playbook, resources, and incentives to complete a four-week series of fun outdoor physical activity and nutrition challenges. There are over 6,000 kids participating this year.

“We are thrilled to offer a fun, active way to engage all kids in outdoor learning throughout the winter,” said Julie Mulkern, WinterKids Executive Director.

“This year, the Winter Games is focused on resilience, inclusion, community and service within the context of celebrating

winter through outdoor physical activity, nutrition, and family engagement,” says Mulkern.

WinterKids’ Winter Games allows kids to participate, whether they are receiving in-person education or learning at home. Embracing outdoor learning helps to avoid the pitfalls of online learning and the negative effects of excessive screen time – particularly for those in elementary school. WinterKids provides resources for both teachers and parents to get their kids outside and active. There is also a WinterKids Winter Games Facebook group for resource sharing, and downloadable activities on the organization’s website.

The Winter Games resources are designed to be used in the winter and beyond for outdoor, active learning. For teachers, parents, and community groups who want to join the fun, please visit [\[kids.org\]\(http://kids.org\) today to request materials while they last.](http://www.winter-</p>
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WinterKids is a non-profit organization that helps children develop healthy lifelong habits through education and fun, outdoor winter activity. The organization delivers innovative outdoor programs for families, schools, and communities.

WinterKids’ major community sponsor is Hanaford. WinterKids’ supporting sponsors are Agren, Harvard Pilgrim Health Care, L.L.Bean, Portland Glass, WEX, and WMTW 8 and The CW.

The WinterKids Winter Games are made possible with support from Bingham Program, Hydro Quebec, Backyard Farms, MMG Insurance, University of New England, Johnny’s Select Seeds, Hannaford Snacks, Playworks, Aroma Joe’s and Subway of Maine.

Learn more at WinterKids.org

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Guest Column

Opening up Pandora's can of worms

By Grammar Guy

When it comes to streaming radio services, I prefer Pandora over Amazon Music. You see, Pandora offers deep cuts while Amazon plays mostly predictable hits. Even though I'm an Amazon Prime member and benefit from no commercials, I opt for the advertisement-laden Pandora radio. What can I say? I like Pandora's algorithm (or is it Al Gore Rhythm) better.

I didn't mean to open

up a can of worms about streaming radio services. Or is it opening up Pandora's box? Let's get to the bottom of this, shall we?

According to Merriam-Webster's Dictionary, Pandora's box is "a source of many troubles" or "something that will lead to many problems." According to the Ancient Greek tale, some evil wedding guest gave a character called Pandora a box as a wedding gift, but Pandora was not to open it. Curiosity got the better of poor

Pandora, and she opened the box, the result of which unleashed sickness, death and all sorts of evil into the world. This is why we can't have nice things.

Although the origin of the phrase "open up a can of worms" is uncertain, imagine you're going fishing in the 1950's. You'll need some bait, so you head over to the neighborhood bait and tackle shop, where you purchase a can of worms. This can of worms is nothing to worry about—that is—until you

open it. Once you open the can of worms, all the wiggly, slimy, tangled-up mess of worms try to get out of the can. It's like trying to put already-squeezed toothpaste back into a tube.

Both "taking the lid off Pandora's box" and "opening up a can of worms" are precarious situations, but there is a difference between the two. When you open up a can of worms, you attempt to solve one difficult problem which leads to even more difficult problems. When

you take the lid off, or open, Pandora's box, you unleash an evil that can't be undone. There is no "CTRL + Z" for Pandora's box.

"The legislature's proposed budget cuts really opened up a can of worms." This example is a complicated situation, but can (in theory) be resolved.

"When I asked my uncle about his opinions on the current Congress, I didn't realize that I had opened up Pandora's box."

In this example, once your uncle starts sharing his views on the government, he will never stop.

I think the lesson here is never to buy fishing bait from a lady named Pandora. If you do, make sure you're the one that gets away.

Curtis Honeycutt is a syndicated humor columnist. He is the author of "Good Grammar is the Life of the Party: Tips for a Wildly Successful Life". Find more at curtishoneycutt.com.

Guest Column

Triumph of the Vaccine - No Shape-Shifting Enemy

by Dr. Glenn Marsch

In a previous article, I noted that while the COVID-19 vaccines were developed quickly, they weren't unduly rushed. This article digs deeper into another common concern.

Here's a thought experiment. What if our experience with COVID-19 turns out to be a warm-up for responding to a worse plague in the future? COVID-19 is devastating for a significant number of older people but relatively innocuous for the young. I am thankful that this is not like the Justinian plague, nor the Athenian one, nor like smallpox. What if—God forbid—we find ourselves hosting a plague like one of these? Something as

deadly as Ebola but as infectious as SARS-CoV-2?

