

# Gorham Times

Your Community Paper

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A Free, Not-for-Profit Newspaper Serving Gorham Since 1995

## Staying Aware of Our Mental Wellness During Pandemic

KRISTIN TUGMAN, PhD, CRC, LPC  
Contributing Writer

On March 11, I was standing in our upstairs hallway talking to my daughter, Kate, about what to pack for our trip to New York City for the high school National Championship track meet. We were leaving in the morning and I just kept wishing I could press fast forward so that we could get in the car and on our way before the meet officials changed their minds and canceled the meet. After all it's my daughter's senior year and that would be unthinkable.

Just as we said the words, "I am so glad they haven't canceled," an alert came across my phone. The NBA had canceled its season due to the Coronavirus. We quickly checked the Nationals' website; still on, and we both breathed a sigh of relief. I said, "no way they'll cancel now, its too late. I am sure there are athletes already there." We nodded in agreement and our family went to bed that night with the expectation that we'd get up and head to NYC in the morning.

I woke up at 1:30 a.m., and for some reason, I decided to check my phone. There it was. The headline I dreaded. "New Balance Nationals Cancels Meet."

I did not sleep the rest of the night. All I could think about was how to tell Kate when she woke up. Besides, what did this really mean? How bad is this? What would become of her senior year? Were the rumors true; were they really thinking of canceling spring sports? How could this be happening? We spent the next four days in somewhat of a fog just trying to support each other and re-group.

I woke up that Monday morning to realize that my company was asking me to put together a mental health strategy that we can use both for our own employees and the employers we work with to address the Coronavirus. As I read the request, I snapped out of my fog and realized that our mental health crisis was at risk of getting significantly worse not only in our country but in our own schools and communities and we had to get ahead of it.

The National Institute of Health

CONTINUED ON PAGE 9

## Keeping Gorham Residents Updated During COVID-19

### Town Adopts Emergency Management Ordinance

SHERI FABER  
Staff Writer

The Town Council voted unanimously to adopt an emergency management ordinance on March 24 in response to the COVID-19 pandemic after Governor Mills declared a State of Civil Emergency for the entire state in an attempt to address the threat from the virus.

There have been several confirmed cases of COVID-19 in Gorham. The Town Council determined that the situation warrants an ordinance for the preservation of public health, safety and welfare, and voted to establish an emergency management team. This team is composed of all Town Departments working under this ordinance to prepare for and carry out all emergency functions.



Photo credit Roger Marchand

See more updates about Gorham's response to the COVID-19 pandemic on Page 4.

## Students' Message Spreads Through Gorham and Beyond



Photo credit Roger Marchand

A sign in Gorham reminds residents to "Protect Nana." In collaboration with the Maine Department of Education, Gorham High School students created a Public Service Announcement (PSA) for their peers, encouraging them to adhere to the Governor's guidance to stay home during the COVID-19 emergency and help prevent the spread of the coronavirus (COVID-19). The students worked virtually to create the video, which is now available on the Gorham School Department's Facebook page and the Maine Department of Education's YouTube Channel with closed captioning: GSH Student Social Distancing PSA (<https://youtu.be/XY1fA6uRN8Q>). A special thank you to GHS teacher Adam Parvanta, Maine's 2019 Milken Award winner, for his help with this effort.

## Gorham Schools COVID-19 Update (AS OF MARCH 30, 2020)

HEATHER PERRY  
Superintendent of Gorham Schools

The Gorham Schools extended school closures until Monday, April 27. As conditions continue to change we will constantly re-assess this decision and make adjustments as conditions may warrant it. During this time all schools and school facilities will be closed to the public. Our teachers will continue to work with care, thoughtfulness and skill to provide learning opportunities for ALL students.

We are proud of the work that the staff and community have done together. At the same time we know that this is not a sprint, but a marathon. We will look forward to partnering with our community to keep learning happening while keeping our community safe.

The School Committee approved the Distance Learning Plan on March 25 during its first zoom meeting. The document can be reviewed on the Gorham Schools website. Please know that this document is intentionally vague and broad in order to offer our schools and staff the most flexibility possible as we continue to learn how to navigate this brave new world together. Each grade span, K-5, 6-8 and 9-12 will be completing what I call "companion documents" that align to this overarching plan and

CONTINUED ON PAGE 5

### NOTE TO READERS

While the Gorham Times is committed to bringing you the latest Gorham news, we are temporarily limiting the length of our printed edition to accommodate our volunteers and advertisers during this time.

inside theTimes f Instagram GOCAM YouTube

2 Augusta 4 Living 5 Easter Services  
6 Town/School 8 Sports 11 Community



**Policy on News from Augusta:** The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest and have an impact to Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

BRINGING THE NEWS TO ALL OF GORHAM  
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 Subscriptions and renewals are available online on our website.

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Ad deadline is the Wednesday of the week prior to issue date. Go to [www.gorhamtimes.com](http://www.gorhamtimes.com) and click on the advertising link for schedule.

**EDITORIAL POLICY**

The Gorham Times takes all reasonable care to prevent errors and disclaims all legal responsibility for any such errors, omissions, or typographical errors. The Gorham Times will print corrections if notified within 48 hours. We reserve the right to refuse publication of unsolicited materials. All submissions are subject to editing. Opinions expressed in the Gorham Times do not necessarily reflect those of the staff or publishers.

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# COVID-19 Update and Resources

REP. ANDREW MCLEAN

Since Maine's first case of COVID-19 was announced on March 12, individuals across our state have sprung into action. People in our community have quickly adapted to protect public health, from temporarily closing schools and businesses to moving to remote work, practicing social distancing, and more. I am grateful and proud for the consideration and support we are providing each other, and wanted to provide some additional insight and resources.

Gov. Mills has taken a number of actions to slow the spread of COVID-19 in Maine. Most notably, she proclaimed a state of civil emergency that brings Maine to highest alert and allows Gov. Mills to deploy all available state resources to protect the health and safety of Maine people. It also gives Maine more access to critical federal aid to boost response efforts. At this time, Gov. Mills is also mandating that all non-essential businesses and operations in Maine close their physical locations that are public facing, meaning those that allow customer, vendor or other in-person contact. Dine-in facilities are practicing curbside takeout or delivery, schools have shifted to remote learning and gatherings of more than 10 people are prohibited. While these are certainly big changes for our daily life, they are critical to keeping us healthy.

In the Legislature, while our second session generally runs through mid-April, the Presiding Officers made the decision to end our session on March 17. This was done in an effort to

adhere to social distancing guidelines and to keep staff, constituents, and our communities safe.

Before adjourning, my colleagues and I passed emergency legislation to help Mainers through this COVID-19 crisis. Among other things, we included provisions to temporarily expand unemployment insurance benefits; empower the state Department of Education to waive certain school-day requirements and ensure students continue to receive needed meals while schools are closed; allow remote participation in municipal meetings; establish a consumer loan guarantee program to help eligible Mainers access low- or no-interest loans; and authorize the Governor to prohibit utilities from terminating residential electric and water service during this period. We additionally designated at least \$11 million in state funding to further respond to COVID-19.

Because Gorham is a community so driven by our small business economy, I wanted to stress a few resources available to our local businesses and the folks they employ. The US Small Business Administration is offering Maine more access to Economic Impact Disaster Loans. Businesses can check eligibility and apply online. As part of our efforts to make unemployment insurance benefits more accessible, employers can use a Maine Department of Labor program called Workshare to make sure their employees get partial unemployment benefits if their hours are reduced. Plus, we've made more consumer loans available at low-to-no interest with the help of Maine lenders.

