

Coping With Worry Thoughts

DELVINA MIREMADI-BALDINO, PH.D.

Do you remember the moment when COVID-19 became real for you and your family? For some, it might have happened a few weeks ago, when grocery store shelves began to empty of toilet paper. Or maybe it was the moment someone received a call or email from a school, announcing closures for an extended period of time. For others, it may have been an image from the news, or a story read on social media. Regardless of when it happened, when you find yourself and your family facing a crisis, the shock that shoots through your body and into your brain can trigger an endless cycle of worry thoughts.

HAVE YOU EXPERIENCED YOUR WORRY THOUGHTS REAPPEARING AFTER YOU THOUGHT THEY WERE GONE? DURING THIS UNCERTAIN TIME, WHEN THERE'S NO KNOWING WHEN NORMALCY MAY RETURN, YOU NEED ANOTHER WAY TO MOVE THROUGH YOUR WORRY THOUGHTS TO FIND A SENSE OF RELIEF.

What do your worry thoughts sound like? There are many common ways people handle worry thoughts. You can suppress them, distract yourself from them, or maybe joke about them as a way to weaken their control over you. Yet, when the kids are asleep, and the house grows quiet, you may feel your worries returning, and they may seem bigger and more catastrophic than before.

Have you experienced your worry thoughts reappearing after you thought they were gone? During this uncertain time, when there's no knowing when normalcy may return, you need another way to move through your worry thoughts to find a sense of relief.

Start by listening to your worry. Yes, that's right. Instead of ignoring worry thoughts or distracting yourself from them, acknowledge the source of the worry, name the worry, and say thank you to it. That sounds a little funny, doesn't it? Here's the deal with worries: They are things that may not happen in the future. They aren't facts, but they do serve a valuable purpose in your life by helping you identify potential problems, such as where you feel weak or unprepared, that you can start to address or work to protect.

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Separated But Not Divided Campaign Raises Over \$10,000

LESLIE DUPUIS
Editor

Gorham High School teachers Sarah Drury and Neile Nelson partnered with 320 Ink, owned by Gorham resident Drue Nickerson, to raise funds for the Gorham Backpack Program and the Gorham Food Pantry. The campaign, Separated But Not Divided, raised \$10,920 to ease food insecurity in Gorham. Each group will receive \$5,000.

Diane O'Neill, board president of the Pantry, said, "I'm so impressed with this community effort on behalf of Gorham Food Pantry and Gorham Backpack Program. So generous -- and it will be put to GREAT use feeding Gorham families in need."

Heather Whitaker, a teacher at Gorham Middle School and the coordinator of the Backpack Program added, "These additional funds will help us sustain the program for the remainder of the school year and help us think creatively about ways to expand our services during the summer. I am so honored to teach in Gorham."



Photo courtesy of Drue Nickerson

Nelson thanked not only the community but all the people behind the scenes who help to make these two programs run.

Drury said, "The outpouring of support for this initiative was so overwhelming and appreciated. We would also like to say a special thank you to the Gorham School Department who helped us double the amount of money we raised with a big purchase on the final day of sales."

Gorham Strong "Splits the Tab"

GORHAM TIMES STAFF

The Gorham Strong team continues to support Gorham businesses through its Split the Tab campaign, a gift card program initiative by the Gorham Village Alliance and the Gorham Business Exchange.

Details are being finalized but the hope is that this campaign will give a small cash infusion to businesses that might currently be closed and encourage the public to visit participating businesses that are open.

Through the Gorham Strong website (GorhamStrong.org) community members can purchase a \$20 gift card for \$10, with the GBE and GVA matching the \$10. Purchases will be limited to one gift card per person with a maximum value of \$20.

Businesses are asked to visit GorhamStrong.org and complete a short application form. The first



round of gift cards will be available to only retail businesses and restaurants. If additional funding becomes available, future rounds of gift card sales may open to more types of businesses.

To support this effort outside of purchasing a gift card, consider contributing to the GoFundMe® account on GorhamStrong.org. This is a 100% volunteer-driven program and 100% of the funds donated will go to the Split The Tab account, allowing for more gift cards to be sold and more businesses to be supported.

For additional questions about this program, visit the GorhamStrong.org website.

Thank you to our HOMETOWN HEROES who are on the front lines of COVID-19 and continue on with good deeds within our community.



Sam Peters (GHS'11) is a registered nurse at the Barbara Bush Children's Hospital. She recently passed her Family Nurse Practitioner boards.

SEE MORE HEROES ON PAGE 6

Farmers Market Opens Saturday

STOWE WATTERS
Market Manager

The Greater Gorham Farmers Market will be open for the 2020 season beginning this Saturday, May 2, from 8:30 a.m.-12:30 p.m. There are several changes from previous years. The market experience is going to be less about community and social interaction and more about transactions.

In keeping with mandates from the state, the Market will be setting up in the library parking lot behind the green where it normally is to allow for booths to be spaced far apart. Much of the parking lot will be cordoned off. Please drive slow and be mindful of the flow of traffic.

We ask families to please send only one shopper (no children or pets if possible), keep at least six feet from all other shoppers, and read and follow the guidelines on all posted signs.

The first half hour is reserved for elderly and immunocompromised community members.

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.

CONFRONTING COVID-19 AS A SMALL BUSINESS OWNER
PG. 2

inside theTimes **GOCAM** **You Tube**

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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.

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Confronting COVID-19 as a Small Business Owner

REP. MAUREEN "MO" TERRY

As a small business owner, I know just how difficult this time is for folks who are self-employed. Whether you are operating in a limited capacity and have had to face the extremely difficult reality of laying off workers and reconfiguring how you do business, or if you have had to shut your doors entirely and are now wrestling with SBA loan applications or waiting anxiously for more guidance on unemployment, there is nothing easy about owning a small business or being self-employed right now. Not that this line of work was ever easy!

Most days, I find myself elbow deep in recreating my old restaurant menus, getting ready for the farmers market to start, trying to ensure my kids are kept busy so they miss their friends just a little less, and answering questions for friends and neighbors who have found themselves out of work or struggling to navigate various loan applications for their business. It's overwhelming and exhausting, to say the least. I am grateful that there has been some guidance for small businesses, but we need more, and we need more and faster relief for those who are self-employed.