If we face that kind of foe in the future, the kind of fast vaccine technology demonstrated so beautifully in 2020 will help save the day.

In the face of an even more devastating threat than COVID, we aren't going to care that the vaccine was brought to market quickly. An apocalyptic scenario like the plague in Stephen King's *The Stand* could be avoided. We will never eliminate this horseman of the Apocalypse, but perhaps we can vitiate his threat.

Some have asserted that the COVID-19 vaccine should be rejected because it makes a person a chimeric organism. Some fear the mRNA virus will

be incorporated into the genome, rendering a person a transgenic organism, with genes altering the person's genetic code. But this is not the way the vaccine works. The genes in this vaccine cannot become part of your genetic reality.

Why is this? Because the COVID-19 vaccine, which is a single strand of RNA, works similarly to the virus itself.

The SARS-CoV-2 virus's genetic code is not DNA, but RNA. The RNA strand of both the coronavirus and of the vaccine does not have the twisted double helix shape of the DNA in your body, but is a single strand that folds into a specific shape.

This kind of RNA virus doesn't become part of

your genetic code.

In biochemistry, the Central Dogma says that genetic information flows from DNA to RNA to protein. The RNA (specifically, a molecule called messenger RNA) is the set of instructions copied from the DNA and sent to the part of the cell which makes proteins. There, a huge assembly called the ribosome recruits transfer RNA to copy the mRNA instructions to make the proteins, the structural ma-

terial of the body and the enzymes that catalyze all our biochemistry.

The SARS-CoV-2 genetic code looks like a standard messenger RNA. The body thinks so too, and when faced with the virus material, the body's own ribosomes start cranking out viral proteins. Simply explained, one of the first things the virus does is to make an enzyme that makes lots of copies of the virus genetic code, and the

virus particles (virions) are assembled in the host cell until they are expelled. The virus gives the body an alternate set of instructions so that your cells will make the proteins the virus wants, not the proteins you want to make.

The manufacturing details of both the Moderna and Pfizer/BioNTech vaccines are proprietary, but we know they are both mRNA vaccines, formulated with a synthetic

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Local counties still designated ‘yellow’

From Maine DOE

AUGUSTA — Androscoggin, Cumberland, Oxford, and York counties continue to see increases in both 14-day new case rates per 10,000 people and in positivity rates, exceeding the statewide averages, the Maine Department of Education announced last Friday.

This means those four counties will continue with a “yellow” designation, under guidelines from the Maine Center for Disease Control. After-school activities have been cancelled at schools in those counties, and those activities, such as sports, will only be allowed when the counties return to a “green” designation.

The Mills Administration releases updates every two weeks to its color-coded Health Advisory System that classifies counties’ relative risk of COVID-19 transmission to assist schools as they continue with their plans to deliver instruction and support to students safely.

The Maine Department of Health and Human Services (DHHS) and

Maine Center for Disease Control and Prevention (Maine CDC) continue to review evidence that indicates lower transmission of COVID-19 in schools compared to the general population. Over the last 30 days, the rate of new cases is 27 per 10,000 staff and students, compared to 113 per 10,000 people statewide. This rate of new cases in schools is 24% of the statewide rate for the general population.

DHHS and Maine CDC assessed COVID-19 data and trends for all counties and determined that Aroostook and Penobscot Counties remain “green” with removed asterisks. Aroostook County’s positivity rate continues to be above the state average, but its new case rate per 10,000 people has remained steady and is now below the statewide average. Penobscot County’s positivity rate and 14-day new case rate per 10,000 people have fallen below the statewide averages.

All other counties remain in the “green” designation.

Under the “yellow” designation, which indi-

cates an increased (moderate) level of community risk, schools may consider additional precautions, such as limiting numbers of people in school buildings at the same time, suspending extracurricular or co-curricular activities including competitions between schools, limiting interaction through cohorting, or other measures based on the unique needs of each school community.

These designations are made out of an abundance of caution and for the consideration of school administrative units in their decisions to deliver instruction.

Local students on President’s List

From SNHU

MANCHESTER, NH - Southern New Hampshire University recently named several local students to the fall 2020 President’s List.

Eligibility for the President’s List requires that a student accumulate an academic grade point average (GPA) of 3.7-4.0 and earn 12 credits for the semester.