In addition to our small businesses, I know many of us are worried about how the ongoing COVID-19 response and impacts may affect our farming industry. I am pushing for further guidance and policies from the administration to address the specific needs of our community. In the meantime, I encourage everyone to keep supporting our local farmers and vendors.

The University of Maine Cooperative Extension has created a Farm Product and Pick-Up Directory, which can be found at <https://extension.umaine.edu/>. This is an incredible resource that is being updated regularly as additional farms are included and product availability is shared.

Finally, if you have questions or concerns about COVID-19, the Maine CDC has set up a hotline that is available by calling 211 or 866-811-5695. It can also be reached by texting your zip code to 207-898-211 or emailing [info@211maine.org](mailto:info@211maine.org). And of course, please use me as a resource if you have any questions about any assistance program that may be helpful to you. While the Legislature has adjourned, my staff and I are still here to serve. Please don't hesitate to reach out via email if there is anything we can do to help.



Rep. Andrew McLean, D-Gorham, is serving his fourth term in the Maine House. He is House Chair of the Transportation Committee and represents parts of both Gorham and Scarborough. (207) 939-8482, (800) 423-2900, [andrew.mclean@legislature.maine.gov](mailto:andrew.mclean@legislature.maine.gov)

## Around Town

Town Manager Ephrem Paraschak has taken a leave of absence. Tom Poirier, Director of Community Development, has been appointed in his absence.

A Facebook page called "Gorham Business Support" has been established to provide real time information about Gorham businesses. Residents can support businesses during closures by purchasing gift cards for future visits.

## NEXT GORHAM TIMES DEADLINES:

- APR. 8
- APR. 22
- MAY 6
- MAY 20
- JUNE 3
- JUNE 17





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# COVID-19: An Insurance Perspective

JOAN P. HOPKINS

The unexpected and sudden shutdown of businesses and organizations due to the COVID-19 outbreak has had an extraordinary impact on our economy that will be felt for years to come. Future disaster recovery planning will likely place pandemic events even higher on the list of risk management priorities than in the past.

However, before we can focus on future events, we must work through the current crisis. There is little doubt that most businesses and organizations will suffer losses involving interruption of business and additional operating expenses associated with the COVID-19 event. In the months to come, there will be intense scrutiny into the availability of insurance coverage for business interruption losses associated with the COVID-19 event.

There are barriers to coverage that undoubtedly will be raised by insurance companies, which include:

- Most property policies require

that for a business interruption loss to be covered, it must be caused by "direct physical loss of or damage to property at premises which are described in the Declarations."

- Aside from the requirement of direct physical loss, many policies do contain specific exclusions for virus-related losses. These exclusions were developed in 2006, reviewed and approved by state insurance departments and are widely used.

Although these barriers may serve to preclude coverage for COVID-19 related business interruption losses, we encourage customers to file claims with their insurers for several reasons:

- The insurance company has the burden to prove that there is no coverage under the policy. Insurers are obligated to investigate all relevant facts and circumstances surrounding a claim and evaluate coverage under the policy.

- There may be governmental and judicial intervention that could compel insurers to pay losses that may not technically be covered. There are ongoing legislative discussions in multiple states on this topic.

- The state and federal government have passed a variety of bills, such as the federal "CARES ACT" which includes a "payroll protection" element to help with the economic fallout from the COVID-19 pandemic. Having detailed and accurate records will be helpful to document a claim. Also, a governmental assistance program is likely to require evidence that an insurance claim has been submitted.

In addition to concerns with business closures and/or reduction in revenue as a result of the COVID-19 pandemic, employers are also worried about the safety and well-being of their employees. The question has been raised as to whether coronavi-

rus infection would be compensable under their Workers' Compensation policy. In order for a case of COVID-19 to be compensable, there would need to be evidence that the work the employee performed put them at greater risk than the general public as a whole, such as could be the case for a healthcare worker. This could be a difficult standard to meet for other types of work, as there must be clear evidence that the virus was contracted while at work versus elsewhere.

Regardless, the best practice is to report a claim to your Workers' Compensation carrier when:

- An employee asserts that they contracted the COVID-19 virus while at work, or

- An employee requests wage replacement benefits due to time away related to COVID-19, or

- An employee requests medical treatment related to COVID-19

All claims will be investigated thoroughly and coverage will be determined on a case-by-case basis.

These are trying times, to say

the least, but there are a few ways for some businesses to gain a bit of premium relief:

The premium for many General Liability policies is based on either estimated revenue or estimated payroll, depending on the type of business. If you are expecting your sales to be down or have had to lay off employees, you may request that your premium be adjusted to reflect these reduced exposures.

Workers' Compensation policies are based on estimated payroll, which may also be adjusted downward. Furthermore, you might consider switching to a "pay-as-you-go" plan, where you would upload payroll reports with each payroll cycle and your premium would be deducted from your account based on actual wages for that period. If you have no payroll, you would owe zero premium.

Have a discussion with your agent about whether you are carrying any "non-essential" coverages that you could go without, even if it's temporary. While this would be a last resort, it may be a conversation worth having so that you can make an informed decision about what is best for your business.

Lastly, it is important to note that most insurance companies have overwhelmingly expressed a willingness to work with businesses who may be struggling to pay their premiums. Many have offered to defer or modify installments, waive reinstatement fees, and even suspend cancellations. If you find that you are in need of assistance, please reach out to your agent or to the billing department of your insurance company. They are there to provide support and assist in any way they can.

Joan P. Hopkins is a Senior Account Executive at Clark Insurance.

IT IS IMPORTANT TO NOTE THAT MOST INSURANCE COMPANIES HAVE OVERWHELMINGLY EXPRESSED A WILLINGNESS TO WORK WITH BUSINESSES WHO MAY BE STRUGGLING TO PAY THEIR PREMIUMS.

# Local Field Trip Options for Parents

RACHELLE CURRAN APSE  
Director of Presumpscot Regional Land Trust

As a working parent of two young kids, adding homeschooling to my daily requirements has been overwhelming to say the least. To keep our spirits up, get exercise, and decrease the cabin fever, I aim to bring the kids on a morning field trip to a local forested trail every sunny day to explore our fascinating local landscape.

On our first trip, we went to the Nelson Preserve to walk the 1.5 mile loop trail on conserved land owned by the Presumpscot Regional Land Trust (PRLT). It is located next to 187 Flaggy Meadow Road in Gorham.

On our adventure, we practiced math skills with a scavenger hunt to collect different types of leaves and seeds. We explored life sciences when listening to different bird songs and observing woodpecker holes. We ate tasty snacks, jumped off stumps, climbed on downed logs, and all felt much better about life by the end of our exploration. We are planning to head to Black Brook Preserve on Windham Center Road next.

The Presumpscot Regional Land Trust has an interactive online map with all the walking and hiking trails in Gorham, Gray, Standish, Westbrook, and Windham. Plus downloadable maps for all 14 Land Trust trails, plus the Sebago to the Sea Trail (a 28-mile



Photo credit Rachelle Curran Apse

PRLT Director Rachelle Curran Apse brought her children on a recent field trip to the Nelson Preserve in Gorham.

trail from Sebago Lake to Casco Bay). All of these trails are free and open to the public and families are welcome to explore the land. This is all possible thanks to the support of hundreds of Land Trust members and business partners, go to [www.prlt.org/preserves-trails](http://www.prlt.org/preserves-trails) to learn more. Happy adventuring.