In response to the coronavirus, the US Small Business Administration offered Maine more access to

Economic Impact Disaster Loans and worked with local lenders to accept and process applications for the Paycheck Protection Program, which provides small businesses and sole proprietors with funds to pay up to eight weeks of payroll costs including benefits. Unfortunately, the funding for both programs has already been exhausted, and we are waiting on Congress to pass another stimulus bill that will get more money to those programs and eventually out to you. Once those programs are working again, please reach out to the many banks and credit unions in Gorham, who are great local partners, and ask if they are an approved vendor.

As part of our state's efforts to make unemployment insurance benefits more accessible, employers can use a Maine Department of Labor (MDOL) program called Workshare to make sure their employees get partial unemployment benefits if their hours are reduced. Plus, the Legislature took steps to make more consumer loans available at low-to-no interest with the help of Maine lenders.

For those who are self-employed and looking to receive unemployment, MDOL will soon be expanding eligibility so you can receive benefits. It's important that you not apply until

they are ready to accept your application. Keep checking their website to see when that program will be up and running.

I also want to remind you that you can always check my Facebook page for important, ever changing information or sign up for my email newsletter, where I have been sending weekly COVID-19 updates and resources. I usually see so many of you at the farmers market to talk about all things Augusta, but it will be different this time around. We'll be able to see each other and have a quick hello from six feet apart, but we are asking to keep the market to business only for now.

If you have any questions about any of these programs, please don't hesitate to reach out to me by phone at 287-1430 or email maureen.terry@maine.legislature.gov.



Rep. Maureen "Mo" Terry is serving her second term in the Maine House of Representatives. She is a chef and small business owner with more than 25 years of experience in the food service industry. She serves on the Taxation Committee. (207) 712-9735, (800) 423-2900, maureen.terry@legislature.maine.gov.

Coping With Worry Thoughts

CONTINUED FROM PAGE 1

So, you should be aware of your worries, try to understand where they come from and name them, and thank them for all the ways they actually help keep your life safe.

After you thank your worry, refocus on the present moment. Worries are in the future; you can't do anything about the future, but you can do something about the here and now. For example, you may worry about your loved ones becoming sick. You may worry that you're not going to be able to teach your children as well as their teachers and that they'll fall behind. You may worry that you're going to run out of toilet paper. Recognize those concerns, thank them for appearing to you, and then refocus your attention back to where you are in the moment.

Remind yourself that—right now—your family is okay, your children are adjusting to having you around every day to help with their learning, and you have toilet paper that you can use, when you need it. Being in the now feels much better than putting your life on pause to dwell on the worries of the future.

Finally, try to acknowledge the worry, but don't live in the worry. As mentioned earlier, your worry thoughts play an important role in your life, but they aren't meant to

be your reality. They represent a future that you can change by living in the present moment, making positive choices, and taking action today to improve your life tomorrow. For example, today, you can call or FaceTime with loved ones to connect and share your love with them. Today, instead of the usual worksheets, you can try some creative projects to teach your children new lessons (especially about mindfulness meditation or yoga, which can help their own peace of mind). You can even think outside the box and consider all of the other possible forms of toilet paper you have in your home, like paper towels, tissues, and baby wipes that can be used in a pinch.

Remember, worry thoughts are a tool to help you see some of the obstacles around you before they have a chance to get in your way. Use worry thoughts to your advantage to plan, prepare, and become more resilient, so you're ready for the new challenges tomorrow may reveal.

Delvina Miremedi-Baldino, Ph.D. is a Gorham High School graduate who works remotely for Life Advantages, based in Florida, and is the CEO of her own Gorham-based business, Realize Your Resilience, which she founded in 2016.

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Please apply and complete the mobile-friendly assessment at jobs.spectrum.com today!

Around Town

Ace Hardware has been sold to the owners of Plummer Hardware in Buxton.

NEXT GORHAM TIMES DEADLINES:

MAY 6
MAY 20
JUNE 3

Dr. Laura Carlson: Teacher, Researcher, Author

CHRIS CRAWFORD
Staff Writer

Oxford University Press has announced the publication of a book by Dr. Laura Carlson (GHS '04), titled "Archival Historiography in Jewish Antiquity." Carlson is a faculty member at Indiana University (IU) in Bloomington, Indiana where she teaches in the Religious Studies Department and the Jewish studies Program. In simple terms, Carlson said that her book uses the framework of trauma and recovery as a way to make sense of the peculiar ways history is told in the Bible. "The book tries to explain why the Bible is sometimes difficult to understand. Certain parts of the Bible strike us, as contemporary readers, as stilted and strange. My book tries to show why a specific section of the Bible, though weird to us, would have been meaningful to its ancient readers," she said.

After graduating from Gordon College (MA) in 2008, she continued her education and earned a MDiv from Yale Divinity School in 2011. She developed an interest in Hebrew Bible/Old Testament because it combined her interests in ancient languages, literature, history, and religion. She earned a Ph.D. in Religious Studies from Yale in 2018.

She returned to Maine and taught at Bates College for a year before accepting a position at IU. Except for her challenging commute to Lewiston during the winter months, she was thrilled to be back in Maine for awhile.

At IU, she teaches classes in Hebrew Bible and Ancient Judaism. Teaching is a challenging profession. She said, "Engaging students in conversations about their values and ancient texts, and what those things might have to do with one another, is one of the very best parts of my job." It has also given her renewed respect for others in the profession, no matter at what level they teach.

Balancing time between teaching and research, both of which she loves, is difficult. She has contributed articles to a number of scholarly publications and is currently working on projects about ancient Jewish prophecy and representations of Persia.

As a young student, Carlson enjoyed school and had quite a few "favorite" teachers. First and foremost, of course, is her mother Karen, a recently retired Gorham elementary teacher. Carlson



Photo credit: Jim Carlson

Dr. Lauren Carlson (right) and her sister Elizabeth share a sisterly moment.

said, "I could not have asked for better elementary teachers than Aggie Lane, Cindy Bishop, and Jane Esty at Village School. Each of these women exuded passion for teaching and intellectual curiosity."

At GHS, she credits Michael Lawrenson with introducing her to the fun of ancient languages. "My Latin is currently a little rusty, but it still comes in handy in my current field," she said. English teachers Christina Stone, Pam Daniels, and Jean Davis were instrumental in giving her "the tools to be a better writer as well as the courage to try to be one," she said.

Carlson played soccer while at GHS and continued to play in college. She joined an intramural team during grad school because it gave her an excuse to get out of the library. Following an ACL injury, she doesn't play much soccer now. In her spare time she enjoys watching the US Women's national soccer team and following the successful Gorham girls' soccer team. She also likes keeping up with the Boston Celtics in her rare spare time.