Among those named to the list were Kendall Mathieu of Auburn, Emily Murray of Gorham, Kayla Stickney of Gorham, Sophie Bilodeau of Auburn, and Samuel

Payne of Lewiston.

Southern New Hampshire University (SNHU) is a private, non-profit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH.

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U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu.

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Arts & Entertainment

'Outdoor Family Adventures' teaches families



From U. of Maine

AUGUSTA - University of Maine Cooperative Extension 4-H is partnering with the Maine Primitive

Skills School and Sportsman's Alliance of Maine to offer a new monthly outdoor educational series for families with children ages 7-18. "Outdoor Family Ad-

ventures" will teach families about Maine's ecology, observing birds and their habitats, responsible fire building, and safely spending time in the Maine out-

doors.

Programs will take place monthly from 3-5 p.m. at 2273 North Belfast Ave., Augusta, with topics scheduled for Jan. 31 on Bird Language and Nature Awareness, Feb. 28 on Useful Trees and Plants of Winter, Mar. 28 on Responsible Fire Making, and Apr. 25 on Useful Trees & Plants of Spring.

Participants are responsible for bringing their own portable seating, water and snacks. Face coverings are required.

The series is free, but registration is required. Register on the program webpage at <http://bitly.ws/bavn>

Due to safety protocols, the program is limited to one adult and one youth per family.

For more information or to request a reasonable accommodation, contact Alisha Targonski, 207.622.7546; alisha.r.targonski@maine.edu.

Lighting options for indoor growing



From U. of Maine

Orono, Maine — University of Maine Cooperative Extension and University of New Hampshire Extension will offer a webinar about lighting options for growing indoor plants and seedlings from 6-7 p.m. on Jan. 27.

"Optimizing Plant Growth with Indoor Lighting" for home gardeners will discuss the different properties of light, how plants use it, and how artificial light can improve indoor growing conditions. UNH Extension field

specialist Jonathan Ebba will lead the workshop.

Registration is required, and a \$5 donation is optional.

Register on the event webpage at <http://bitly.ws/baxP> to attend live or receive a link to the recording.

This is the second in a six-part winter gardening webinar series offered every other Wednesday through March.

For more information or to request a reasonable accommodation, contact Pamela Hargest, 207.781.6099; pamela.hargest@maine.edu.

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Paycheck Protection Program reopens

From U.S. Sen. Collins

WASHINGTON, D.C.—Following a successful effort led by U.S. Senator Susan Collins (R-ME), the Paycheck Protection Program (PPP) fully reopened on Tuesday with qualifying hard-hit small businesses eligible to receive a second forgivable loan.

Financial institutions with \$1 billion or less in

assets could begin submitting PPP applications as early as last Friday. Senator Collins, a co-author of the PPP, secured an additional \$284.45 billion in the COVID-19 relief package to extend and expand the Paycheck Protection Program.

Small businesses that employ 300 or fewer people and that experienced a 25 percent or greater gross revenue loss between com-

parable periods in 2019 and 2020 due to COVID-19 are eligible to apply for a second PPP loan. In addition, forgivable overhead expenses are expanded to include supplier costs and investments in facility modifications and personal protective equipment needed to operate safely. In recognition of the severe impact that COVID-19 mitigation measures have had on the hospitality

sector, in particular, the formula used to calculate the maximum forgivable loan amounts for second draw loans is enhanced for restaurants and hotels to equal 3.5x average monthly payroll. Further, small business owners that did not receive a PPP loan in the first round are also eligible to apply.

“Small businesses and their employees have had to cope with unpre-

cedented challenges caused by COVID-19,” said Senator Collins. “The hospitality industry in particular has been severely affected, and restaurant owners have told me of having to lay off valued staff as cold weather made outdoor dining impractical and restrictions made it impossible for them to serve their usual number of customers inside.”

“The PPP I co-au-

thored has been a lifeline, but many small businesses need more help to stay afloat this winter and continue to pay their workers,” Senator Collins continued. “I strongly advocated for providing small businesses with additional relief that they need to survive, and I am delighted that, following a sustained bipartisan effort, Congress passed my legislation to extend the

See **Paycheck**, page 12

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Fresh
Continued from page 1

South Portland location was turned into a storage room, Fernandez said.

At Azul Tequila, Hernandez has created a had-

dock taco dish for Lent, with Chipotle spices that add flavor but don't overpower the delicate taste of the fish.

Online orders can be placed at orderazultequila.com.