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# Tips to Naturally Boost Your Immune System

RAMONA ALLEN

In the light of current events, maintaining a healthy immune system has come to the forefront of personal health and wellness goals for many people. Joseph Pilates advises that, "The man who uses intelligence with respect to his diet, his sleep habits, and who exercises properly, is beyond question of doubt taking the very best preventative medicines provided so freely and abundantly by nature." Here are some practical and economic tips for keeping your body's natural defense system operating at peak. These suggestions are easy to include in your routine at home.

1) Follow the 8x8 rule of drinking water. Drinking eight eight-ounce glasses per day flushes out the toxins, free radicals, and bacteria that weaken immune function. Consumed water also delivers much needed oxygen throughout the entire body and produces lymph fluid which will help to carry toxic waste out of the body.

2) Add cut lemon and lime wedges to your water. These citrus fruits contain high levels of antioxidants and vitamin C. Drinking these juices will aid in the absorption of iron and assist with cell repair and wound healing through collagen production.

3) Sleep for at least seven hours every night. Deep and consistent sleep will directly improve immune response against viral infections through the production of T-cells. Conversely, studies show that sleeping for less than seven hours per night keeps stress hormones high and T-Cell production low, both of which increase vulnerability to infection.

4) Put your legs up on the wall for 5-15 minutes every day to supercharge

your lymphatic system. This is a simple restorative yoga pose for which you don't need strength or flexibility. Just lay on the floor with your legs raised and propped up against the wall to help your body circulate white blood cell enriched lymph fluid. This fluid whisks away viruses, bacteria, and toxins from the body. It is only pumped through the body with movement, so it is vital to assist the body through regular exercise and an inversion pose such as this to keep your immune system functioning well.

5) Practice kindness and forgiveness, for yourself and others. Research studies show that practicing, receiving, or even observing acts of kindness will increase the body's immune defenses and decrease the amount of illness recovery time.

The path to kindness is paved by the release of hostility through forgiveness. Hanging on to grudges weakens the immune system by keeping the nervous system in a state of fight or flight. This interferes with the ability of the nervous system to regulate the immune cells associated with the gut. If hurt and disappointment have left a knot in your stomach, it is important for your health that you seek to let it go. As Marianne Williamson said, "forgiveness is the ultimate preventative medicine as well as the greatest healer."



Ramona Allen, owner of Gorham Reflexology, is a certified Reflexologist. Her passion for sharing the art of self-care and stress reduction grew from her undergraduate studies in psychology and health and wellness coaching at Liberty University.

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## Town Updates CONTINUED FROM PAGE 1

### Town Extends Closure of Facilities

COURTESY OF TOWN OF GORHAM

All Town of Gorham Facilities will remain closed to the general public through April 7. The closure applies to all municipal buildings and recreation facilities, which includes all soccer fields, multi-purpose fields and playgrounds. Additionally, Gorham Recreation's April Vacation Camp has been canceled and the Before and After School Care program will remain suspended until the

Gorham School District closure is lifted. Currently, Gorham Schools are closed until April 27, 2020. Town departments will remain operational with reduced staffing levels to perform essential services only. We will continue to support online services, mailing services and phone services.

Please visit <https://www.gorham-me.org/home/pages/online-transactions> for a list of available online services, or call 222-1600 for a department directory.

### Clerk's Corner

LAURIE NORDFORS  
Town Clerk

If you need assistance or have a question for the Town Clerk's Office, please call 222-1670 and leave a message. Messages are being checked every hour.

The State has granted an extension for all re-registrations that were due in

March and April, and new registrations from a dealer sale (with a temporary plate) to 30 days after the Emergency order is lifted in Maine. You can re-register your vehicle online through our website at [www.gorham-me.us](http://www.gorham-me.us) under "How do I?". Boat and fishing licensed can be purchased online as well.

Tax payments can be mailed to our office and will be processed.

### Chief Sanborn Reports

CHRISTOPHER SANBORN  
Chief of Police

While the Gorham Police Department lobby is closed to the general public, law enforcement services remain fully functional for the community. The vestibule at the Police Department is open with a call box that rings directly to the Cumberland County Regional Communications Center. Please call 839-5581 for business purposes or call 911 in the event of an emergency. Gorham Police Department Administrative Offices can be contacted by calling 222-

1660 Monday through Friday from 8:30 a.m. to 4:30 p.m.

If anyone is in need of any assistance or looking for volunteer opportunities during this public health crisis, call 222-1660. Please leave your name, email address and phone number.

Please practice recommendations from the CDC to include social distancing and good hand washing. For more information visit the Town of Gorham website and access the COVID-19 updates button. Please remember to check on your neighbors and take care of yourself and your family.

### Chief Lefebvre Reports

ROBERT LEFEBVRE  
Fire Chief

All fire stations are in lock down which means only public safety staff may enter - no family members, friends, or the public. The Dispatch Center is screening all calls asking several questions about possible symptoms and then passing that information to responding crews regarding possible exposure. We have two Rescues staffed 24/7 with a third Rescue available if needed.

All on duty staff are being screened at least twice a day once when coming on

duty and when going off duty. Any showing symptoms are sent home and quarantined until cleared by medical staff.

Crews are wearing complete protective clothing on any calls that have known or potential exposures. This includes gloves, coveralls, and eye protection, and we are trying to limit the number of crew members on each call. Ambulances are decontaminated after each call, which takes time and removes the truck from service for a longer than normal time.

We will not be issuing any burn permits until at least April 7 due to minimum staffing and unnecessary staff exposure.

### Staying Connected Virtually

KATHY CORBETT  
Staff Writer

The Town of Gorham and the School Department are holding virtual meetings and are making sure the public can attend them, too. State law permits government entities to conduct business at these meetings as long as the public has access and can participate during the time for public comment.

By going to the Town of Gorham website, people should click on Minutes & Agendas. This should bring up the agen-

das for upcoming meetings with instructions on how to access them via Zoom on either a computer or phone.

By going to the Gorham Schools website or by clicking Gorham Schools on the Town website, people can go to About Us and then to the School Committee tab. Scroll down to New School Committee Meeting Information — COVID-19 Related Changes. There is information detailing how to access upcoming meetings via Zoom. Once at the virtual meeting, people will be asked to mute their devices and wait for instructions.

For further updates or more details on any of the above, visit [www.gorham-me.org](http://www.gorham-me.org).





# EASTER SERVICES

\* Please note that service details may change after publication. We suggest that you call ahead to confirm in person gatherings.

## Centerpoint Church

53 County Road, Gorham  
Pastor Ben Thornton, 370-8182  
~ In a time of social distancing, Easter tells us we can still draw near to Jesus. He rose! This changes everything! Have a blessed Easter with friends and family.