She and her husband Josh now live in Bloomington, Indiana. Josh earned his PhD in Religion and Literature from Boston University last year and currently teaches in the English department at IU. They have no pets, but are aspiring cat owners.

Laura is the daughter of Karen and Jim Carlson; Siblings: Britt (GHS '99) who lives in Massachusetts and works in advancement and development for Gordon College; and Elizabeth (GHS '02) who is currently working as a director in Philadelphia and teaches theater at Temple and Rowan Universities.

Essential Exercise

RACHELLE CURAN APSE
PRLT Director

First we hope you are safe and healthy during this uncertain and chaotic time. While the statewide Stay at Home order has gone into effect, our Presumpscot Regional Land Trust trails will remain open for you to get outside in nature.

When visiting our trails please note that this is mud season, so please wear boots. Visit trail heads that are not full by trying try new and less frequented trails. Please maintain six feet of distance when passing others on the trail. Remember to keep your dog on a leash (or tight voice control), and please pick up after your dog. Always check for ticks. Go to www.prlt.org/preserves-trails to find all trailheads in the area.

We are working hard to keep the trails open for you. The Land Trust is in need of extra volunteer help to keep the trails in good condition during

this early season. Volunteering for trail upkeep is something active that you can do on your own while remaining safe. What you can do:

Bring a bag and gloves with you when you walk the trails and pick up trash, dog poop, and remove sticks that have fallen onto the trails.

Fill out a volunteer form at the Get Involved tab on prlt.org and let us know how you hope to volunteer. We still have volunteers working alone or in very small socially distant groups (volunteers must bring their own tools during the pandemic for safety).

Volunteers are needed for a number of other activities, as well. Contact Toby Jacobs with any trail questions or concerns at toby@prlt.org

We hope you are able to get outside for exercise and to find calm moments. To learn more about supporting the Land Trust and our effort to provide free forested trails for everyone, visit prlt.org.

Join Us by becoming a Friend of the Gorham Times

Every other week, the *Gorham Times* is produced by countless volunteers who contribute articles and photos, design ads and format the paper, distribute the paper throughout town, mail subscriptions, serve on the board, and so much more.

The *Gorham Times* needs your support to continue offering this quality, non-profit community service. Your tax-deductible donation will help defer the many costs of publishing our community paper.

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**AT MY TABLE IS CLOSED UNTIL THE
STAY-AT-HOME POLICY IS LIFTED.
THANK YOU.**

Avoid Touching Your Retirement Savings Early

PETE WATT

You contribute to an IRA and 401(k) to help build the financial resources you will need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics.

It is obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you'll need a lot of financial resources.

Of course, it is understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23% did so to pay off debts, 17% to make down payments on a home, 11% to pay for college, and the rest for other reasons.

While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you have got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 1/2, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you will probably have when you need it in retirement.

Here are some additional points you might evaluate before using funds from your retirement accounts for other purposes:

Paying off debts – You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things – one, you don't plan on taking on additional high

interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you do not replay, you could face penalties.

Making a down payment on a home – The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

Paying for college – If you have not saved enough for a child approaching college, you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from your IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you will be to make the best decisions you can for your situation.



Pete Watt has been a Financial Advisor with Edward Jones in Gorham since 2015, building on years of experience as a self employed Insurance Agent specializing in Health, Life, Medicare, and Long Term Care insurance. This article is printed with permission of Edward Jones.

Erin Flett Competes for \$100,000 Grand Prize

LESLIE DUPUIS
Editor



Photo courtesy of Greenlight Maine

Erin Flett was recently named one of three finalists in the fifth season of Greenlight Maine. Flett, a Gorham resident and textile designer who operates out of her studio on Main Street, was among 25 Maine companies to pitch their businesses in an effort to win a \$100,000 grand prize.

Greenlight Maine is a television and internet series that is designed to highlight and encourage the growth of small businesses in Maine. Over the past five seasons an estimated twenty-five million dollars have been invested in companies that have appeared on the show.

After making it to the finals, Flett shared, "It has been an amazing ride so far, and I am immensely grateful to my team of now 18 people. If we were to win, I hope to invest in new strategic equipment and processes that will allow us to streamline our processes that benefit our Maine manufacturing economy."

She also went on to thank Greenlight Maine for the immense opportunity.

"My sincere hope is that this continued community support from Greenlight Maine might spark new ideas and passions from all of us. Thank you Greenlight Maine for the impact you have given Maine entrepreneurs."

Flett will compete against Humphrey's Barbeque from West Newfield and i-Tell Alert from Winthrop in the Greenlight Maine finale at Husson University in Bangor on May 17. The public is invited to attend as long as COVID-19 restrictions have been lifted by then.

Rules of the Road

CATHY WALTER
Staff Writer

You know Spring has finally arrived when everyone sheds their coats and takes to the street on their bicycles, skateboards, rollerblades, and scooters. This year, while we are all sheltering in place, we have a unique opportunity to enjoy these outdoor activities with our families as never before. Whether you walk, run, or ride together, the much needed exercise and fresh air are beneficial to your mind, body and mood. It also offers an opportunity to explore the neighborhood and connect with one another.

The decrease in everyday traffic due to the pandemic may give a false sense of security to pedestrians and cyclists, however, that could result in complacency and risky behavior, especially for the youngest of us. It's hard to remember to come to a full stop at the end of the street when you are having the time of your life on your new bike. But it's an opportune moment for the family to learn the "Rules of the Road" together, and make it fun.

The National Highway and Traffic Administration (NHTSA) has created a Bicycle Safety Activity Kit that provides parents and teachers with the tools for teaching basic bike safety to children. It contains nine fun activities that are

geared for each age group and can be downloaded and played in the comfort of your home.

For both children and adults, the Pedestrian and Bicycle Information Center has created a list of basic safety tips on its website that everyone, not just cyclists, should review every now and then. It includes how to ride, where to ride or walk, what to watch out for, and many other common sense tips.

If you are looking for the actual laws versus just tips, the Maine Department of Transportation (MDOT) has compiled a comprehensive list of the Maine Bicycling Laws which can be found online. It not only lists the responsibilities of the cyclist, but also of motor vehicles operators when they approach a cyclist.

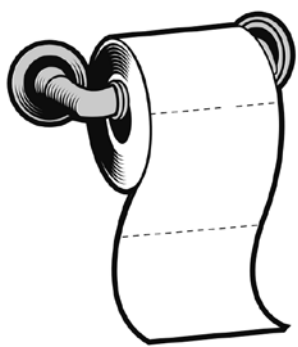
Whether you are six years old on your first bike, a teenager learning to drive a car, or a senior strolling around the neighborhood, you can brush up on the rules of the road and improve the safety for all of us.