Luis "Lalo" Eduardo Galvan prepares steak fajitas in the kitchen of Azul Tequila, a restaurant on School Street in Gorham that serves authentic Mexican food for pick-up, delivery, or sit-down service. (Tsukroff photo)



A Burrito Jalisco at Azul Tequila. This is one of the most popular items that co-owner Juan Sanchez brought to Gorham from his El Rodeo restaurant in South Portland. (Tsukroff photo)



German Hernandez, manager of Azul Tequila, prepares a chicken fajita meal. (Tsukroff photo)



Isle Fernandez shows off ceramic plates from the Mexican state of Jalisco at the Azul Tequila restaurant on School Street in Gorham. Besides the Gorham restaurant, Fernandez and her husband, Juan Sanchez, run the El Rodeo restaurants in South Portland and Brunswick, and a food truck in South Portland, all servicing authentic Mexican cuisine. (Tsukroff photo)



Fish and chips tacos from Azul Tequila on School Street in Gorham. Three beer batter haddock tacos tapped with roasted corn salsa and drizzled with chipotle aioli, served with corn tortilla chips and a medium-spice coleslaw. (Tsukroff photo)



Azul Tequila manager German Hernandez shows off a freshly-made Margarita. The restaurant offers several variations of the popular drink to go along with its authentic Mexican cuisine. (Tsukroff photo)




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Correction to 'life-changing weight loss' article

By Nathan Tsukroff, Editor

We incorrectly identified the people in the photograph of the couple that accompanied the article in our Jan 14, 2021, edition about "A life-changing weight loss for Steep Falls woman."

The caption should

have read:

Tammy Snow of Steep Falls with her husband, Bill. Snow weighed 263 pounds in this photograph. A similar photograph with her father from 2018 was a wakeup call that set her on a journey that has seen her lose over 73 pounds since then. (Photo courtesy of Tammy Snow)

Final visa rule helps farmers

From U.S. Sec'y of Agriculture

WASHINGTON, D.C. - U.S. Secretary of Agriculture Sonny Perdue last week issued a statement applauding the Department of Labor's final rule modernizing the H-2A visa program.

"This final rule streamlining and modernizing the H-2A visa process will go a long way in ensuring American farmers have access to a stable and skilled workforce, all while removing unnecessary bureaucratic processes. USDA's goal is to help farmers navigate the complex H-2A program that is administered by Department of Labor, Department of Homeland Security, and the State Department so hiring a farm worker is an easier process," said Secretary Perdue. "These modernizations make the Federal government more responsive to our customers, ensuring American agriculture continues to lead the world for

years to come."

The final rule will streamline the H-2A application process by mandating electronic filing of job orders and applications. These elements are designed to bring the H-2A application process into the digital era, by harnessing the power of the FLAG electronic filing system to share information with other federal agencies like the Department of Homeland Security while also sharing information with the State Workforce systems and domestic farmworkers.

Additionally, the final rule will provide additional flexibilities to cut down on unnecessary burdens on the agricultural employers that use the program. These flexibilities include the ability to stagger the entry of workers into the country over a 120-day period and allowing agricultural employers the flexibility to file a single application for different dates of need instead of multiple applications.

Bean Supper Feb. 6 in Sabattus

From Post 135

SABATTUS - The Harry J Conway Post 135 in Sabattus will be hosting a curbside Bean Supper on Saturday, Feb. 6, from 4-5pm.

The supper will include two red hot dogs, cole slaw, beans, rolls and dessert for \$8.00.

Suppers must be pre-ordered by calling Tracey Rancourt at (207)

375-3052.

Due to the pandemic, the Post has been unable to host monthly breakfasts, so participation with this Bean Supper will help to continue the work of the legion in and around the Sabattus area.

The American Legion provides help to service members, veterans, local schools and local sports clubs.

SeniorsPlus online classes for January

From SeniorsPlus

LEWISTON - SeniorsPlus has announced its Online Education Center classes for January.

All classes are online, due to the pandemic and current CDC guidelines. Classes and workshops are free, unless noted.

Anyone wishing to attend should register by emailing edcenter@seniorsplus.org or calling 795-4010 or 1-800-427-1241.

For more information, visit seniorsplus.org/education-center.

CLASSES -

Zoom 101: Using Video Technology to Stay Connected

Date: Friday, Jan. 29

Time: 1:00-2:00PM

Instructor: Senior-Plus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued.

Fraud & Scams

Date: Monday, Jan. 25

Time: 10:00-11:00AM

Instructor: Senior-Plus Staff

Location: Zoom

This class will give you the information needed to determine what is real and what a scam is. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where do you go to report things so others don't become the next victim. Presented by Valerie

Cole.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of Jan. 25 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Just in time for Valentine's Day, Corinne has created two cute projects, perfect for gift giving. The first project is a beautiful Valentine's Day card and the second is a cute treat holder. All supplies provided except adhesive; class limited to 10 participants.