## Cressey Road United Methodist Church

81 Cressey Road, Gorham  
Pastor Joseph Saunders, 839-3111  
Apr 4 - Palms will be available (while supplies last) outside the church for pick-up beginning at noon  
Apr 5 - Palm Sunday, 10 a.m. online service  
Apr 10 - Good Friday, 7 p.m. online service  
Apr 12 - Sunrise Service, 6 a.m. around the campfire at the CRUMC fire ring  
Apr 12 - DRIVE-IN CHURCH SERVICE, 10 a.m. in the CRUMC parking lot, rain or shine.  
Bring your own coffee and donut and join us from the comfort of your car. The service will also be available online.  
All online services can also be accessed through <https://www.facebook.com/CRUMCGorham/> or the church website at <https://www.cresseyrdumc.org/>

## First Parish Congregational Church, UCC

One Church Street, Gorham  
Lead Minister Christine Dyke, 839-6751  
Apr 5 - Palm Sunday, 10 a.m. livestream, Palms available outside the front doors of church  
Apr 9 - Maundy Thursday, 6 p.m. Communion & Worship livestream, BYO bread and juice  
Apr 10 - Good Friday, TBD, check website  
Apr 12 - Easter Sunday, TBD, check website  
Facebook: <https://www.facebook.com/FirstParish.Gorham/>  
YouTube Channel: First Parish Congregational Church Gorham Maine. <https://www.youtube.com/channel/UCGADCrAh8FNyFkdIOAlxekQ>  
[www.firstparishgorham.org](http://www.firstparishgorham.org)

## Fort Hill Community Church

668 Gray Road, Gorham  
Pastor Aaron Manning, 592-4987  
April 12 - Easter Sunday, 10 a.m. online  
Live streaming via Facebook Page: Fort Hill Community Church or access from website: [www.forthillchurch.com](http://www.forthillchurch.com)

## Galilee Church

317 Main Street, Gorham  
Pastor Mark Labacz, 839-6985  
Please visit [galileebc.org](http://galileebc.org) or [facebook.com/gbc-gorham](https://facebook.com/gbc-gorham) for more details  
~ Jesus said, "In this world you will trouble, but fear not, I have overcome the world." We are praying that you find comfort and hope during this time of trouble in the One who overcomes it all.

## Grace Bible Church

74 Deering Road, Gorham  
Pastor Bob White, 839-8800  
Information not available. Please call church directly for details.

## LifeChurch

8 Elkins Road, Gorham  
Brian Undlin, 839-6354  
Apr 9 - 6:30 p.m. Online service  
Apr 11 - Holy Saturday, 5 p.m. Online service  
Apr 12 - Easter Sunday, 8 a.m., 9:30 a.m., 11 a.m., Services for all ages online  
[Lifechurchmaine.org](http://Lifechurchmaine.org)

## Orchard Community Church

1 North Street/Rt. 114, Gorham  
Pastor Brian Ward, 210-0627  
Apr 12 - Easter Service, 9:30 a.m. via Facebook Live  
[facebook.com/TheOrchardCommunityChurch/](https://facebook.com/TheOrchardCommunityChurch/)

## Redeemer Lutheran Church

410 Main St., Gorham  
Rev. Timothy Sandeno, 839-7100  
[www.redeemermaine.org](http://www.redeemermaine.org)  
Daily online services from Palm Sunday through Easter. Check website for streaming info.

## St. Ann's Episcopal Church

40 Windham Center Road (Off River Road), Windham  
Rev. Tim Higgins, 892-8447 (cell 632-4046)  
Sunday mornings 9 a.m. online services and updates  
[facebook.com/stannsepicopalchurch](https://facebook.com/stannsepicopalchurch)

## St. Anne's Catholic Church

299 Main Street, Gorham  
Pastor Rev Lou Phillips, 857-0490, ext 1006  
Parochial Vicar Fr. Stephen Cartwright, ext 1007  
Online Palm Sunday and Holy Week Masses will be listed at <https://www.stannegorham.com/>

## Summit Community Church

Rev. Travis Bush, 839-4434  
Learn about Easter services online at [summitmaine.org](http://summitmaine.org), via Facebook, or YouTube  
~ It's impossible to ignore our present situation, but we take heart that we can put our hope and trust in an unfailing God. Summit loves the Gorham community and we are here for you.

## United Church of Christ at North Gorham

4 Standish Neck Road, Gorham  
David Farrington, 892-5363  
~ In light of the current community health concerns, all services are canceled until further notice. Sermons and reflections will continue to be updated at <https://northgorhamchurch.org>

## West Gorham Union Church

190 Ossipee Trail, Gorham  
Pastor Nathan Colson, 839-5946  
~ We are tentatively planning to have our Easter Sunrise Service on Hoyt's Hill on Rust Road overlooking the church at 6:30 a.m. Easter Morning. We will practice social distancing. If this is not possible, we will post a cancellation notice on our Facebook page and leave a message on the church voicemail. [facebook.com/WestGorhamChurch/](https://facebook.com/WestGorhamChurch/)

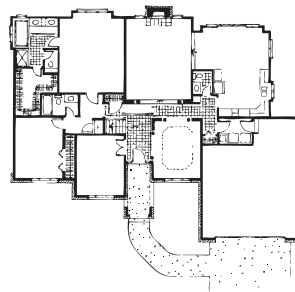
## White Rock Free Baptist Church

300 Sebago Lake Road, Gorham  
Pastor Jonathan Marshall, 893-1919, [wrfbc.org](http://wrfbc.org)  
Apr 9 - Maundy Thursday Service with Communion, 6:30 p.m.  
Apr 10 - Good Friday Service, 6:30 p.m.  
Apr 12 - Easter Sunrise Service, 7 a.m.; Easter Breakfast, 8 a.m.; Sunday Service, 10:45 a.m.

# HAPPY EASTER!

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## Gorham Schools CONTINUED FROM PAGE 1

provide much more detailed expectations. These documents will be shared with all of you by building principals moving forward.

Special Education and other support programs started actual instructional programming earlier this week. Similar to our regular education classroom "roll out," the first few weeks of programming will be focused first on establishing communication with families and methods that work for each family to provide the much needed supports that we know exist.

If you are a special education parent or a parent of a child receiving other supports (such as RTI, 504, ELL, G&T) and you have not had direct contact from a teacher or case manager by the end of this week, please reach out to your building principal to let them know.

Daily attendance is now being taken based on participation in homework and assigned activities. The information will be used to help staff understand the barriers that may exist for students and whether further support is needed.

Social distancing is still an important aspect of what the schools and the community are trying to achieve, and we encourage families to continue to practice social distancing as the data suggests that the worst is still to come.

The School Committee decided to keep moving forward with meeting on their regular schedule. Regular meetings will take place on the 2nd Wednesday of each month beginning at 7:00 p.m. (unless otherwise noted on the agenda). Workshop meetings occur on the 4th Wednesday of each month also at 7:00 p.m. (unless otherwise noted). All agendas will be posted on the Gorham Website ([www.gorhamschools.org](http://www.gorhamschools.org)). At the top of each agenda will be the URL and/or phone number for how to access each zoom meeting.

If anyone has questions about how to access this information, please reach out to me via email at [heather.perry@gorhamschools.org](mailto:heather.perry@gorhamschools.org).

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# Coming Together



Photo credit Cathy Walter

Gorham Times volunteer Cathy Walter cobbled together old supplies to create a reminder for her neighbors during these uncertain times.



Courtesy of Julie Perkins

Sara Stickney Hanken and her son PJ created some color and joy for the residents at Inn at Village Square, while one resident had a special visit from her family.



Photo credit Johanna Hanselman

The free library on Elm Street isn't just for books anymore. One thoughtful resident added a much needed commodity last week. As one resident shared, "Gorham folks are helping each other in all sorts of ways!"