For more information, visit the following websites:

<https://one.nhtsa.gov/people/injury/pedbimot/bike/BSKitBoth/3152BSKit/pages/GenIntroduction.html>

http://www.pedbikeinfo.org/resources/resources_details.cfm?id=5166

<https://www.maine.gov/mdot/bikeped/docs/MaineBicyclingLaws.pdf>



Just When You Were Done Talking About Toilet Paper...

The first recorded use of toilet paper was in 6th Century China. They were 2x3 foot sheets. By the 14th Century, the Chinese government was mass-producing it.

In 1996, President Clinton passed a Toilet Paper Tax of six cents per roll, which is still in effect today.

During Desert Storm, the U.S. Army used toilet paper to camouflage tanks.

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An Update from the Town Manager

SHERI FABER
Staff Writer

Will there be a grace period for property taxes which are due next month?

State tax law is fairly rigid and does not allow for much wiggle room as far as a grace period on property taxes. That being said, the Town Council will likely make a decision at its May 4 meeting whether or not to extend the May 15 due date for property taxes. There is some debate with the state as to whether or not municipalities may extend their due date, however we have currently been advised that it can be done and several other municipalities in the area that had due dates before ours have extended their timetables. One item I would like to make very clear is that through the Town's property tax process there is no desire to acquire or take property for lack of payment and that is never the intention of the town. Due dates, even if extended, allow for residents to pay their taxes late with interest charges without fear of losing their homes.

Does the Town have a date to reopen any part of the Town offices?

Although the Town is planning on how to open specific municipal offices in the future to limit exposure to both employees and patrons, there is currently no date projected for the Town to reopen our offices. We will rely heavily on state CDC guidance as well as directives from the Governor.

What is happening with applications for new homes/businesses?

Applications in all departments are still being processed, either online, through drop off or through the mail.

There is still a fair amount of applications coming in which is encouraging and staff is still working to process them.

Where do the plans to develop the Rines Property stand?

The Gorham Industrial Park Steering Committee met two weeks ago for the first time remotely. The project is moving forward but has been delayed to an extent due to the pandemic. The Town's contracted engineers are still working on environmental work, permitting, and designs. We expect work to continue on the design of the park throughout the year but it is unlikely that any construction would begin in 2020.

Has the Town received more requests for assistance from residents as a result of the pandemic/stay at home order and has it been able to respond?

So far the Town has been able to respond to all requests for assistance and service through our various departments. I cannot give enough credit to our employees who have adapted to meet these challenges. Many departments that were typically focused on in-person programs or services have been shifted to assist with food programs, helping vulnerable populations, etc. Our Public Safety personnel have been working diligently around the clock to provide services to the Town as well as to procure medical supplies wherever possible. A small amount of supplies have trickled in from the state however the bulk of the Town's preparedness with equipment and resources happened in the weeks leading up to the pandemic when department managers tirelessly sought out resources throughout the state from Home Depots to paint stores.

Local Manufacturers Step Up

LESLIE DUPUIS
Editor

Two local manufacturers located in the Gorham Industrial Park pivoted their businesses over the last two months to assist during the COVID-19 pandemic.

Plas-Tech, a distributor of plastic and metal sheet products, began producing face shields and aerosol intubation boxes after being contacted by the Maine MEP, an affiliate of the United States Department of Commerce, National Institute of Standards and Technology (NIST) Manufacturing Extension Partnership (MEP), and the Maine Department of Economic and Community Development (DECD), which helps to meet particular needs in the State.

Owner Terry Webber said, "Materials were already in short supply but we were able to procure what was needed to do a run of 25,000 or so shields. Once materials were ordered, we then manufactured fixtures to help locate the components for quick and precise assembly. Training was simple as we often do assembly type work in conjunction with manufacturing parts. We designated an area of our facility to the production and moved a couple machines so we created a cell to process and assemble everything."

Plas-Tech also produced 400 intubation boxes at Maine MEP's suggestion. Some were sent to a doctor in Massachusetts who was distributing them throughout New England, while others were produced for Maine Medical Center and several hospitals around the country.

Webber shared that his eight employees worked extra days and hours to meet the new demand as well as staying on top of current

orders. His 11 year old son, Shane, also pitched in daily on the assembly line.

"My goal in doing this work was to help provide the healthcare professionals in our state with the PPE they desperately needed," he added.

Flowfold, a manufacturer of casual and outdoor gear, took advantage of a "flexible, technologically advanced factory" to suspend its usual production and switch to the production of face shields.

It took the company eight days to switch over and they went from making 250 masks per day to 2,500 masks per day in a short period of time. Flowfold has committed to producing 10,000-15,000 per week for the next two to three months.

James Morin, Flowfold's chief operating officer and president of sales, recently appeared on Good Morning America and shared, "We feel proud to be able to help those fighting the virus on the front lines. We are grateful for our team and community members that have made our quick pivot to making PPE possible."

Both companies point out that this is not about praise or profits. Morin said the company's margins are very thin and they are moving forward with the manufacturing of PPE to not only fulfill a need, but also to keep the company going during a difficult time for small businesses.

"We're not trying to pay bonuses, we're not trying to make new profit here, we are basically trying to keep our lights on and break even," said Morin.

Webber agreed with that sentiment, adding, "It is not something I seek recognition for. I am in a position to help and I think those of us that are should do so. We have all needed a helping hand at some point in life."

Absentee Voting Recommended

Absentee ballots are now available for the July 14, 2020 State Primary/Referendum and Local School Budget election. You may request an absentee ballot by visiting <http://www.maine.gov/cgi-bin/online/AbsenteeBallot/>

index.pl, or by calling the Town Clerk's office at 222-1670 and one will be sent to you when available. Due to the current public health emergency in the U.S., the Town of Gorham highly recommends voting by absentee ballot.

Police Update During Stay at Home Order

GORHAM TIMES STAFF

Police Chief Chris Sanborn noted that the COVID-19 pandemic has changed how the Gorham Police Department (GPD) is conducting law enforcement business. All Town of Gorham buildings are closed to the public, including the Police Department. As a result, several protocols have been implemented in an effort to keep officers safe during this crisis.

Sanborn said that while crime is down during this time, there has been a slight increase in disturbance-related calls for service. He also confirmed

that the GPD is enforcing the Governor's Stay at Home Executive Order.