Medicare Made Simple

Date & time: At your convenience

Instructor: Senior-Plus Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

Instructor: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers

standing by to answer your tech questions and also to help you sign up for online training sessions.

CAREGIVER SUPPORT GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, Jan. 11 from 5:30-7:30PM

Thursday, Jan. 28 from 8-10 AM

Location: Zoom or Telephonic

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

CARES Dementia Family Training

CARES® for Families was developed specifically for those caring for a loved one living at home. It includes many practical strategies, tips, and the 5-step CARES® Approach.

This award-winning training and certification program was developed for family members or friends caring for a loved one with memory loss or dementia. Like other CARES® products, this program centers around the CARES® approach and offers many practical and invaluable strategies to common caregiving situations.

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S - Share with Others

To receive CARES® Dementia Care for Families™ at no cost, go to www.hcinteractive.com/login and enter the Product Key: YXT64. Click Log In. Verify SeniorsPlus' information. Click Yes to the question "Is the above information correct?". Click +New User (after your initial login, you will need to click Existing User for all future logins)

Opportunity includes 4 hours, 4 modules and is compliments of SeniorsPlus. The promotion expires Sept. 25.

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? The goal of the newsletter is to share caregiver specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter,

please reach out. We're happy to add you to our mailing list.

Grieving Between the Lines

Starting in February

Dates: Thursdays for 4-weeks

Time: 11:00-12:30pm

Facilitator: Androscoggin Home Healthcare + Hospice Staff

Location: Zoom or Telephone

We are excited to partner with experts at Androscoggin Home Healthcare + Hospice to host a new and exciting group! In February we will begin to host a book club focused around bereavement and grief support.

We will start with the book Tuesdays with Morrie and meet each Thursday from 11:00-12:30pm beginning February 11th, meeting weekly for 4 weeks. The group will be able to host a maximum of 15 people.

If you or someone you know could benefit from this, please reach out to us as pre-registration is required and those who register will receive the link to join after registering.

Virtual Knitting Group

Dates: Every other Wednesday - Jan. 13 and 27

Time: 5:00-6:00 PM

Group Lead: Senior-Plus Staff

Location: Zoom

Join our knitting group to work on your own project, learn from others, and socialize!

HEALTHY LIVING FOR ME Workshops

Virtual workshops to be held telephonic and through Zoom

SeniorsPlus is partnering with Healthy Living for ME to offer free workshops for adults who are interested in learning how to prevent falls, manage diabetes, pain, and other conditions. Scheduled workshops include Living Well with Diabetes, Living Well with Chronic Pain, Better Health Now with Diabetes, Better Health Now with Chronic Pain, and more! Most workshops are free and open to the public but registration is required.

Healthy Living for ME is a statewide network of organizations delivering evidence-based programs that empower adults to address and better manage their health. All workshops are listed at healthylivingforme.org.

The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

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John Grenier

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A trio of 'Trip Dip' recipes

By Doreen Mills

GORHAM - Dips can be enjoyed during sports games, or even during family game nights!

Each dip is built off the same base recipe – one block (8oz) of Neufchatel Cream Cheese and ½ cup Sour Cream. You can use any brand you prefer, and either regular or light sour cream.

After building that base, you can take the ingredient combinations anywhere you want to go!

Italian Sausage Dip:

Dip Base +
12 oz Hannaford Sweet or Hot Italian sausage, cooked and crumbled
½ Cup Roasted Red Pepper, chopped
½ Cup Grated Parmesan Cheese

In a large mixing bowl or food processor, blend the cream cheese and sour cream together. Add in the cooked, crumbled pieces of sausage, Roasted Red peppers and Parmesan cheese, mixing till well blended. Place in an oven safe casserole or pie dish and bake at 375°F until bubbly and hot. Enjoy!

Paired with:
Wavy potato chips
Plain Tortilla Chips
Celery sticks
Slices yellow pepper

Bacon and Ranch Dip:

Dip Base +
Dry Ranch dip mix
½ Cup Diced Cooked Bacon
½ Cup Shredded Cheddar Cheese

¼ Cup chopped Fresh Chives

In a large bowl, add the sour cream, dip packet mix, bacon bits, shredded cheddar and chopped chives. Blend till well mixed and chill before eating. Top with some extra sliced chives for a little zing!