## Operation Feed Gorham: No One Left Hungry

MAUREEN O'BRIEN  
ASPIRE Gorham

With schools closed to the public, nearly all Gorham Schools employees are working remotely. But not everyone can work from home.

Every weekday morning, school kitchens are bustling with activity, as School Nutrition Program crews prepare lunch for more than 200 students. After just a few days, Operation Feed Gorham was running like a well-oiled machine.

Lunches are made and bagged by kitchen staff, then picked up by bus drivers and delivered to four sites around Gorham. Education technicians and bus drivers work together to distribute lunches, all while maintaining the appropriate six-foot buffer recommended under social distancing guidelines.

In the first seven days, Operation Feed Gorham distributed more than 1,200 bagged lunches. As of March 30, breakfast was also included. Organizers expect demand to grow as Covid-19 shutdowns continue, so they are adding lunch production sites at Village and Great Falls Elementary Schools.



Superintendent Heather Perry is grateful for the community response. "Operation Feed Gorham is just another shining example of how our incredible community comes together in times of need. Even when we can't literally come together, we still find a way," she said.

The lunch program is open to any Gorham student. There are no eligibility requirements. Families can sign up on the Dining Services section of the district's website, or stop by one of the pickup locations Monday through Friday from 11 a.m. to 1 p.m.



Photo credit Maureen O'Brien

Pictured (top) is the Gorham High School kitchen crew (l to r): Alicia Jeffords, Jamie Hychko, Laurie Scaplen, Michelle Coyne, and Deb "Pokey" Tucker. Pictured (top left) is what a typical breakfast/lunch combo looks like. Pictured (bottom right) is the Gorham Middle and Elementary Schools kitchen crew (l to r): Diana Blanchard, Kirsten Erickson, Pat Hinkley, Becky Phinney, and Nancy Aceto.

### School Notes

Superintendent Heather Perry continues to update her blogpost during the COVID-19 pandemic. To read the latest on happenings within Gorham Schools as well as upcoming online School Committee meeting and "Dunk and Discuss" series, both moved to Zoom platform, visit: <https://gorhamsuperintendent.blogspot.com/>.

Gorham Kindergarten Screenings that were previously scheduled for the first week of April have been postponed to June 1-5. Anyone who had previously set up an appointment should have gotten an email from their respective school secretary. If you have not set up an appointment for your student to get screened or have any questions, please reach out to your school secretary via email: Great Falls: [julie.murray@gorhamschools.org](mailto:julie.murray@gorhamschools.org); Village: [mia.desanctis@gorhamschools.org](mailto:mia.desanctis@gorhamschools.org); and Narragansett: [sylvia.hawkes@gorhamschools.org](mailto:sylvia.hawkes@gorhamschools.org).

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# as a Community...



Photo credit Stacy Sallinen

The Gorham Times helped deliver the call, you answered! Artwork and notes were collected and delivered to our friends at Gorham House and Inn at Village Square.



Photo credit Sarah O'Sullivan

The entire team at Gorham House has been working valiantly to continue to provide top-notch care, while adhering to the CDC protocol during these uncharted waters. Communication with families and keeping residents happy and moving are at the forefront of efforts. Gorham House has been sharing photos that capture the importance of humor and the usefulness of social media during this time.

## Gorham's Backpack Program in Need of Donations

HEATHER WHITAKER  
GMS Alternative Ed Teacher

Given the pandemic, the Backpack Program has seen an increase in the number of families it is serving on a weekly basis and program donations are down significantly from previous years.

The first year the Backpack program operated, we received \$19,000 in donations. Last year, we received \$17,000, and this year we have only received \$6,600. The remaining funds rolled over from last year have been used up and now we only have roughly \$3,900 left in the account. This means the program has funds to purchase one more month of food.

During school closures due to COVID-19, the Backpack Program is being offered in partnership with the Gorham School Nutrition Program. Families may pick up one bag per week for each child in their household (regardless of age) at any of the four locations throughout Gorham from 11 a.m. to 1 p.m.

Any changes in the nutrition program will be communicated in Superintendent Heather



Operation Feed Gorham volunteers distributing Backpack bags: Heather Whitaker (Gorham Middle School), Jim McQuinn (Great Falls), Joan Anderson (Great Falls) Brandy Waters (parent volunteer), Heather Chadbourne (Great Falls), and Deidre Hamblen (Village).



BackPack bags, ready for distribution, were packed by volunteers during school closure. A thank you goes to Kristin Wentworth, Brandy Water, Donna Perrault, Rich Obrey, Buffy Houpp, and Bill and Wendy Couch.

Perry's blog updates. If you need additional support, please contact the Gorham Food Pantry at 222-4351.

The Backpack Program helps Gorham students who are suffering from the effects of hunger with nutritious, easy-to-prepare food to eat during weekends and school vacations when those crucial school meals are unavailable. Please consider helping students experiencing food insecurity.

Community members are encouraged to follow the Gorham Backpack Program on Facebook to receive up-to-date information about needs.

Donation checks can be made out to: Gorham School Department with Backpack Program written in the memo line. A receipt will be mailed for tax purposes. Please send to: Hollis Cobb, Finance Officer, Gorham School Department, 75 South Street, Gorham, Maine 04038.

<https://www.facebook.com/GorhamBackPackProgram/>



Photo credit Johann Buisman

Hannaford Supermarkets has reserved 6-7 a.m. Tuesdays through Thursdays for customers 60+ and those considered high risk by the CDC. Additionally, store hours are now 7 a.m. to 9 p.m. until further notice. As one resident shared, "We were there at 5:50 and there was a big line at both doors. The second it opened everyone beelined not to produce but to the TP and medicine area. At 6:03 we got the second to last pack of TP! Tylenol was also completely gone. Deli and meat counters closed. Tellers can't hand you a receipt. It is placed in a basket for you to pick up. It was an unique experience for sure. A real sign of the times."

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## Spring Athletics Update

COURTESY OF TIM SPEAR  
GHS Athletic Director

The Maine Principals Association (MPA) announced that the start of spring sports is delayed until April 27. At this time the MPA and schools are still waiting for more information to determine and plan for the beginning of the season, the length of the season, and what other aspects of the season will look like. When we have this information it will be shared with coaches and our Gorham families.

Some information I can share with you:

- You are ok to communicate with coaches online to ask for information.
- Players should not be organizing or planning practices or workouts together as a team.
- You can workout on your own the best you can. (Running, lifting, stick skills, etc...) Without knowing what the "preseason" may look like, conditioning will be very important!
- The school is closed. No one is allowed in the school without administrative permission.
- USM is also closed. Players should not be trying to access that field or space.
- This is a great time to make sure you the players are registered and have an up to date physical so that when the season begins we are 100% ready.

## Fishing Options Open Up

COMPILED BY DESTINY COOK  
Sports Editor

In an effort to encourage Mainers to get outside and safely practice social distancing, Governor Janet Mills and Commissioner Judy Camuso enacted the following changes effective immediately.

**Licensing:** Anglers are permitted to fish in inland waters without the required recreational fishing license through April 30, 2020. This change does not apply to individuals whose license has been suspended or revoked. This change does not apply to activities which require a commercial freshwater fishing license or permit.

**Season Changes:** All inland waters that are traditionally open to open water fishing on April 1 will now be open to open water fishing effective immediately. This change does not open any body of water to ice fishing that is currently closed to ice fishing.

All other tackle, length and bag limits, and special regulations still apply.