"Our primary role is to educate and encourage citizens to comply with the order when we determine there may be a violation or receive a complaint," he said.

He added, "This is unprecedented and we are working diligently to keep everyone safe. We encourage everyone to be patient, practice social distancing and follow the Governor's Stay at Home Executive Order."

Sanborn encourages those who need assistance or have questions to contact the Gorham Police Department anytime.




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Julia Gaudette is a registered nurse in the Emergency Department at Southern Maine Health Care.



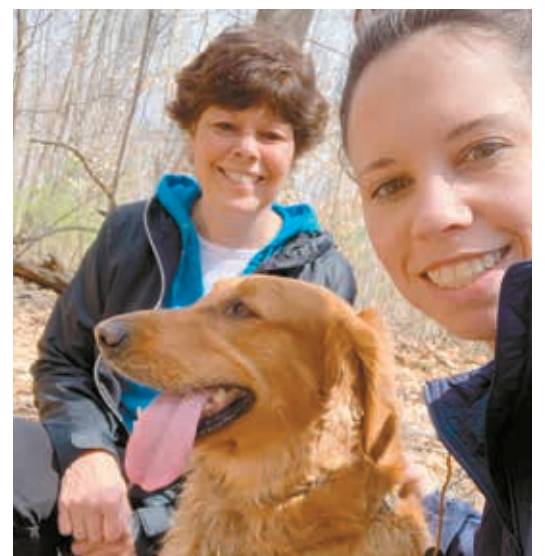
Michelle Michaud (left) and Joyce Ellsmore (right) are Respiratory Therapists at Southern Maine Healthcare.



Carter Bourgoin, a third-grade student, entertains his neighbors with a front yard concert.



Mary Green and her dad, Doug Green, celebrated Earth Day by picking up trash along Deering/Cousins Road. Eight hours of work yielded 11 bags of trash. To learn more about Mary's mission for relatable sustainability, visit her blog at www.greenhouseprojectmaine.com.



The staff at Gorham House Continuum Care was greeted with signs of appreciation on the morning of April 16. The remarkable angel remained anonymous until now. Thank you, Nicole Belhumeur, for showing gratitude to your mom, Michelle Belhumeur, Executive Director at Gorham House and to her staff.

Editor's Note: We are highlighting a few of our Gorham heroes. We know there are many more who are not included. To be considered for future publication, please send us an email at gorhamtimes@gmail.com.

Home Instead Senior Care salutes all those in the community who are stepping up to help older adults stay at home safely.

We'd also like to send a special shout out to our fabulous CAREGiversSM including 21 who live right here in Gorham!



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GMS Community Makes Ear Protectors

ANDREA MORRELL
School News Editor

At the beginning of the coronavirus (COVID-19) pandemic in Maine, Gorham Middle School's (GMS) technology integrator, Terri Dawson, saw a story about a young man from Canada who had 3D printed ear protectors for his local hospital. She decided she could do the same.

"At that moment, I searched for a file that existed to start printing right away," said Dawson. "I found it was super fast and easy to print such an important comfort item for essential workers so I decided to enlist the GMS staff to see if anyone would be willing to help."

In addition to teachers, Dawson asked GMS students if they had a printer at home to help print.

"I'm very passionate about bringing STEM lessons and opportunities to our students in Gorham and I'm always looking for some new way to connect learning and technology," said Dawson.

She received feedback from some of her iTeam members who confirmed that they would love to help if they could access 3D printers at home. Hearing that, GMS teachers generously lent out their printers to students who were interested in helping and it was then that Dawson asked Superintendent Heather Perry if the district could buy more.

Perry agreed to purchase three, and GMS alternative education teacher Heather Whitaker offered to purchase two more from her budget so her students could participate.

It takes about 25 minutes to print one ear protector on the printer that Dawson uses. Students who are printing protectors at home drop off their finished prints at GMS and pick up a spool of filament if they need it to print more. It costs about .10 cents per ear protector to print. Each spool of filament can print about 230 ear protectors.

The district currently has 13 students making ear protectors: John Copperberg (6th), William Armstrong (8th), Dylan Bauer (8th), Tim Curtis, face shields and ear protectors (7th), Christopher Chesbro, face shields and ear protectors (7th), Riley

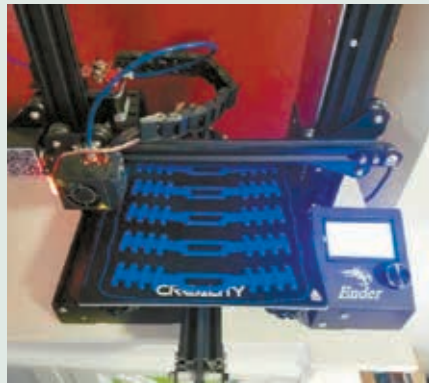


Photo credit The McCallisters

McCallister (6th), Liam Mack (6th), Hunter Pellegrin (10th), Brendan Anctil (8th), Matt Ladd (8th), Ryker Spear (8th), Colby Wheaton (8th), Jack Mesires (5th), Finn Henderson (7th), and Lucy Orlando (7th). Eighth-grade students Dylan Phillips, Meghan Irish, and Amy Morin are waiting for printers to come in so they can also start printing at home.

Staff members are also involved in the at-home printing project. They include Michael McCarthy, Gregg Sands, Terri Dawson, Angela Gospodarek, Beth Kellogg, Elizabeth Orlando, Aaron Ouellet, and Joanne Gauley.

Dawson has begun distribution efforts to relatives of staff and friends that are on the front lines of the COVID-19 virus. As of a few weeks ago, the group had donated 50 to Maine Medical Center and 130 to Mt. Sinai Hospital in NYC, which was transported by a pediatric nurse from Maine that will be stationed there for nine weeks.

"The goal is to provide some comfort for essential workers," said Dawson. "We are getting requests every day to provide them and our distribution list is getting longer. I am in the process of sending some to the Scarborough Veterans Home that has been identified with so many patients. Gorham Rescue just contacted me for some as well."

Dawson said they will provide them anywhere they feel they will be valuable as long as their filament funds last. If interested in helping this cause, Dawson set up a GoFundMe page to help support the filament fund: <https://bit.ly/GSDfilament>.

SCHOOL

GMS' Cousins Named 2020 Maine Art Educator

ANDREA MORRELL
School News Editor

The National Art Education Association (NAEM) has named Gorham Middle School's (GMS) Amy Cousins as the recipient of the 2020 Maine Art Educator Award.