Paired with:
Grape tomatoes, cucumber sticks, baby carrots, pepper strips
Naan bread or dippers
Wavy or plain potato chips

Beer and Cheese Dip:

Dip Base +
½ - 1 Cup your favorite beer
1 Cup White Cheddar Cheese
1 Tbs. Dried Minced



Create your choice of Trip Dips from this trio of recipes. (Photo provided by Doreen Mills)

Onion OR 1 Tsp Onion Powder

In a large mixing bowl or food processor, blend the cream cheese and sour cream together. Add in the beer carefully as it will foam when be-

ing stirred in. Blend in the white cheddar and dried onion or onion powder. Place in an oven-safe casserole or pie dish and bake at 375°F until bubbly and hot. Enjoy!

Paired with:

Pretzel sticks
Soft pretzels
Pita chips
Tortilla chips.
Doreen Mills is a chef with Hannaford Supermarkets, where you can find all these ingredients.

Haddock supper Jan. 30

From Living Waters Church

BUXTON - Living Waters Church, Parker Farm Road, Buxton, is hosting a Haddock Supper

Buffet starting at 5 p.m. on Saturday, Jan. 30, 2021.

Suggested donations are \$8 per Adult, \$4 per Child, or \$20 per Family.

Guests may request takeout containers if they

do not wish to come inside for seating.

Social distancing guidelines are in effect, including wearing of face masks and use of hand sanitizer.

Bean supper to-go on Feb. 6

GORHAM - White Rock Community Clubhouse at 34 Wilson Road, Gorham, will provide a to-go bean supper from 4:30-5:30 p.m. on Saturday, Feb. 6.

Pre-order your dinner to go at \$20 for double or \$10 for single orders.

The meal includes kidney & pea beans, cole slaw, potato salad, maca-

roni & cheese, biscuits, hot dogs and a dessert bar.

Please call 892-9521 by Tuesday, Feb. 2 to reserve meals.

Limited to the first 100 meals!

Gorham resident graduates with honors

From JMU

HARRISONBURG, VA – In December, Mikayla Richman of Gorham graduated Cum Laude with degrees in both health sciences and nursing from James Madison University in Harrisonburg, VA.

Richman was among 973 students who received undergraduate, master's, educational specialist and doctoral degrees at the commencement exercises on Dec. 19.

Established in 1908,

James Madison University is a community of 22,000 students and 4,000 faculty and staff, nestled in the beautiful Shenandoah Valley of Virginia.

The university offers 124 degree programs at the bachelor's, master's and doctoral levels. Small classes with a 16:1 student-to-faculty ratio helps the university to the highest six-year graduation rate among its peer institutions at 84%. JMU is quickly gaining a national reputation, and ranks as the most

recommended university in the nation by students. As the No. 2 Best Public Regional University in the South, students enjoy unusually engaged relationships with world-class faculty, access to top-notch NCAA Division 1 athletics and state-of-the art amenities.

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Series
Continued from page 3

TX, and is a well-known business owner who coaches entrepreneurial-minded women around the globe. She is a contributing author to the international best seller "Success University for Women in Leadership." She lives with her husband in Robbinston, Maine.



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Vaccine

Continued from page 4

messenger RNA molecule placed in specialized soap bubbles called micelles. It seems that mRNA vaccines are cheaper and faster to produce than typical vaccines, which is a godsend both for this pandemic and because of future potential with mRNA vaccines.

The vaccine is a single strand of mRNA that contains some or all of the SARS-CoV-2 spike protein genetic code. The spike proteins on the outer surface of the virus give it a crown-like shape (“corona”) and allow the virus to infect many cells, especially those that express an enzyme called ACE2. But this strand of artificial mRNA is not complete, so it cannot force the cells to make new coronavirus virions. If you get the vaccine, the vaccine mRNA can command the cells to

synthesize pieces of the virus, the spike protein that the immune system will recognize as an enemy. Later, when the virus tries to infect you, the immunoglobulins (antibodies) elicited by the vaccine immediately recognize the virus and prevent it from infecting your cells, and the antibodies recruit cells in your immune system that destroy the virus.

RNA vaccine technology is a streamlined way to introduce a piece of virus protein (the antigen) into your body. The antigen is not synthesized in a laboratory and then injected into the body, as is the case with most vaccines. Rather, the RNA vaccine allows the body to manufacture its own virus antigens—a more “natural” process.

And what of the original strand of mRNA that constitutes the vaccine that you will be injected with? RNA molecules are rela-

tively unstable inside the body and deteriorate rapidly, having a lifetime on the order of hours to a few days. Then they are gone. The genes coded on this vaccine mRNA will not be able to get into your DNA genome. Only retroviruses have an enzyme that allows that, and coronaviruses are not retroviruses.