Visit the Maine Department of Inland & Fisheries website for more information.

## Keeping Your Family Active and Engaged

DESTINY COOK  
Sports Editor

It is a very confusing and trying time for all of us, as the unease of not knowing what's next continues to set in. Most of us are social distancing in our homes and have been for several weeks. Whether you live alone, have young children at home, or have college students who have returned home early, finding a new normal no matter your circumstances can be difficult. With the technology today, we have many options to binge watch our favorite shows or movies, but now more than ever, being active and engaged can also be a big stress release.

Having graduated from the University of Maine at Machias with a degree in Recreation Management, this is one of those times I appreciate the knowledge I gained from some of my classes. One class in particular was called "New Games," and the point was to take an old game and adapt it to make it a bit different. Whether it's a game of kickball using a beachball or a game of charades using your child's vocabulary words, being creative and playing together as a family can help take our minds off of the daily reminder that we are, in fact, stuck at home.

The following are some ideas for games, apps and activities that I have compiled in hopes of bringing families together in fun. Some of these ideas can be used to incorporate learning into the fun as well!

**1. Pictionary or Charades:** Does your child have a list of vocabulary words they have to memorize? Do they have a History quiz coming up? Create a stack of words, phrases or historical figures/references and make it a fun family game. You can separate into age appropriate groups.

**2. Taboo:** This is another great game where you can use your children's lessons as a means of making a game. In Taboo, your partner must communicate a concept or word without using a spe-

cific list of words. For example, if the word is "flower," taboo words could be petal, stem, smell, and pretty.

**3. Chalk:** Getting out the chalk now that it's spring can be fun. You can take math class outside or draw up a hopscotch or 4-square. Another idea is to make a bean bag game. Draw a small circle (big enough to throw a bean bag into) and mark it 50 points. Continue drawing a circle around the smaller and so on marking the next 40 points until your last circle is 10 points. You can use bean bags or small stones to try to get as many points as you can.

**4. Homemade Games:** If you are feeling stuck inside, here a few fun things you can do. First, you can make an indoor "tennis" game simply by making rackets from paper plates and popsicle sticks and using a balloon for the ball. Second, you can make use of those leftover "foam peanuts" from your Christmas packages for a relay/counting game. Using chopsticks or something similar, put the peanuts in the middle of the table, each person tries to pick up the peanuts and put them in a dish, with the most peanuts winning. Finally, you can create an indoor or outdoor bowling alley using water bottles. Inside, you can use empty bottles and a nerf type ball; outside you can fill the water bottles (for fun you can add food coloring).

**5. Cornhole:** This is a fun, competitive game for adults as well as children. It can be played inside (in a big enough room), outside, or on a porch. Have the kids keep score to incorporate math.

**6. Board/Card Games:** At our house, we started playing Rummy before the pandemic began. It is a great addition and subtraction game. After polling family and friends, here are a few other (some classic) games for you to consider: Dominos, Spades, Skip-Bo, Uno, Cribbage, LRC (Left, Right, Center), Phase 10, or you could have a game of WAR. Digging in the board game cupboard, I have many memories

CONTINUED ON NEXT PAGE



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**Keeping Active** CONTINUED FROM PAGE 8

of playing Connect Four and Trouble with our boys. A few other favorites are the old school games like Monopoly, Risk, Clue, Scrabble (great for spelling), Yahtzee, and there's nothing like a good family game of Twister. Some can also be found in the app store if you don't have the board game at home.

**7. Game Apps:** Using apps to play games can be a fun way to connect with family and friends "on the outside" during this time at home. A few fan favorites from friends and family include: Heads Up!, Psych, Catan, Quiz Up, Words with Friends, Mad Libs, Marble Mixer, Ticket to Ride, or get moving with Dance Party. Most games can be downloaded on a smart phone. Be aware, some may have age restrictions.

As adults, we may be feeling uncertain and overwhelmed. It is important to remember the young people in our lives are feeling the same way. Sometimes all it takes is some family game time or a little fresh air to lighten the load we are carrying.

# North Gorham Stays Home

KATHY CORBETT  
Staff Writer

On North Gorham Road, ten miles from the Village, it looks like a normal day in early spring. Sap buckets are hanging off Maple trees, people raking their yards wave to their neighbors, a retired couple takes a daily morning walk, a single jogger runs purposely down the street. An occasional truck or SUV drives by or pulls into a long driveway. There are no empty sidewalks or stores because there are no sidewalk or stores.

But for North Gorham life is very different from what it was a month ago, as it is for everyone. The "center" of the neighborhood on the street's corner at Standish Neck Road is empty save for the firemen on call. Neither the church nor the library are open except by phone or email. Jenn Plummer, who runs the North Gorham Library with the help of volunteers, is offering to deliver books to patrons who leave a message requesting them. The library's book club is discussing "Washington



Photo credit Kathy Corbett

Pet owners are enjoying the additional time together with their pets. Grace Flynn has more time to walk her dogs now that she is home from GHS. She and her father, Patrick, walk down North Gorham Road with Gilly, one of their two lively Labradoodles.

Black" this month by email. The Writers Group is also "sharing themselves and their work" by email. Our two neighbors, the Merrifield and Lockman families, who boiled sap into maple syrup and are selling their products to drive-

up and online customers after Maine Maple Sunday was postponed.

Betty, who delivers our mail, told a woman who lives alone to put a note in her mailbox if she needed something. But North Gorham's housebound seniors are used to stocking up and, as this is Maine, many have adult children nearby to help out. Emma Gilman has a full freezer. She calls herself a "Soupaholic" with lots of cottage cheese cartons full of frozen homemade soup.

John Labrecque remembers only two other times when the neighborhood felt so isolated: once during the '98 ice storm, and earlier in 1952, when the snow was so deep the road was blocked and a neighbor with a Jeep brought in supplies from Windham. Although John and his wife Betty are in their 80s and have a full freezer, they are still helping out at the Gorham Food Pantry.

One neighbor in her nineties, Jan Bell, always says if you are bored, "do some handwork," so we are knitting, crocheting, quilting, and rug-hooking.

CONTINUED ON NEXT PAGE

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reports that one in five of us will experience a mental health condition in any given year. The uncertainty attached to this crisis, the social distancing, and isolation puts us at risk of an increase in the number of us who will experience a mental health condition. We are already seeing a significant increase in anxiety diagnoses in China with 42.6% of those who were in isolation being diagnosed.

I tell you this Gorham because this is hard. What you are feeling is normal but if left unchecked we are at risk of more significant mental health consequences. There are important steps we can take to remain self-aware. In addition, if we engage in self-care efforts now, we will have a better chance to stay mentally healthy during and in the aftermath of these difficult circumstances.

The American Psychological Association has listed the following as mental health risks of isolation and quarantine as well as some self-care techniques to mitigate these risks. There are normal emotional responses to social distancing, isolation and quarantine that can be mitigated if we remain self-aware:

**Fear and anxiety** – The natural by-product of this uncertainty is fear and anxiety. It is normal to be worried about what will happen next and/or about the idea of family members contracting the COVID-19. Some people may have trouble sleeping. It is also normal to feel nervous about supplies such as food and medication.

**Boredom, loneliness, and sadness** – A hiatus from normal activity such as school, work or social activities can cause low mood or depression.

**Anger, frustration, or irritability** – Loss of control can lead to anger with those imposing restrictions. You may also feel frustrated or angry at those who may have contracted the virus or put others at risk.