This prestigious award, determined through a peer review of nominations, honors an outstanding member from each state or province association whose service and contribution to art education merits recognition and acclaim.

Cousins, who has been teaching art at GMS since 1997, said she was extremely overwhelmed to learn she had been chosen. "I had no idea that I was nominated, it came as a very nice surprise."

She added, "It is wonderful to know that your peers recognize and value what you do. So often as teachers we ask ourselves, is this the right teaching approach, am I reaching all students in some way, am I contributing to my community and helping my students find their place as a contributing member?"

Cousins was supposed to receive the award at the NAEA National Convention in Minneapolis, MN, in March but due to the National COVID-19 pandemic, the convention was cancelled.

"This award is being given to recognize excellence in professional accomplishment and service by a dedicated art educator," said NAEA President Thom Knab. "Amy exemplifies the highly qualified art educators active in education today: leaders, teachers, students, scholars, and advocates who give their best to their students and the profession."

"Ms. Cousins is a masterful art educator. She engages her students with unique lessons that push their creative boundaries," said Quinton Donahue, GMS principal. "Her students know that she believes in them and they work hard to accomplish great things in her class. Despite her skill as an educator, she is always learning and honing her approach. She is a wonderful example of what it means to be a lifelong learner. Ms. Cousins is incredibly deserving of this award."

"I am not sure what path this journey will take me on yet. Opportunities have a way of dropping into my life when I least expect it," said Cousins. "With that said, I was asked to join a group of six Maine Visual and Performing Artists to travel to Malawi Africa to work with Malawian teachers to develop integrated, hands-on, student-centered projects. I am very excited about this opportunity and to share my experience with my colleagues and students upon my return."

Cousins has two supportive, loving, thought-provoking kids, Emma and Sam. She learns every day from them both. Emma works as a Farmyard Educator at Pineland Farm and Sam is finishing his senior year.

She has a passion for anything out-



Courtesy of Gorham Middle School

Gorham Middle School art teacher, Amy Cousins (right), is pictured with eighth grade student, Amber Bretton. Cousins was recently named the 2020 Maine Art Educator.

doors, is an avid backcountry skier, and also works at Shawnee Peak as a ski patroller. Along with teaching Visual Arts at the middle school, she is a part of the Alternative Education Team. Cousins teaches integrated arts projects and exposes GMS students to outdoor educational experiences, where they learn to work together through challenges and outdoor exploration.

The advice Cousins would like to give her art students is that "life is about problem-solving, whether it be in the workplace or at home. Our ability to take a problem or an abstract thought, to break it down, to come up with several creative options is an essential part of learning and development. Art is the perfect avenue for understanding this process of thinking 'out of the box.' It is embedded in all academic subjects."

"Each and every one of you has embarked on an incredible voyage. This is only the beginning of your creative adventure," said Cousins. "You have your own story to tell, one that changes with you throughout your life. Please, continue to share your creativity with the world. Remember, failure is learning. Don't be afraid to ask questions, make mistakes, and pursue challenges."

Founded in 1947, NAEM is the leading professional membership organization exclusively for visual arts educators whose mission is to advance visual arts education to fulfill human potential and promote global understanding. For more information about the program, visit www.arteducators.org.

Share Your Experience!

The Gorham Times is looking to capture Gorham families in their "new normal" remote learning life in an upcoming issue. Please send us a photo and caption (with names of people in the photo and photo credit) of how homeschooling looks or feels in your home. Camera shy? Submit a paragraph or quote as to what you like or dislike about the shift to remote learning. Email schoolnewsgt@gmail.com.



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School Committee Approves FY21 School Budget

KATHY CORBETT
Staff Writer

At an April 15 special meeting via Zoom, the School Committee (SC) voted (6-1, Benson) to send a \$43,101,605 FY21 budget to the Town Council (TC) for the July referendum.

If approved by the TC and voters, it will result in a 46 cent increase in the mil rate. This represents a \$135.50 property tax increase on a \$300,000 house.

“Other than FY18, this would be the lowest mil rate increase in four years,” Superintendent Heather Perry said. Last year’s budget raised the mil rate 66 cents. In an effort to keep costs down, the SC and

the District Leadership Team spent months making hard decisions that they believed would still address the needs of Gorham students in a period of population growth and uncertainty.

In addition to increases related to personnel contracts, health insurance costs rose by 5.5%. There was no reduction in the number of teachers, but some ed tech positions were eliminated as a cost savings. The SC added personnel to meet requirements for special education. Because 80 more students are expected at Narragansett Elementary School, they also approved an assistant principal position.

CONTINUED ON PAGE 10

Dream Factory Grants Wish for GMS Student

LYDIA VALENTINE
GHS Student Intern

Arianna Morse, an eighth grader at Gorham Middle School, had a dream come true this past January. Morse has a medical condition called Ehlers-Danlos Hyper Mobility, which affects ligaments and muscles in her body. This makes it hard for her joints to stay in the proper position and do their job.

However, she doesn’t let that define her. She loves science and dreams of working as an engineer at NASA. She also hopes to attend the internship program for high school students when her sophomore year rolls around.

Her dream became a little clearer when her wish to visit NASA in Florida to meet engineers and astronauts was granted by Dream Factory Inc. of Maine. The trip included seeing the SpaceX rocket launch on January 30 to put satellites into space for communications.

Morse’s favorite part was meeting Retired Astronaut Mark Lee, who was the first man to jet pack in outer space.

“I will never make it as a NASA astronaut but I can be a NASA engineer,”



Photo credit Lori Perez-Morse

Gorham Middle School student Arianna Morse had a dream come true when she visited NASA, which was granted by the Dream Factory Inc. of Maine.

said Morse. “It was a once-in-a-lifetime experience to be at NASA for the launch and to meet an astronaut and two engineers that worked on the Atlantis space shuttle.”

Lori Perez-Morse, Morse’s mother, would like to thank Dream Factory Dream Maker, Chris Chapin, for making this possible.

SPORTS

New GHS Softball Coach Waits Out A Season

DESTINY COOK
Sports Editor

The Gorham spring sports season was officially canceled last week, but when the Gorham High School (GHS) varsity softball team finally takes the field, a new coach will be at the helm. Phil McGouldrick will take over the reins from Renee Whipkey who coached the Rams for the last three years. Whipkey decided to step down to spend more time with her family.

Athletic Director Tim Spear said, “Renee did a fantastic job of creating a fun positive culture within Gorham softball. I believe this culture has set the foundation for Gorham softball to be very successful in the future.”