I predicted to my students in October 2020 that we would beat this bug, and I think I was right. As the vaccines are distributed, the companies are obligated to continue collecting data about the vaccine’s efficacy and side effects, so that we can better refine the administration of this modern miracle. It will be an honor to receive the vaccine that is the product of so much biotechnology genius brought to the service of humanity. Biotechnology can be abused, but so can all of our technology. In the creation of the

COVID-19 vaccines, the better angels of our nature are on display, not the evil ones.

Author’s note: I thank Prof. Devin Stauff (Grove City College Biology Department) for technical suggestions and Cindy Rinnan Marsch for editing assistance. Any errors in the two vaccine articles are my own.

Dr. Glenn A. Marsch is a professor of physics at Grove City College where he teaches physics and an innovative course, Studies in Science, Faith and Technology. He is a contributing scholar with the Institute for Faith and Freedom. During a sabbatical in 2013, he was a visiting research professor in the Department of Biochemistry at Vanderbilt University conducting biophysics research on drug-metabolizing enzymes in the laboratory of F. Peter Guengerich.

Guest Column Home Country

By Slim Randles

“What a great winter morning, guys,” said Doc, seating himself at the philosophy counter and flipping his cup to the upright and fillable position. “Makes a guy glad to be alive.”

We all nodded and sipped.

“Say Doc,” said Herb, “how’s old Chipper getting along these days?”

We all chuckled, because all the locals know Chipper was invented by Doc a few years back to be his very own imaginary squirrel. Yeah, Doc’s like that.

Doc laughed, too. “Hibernation, boys,” he said, “Sacked out ‘til spring. You should all get hibernating pets. They’re

really easy to care for as long as they stay asleep.”

“And he’s all tucked in?” Steve wanted to know.

“Fluffy tail covering his face. The very picture of warm beds and happy dreams.”

“That’s good,” said Dud.

The man in the uniform stood up from his place over in the booth and walked over to the counter. “Excuse me, sir, but are you Doc?”

Doc nodded.

“Doc that has the squirrel?”

“Well, yes,” he said.

“I’m the new game warden here and I’d like to see your squirrel permit, please.”

“Squirrel permit?”

“A civilian can’t keep a wild animal without first obtaining a permit. Otherwise, it’s a \$500 fine.”

We sat in stunned silence, then Dud spoke up. “You boys haven’t met my cousin Jimmy yet, have you? He’s here for the weekend and I put him up to it.”

We made Dud buy the coffee. We all chipped in for Jimmy’s breakfast. Most cafes only serve food.

Brought to you by “Packing the Backyard Horse” by Slim Randles. Available now from Amazon.com.

Paycheck


Continued from page 7

PPP. I encourage eligible small businesses to contact their participating financial institution to apply.”

Since the program began accepting applications in April 2020, more than 28,000 Maine small businesses and self-employed individuals have received nearly \$2.3 billion in forgivable loans, helping to support more than 250,000 jobs throughout the state.

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**THURSDAY
Jan. 21**

1 p.m.
LEWISTON - Lewiston Public Library. Great Falls Forum, a free, monthly series featuring state-wide and regional leaders in public policy, business, academia and the arts. For more information & to register, contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

4-5 p.m.
AUBURN - Auburn Public Library. Environmental Research in the Norwegian Arctic, presented by Professor Mike Retelle, online. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

5:30 p.m.
GORHAM - Historic Preservation Commission Meeting via Zoom.

6:30 p.m.
GORHAM - Board of Appeals meeting. Zoom webinar: <https://us02web.zoom.us/j/83618869640>

**Monday
Jan. 25**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30 p.m.
GORHAM - Finance Committee meeting. Zoom webinar: <https://us02web.zoom.us/j/89288915185>

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's

Calendar

Send your submissions to the Editor. More online.

Conference Room.

**TUESDAY
Jan. 26**

10:30-11:15 a.m.
LEWISTON - Lewiston Public Library. Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

5:30 p.m.
AUBURN - Agriculture Committee meeting at Auburn Senior Community Center in Pettengill Park.

6 p.m.
LEWISTON - City Council Workshop via Zoom at <http://www.lewistonmaine.gov/2021cc>

**WEDNESDAY
Jan. 27**

7:30 a.m.
AUBURN - Auburn Housing Authority Board of Commissioners meeting.