**Stigma** – If you are exposed or sick you may feel stigma given public fears that others may contract the virus from you. This can feel even more isolating and lead to depression.

The following coping suggestions may help:

Create and follow a daily routine – Preserving a daily routine can help both adults and children feel a sense of structure and normalcy. Control what you can control during this time. Get up at a certain time, get ready for your day, and incorporate productive activities such as learning, exercising, and other healthy hobbies as needed.

Limit news consumption to reliable sources and balance with other activities – Spend a significant amount of time each day away from the news cycle and engage in other activities such as reading, listening to music, or meditation.

Stay virtually connected to people – Emotional connection is vital during this time. Remain connected to loved ones through text, phone calls, video chat and social media. If you are feeling anxious confide in someone you trust. Connect with those who are in a similar situation to yourself.

Maintain a healthy lifestyle – Get enough sleep, eat healthy, exercise in your home, go for walks and get some fresh air. If needed, consider telehealth psychological therapy. Many of the therapists in Gorham are engaging in video therapy. Also, if applicable you can consult your human resource team at work about an Employee Assistance Program (EAP). Workplace EAPs will be able to

offer a set number of mental health therapy sessions.

Stress and Mental Health management – Did you know that exhaling longer than you inhale positively impacts the anxiety center of your brain? Try breathing exercises. Breathe in for four seconds, hold for four seconds, and exhale for as long as you can. Do this four times for one cycle and do it at least once per day or as much as needed. There are also meditation and stress management apps you can download on your phone.

One particularly powerful tool is a gratitude journal. Challenge yourself. For the next two weeks, list four things you are grateful for, no repeats. By the end of the two weeks you will likely start to notice that your thought process has shifted, and you will see the positive more readily than the negative.

Let's also keep in mind that there are particularly vulnerable populations to whom we should remain sensitive and supportive. Specifically:

Older adults may feel more scared and vulnerable at this time – be sure to offer support and care as is reasonable.

Those with existing mental health conditions may experience an exacerbation of anxiety and/or depression.

Those in recovery from substance use disorder – social distancing can make getting the support needed in recovery difficult. There are online resources that can be accessed for meetings and support.

Healthcare and other front-line workers may also feel a significant level of stress during this time. In addition, once the crisis is over, there is risk that in the absence of the chaos, depression and anxiety can develop. Be supportive, and if you can, find a way thank them for all they are doing for us in this crisis.

As my family and I have settled into this new world we have tried to remain optimistic. We even bought Kate a prom dress and have decided that if we need to, we will "DIY" this senior year. We have tried to maintain our regular work outs, remote work, and school schedules as well as maintained our normal family dinners and evening time routine. I can't say its perfect and that we don't feel stress and sadness at times, but it has helped. Above all, we have tried to keep our sense of humor.

So, in this difficult time I offer some awareness and suggestions but do what works for you and remember, the most important thing we can do for our kids and our families is take care of ourselves. If we don't do the basics to ensure we remain mentally healthy we will not be capable of caring for those around us.

We can get through this Gorham. Together. One day at a time. It may be virtually for awhile but stay connected, support each other, try to stay optimistic, get outside, and try to remain grateful for what we still have in front of us.

For more resources, visit the following websites:

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

<https://www.nami.org/#>

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

<https://www.weconnectrecovery.com/>  
*Editor's Note: Kristin Tugman will continue to develop and build out mental health coping strategies throughout the life of the crisis. For more tips and tools, follow her for free on twitter @DrTugmanPhD*

Pricilla Hopkins is also starting seeds for her garden. Cynthia and John Houlihan are cleaning house, cupboards, and closets, but making time to play board games and watch Netflix.

Grace Flynn, a GHS student, and also a Gorham Times intern, who is home with her parents and younger brother, is keeping in touch with teachers and friends online. "Some of my teachers have whiteboards at home and are teaching via Zoom and I am 'hanging out' with friends on Zoom too," she said.

Many people are limiting their screen time unless they are students or working from home. Hopkins said, however, she is following updates from Dr. Shah of the Maine CDC, sharing, "He's a breath of fresh air in that he is factual and does not place blame."

The fresh air outside the house and away from media is particularly rewarding as well for those of us with land in this rural area. David Alexander wrote of a ramble around his eleven acres.

"Spotted many dead leaners and poplars that will make next winter's firewood, leaving a few for the woodpeckers. Through the jungle of brown saw Lennie's tree stands, reminded me to tell him about the four yearlings hanging around. Circling down

to the pond, two ducks burst out; they'll be back to nest. The acre of milkweed Matt left from bush hogging stands ready for the monarchs when they arrive back from wintering in Brazil. The big spruce tree that fell, away from the house, last fall is ready for sawing up or maybe a flag pole?"

Barry Atwood believes that the pandemic "has the potential to bring out the best in people." He reminds us that our ancestors spent a good part of their lives working just to survive over a harsh winter, and that "in

an emergency there was no hospital to be whisked away to. They relied on their own resourcefulness with help from their neighbors." In that spirit, George Lawson of Middle Jam Road is collecting personal protection equipment (PPE) such as carpenter's masks to deliver to Maine Medical Center.

Atwood also said, "We need to find something to laugh about." One woman of a certain age agreed with that when she said the only silver lining in the whole mess was that she had not worn a bra for a week!

Only a few residents of North Gorham were interviewed for this article. If you have some stories you would like to share, please contact Kathy Corbett at [ktcorbett@aol.com](mailto:ktcorbett@aol.com) for inclusion in a possible second edition.

IF YOU HAVE SOME STORIES YOU WOULD LIKE TO SHARE, PLEASE CONTACT KATHY CORBETT AT [KTCORBETT@AOL.COM](mailto:KTCORBETT@AOL.COM) FOR INCLUSION IN A POSSIBLE SECOND EDITION.

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## COMMUNITY

### DEANS LIST

**Madison Hinchey**, First Academic Honors, Clark University, Worcester, Massachusetts  
**Cameron Smith**, Second Academic Honors, Clark University, Worcester, Massachusetts

### OF INTEREST



**Baxter Memorial Library will be streaming a story time on Facebook Live every Tuesday and Thursday at 9:30 a.m. until the library reopens to the public.** You do not need a Facebook account to view, just visit [facebook.com/BaxterLibrary](https://facebook.com/BaxterLibrary) to view virtual programs. Baxter Memorial Library Youth Services Librarian Heidi Whelan, (right) hosts a virtual story time from her home with help from her cat Donovan.

**Baxter Memorial Library's Mr. Jeff will be on Facebook Live from Tuesday, March 31, through Friday, April 3, at 2:00 p.m.** performing an interactive reading of a Choose Your Own Adventure book. Visit [facebook.com/BaxterLibrary](https://facebook.com/BaxterLibrary) to view their virtual programs.

**Wildlife specialist Mckenzie Whelan and her friend Pegasus will be providing Baxter Memorial Library with a special video presentation for viewing starting April 1.** Pegasus is a python, which are some of the best social-distancing practitioners you'll ever meet. The video will be posted on [facebook.com/BaxterLibrary](https://facebook.com/BaxterLibrary) and [www.baxterlibrary.org](http://www.baxterlibrary.org).