McGouldrick and his wife of 24 years, Heidi, moved to Gorham in 1998. Their twins, Grace and Zachery (GHS '18) have been heavily involved in athletics from a young age. During their high school years, Zach played baseball and golf, while Grace



Photo Credit: McGouldrick Family

Phil McGouldrick is shown with his daughter, Grace.

played basketball, track, field hockey and softball. Heidi worked for the Gorham School system as Volunteer Coordinator for 10 years and is now employed by St. Joseph’s College.

CONTINUED ON PAGE 10

In the Zone

The following GHS varsity hockey players were selected to the Class B Senior All-Star team: Peter Richards, Camden Sawyer, Aidan Owens, Cole Perrault, and Jonah Bird.

The following GHS athletes were chosen by coaches throughout the state and named to the MTCCCA Indoor All-State team: Emma Green, Kate Tugman, Ryan Gendron, and Andrew Farr.

Robert Pellerin (GHS '16) of the Becker College football team was recognized by the National Football Foundation (NFF) as he was selected to the Hampshire Honor Society for his academic and athletic accomplishments throughout his career. In order to be eligible for this honor, Pellerin had to complete his final year of playing eligibility in 2019, attain a minimum undergraduate cumulative GPA of 3.2 throughout the entire course of his undergraduate study, meet all NCAA-mandated progress toward degree requirements, and be a starter or significant contributor throughout the 2019 season.

Hobey Baker Award

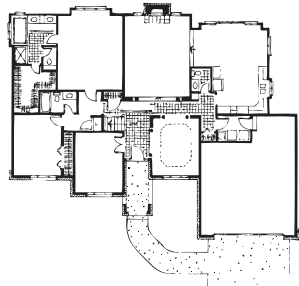


Photo credit Amanda Landry

GHS senior, **Camden Sawyer**, was recently awarded the 2020 Hobey Baker Character Award. This prestigious award recognizes Sawyer’s hard work, dedication, discipline and sportsmanship in the game of hockey.

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2020 SMAA Citizenship Awards

While the 2020 SMAA (Southern Maine Activities Association) Citizenship Award Banquet was not held this year, congratulations goes to Gorham High School athletes **Lydia Drew** and **Ryan Reno** for their selection. The award is based on a student's service as a citizen in the community as well as athletic participation in school.



Photo credit Janice Drew



Photo credit Amanda Landry

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There are savings this fiscal year due to the schools moving to distance learning, primarily for utilities and bus transportation. But there are new expenses for the Feed Gorham initiative and \$130,000 added to the FY21 budget for summer and fall catch-up plans. The School Committee decided to use approximately \$220,000 in FY20 funds to buy items such as library books, paper, and curriculum materials for use in FY21.

An additional \$250,000 was added to the designated fund balance to reduce impacts to taxpayers for FY21. This move also allowed approximately \$500,000 to be added to the undesignated balance which now stands at just under \$2 million. These funds can be used to offset additional expenses in FY22 when implications from COVID-19 may be more fully realized.

The capital improvements budget (CIPS) was increased by \$252,150 over FY20, although some projects were deferred in anticipation of a future bond referendum.

The SC approved the purchase of 860 new 11 inch iPads for Gorham High School, replacing the same number of five-year-old MacBooks. Technology Director Dennis Crowe recommended using 390 of the MacBooks for the sixth grade, librarians, and Gorham High School. The school will then sell the remaining 450 and use the funds to buy iPads for kindergarten and first-grade students. This reduced the increase in

funding requested for technology by 50%, or \$84,000.

The SC had hoped to increase offerings in World Languages district-wide, but did not. The administration had also wanted to add more clerical support and hours for school nurses.

Before the final vote on April 15, SC members spoke about the budget process. All commended the district staff for its year-long work developing the budget. Darryl Wright said that this has been a tough year due to the pandemic, and he would be looking for more efficiencies next year. Phil Gagnon agreed.

Kate Livingston believed the budget would support "the needs of students who will have been out of school for months." For Stewart McCallister and Jeniffer Whitehead, not including World Languages expansion was one of their hardest decisions. Anne Schools said that the budget was "responsible and not frivolous." Bill Benson, while agreeing it was not frivolous, voted against the budget. He said that with a 5.03% increase in the operating budget, this was the third year they did not meet their goal of 3.5%, and there should be a way for needs to not outstrip growth.

There will be a joint workshop with the Town Council on May 12. For more details on the proposed FY21 school budget, visit the School Committee/School Budget tab at www.gorhamschools.org.

In October of 2018, McGouldrick retired from a 25-year career with the Portland Fire Department as Captain of the Munjoy Hill Station, assigned to Ladder 1. He still works on a part-time basis at the Scarborough Fire Department and the Gorham Fire Department. McGouldrick is also coaching a U18 college showcase softball team, the Maine Thunder, with his daughter.

McGouldrick has an extensive background in coaching that began with his children's youth teams. "For a while back when they were young, it seemed like I was coaching two sports a season, all year long. I've coached both kids' sports over the years, and found that I have a real passion for working with kids on the field or court," he said.

His relevant coaching background for this position is very extensive. "I started coaching softball when Grace was in Cal Ripken (pre GYBSA) for Shaw Brothers. During that same time period, I started coaching U12 travel softball with the Southern Maine Frenzy." His past coaching also included travel teams for Southern Maine Flame and time as an assistant coach for USM softball under Coach Sarah Jamo.

McGouldrick was very excited when he learned that the GHS position might be open. "Part of me was sad for the girls because Coach Whipkey had done such a great job creating a positive culture and getting the softball program to a good place," he said, but he feels that

with the strong foundation Coach Whipkey built, just a little nudge and some energy, the sky is the limit for the team.

"We have a supportive administration, a very talented group of young athletes, a great, engaged parent group, great leadership and coaching at the youth levels. I can't wait to see where we will be in five years," he added.

Despite the cancellation, McGouldrick was involved early on. "I've already met with GYBSA leadership about different ways we can all work together for the future success of Gorham softball. We have plans to offer different clinics, programs and leagues right here in Gorham to get the younger kids excited and build a great and successful program," he stated.

McGouldrick has made an impact on many players over the years, including my own children. When I told my son there was a new softball coach and to "guess who," his response, without pause, was "Phil McGOATdrick." I remember him coaching my boys when they were younger; he was inclusive and he gave his attention to all the young players regardless of their level of play.

Spear said, "We are very excited for the next chapter for Gorham softball. We have seen softball participation at all levels in Gorham increase over the past few years. I believe Phil's leadership will push Gorham to compete at a high level on a consistent basis within the SMAA."