Noon
LEWISTON - Lewiston Public Library. Read Your Mind: Exploring Mental Health in Teen Books - a monthly, virtual series focusing on teen mental health & wellness with YA authors and community health experts. Contact hchance@lewistonmaine.gov or call 207-513-3135 to register.

6 p.m.
AUBURN - Complete Streets Committee meeting.

7 p.m.
GORHAM - Comprehensive Plan Amendment Committee meeting via Zoom.

**THURSDAY
Jan. 28**

4-5 p.m.

AUBURN - Auburn Public Library. Film discussion: Melting Ice - The Future of the Arctic, online. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

**MONDAY
Feb. 1**

7 p.m.
GORHAM - Planning Board meeting via Zoom.

**TUESDAY
Feb. 2**

10:30-11:15 a.m.
LEWISTON - Lewiston Public Library. Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

5:30 p.m.
AUBURN - Age-Friendly Community Committee

6 p.m.
LEWISTON - City Council meeting via Zoom at <http://www.lewistonmaine.gov/2021cc>

6:30 p.m.
GORHAM - Regular Town Council meeting via Zoom

**THURSDAY
Feb. 4**

4 p.m.
AUBURN - Cable TV Advisory Board meeting.

4-5 p.m.
AUBURN - The Auburn Public Library will host a book discussion - "The Hidden Life of Ice: Dispatches from a Disappearing World" by Marco Tedesco with Alberto Flores d'Arcais; translated by Denise Muir; foreword by Elizabeth Kolbert. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.org.

5:30-6 p.m.
LEWISTON - Lewiston Public Library. Virtual Read Aloud. Join Krista on Facebook Live as she reads from the exciting middle grade fantasy adventure: Maya and the Rising Dark. No registration required.

**MONDAY
Feb. 8**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

**TUESDAY
Feb. 9**

6 p.m.
AUBURN - Planning Board Meeting.

6 p.m.
LEWISTON - City Council workshop via Zoom at <http://www.lewistonmaine.gov/2021cc>

7 p.m.
GORHAM - Conservation Commission meeting via Zoom.

**WEDNESDAY
Feb. 10**

FLAGSHIP CINEMAS

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DOORS OPEN AT:
12:00pm

AUBURN

746 Center Street
Auburn Movie Hotline — 786-8605

**VISIT OUR WEBSITE OR
CALL THE HOTLINE AT
786-8605
FOR SHOWTIMES**

4:30 p.m.

AUBURN - Lewiston-Auburn Transit Committee (LATC) meeting.

6:30 p.m.
AUBURN - Parks & Recreation Advisory Board meeting.

7 p.m.
GORHAM - School Committee meeting via Zoom.

**MONDAY
Feb. 15**

Presidents' Day

**TUESDAY
Feb. 16**

7:30 a.m.
AUBURN - Auburn Public Library Board of Trustees meeting.

8 a.m.
GORHAM - Ordinance Committee meeting via Zoom.

4 p.m.
AUBURN - Auburn Sewer District Trustees meeting.

6 p.m.
AUBURN - Conservation Commission meeting.

6 p.m.
LEWISTON - City Council meeting.

6:30 p.m.
GORHAM - Tentative recurring Town Council workshop via Zoom.

**WEDNESDAY
Feb. 17**

8 a.m.

GORHAM - Gorham Economic Development Corporation meeting via Zoom.

4 p.m.
AUBURN - Auburn Water District Trustees meeting.

**THURSDAY
Feb. 18**

8 a.m.
AUBURN - 9-1-1 Committee meeting.

6:30 p.m.
GORHAM - Board of Appeals meeting via Zoom.

**MONDAY
Feb. 22**

5:30 p.m.
LEWISTON - Planning Board meeting via Zoom.

5:30-6:30 p.m.
LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

**TUESDAY
Feb. 23**

5:30 p.m.
AUBURN - Agriculture Committee meeting.

**WEDNESDAY
Feb. 24**

7:30 a.m.
AUBURN - Auburn Housing Authority Board of Commissioners meeting.

6 p.m.
AUBURN - Complete Streets Committee meeting.

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

BUSINESSES FOR SALE

Working small engine/outdoor Power equipment business.

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

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Cutting Boards

I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

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

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

HAIR SERVICES

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

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN?

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Deadline is 5pm every Friday.

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HOUSING

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

PAINTING

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

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

SENIORS

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Visiting Angels - non-medical assistance living. Serving Lewiston/Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/outings. Call for FREE in-home consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: MACKINAC ISLAND - 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 WILLIAMSBURG & 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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CATEGORY: _____

HEADLINE: _____

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