**Looking for something to keep you busy while practicing social distancing?** Consider quilting a block for the White Rock Grange #380 Quilts of Valor Quilt Block Challenge. A new block is released each month from November to May. Visit <http://www.grange.org/whiterockme380/quilts-of-valor-grange-challenge/> or find us on Facebook <https://www.facebook.com/whiterockgrange380/> for details.

## CLASSIFIEDS

### FOR SALE

**FOR SALE.** Adult townie bicycle, leaf green. Bought at Ernie's Bike Shop in '09. Excellent condition, conversion to exercise bike is included. \$250. Call to view: 207-839-3946.

### SERVICES

**DECK AND SHED PAINTING.** We can pressure wash, sand and paint. 5 years in business. We have references as as insured. Call or text Lorie 838-0132

**MATURE HOTLINE FOR GROWNUPS:** 1-808-231-1236 ext. 94567 1.99/minute. Talk as long as you need to: go now, check out: [tinyurl.com/emotionalhealinghotline](https://tinyurl.com/emotionalhealinghotline) "Get It Out of Your System Today!" M-F Noon-5PM Maverick Ashlee, Psychologist

### GORHAM COMMUNITY ACCESS

**Gorham Community Access Media (GoCAM) has 216 videos online about local Gorham events.** New on the line-up are exercise classes from the Gorham Recreation Department for adults and seniors, and craft projects from Recreation from the Before and After the Bell program. The Originals is a senior group that regularly has guest speakers and presentations. Topics range from David Wallace Organ Maker to Marine Mammals of Maine, and everything in between. Also find lots of music from the Summer Gazebo Concert Series. Check out all the videos available at <https://vimeo.com/user17448009>.

### SENIOR NEWS


**The Gorham Medical Closet** located at the Municipal Center is currently closed but would like to let residents know, "We are so sorry that we are not able to help you at this point, but keep your spirits up, we will be back soon!"


**The Lakes Region Senior Center** located at the Little Falls Activity Center sends this message to all of their friends. "Always keep in mind that there will be an end to this pandemic and we will be back together."


**The Lecky Brown Senior Center**, located on the 3rd floor at First Parish Church, 1 Church St. has no scheduled events at this time due to COVID-19 concerns. FMI: Lisa Becker at 835-9379 or [leckybrowncenter@gmail.com](mailto:leckybrowncenter@gmail.com).


### USM NEWS


**All classes at USM are being held remotely for the remainder of the spring semester and all employees able to work remotely are asked to work away from campus.** The University remains open, and essential campus services continue. Faculty members have worked through the spring break to move their lessons to "the cloud," taking the opportunity to learn and test new technologies for teaching and learning. Get the latest University news at [facebook.com/USouthernMaine/](https://facebook.com/USouthernMaine/).





  
Chris Burton

  
Julie Chandler


  
Jane Mason

  
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Peter Mason

  
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**NEW LISTING**




**GORHAM \$514,900** - Gorgeous sunlit open flr plan with HW flrs throughout. Expansive cathedral ceilings over the 19x27 great room. 1st flr Master, daylight bsmt, all on 4.67 acres.

**UNDER CONTRACT**




**GORHAM \$359,900** - Gorgeous 2 bedroom, 2 bathroom condo offering 1254sqft of living space all on one level. 1 car garage, full basement & worry free water/sewer.

**UNDER CONTRACT**




**SO PORTLAND \$160,000**  
Affordable end unit townhouse offers a comfortable layout w/ 2 ample sized BRs, in unit laundry, two parking spots at your front door & a small rear deck area.


**SOLD**



**BUXTON - 13 Common Way**  
Move right in... 3BR, 1 bath home offering 1040sqft w/ 1 car garage. Brand new interior w/ new doors, kitchen, counter tops, painting, luxury laminate flooring & lights.




**UNDER CONTRACT**




**GORHAM \$284,900** - 2BR, 1 bath home w/ lower level that could be easily finished w/ add'l living space. Granite counters hardwood/tile floors, 1 car garage & rear deck.

**SOLD**




**GORHAM - 53 Wescott Rd**  
Sunny single level ranch w/2 car attached garage on a 2.20 acre lot. This 3 BR, 2 bath home features classic red oak HW flrs throughout.

**UNDER CONTRACT**




**BALDWIN \$34,900** - Rural wooded lot offers road frontage on both Saddleback Road and Mountain Road. Ideal for a year round privacy or a weekend retreat!

**UNDER CONTRACT**



**GORHAM \$239,900** - Over 1700' of water frontage on the river plus 540' of frontage on a paved public road. Enough land & road frontage to break off a lot.

**UNDER CONTRACT**



**LIMINGTON - new construction!** This one is sold with only two lots left and foundations going in ASAP. Call today for details.

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# Fundraiser Supports Local Food Insecurity



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Gorham High School Teachers

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HAVE, FOR WHO YOU CAN.”

PENDER MAKIN,  
MAINE EDUCATION COMMISSIONER

As our nation adjusts to a new reality, we are inspired to find ways to help those most severely impacted by COVID-19. In an effort to give back to our community and those who suffer from food insecurity, we are partnering with 320ink and its TipJar Initiative.

Please consider purchasing a t-shirt for \$20. ALL proceeds will be donated to the Gorham Food Pantry and Gorham Backpack Program. Visit <https://separatedbutnotdivided.itemorder.com/sale> for more details. Pre-sale closes April 12 and shirts will be printed and mailed directly to you from 320ink.

We are hoping to spread messages of positivity via the #separatedbutnotdivided through social media platforms, and encourage people to take a photo wearing their Separated But Not Divided t-shirt and share it on social media with a message of hope and positivity. Please include the #separatedbutnotdivided as part of your post.

Though we have responsibly separated, we are far from divided.



Logo design by Joanne Matusko,  
K-3 art teacher at Mabel I. Wilson School

# Local Food Pantry Update



Volunteers have spent many hours preparing boxes for drive through pick-up now that clients are being asked to stay in their cars.

COURTESY OF GORHAM FOOD PANTRY

As more folks continue to lose their jobs, The Gorham Food Pantry expects to serve even more families. We are so grateful for our many community members asking how they can plug in - we have a few ways for you to help.

Current needs include tomato paste, juice (in jugs, not boxes), large jelly/jam, large 2-in-1 shampoo, small cooking oil, onions, body wash, dish soap, laundry soap. We also need meat products: canned chicken, tuna, deviled ham, or packages of store-packaged meat (frozen hamburger patties, etc.) Any fresh/frozen meats can be delivered just before pantry hours or by sending us a FB message to arrange a time.

Cash donations directly to the pantry will allow us to make food purchases at Good Shepherd and Hannaford to fill in any gaps and can be done online at <http://www.gorhamfoodpantry.org/donate.html>.

The Gorham Food Pantry is limiting pantry visits to one visit per month to

accommodate as many families as possible. While we are unable to provide specific food items for our families at this time, we will do our best to give each family a good variety of food items.

We have a new protocol per the Good Shepherd Food Bank during the Covid-19 pandemic which means we can offer drive through service only. Visitors are asked to follow signs as posted in parking lot, remain in the car, check in, and wait for delivery to the car.

If you are in need of the pantry but have never visited us before, feel free to visit us during any of our pantry hours which are Thursday mornings from 10 a.m.-noon, and the 2nd and 4th Wednesday of the month from 6-7 p.m. Please bring a copy of a utility bill with your name and your Gorham address and we'll register you while you wait. For more information, call 222-4351 or visit [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org).

Thank you for your support and for helping us feed our neighbors here in Gorham.



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