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COMMUNITY

ACADEMIC HONORS

Joseph Staples of Gorham, Maine, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Staples attends the University of Southern Maine and is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year.

OF INTEREST

Baxter Memorial Library is sponsoring a blood drive with the American Red Cross this Friday, May 1, from 1-6 p.m. in the Shaw Gym at 75 South St. Schedule your appointment at redcrossblood.org and enter sponsor code "BMLibrary."

Gorham's very own Kevin Hawkes is the Katahdin Lifetime Achievement Award winner for 2019. Begun in 1999, this lifetime achievement award recognizes an outstanding body of work of children's literature in Maine. The Katahdin Award is designed to honor a living Maine author or illustrator.



The Gorham Garden Club has canceled the remaining public programs/Spring Plant Sale planned for April, May and June 2020. The group hopes to resume garden programs in October 2020. If you have any questions about gardening, please email gorhamgardenclub@gmail.com.

The 96th North Gorham Cemetery Association Annual meeting will be held on Tuesday, June 2, at 7 p.m. at the North Gorham Church located on Standish Neck Road in North Gorham. The annual meeting is usually held the first Tuesday of May, but the Board of Trustees have postponed the meeting due to the current COVID-19 pandemic. If you have any questions in regard to the annual meeting please contact the cemetery association President, Ben Gilman, at bgilman@mainechamber.org or 838-7564 or the cemetery association Treasurer, Kathy Corbett, at ktcorbett@aol.com or 892-4290.

GORHAM FOOD PANTRY

Please visit "Gorham Food Pantry Friends" on Facebook for the latest information. The most pressing needs are: onion bags; 1 lb bags of coffee; baking goods (cake, brownie, cookie mixes, Jiffy muffin mixes, small cooking oil); cereal (hot or cold); Ramen noodles and mac & cheese. Financial donations can be made at www.gorhamfoodpantry.org.

LIBRARY NEWS

BML@Home, accessible from Baxter Memorial Library's website, is a collection of online library resources and links to reliable information on COVID-19 available from the comfort of your own home. There is also a large collection of great resources, program videos, and educational games for kids, teens and tweens on our revamped Youth Services pages.

Harry Potter Mug-gle Cakes: Live from Hogwarts-at-Home, Ravenclaw Librarian Heidi Whelan will temporarily put down the books and pick up a mixing spoon. Whelan will demonstrate how to prepare a magical mug-gle cake. Join her on Baxter Memorial Library's Facebook page at 2 p.m. on May 11.



The Annual Meeting of the Friends of Baxter Memorial Library will take place via Zoom on Tuesday, May 12, at 6:30 p.m. Susan Sedenka will share the annual report and those present will vote on the slate of officers as well as revisions that have been made to the bylaws. If you would like to take part in this meeting, please contact Susan at ssedenka@gmail.com.

GORHAM COMMUNITY ACCESS MEDIA

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>.

USM NOTES

The USM Art Galleries presents ON THE LINE Juried Student Exhibition 2020. The exhibition was open to all USM students submitting work in any media. The juried show introduces students to a professional exhibition where they learn to prepare art for a professional setting, obtain feedback from art professionals, and have their work exposed to a wide range of viewers. Due to Coronavirus, the focus this year was on students learning how to photograph their art at home as well as uploading files – good skills to acquire for many future art opportunities. While there were obvious difficulties of students suddenly having to finish art at home, they rose to the occasion. All the students who submitted work are to be heartily commended for their quick adjustment to imposed circumstances and determination to learn and succeed.

Although the USM Department of Theatre had to cancel their production of "Crimes of the Heart," they are excited to be opening the fall season with the hilarious and heart-wrenching contemporary classic. Follow theatre happenings at usm.maine.edu/theatre.

The School of Music has moved several performances to the fall semester, including a faculty concert with composer Dan Sonenberg, and the annual Honors Recital. Follow music events at usm.maine.edu/music and at [Facebook.com/Music.USM](https://www.facebook.com/Music.USM), where some student performances are being posted.

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CALENDAR

THURSDAY, APRIL 30

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.
 - Afternoon Chapters with Mr. Jeff, 2 p.m.

SATURDAY, MAY 2

Gorham Farmer's Market Opens, Library Parking Lot, 8:30 a.m.-12:30 p.m.

TUESDAY, MAY 5

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.
 - Afternoon Chapters with Mr. Jeff, 2 p.m.

THURSDAY, MAY 7

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.
 - Afternoon Chapters with Mr. Jeff, 2 p.m.

SATURDAY, MAY 9

Gorham Farmer's Market, Library Parking Lot, 8:30 a.m.-12:30 p.m.

MONDAY, MAY 11

- Baxter Memorial Library
- Live from Hogwarts-at-Home, Make a Mug-gle Cake with Ms. Heidi, 2 p.m.

TUESDAY, MAY 12

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.

THURSDAY, MAY 14

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.
 - Afternoon Chapters with Mr. Jeff, 2 p.m.

TUESDAY, MAY 19

- Baxter Memorial Library
- Facebook Live Story Time with Ms. Heidi, 9:30 a.m.
 - Afternoon Chapters with Mr. Jeff, 2 p.m.

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Gorham Families Receive Donated Book Bags



Photo credit Heather Perry

Educate Maine and Ruth's Reusable Resources partnered to provide students in need with book bags and school supplies during this time of remote learning.

GORHAM TIMES STAFF

Educate Maine and Ruth's Reusable Resources (RRR) have teamed up to get books in the hands of students throughout Cumberland County. Nearly 1,400 bags filled with books and school supplies were picked up at RRR on April 11 by law enforcement officers from communities in Cumberland County and delivered to local school districts, including Gorham.

"We heard from educators around the state that, in addition to hotspots and devices, students need books and school supplies to support their remote learning," said Jason Judd, executive director of Educate Maine.

Judd said Unum provided financial support for this project and law enforcement stepped up to help with distribution.

"This partnership is another way in which Educate Maine and Unum are working together to help Maine teachers support their students," said Cary Olson Cartwright, AVP corporate social responsibility at Unum.

Approximately 100 book bags were donated to the Gorham Schools: 30 for grades K-2; 29 for grades 3-5; 30 for grades 6-8; and 15 for grades 9-12. Superintendent Heather Perry said they were delivered the week before and during April vacation to K-12 families in need with help from the Gorham Recreation Department.

We Are All In This Together Gorham



Photo courtesy of Stacy Burns



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